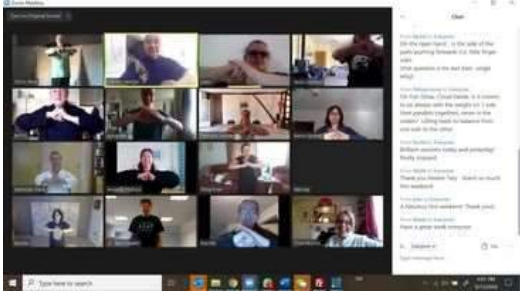


It's July Already! And that means it's assessment month for Jane and I. It's finally here. We have been training really hard since September and we are really looking forward to a break in August, allowing us to recharge our batteries to start the new programme in September.



Although we practice most of the tai chi forms on the course already, we still had to ensure we could reach the standards. So, we have attended weekly classes to enable us to break the forms down and re-learn them and teach them for this Master Trainer. Furthermore, we had to learn sword form from scratch. We attended a 12-week pre-course and then trained for 6 weeks under a level 2 instructor before we went into the sword module in

November. These courses were all on zoom, which has its limitations but we could not have done it otherwise. On top of all that we were put into sub groups to practice regularly so every Sunday morning we came together for a couple of hours.

We have taken serious advantage of zoom and lockdown and not content with one course, we started the British Health Qigong Association Instructor Course in March. We chose 2 forms to be assessed on and a compulsory Traditional Chinese Medicine theory test. We have also had to add 2 more sub group practice sessions to the weekly calendar. The first weekend in July we have our final module weekend. The second weekend we have the L1 Tai Chi assessments, then a weekend off and finally the following weekend the BHQA assessment weekend.



It's not come without any stumbling blocks. I have got more supports and compressions on to keep me going. I've recently sustained a long-term abdominal injury. I had to initially rest for two weeks. I'm back training now and some moves I won't be able to do for a while, but the good news is there's no more sit ups for life lol. Jane has had to go back to hypnotherapy sessions as her confidence has had a bit of a knock and we have been pushing well over our limitations causing our illnesses to flare and sustaining minor joint injuries. It's been a fabulous experience which we have shared with existing instructor friends and met new ones who will hopefully be around long after the courses have ended. But we are ready for it to conclude now. We will be taking August off to re-charge our batteries, but we can't wait to roll out the new programme in September. Our website will be updated over the next month or so, with all the new classes.

An Invitation to Southwell Minster



I was proud to represent Fibro Active at the Queen's Official Birthday Service at Southwell Minster on the 13th June. Due to restrictions, there was just one place. I was very grateful to be driven there by Cheryl Carter one of our members.





Walking to Awareness

Here are some of our wonderful group members who were motivated to help us reach our annual walking to awareness campaign target. We of course reached the target in style on Awareness Day, May 12th.

Our target was 2021 miles and we smashed it reaching 2361.73 miles.

This has now become next year's target. We also introduced sponsorship this year and we raised £740 in total. This is a great achievement and we can't thank everyone enough who supported us.



Group Walks



We have become very civilised on our afternoon walks, with afternoon tea in June, courtesy of Suzanne Hughes and home made banana cakes by Margaret Wilcox



Symptom of the Month (SOTM)

In May we explored prolonged stress. We recorded this session and put the link onto the Facebook group to help other members.

Qigong and Relaxation



We have tended to steer toward gentle qigong exercises for group members while on zoom. You don't need a large space and there is no travel so it's easier to follow and it can be done seated. The benefits include: becoming more flexible and supple, improve muscle density and helps circulation. The deep breathing helps gain more

oxygen into the lungs. Altogether helps increase immunity, strength, balance and flexibility.

Otago

The May Otago session bombed with only one person attending. I think this a record even for us, so we have decided to wait and put it in the autumn programme so members can do it f2f.



Sue from Open Minds – Emotional Support



Sue has been working with us to look at our own feelings and our own mental health over the past two sessions. It's a great exercise in being honest with ourselves and discovering what activities and circumstances are linked to our moods.

Sharrie from Think Hypno

Sharrie joined us for her summer session. We looked at triggers. I know, huge subject and can of worms. This was in topic of what was currently happening to one or two members. However, it has helped other members recognise areas that they are struggling with and we have sign posted them to Vita Minds, a Derbyshire Mental Health Service.





We have been really lucky with the weather so far and when it gets too hot, we play under the trees. It is so nice to be able to be outside in nature except when you put your handbag on ants' nest or a wasp dive bombs you or the flies bite lol but it's worth it))

Class Timetable

April to July			
Day	Time	Class	Platform
Mon	13.30-14.30	Yang	Zoom
Thur	10.30-11.30	Yang	West Park (Subject to weather)
From September			
Mon	13.00-14.00	Yang	Petersham Hall
Mon	14.45-15.45	Qigong	Petersham Hall
Tue	09.30-10.30	TCA	Petersham Hall
Thur	AM TBC	Otago	TBC
Thur	AM TBC	TCA	TBC



We have reached our mid-way point in the project. A feedback form was sent out to the attendees and general feedback is that they are happy with how it's going and there are one or two points that we can improve to make things a little smoother. We are looking forward to future workshops and guest speakers along with 1-2-1 consultations. We are still on Zoom and hoping to go back to Petersham Hall in September for the Saturday sessions.



We have found members have needed 1-2-1 emotional support sessions less frequently over the past few weeks. Having said that there has been more demand over the past couple of weeks and referrals have been made to Mental Health Services.

As we get closer to restrictions being lifted, Mental Health services are becoming overwhelmed and that's why the Space to Think project is crucial in being able to support our members in the short term until they are able to be seen. Not everyone needs to be referred and may just need a listening ear. That's where Sue comes in and she can offer coping skills to help with low level anxiety and depression.



July Group Programme

Day	Date	Time	Activity	Activity
Sat	3rd	10.30-12.30	ActiveAte	
Tue	6th	11.00-13.00	Qigong	Cuppa and Chat
Wed	7th	10.30-12ish	Group Walk	
Wed	7th	18.45-20.30	ActiveAte Wednesday group	
Tue	13th	11.00-12.00	Fibro Bingo	
Wed	14th	10.30-12ish	Group Walk	
Sat	17th	10.30-12.30	ActiveAte	
Tue	20th	11.00-13.00	Qigong	Cuppa and chat
Wed	21st	10.30-12ish	Group Walk	
Wed	21st	18.45-20.30	ActiveAte	
Tue	27th	11.00-13.00	Open Minds	
Wed	28th	18.45-20.30	Group Walk	
Sat	31st	10.30-12.30	End of Month Saturday Group	

August Group Programme

Day	Date	Time	Activity	Activity
Tue	3rd	11.00-13.00	Qigong	Symptom of the Month (SOTM)
Wed	4th	10.30-12ish	Group Walk	
Tue	10th	11.00-12.00	Big Fat Quiz	
Wed	11th	10.30-12ish	Group Walk	
Wed	11th	18.45-20.30	ActiveAte	
Sat	14th	10.30-12.30	ActiveAte	
Tue	17th	11.00-13.00	Cuppa and Chat	
Wed	18th	10.30-12ish	Group Walk	
Wed	18th	18.45-20.30	ActiveAte	
Sat	21st	10.30-12.30	ActiveAte	
Tue	24th	11.00-13.00	Open Minds	
Wed	25th	10.30-12ish	Group Walk	
Sat	28th	10.30-12.30	End of Month Saturday Group	
Tue	31st	09.30-10.30	Tai Chi for Arthritis Taster session £5	
Tue	31st		NO GROUP	

Positive Fibro Active