



Just in case you missed it!

Tuesday September 7th 2021
11am – 1pm





Open Information/ Coffee Morning at Petersham Hall!

We are really looking forward to seeing you all, old and new members. Although the government have lifted restrictions. It is everyone's responsibility to keep everyone safe. Below are a few changes and guidelines that will help improve our service and keep everyone safe. Please read carefully....

Membership updates

Tuesday 7th September will be an open information/coffee morning for anyone interested in joining us. There will be a few changes when we return. We will give a short presentation to inform everyone about our new online membership area, where all members old and new will be asked to sign up, and before you panic, we will help you if you are not confident in filling in

electronic forms.

Payment Plan

As part of keeping a covid safe environment we will not be offering a drop-in service. We will also be keeping the monthly payment plan. There will be an option of PAYG. However, you will still need to book in advance if places are available.

Keeping a Covid Safe Environment

- We will be asking anyone attending group meetings to take a Lateral Flow Test prior to attending the meetings. These tests are free and can be ordered from the government website. All adults are being encouraged to take them regularly. **If you test positive you must go and have a Covid Test. YOU MUST NOT ATTEND GROUP MEETINGS OR TAI CHI CLASSES.**
- On arrival, we will ask you to anti-bac on entry and sign in on the NHS App. We also have a thermometer to take your temperature.
- We will ask you to wear face masks (**no face visors** as they have been proven to not provide protection) to enter the hall and while you are moving around. You may take them off while you take part in tai chi or sitting at a table.
- The windows will be kept open for ventilation so you will need to dress appropriately in case it gets cold.
- We will be doing everything we can to make the meetings covid safe. However, if you are anxious about doing any of the above, we suggest you join us by zoom for the time being.

September Group Programme

| Day | Date | Time | Activity | Activity |
|-----|------|-------------|--|----------------------------|
| Wed | 1st | 18.45-20.30 | ActiveAte ZOOM | |
| Sat | 4th | 10.30-12.30 | ActiveAte at Petersham Hall | |
| Tue | 7th | 11.00-13.00 | Open Coffee/ information morning at Petersham Hall | |
| Wed | 8th | 10.30-12ish | Group walk | Butterfly Gates, West Park |
| Sun | 12th | 10.00-14.00 | Yard Sale | |
| Tue | 14th | 11.00-13.00 | Qigong & relaxation | Symptom of The Month |
| Wed | 15th | 10.30-12ish | Group Walk | Butterfly Gates, West Park |
| Wed | 15th | 18.45-20.30 | ActiveAte ZOOM | |
| Tue | 21st | 11.00-13.00 | Small Steps to Health | Fibro Bingo |
| Wed | 22nd | 10.30-12ish | Group Walk | Butterfly Gates West Park |
| Sat | 25th | 10.30-12.30 | Saturday end of month group | |
| Sat | 25th | 11.15-12.30 | Sponsored Waxing Live on Facebook | |
| Tue | 28th | 11.00-13.00 | Open Minds, coping skills with Sue | |
| Wed | 29th | 10.30-12ish | Group Walk | Butterfly Gates West Park |

Venue: Petersham Community Hall, Grasmere Road. Long Eaton. NG10 4DZ

The group sessions will also be live on Zoom

Please visit our membership pages at fibroactive.co.uk to find out how to join.

Please follow our Covid Guidance during all sessions and classes.

Contact: julie@fibroactive.co.uk / 07944111190



Falls Prevention Programme

Open to anyone aged 18+ in the community

We are really excited to be able to offer a wider range of classes starting in September 2021 until July 2022. These courses will run in term time throughout the year and will be live on zoom if there is demand. Taster sessions can be booked for any of the courses. Please see our Tai Chi pages at fibroactive.co.uk for more information.

Small Steps to Health Class



Our unique Small Steps to Health class offers a combination of Otago strength and balance exercises and tai chi movement. These mindful movements will help strengthen your core and increase your confidence. These classes are ideal for everyone. They help you progress from seated to standing and they are ideal if you want to progress to tai chi, giving you a good grounding in leg movements.



Dr Lam Tai Chi for Arthritis Sun style part 1 & 2 including: Principle and Falls Prevention components.

These classes are open to all abilities and are especially beneficial for beginners and people who are unable to exercise conventionally. It's a great introduction to Tai Chi and each person can go at their own pace. We specialise in supporting people with Fibromyalgia, CFS/ME, Arthritis and limited abilities. Sun style is contained with smaller steps, it can also be done seated. We use the step wise progressive teaching method to aid your learning.



Traditional Yang Style Tai Chi (Class Full)

For those of you who are ready for a bit more of a challenge, our yang class offers 8, 16 and 24 step. The 24 step is the most popular and practiced form in the world. 'The 24 Step Taijiquan routine retains the inner essence and finesse of this great traditional art and yet it is easy for beginners to learn.' A typical class consists of an energetic warm up, qigong routine and consolidating and learning new postures. Yang style is flowing and graceful and will help improve your balance to the next level.



British Health Qigong

Are you wanting to improve your flexibility and strength? Our British Health Qigong Association routines will be perfect for you. These routines need very little space to practice and are the perfect a compliment to your health and wellness routine. The moves make up routines that are slow and graceful and using controlled breathing techniques, we close the class with a short relaxation to leave you relaxed and energised.

12-week Tai Chi for Health Course

Starting Tuesday 7th September 2021

Free taster session on Tue 31st Aug

Sun Style Short form (Tai Chi for Arthritis) Part 1

Petersham Community Hall

Time: 9.30am—10.30am

£5 per class

10 Places Fully Funded for Petersham Residents

Our Tai Chi classes are open to anyone and any ability aged 18+. The movements are specifically designed to include people who otherwise find it difficult to exercise. This form is slow and gentle, ideal to start your Tai Chi journey. Our certified instructors have been trained to teach you safely, and will make it easy to learn in a fun and relaxed environment.

The benefits include:

- De-stress and unwind
- Pain relief and less stiffness
- Improved balance and less falls
- Uplifting of the spirit and greater relaxation
- Improved ability to do daily tasks
- Improved muscle strength and joint flexibility

To find out more and to book a place please contact:
Julie on 07944111190 or email: julie@fibroactive.co.uk

British Health Qigong & Tai Chi

Wind down and de-stress with these beautiful exercises. These mind-body-spirit practices improve mental and physical health by integrating posture, movement & breathing techniques.

Come along and try these gentle exercises

Free Taster Monday 6th September

Course Running from Sept 2021 to July 2022 term time

Petersham Community Hall

Time: 2.45pm—3.45pm

Classes £5 each

For more details and to sign up please visit:
fibroactive.co.uk
julie@fibroactive.co.uk 07944111190

Small Steps to Health Class

A combination of Otago strength and balance exercises with tai chi leg steps and movements to get all round core stability.

St Giles' Church Hall, Sandiacre. NG10 5EE

Free Parking Available

Thursdays starting 2nd Sept

10.00hrs—11.00hrs

£5 per class First class Free

We are all at risk of trips and falls. Our falls prevention class is open to anyone aged 18+ and all abilities.

Please visit our website: fibroactive.co.uk for details.
Ring Julie on 07944111190 or email: julie@fibroactive.co.uk

12-week Tai Chi for Health Course

Sun Style Short form (Tai Chi for Arthritis) Part 1

FREE Taster Session Thursday 2nd Sept

Course Starting Thursday 9th Sept 2021

Time: 11.15hrs—12.15hrs

St Giles' Church Hall, Sandiacre. NG10 5EE

Free Parking Available

£5 per class

Booking Essential

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To find out more go to: fibroactive.co.uk
Julie on 07944111190 or email: julie@fibroactive.co.uk

Events



Our first face to face fundraiser. Yard Sale.

We are having a stall at my mum's house. We will be doing a tombola and cake stall along side mum's yard sale. We are appealing for tombola items. If you have anything suitable, please either, drop them at group on the 7th or by the 8th at group walk or at my house no later than the 8th. Contact me for details. Thank you.

Sponsored Waxing

Benito and Jay will be psyching themselves up for 30 minutes of skin ripping pain for or third time lucky new date.

We are planning to be live on Facebook so you can see their eyes water.

Thank you very much to everyone who has donated so far. If anyone would like them to scream louder, please donate to our crowdfunding page.

Jane at Bare Waxing
2 Hillside Drive, Long Eaton Is hosting our
Sponsored Leg/ back Wax
Saturday September 25th 2021

In aid of 



<https://www.justgiving.com/crowdfunding/fibroactivewax>

We will be on Facebook Live from our events page: Fibro Active from 11.15am

It's worth the few quid just to see their reaction!

<https://www.justgiving.com/crowdfunding/fibroactivewax>

Positive Fibro Active