

To Me – To You

Grab a cuppa and take the load off for a few minutes....

The last few months have been hectic and I don't mind admitting it has been hard work getting things back up and running. However, the hard work has paid off and we are back on it!

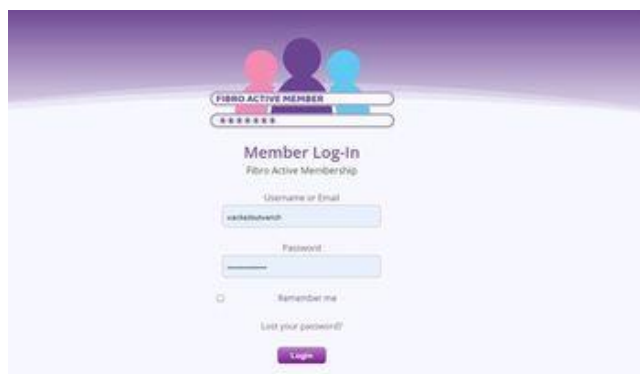
We have returned to Petersham Community Hall and have welcomed new members who have soon become part of our community. Our programme is back up to capacity, offering a wide range of activities.

Website updates

The Small Steps to Health programme has got off to a flying start with new classes and a new venue at St Giles' Church Hall, Sandiacre. You can find out more on our website:

<https://fibroactive.co.uk/tai-chi-for-health-wellbeing/>

We have a fabulous new membership area on the website that allows members and Tai Chi students to sign up and control their own payment plan. <https://fibroactive.co.uk/fibro-active-membership/>



QAVS Award

This month we have the long-awaited Queen's Award for Voluntary Service presentation. I'm not giving too much away but it's going to be purple with a sprinkle of gold!

St Laurence's Church Christmas Tree Festival

Look out for our new tree at the festival. It runs from Thursday 25th November to Saturday 27th November.

Harrington Arms Christmas Fair

We will have a tombola at this year's event. It's an early one. 9am to 11am

Benito's Sponsored Leg Wax

We have also been able to tie off loose ends and third time lucky when Benito finally got his legs waxed. I don't think Benito was expecting it to be that painful but luckily Jane at Bare Waxing was fast and efficient. You can find out more about Jane's services at: <http://bare-waxing.com/>. A big thank you to Jane for stepping in to do the deed and for Benito who has raised £445 on the Just Giving page.

Due to the increase in Covid cases, we will be strictly enforcing the following the following Covid Safe Policy. Please read carefully.



Keeping a Covid Safe Environment

- Please bring with you proof of a negative Lateral Flow Test that has been taken and registered within 24 hrs prior attending the meetings and classes. The 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 show us your negative flow test and anti-bac on entry. 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.

Let's have a look at what we've been up to...



The **Wednesday Walks** are still on the programme. They were enjoyed by a regular few. However, after returning face to face we have had to cancel one or two. We are aiming to book a table at Copper Cogs if the weather is bad through the winter.



Fundraising

We didn't have the team or the stock for the Carnival this year, so we joined in the Dales Estate Yard Sale as a last-minute fundraiser on the 12th September. Thank you to Suzanne Hughes and Peter and Margaret Wilcox for helping.



We had a really good start back at Petersham Hall. We now have 20 active members with a regular 12-14 attending each week.

I keep forgetting to take photos. Just remembered this one as they were leaving lol.

We introduced members to our new Small Steps to Health class. It's a combination of Otago strength and balance exercise and tai chi walking.



Sue from Open Minds



Sue is back with her popular emotional support sessions. We have been looking at how we are currently feeling. We are being joined on zoom too when members are unable to attend.



Tai Chi for Arthritis

We have continued with the TCA programme to allow members to practice for the Queen's Award Celebration.



Marie from Inspiritive Arts

We put together collages of meaningful pictures of our home and garden.

Next time we will be decorating gratitude Jars.



November Group Programme



Day	Date	Time	Activity	Activity
Tue	2nd	11.00-13.00	Qigong & Relaxation	Symptom of the Month
Wed	3rd	10.30-12ish	Group Walk	Butterfly Gates, West Park
Tue	9th	11.00-13.00	Inspiritive Arts	Inspiritive Arts
Wed	10th	10.30-12ish	Group Walk	Butterfly Gates, West Park
Tue	16th	11.00-13.00	Small Steps to Health	Sharrie from Think Hypno
Wed	17th	10.30-12ish	Group Walk	Butterfly Gates, West Park
Tue	23rd	10.30-13.00	Queen's Award Presentation Invitation and RSVP only	
Wed	24th	10.30-12ish	Group Walk	Butterfly Gates West Park
Thur	25th	To Sat 27th	St Laurence Church, Christmas Tree Festival	
Sat	27th	09.00-11.00	Harrington Arms Christmas Fair—Tombola	
Tue	30th	11.00-13.00	Sue from Open Minds	

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

The group sessions will also be live on Zoom on request

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



We're part of the
Co-op Local Community Fund

**Select us as
your cause**

coop.co.uk/membership




Falls Prevention Programme

Our new look falls prevention programme has got off to a great start.

Monday classes at Petersham Hall.

Our 1.30pm Yang class are intensively rehearsing Tai Chi for Arthritis leading up to the Queen's Award Presentation.

The 2.45pm Qigong course is slowly growing. Those who are attending are really enjoying it. There are plenty of places if you would like to come and try it.

Tuesday TCA class

A new class for us with sport England funding for residents with a Petersham postcode. We have 4 out of 11 students currently funded. There are a few more places if anyone is interested. The full course will run until next July.

Thursday St Giles' Church Hall

Small Steps to Health



This nicely paced class is growing steadily. Focusing on strength and balance exercises and sit to stand. We are already seeing positive progression.

Tai Chi for Arthritis



The first few weeks we took advantage of being outside in the glorious weather. The car park is perfect as it used to be a tennis court.

We have also had the pleasure of Ben Fowler joining us for a few sessions to cover Jane while she was on Holiday. Ben is a fellow Deyin Institute instructor and has 20+ years' experience. He's been a great help and support. He's got one or two admirers!!



If you are looking for inspiration for Christmas presents. You can purchase vouchers for our classes. 4 classes £20, 8 Classes £40 or 12 classes £60.



Fundraising

Fabulous news!!! We are back on the Co-op Local Communities Fund and runs until 22/10/22. We have a whole year to encourage everyone to become a member of the Co-op and nominate us as their chosen cause. We get 2p for every pound spent and last time we raised around £3000. It doesn't matter where you are in the UK, you can still choose us, with our cause number: 55943. Even though you're linked to local Co-op outlets, money raised through Co-op Membership can be generated anywhere in the UK, as long as a member is buying selected products or services from the Co-op Group.

I bought my funeral plan when we were on the scheme last time and I have peace of mind that I will be looked after when I'm gone and also, I was able to raise funds for the group. Whenever you visit our group at Petersham Hall, pop down to the Co-op on the corner and buy their own brand essentials. Don't forget to sign up as a member first and get your card. Just click on the link below. Already a member? Don't forget to choose us online before your next purchase.

<https://membership.coop.co.uk/causes/55943>



Events

Coming up...

Tues Nov 23rd: Queens Award for Voluntary Service Presentation

Thur Nov 25th – Sat Nov 27th: St Laurence's Church, Christmas Tree Festival

Sat Nov 27th: Harrington Arms Christmas Fair 9am – 11am Tombola

Tues Jan 11th 2022: Group Annual General Meeting

Positive Fibro Attitude