

Queen's Award for Voluntary Service



To see the recording of the presentation please visit our website:

[Fibroactive.co.uk](https://fibroactive.co.uk)



Nov/Dec catch up

The rest of the week after the Queen's Award was busy. We displayed our new purple Christmas tree at St Laurence's Church Tree Festival and we raised £88 at the Harrington Arms Christmas Fair.



Our last meeting of the year we made diamond painting, butterfly light catchers. Everyone thoroughly enjoyed doing these and were able to take a gift home to hang on the tree and for the rest of the year hang in the window.



If you develop any cold/flu symptoms or test positive;

YOU MUST NOT ATTEND GROUP MEETINGS OR TAI CHI CLASSES.

We will ask you to wear face masks to enter the hall.

On arrival, we will ask you to show us your negative flow test until we are unable to obtain them and anti-bac on entry. We also have a thermometer to take your temperature.

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 going into 2022...

AGM Our planned start back was delayed a week due to covid so we started the year with the AGM which we kept simple and small after celebrating the Queen's Award in November. We welcomed Opkar Bilkhu onto the committee. Opkar has been a tai chi student with us for around 4 years and is now in a position to join the team. Everyone gave her a warm welcome.

January was themed as Isolation and loneliness with the focus on how do we connect. We started straight after the AGM with a focus group looking at the re-generation plans for Long Eaton town centre with Isobel Holloway the Assistant Economic Development Officer at Erewash Borough Council. Our members fed back a comprehensive list of needs to be able to come back shopping in the town centre.



British Health Qigong Association: Ma Wang Dui

A last-minute change to the programme allowed the members to start to learn Ma Wang Dui and have one move a month. This is the first move which Suzanne is demonstrating very well. Just needs a little more hip and she's there. Good try for a first go.

Qigong is an ancient form of Chinese standing yoga and has many benefits. After learning how to position the moves, its easy to follow.

Sue from Open Minds

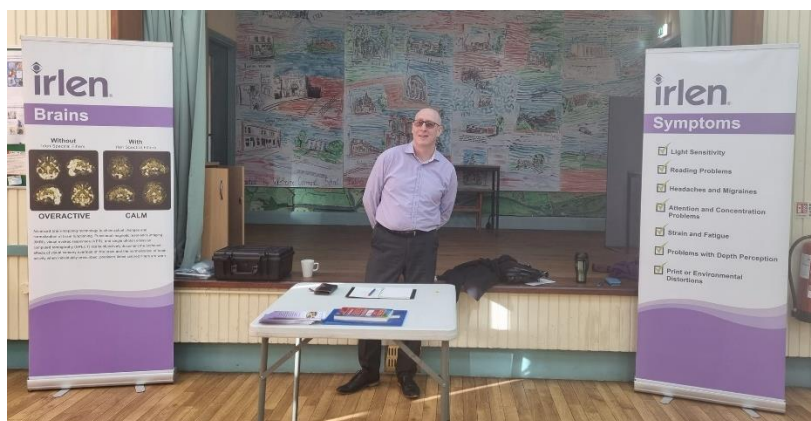
Sue closed the month with identifying the differences between isolation and loneliness and we looked at different ways we can connect with others.

We also had members who were unable to attend, connecting over zoom.

February's Theme was looking at triggers and health options for coping.



Alan Penn UK Irlen Specialist



Alan gave us a comprehensive talk about Irlen Syndrome. Members filled in a self-assessment and were all invited to be tinted.

One member has had an appointment and the tints have shown to make a huge difference to her balance. We can't wait for the lenses to arrive and see what other benefits she will feel.

Cuppa and Chat

We had another last-minute change to the programme and was able to start with a cuppa and chat. It gave us a chance to update members about the Walking to Awareness Campaign and future events.



Boccia

We also got the Boccia set out. It didn't fail to entertain. Luckily it was a draw. We have not played for 2 years for obvious reasons. Everyone enjoyed it.



Small Steps to Health

We got the chairs out again for Otago strength and balance exercises. Members have stated this is a lot harder than tai chi.



Focus Group

We were joined by Hannah Morton who is an Engagement Specialist for the NHS Derby and Derbyshire Clinical Commissioning Group. She was identifying the differences between the different services and identifying what the Urgent Treatment Centres are. Hannah went away laden with feedback as we put the world to rights about our experiences.

Weekly Walks

It was a bit hit and miss for our weekly walks at the beginning of the New Year. One or two members wanted to go for a cuppa after the walks. However, this divided the group as other members were not comfortable going to a café yet. We divided the starting points to accommodate those wanting to drop in a café in town. After a couple of weeks, it was decided to all start at the butterfly gates.

Numbers drop right down in the winter but we've had a couple of decent turn outs. Peter and Margaret are leading the walks at the moment. All 6 committee members have expressed interest in attending a Walking Awareness course.



Gentle Weekly Group Walks



Meet every Wednesday 10.30am at the Butterfly Gates, West Park, Long Eaton

Enjoy getting out in the fresh air and taking a gentle stroll in the beautiful surroundings of the park with like minded friends. Stop off for coffee when the café is open.



These walks are lead by group members. We can split the group and choose a route to suit your ability. Please use walking aids if needed. Mobility scooter users welcome. Subject to the weather



March 30th – May 12th

Goal: 2361.73 miles

Raise: £2361.73

FIBRO5 CHALLENGE

Walking to Awareness 2022

We invite you to join us for this years virtual Walking to Awareness campaign.

How can you get involved?

Post your steps weekly on our Walking to Awareness Facebook page. No extra effort required. All steps count!



Sponsor our members or be sponsored. Help raise funds for a local cause.

JustGiving

All information and links can be found on our Fibro5 Challenge page. Follow our weekly progress at:

<https://fibroactive.co.uk/fibro-5/fibro-5-challenge/>



Mar/ Apr Group Programme



Covid Regulations Apply

Wear mask on entry, Negative Lateral Flow Test, Wash Hands

Day	Date	Activity 11.00–12.00	Activity 12.00-13.00
Tue	1/3	Qigong	Sharrie - Think Hypno
Tue	8/3	Inspiritive	Arts
Tues	15/3	Small Steps to Health	SOTM – Fatigue
Tues	22/3	Sophie Lester	Vitamins & Minerals
Tues	29/3	Open Minds	Acceptance and Loss
Tues	5/4	Qigong	SOTM—Pain
Tues	12/4	Inspiritive	Arts
Tues	19/4	Closed	Happy Easter
Tues	26/4	Open Minds	Coping with Pain

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

Wednesday Walks

Every Wednesday on West Park, Long Eaton

Meet: 10.30am at the Butterfly Gates for walk only

Please check notifications on FB page to see if it is cancelled

Walking to Awareness Campaign March 30th—May 12th

<https://fibroactive.co.uk/fibro-5/fibro-5-challenge/>



Falls Prevention Programme



Monday classes at Petersham Hall, NG10 4DZ

1.30pm Yang class - 2.45pm British Health Qigong Association: Ma Wang Dui

Tuesday TCA class: 9.30am Tai Chi for Arthritis Parts 1 & 2 and principles

Thursday St Giles' Church Hall, Sandiacre

10.00 Small Steps to Health – 11.15 Tai Chi for Arthritis Parts 1 & 2 and principles



The class attendees are doing so well. Most of the strength exercises are on 3 reps of 10 progressing from just 1 rep of 3 in September.

Happy Birthday to Iris at the end of March. She will have travelled 86 times round the sun. Iris came to us in September determined to help herself. She struggled to even stand due to her wobbly legs and Ben and Jane have been by her side to assist each week. Today she can do 90% of the content by herself. It's been a phenomenal improvement. A little time and patience have improved Iris's confidence and mobility.

Tai Chi for Arthritis parts 1 & 2 and Principles



The St Giles's crew and Petersham Hall team have completed TCA part 1 and are working through the principles this term. They are progressing very nicely. So far, they have looked at; posture, weight transfer, resistance, rooting, body alignment and much more.

We will be starting part 2 after Easter. There are a few spaces available if anyone would like to join the class.

We have 2 students that are interested in training as TCFHI instructors. They will be attending classes for the next 12 months to gain experience and prepare them for the training course.

Fundraising

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



Our time on this cause is until October 22nd. You still have time to become a COOP member and choose us as your nominated cause. We receive 2p for every own brand purchase you make.

We were invited onto the Asda Green Token Giving Scheme and we spent the Christmas period asking for everyone to click on us with their weekly vote.



Events

**Fibro Active Open Doors
Awareness Celebration
Tue 10th May 2022—10am to 1pm
Petersham Community Hall**

Raffle / Pamper Hamper

Tombola

Cake Stall

Craft Stall

Information Stand

Boots goody bags for the first 40 entries

Cream Tea

Guest Stalls and treatments



We urgently need raffle and tombola prizes.

Are you having a sort out or have any unwanted Christmas presents?

Does anyone bake? If you would like to bake for our stall please let us know.

Have you any craft projects that you would like to donate or book a stall yourself?

**Tai Chi Practice Sessions
Every last Saturday of the Month
10am to 12pm**



Free

Tai Chi in the Park

Meet at Floral Gardens on West Park

May 28

June 25

July 30

Aug 27

Sept 24

Subject to weather

Small charge to cover rent depending on numbers.

Cuppa included

Petersham Community Hall, NG10 4DZ

World Tai Chi Day

April 30

Venue TBC

Subject to weather

Jan 29

Feb 26

Mar 26

Oct 29

Nov26

