



The Queen's Award
for Voluntary Service



6th Anniversary Report

Part 1: Group Objectives

Compiled and written by: Julie Barker Chairperson

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Introduction

Fibro Active has been running for 6 years. We remain an unincorporated organisation with a comprehensive constitution and policies. We are a volunteer sufferer led group with a committee of 6 members.

There have been a lot of changes since our 6 month and first year reports were published. These reports can be found on our website. They highlight the original research we undertook to identify the needs of the members to develop the programme.

Apart from moving venues, the main change was that the Ilkeston group wanted different things and they parted company at the beginning of 2018. However, this enabled us to focus solely on the Long Eaton group and develop the programme further.

As senior Officers, Julie Barker Chairperson and Jane Gordon Treasurer took the helm for 12 months and steered the group forward until suitable committee members could be sort. They both trained as Tai Chi instructors, creating a falls prevention programme and bringing in a variety of professionals to help deliver the programme. An easy-to-follow website for everyone to access was built and in 2020, the group re-branded bringing us along the lines of the groups' ethos, shortly before it was announced we had been successful in gaining the Queen's Award for Voluntary Service.

Two more projects were launched to help with emotional support and nutrition and lifestyle. The Space to Think programme was launched in January 2020 and ActiveAte followed for our 2021 project.

Lock down affected the group's attendance. However, we were able to adapt quickly and support those in need on a reduced programme. Furthermore, Zoom enabled Julie and Jane to access further training, that would not have been possible face to face. We were also able to complete two Main projects on the website, the symptoms and membership areas. Group membership was adapted to help us face the current climate. We returned back to Face-to-Face programme in September 2021 with the view of starting the group from scratch.

As well as the group programme, we run 5 falls prevention classes as part of the Small Steps to Health programme for anyone aged 18+ in the community to attend. The income from the community classes helps sustain the group.

We are active in the community and it took approximately 4 years for our brand and cause to be recognised and trusted at community and networking events and on social media.

We publish bi-monthly newsletters on our website, we put short articles in local media and Julie writes a monthly article for the UK Fibromyalgia Magazine and more recently have featured in Dr Lam's global newsletter and on the Deyin Institute's Chinese New Year Festival.

Our review reflects the whole of the group. It follows a similar format to the original reports with a few extra points in line with the growth of the group and Lockdown. The

review has been split into two parts. The first highlights the activities we do to meet our objectives and the second part reviews those activities.

We look at key areas of the 5 ways to wellbeing and how they are incorporated into our programme.

We look at the growth of our Walking to Awareness Campaign and fundraising.

We will look at our partnership working and the difficulties we have faced along the way.

The size of this report reflects the range of work we do. I hope you find this report useful and if you have any questions, please don't hesitate to get in contact.

Finally, we do a wide range of things as part of the group and most have been highlighted in this report. However, there are things like helping graduates with research, liaising with other support groups, supporting NHS initiatives, supporting GP's with new projects, initial telephone support to referrals and liaising with a wide range of referral networks that we have not been able to fit in. This includes fundraising.

To find out about what we have been up to with our fundraising please visit: <https://fibroactive.co.uk/fundraising/>

Julie

Julie Barker: Chairperson

Aims:

- Fibro Active is a support group for Fibromyalgia and ME/CFS sufferers and their carers.
- Fibro Active is a positive and inclusive group that focuses on healthy lifestyles, light exercise, support and sharing information as well as educating members about their condition and help them move forward with the acceptance and management of illness.

Objectives:

- To encourage sufferers and their carers to actively join our social media platforms and to gain further information from our website.
- To encourage sufferers and their carers to attend our weekly support group and classes.
- To research and present credibly sourced information knowledge and present to group members.
- To provide a variety of gentle exercise sessions by qualified instructors featured in the fall's prevention programme.
- To provide support and signpost sufferers to primary mental health services.
- To work with partners to provide group emotional support sessions.
- To work with partners to provide nutrition and lifestyle information.
- To welcome guest speakers into the programme.
- To increase our awareness and membership by actively attending community events, distributing advertising material and networking with partner organisations.
- To raise funds through a variety of funding applications, donations, community events and annual awareness campaign.
- To network and create relationships and partnerships with other Fibromyalgia support groups.

Membership

When people join us, we say they are members for life as this reflects the life-long illness. However, some members stop coming for various reasons, mainly they become too ill and then find it difficult to access the group again. So, to keep in line with GDPR, we notified all members of the changes we were making when we moved the signing up of membership onto the website. Some members requested for their details to be removed, others just didn't reply.

Pre-Lockdown we had 71 members on our active list and 94 members archived who no longer attended group sessions. There were 20-25 members joining the group sessions each week.

During Lockdown when restrictions were lifting, we had to restrict face to face membership and a regular 12 members supported the group and continued to pay membership throughout.

Post Lockdown we have 23 members of which 5 are new. We have a regular 10-12 members joining the group sessions. Some members are still isolating, whilst others are still anxious about covid regulations. Others may not need the support of the group anymore.

Membership Fees

Pre lockdown we were a pay as you go group. We had a core group of regulars and others dropped in as and when they were well enough or were not at appointments. We asked for a nominal fee of £2 to cover rent and refreshments.

Lockdown changed the way we took payments. We no longer do pay as you go. We moved to bank transfers and standing orders, which a handful of members were doing already. Payments have not risen, only rounded off to fit a 5-week month. We now ask for £10 monthly payment for regulars, payments also include access to Zoom and a group t-shirt. Members who are unable to attend on a regular basis, still have to book a place and their fee is £3.

Covid Regulations

Due to the vulnerability of our members, we have maintained a strict covid policy. This has put some members off from attending due to wearing masks and recording Lateral Flow Tests. It has also increased anxiety in some members. Our covid regulations advise members who are not happy to return during the current climate, to either join on Zoom or not to return straight away.

Bi-Monthly Programme

The group programme can be found on the Website, on the Support Facebook page and it is emailed out to members. You can also find it in our bi-monthly newsletters.

Fibro 5

The 5 Ways to Fibro Wellbeing



The Fibro Active programme incorporates the Governments 5 Ways to Wellbeing and is affectionally known as the Fibro 5. This section of the review will identify the work we do by connecting, be active, take notice, keep learning and give.

We connect our members with the wider community to enable
Them to gain support and advice from local services as well
As raising awareness of our condition and support group.



Connect

Facebook Members: Fibro Active Support Group

2016	2017	2018	2019	2020	2021	2022
175	285	370	448	500	526	578

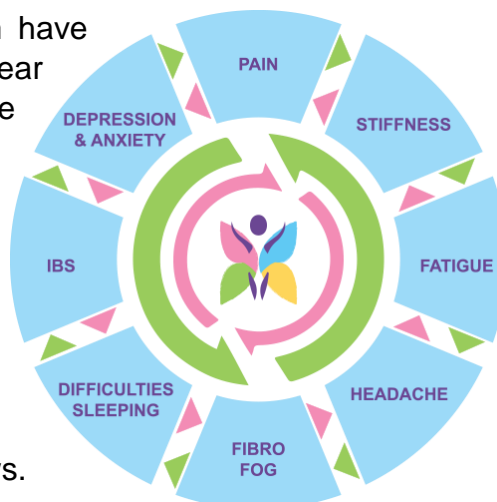
Our membership has steadily grown over the years. We see members come and go depending on their needs at the time. Most leave due to their mental health declining and not being able to cope with social media. The Facebook members were including in the review and these are the results.

Website

Following our first-year report, our media team have created an amazing website, that is a basic and clear resource for anyone interested in finding out more about all aspects of the group, membership, the programme, projects, newsletters, blogs, fundraising etc.

The information from our monthly Symptom of the Month workshops have been transformed to make an informative and easy to follow symptoms area.

The website gets a regular 435-700 monthly views.



We circulate the links to newsletters and blogs on a regular basis. Julie gets direct enquiries through the website contact us, link.

Newsletter

We email out our bi-monthly newsletter to all members, partners and networks. This is also sent out via Erewash Voluntary Action. The Newsletters are uploaded onto our website and accessed by link or direct on the website.



Media Articles

We submit monthly articles to community magazines; Local Magazines, Ilkeston Life, Erewash Sound. We have also been featured in the Age UK magazine, EBC Today, Dr Lams Global Newsletter.

Julie has written monthly articles for the UK Fibromyalgia Magazine for 5 years. Jane has proof read the articles to maintain a professional standard.

Community/ Guest Speakers/ Signposting



We have had many guest speakers over the past five years including; Live Life Better Derbyshire, Citizens Advice, Healthwatch etc but we have also had recommended guest speakers known to members such as the wool lady who came in March 2019. She was recommended by one of our members who had been to another community group and found her very interesting. She spoke about the history of wool spinning and the processes of dyeing wool in a sustainable way. The talk was very informative whether you knitted or not and members were able to have a go at spinning too.

October 2019 Kath Bates came to talk about crystals and crystal therapy. She is friends with one of our members. Kath also joined us on Zoom during Lockdown to talk about colour therapy.



In March 2020, Jay Lane one of the media team who created the website, presented a very comprehensive workshop which has been very helpful to members who have gone away and confidently acted upon Jay's hints and tips. We didn't quite complete everything so we will be inviting Jay back later in the year for another informative session.



Sharon has visited the group since its inception and initially gathered lots of feedback to present to local NHS teams about the difficulties Fibromyalgia and CFS/ME sufferers faced. June 2020. Sharon from Healthwatch joined us to find out what our experiences have been like during lockdown. Sharon also updated us with what the different services were putting in place and explaining reasons for certain difficulties.

Isobel Holloway the Assistant Economic Development Officer at Erewash Borough Council, joined us in the new year asking us to be a focus group looking at the re-generation plans for Long Eaton town centre. Our members fed back a comprehensive list of needs to be able to come back shopping in the town centre.

February 2022. Alan Penn, UK Irlen Specialist, 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.



Hannah Moreton also attended in February. She is an Engagement Specialist for the NHS Derby and Derbyshire Clinical Commissioning Group. She came to talk to us about our experiences and understanding of the name changes to the now called Urgent Treatment Centres



Cuppa and Chat

Our members attend group for different reasons. Some like the structure of the programme and others prefer more informal interaction. We try to get a good balance. Prior to Lockdown our programme was so full that a cuppa and chat session was quite rare.



Due to running a reduced programme on Zoom, cuppa and chats became more frequent. Furthermore, due to the uncertainty of availability from Covid cases, the cuppa and chat sessions have been a last-minute alternative.



These sessions help members bond and relax in a group environment. They allow members to talk informally. On many occasions we have had a number of prompts to encourage the group to talk, especially when stronger group members are not present. We use these sessions to catch members up with events and information and asking for feedback.





Be Active



Our Small Steps to Health Tai Chi programme offers gentle movement, focus on breathing and mindfulness for all of our members. Our instructors are qualified under the Tai Chi for Health Institute.

The Benefits include:

Pain relief and less stiffness

Improved balance and less falls

Uplifting of the spirit and greater relaxation

Improved ability to do daily tasks

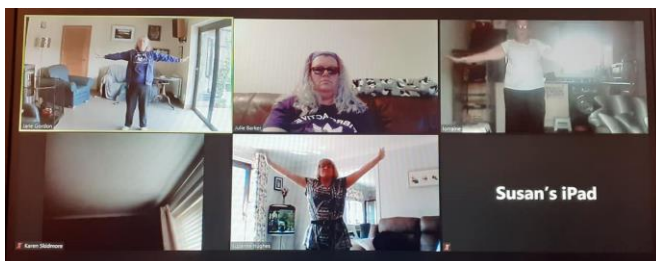
Improved muscle strength and joint flexibility

Enjoyment of tai chi practice

Following our first-year report. Julie and Jane trained as **Dr Lam, Tai Chi for Arthritis** instructors and were able to assist Chris Davenport from Impact Physio, in group sessions by making them mixed ability. This enabled members who were ready to move onto part 2 and more beginners could start.

We were just thinking we would need a bigger hall when lockdown came. Chris volunteered with us right up to Lockdown, however he was a front-line worker and a vaccinator and was unable to return face-to-face in September. The number of attendees dropped dramatically on Zoom. Our members are slowly getting back into the f-2-f classes. Throughout Lockdown Julie and Jane were training on zoom and when we returned in September, we were able to put on a wider variety of classes.

Our new **Small Steps to Health** classes are a combination of **Otago** strength and balance exercises and tai chi walking. Our members find these classes harder than the Tai Chi.



We have more recently introduced **British Health Qigong** to the group. These gentle stretches have numerous benefits. This routine is **Ma Wang Dui**.

Prior to lockdown we gained funding from the Deputy Mayor and local councillor for a **Boccia** set. This is the only sport we play that brings out the competitive side of our members.



Our gentle walks give members the opportunity to be out in the fresh air, chat with friends and take notice of their surroundings.



Take Notice



Pre-Lockdown our walks were just once a month and they were not very popular. It was one of the groups hardest challenges to get members out in the fresh air. This was mainly due to members being scared of being caught by the DWP. They feared their benefits being taken off them.



Another reason is that the effort to get ready and get out and then walk gently round the park and return home again was far too much. Moreover, the consequences were not worth it.

During Lockdown, when we were able to walk out in groups of 6. The walks increased in popularity, especially for members who would not or could not use Zoom.



The winter months are not as popular; however, the walks remain an integral part of the programme. In the summer months we are able to get a drink from the café and sit at benches to have a rest and a social in the sunshine.



Keep Learning

We run a number of workshops each month that enable members to learn about their symptoms, how to manage them and where to gain support.

We have Symptom of the Month (SOTM) where we present a symptom and discuss ways to manage it.

In addition, we have emotional support workshops to explore acceptance and loss, anxiety and coping strategies as well as how to increase self-confidence.

We look at nutrition and lifestyle and how we can improve our well-being, sleep patterns and management of our pain.

Symptom of the Month

We identified that members had very little knowledge of their symptoms and how to manage them. Each month Julie would read around a symptom and present it by PowerPoint to the members, who in turn would discuss whether they recognised that symptom and share ideas of what works for them with coping skills, pacing etc

After 2 years of presenting, Lockdown gave Julie the ideal opportunity to forward all the details over to the media team to decipher and they did a fabulous job of creating the symptoms area.

There are over 200 symptoms so it will be an ongoing project to add the lesser-known symptoms at some point.

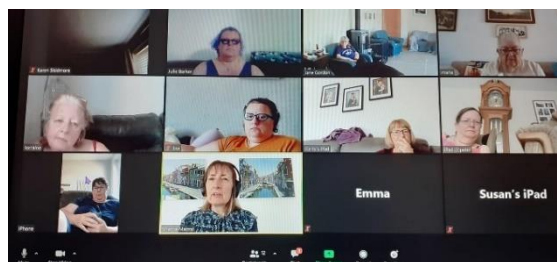
Emotional Support Workshops

Sue Poulter: Emotional Support Facilitator, Open Minds



Sue is an integral part of the programme, she has been running workshops for over 4 years with subjects relevant to our illness such as acceptance and loss, building confidence, anxiety, grievance, the power of positive thinking etc and arming our members with coping skills to see them through the wide range of emotions we experience. We apply for funding to keep Sue in the programme. Sue has also given the members consistency from regular contact and members have developed a trusting relationship, which helps when they seek support.

Sharrie Manno, Hypnotherapist from Think Hypno



Sharrie was invited to a group meeting after Jane Gordon benefited from a series of hypnotherapy sessions. Sharrie's continued to volunteer with us once every 3 months with a 30-minute theoretical workshop, followed by 30 minutes of deep relaxation. Themes include: anxiety, confidence, triggers etc. The sessions prior to Lockdown were very well attended. Sharrie continued with the theoretical sessions on Zoom during Lockdown and will be joining us at the hall in June 2022.

Marie Hegarty, Creative Arts Facilitator at Scraggy Moo



Marie works as a casual facilitator for Inspiritive Arts who applied for funding on Fibro Active's behalf to facilitate 7 arts for health sessions. Marie has lead workshops making gratitude jars, collages, adult colouring, salt dough modelling.

Creative Workshops



Our creative workshops first started in year one with a pot of funding to bring in Di Shepherd a local artist, where we had a series of workshops experimenting with different mediums. Since then, our members have come forward and say 'I do arts and crafts and would like to run a workshop.' Jane ran Christmas Crafts workshops. Peter; Pottery, we made gift boxes, Philippa has done pour painting. We have tried needle felting and more recently Denise led a Diamond Painting session.

There is a life with Fibro and to help us sustain the group, we give members the opportunity to use their skills and experience when they feel ready.

Some opportunities include:

Becoming a Mental Health Champion

Being part of the fundraising team

Being a Fibro Welcoming Buddy

Becoming a committee member



Give



The Queen's Award
for Voluntary Service

The Queen's Award for Voluntary Service is the MBE for voluntary groups; it is given in recognition of the benefits brought to the local community through the outstanding work they do. Fibro Active is one of 230 groups who were chosen to receive the award in 2020. We are all very proud to receive this prestigious award and would like to thank everyone who has volunteered their time and expertise to help support our members and enable them to move forward with a life the Fibro/CFS/ME.



The Lord Lieutenant of Derbyshire, Mrs Elizabeth Fothergill CBE

Deputy Lieutenant of Nottinghamshire, Mr Nigel Chapman

Julie Barker, Chairperson – Jane Gordon, Treasurer

Peter Wilcox, Committee Member – Margaret Wilcox, Committee Member

Volunteer Opportunities



Fundraising

We have organised a stall on the local carnival up until Lockdown. We have a rota of teams that are on duty in bitesize chunks. Members usually stay for the duration because they enjoy the experience so much.



We have raised awareness and funds on Long Eaton market for Awareness Day. Being in the community helps us connect with sufferer's that are not on social media.

Admin/ Social Media/ Events

Caitlin was our first non-member volunteer. She was in between jobs and helped out at a variety of events as well as supporting with admin and social media. Caitlin was a big loss when she started her new job.



Committee Member/ Trainee Instructor

Opkar has been a tai chi student for over 3 years and after caring for family members, she was keen to find interests for herself. She asked if she could volunteer and was soon co-opted onto the committee.



Tai Chi Demonstrations

It's not just our group members that volunteer. We invite our tai chi students to demonstrate at events. Our most experienced students trained for 10 weeks leading up to the presentation and then had the privilege to demonstrate at the Queen's Award Presentation, where we were

joined by Dr Lam the founder of the Tai Chi for Health Institute in Australia.

Their help didn't stop there. They came together on the day and helped people to their seats, gave out the lunches and helped with the smooth running of the event.

Lockdown

We were quick to adapt to lockdown. We quickly signed up to Zoom and within a week we were patiently talking members and students through signing up on the phone. We offered the first 15 weeks support sessions and tai chi classes for free, giving a life line to anyone who wanted to join us.

There was a huge divide when using Zoom. Surprisingly, it was the older generation who embraced it, whereas the younger adults found they were too anxious to use technology and video.

Julie and Janet (Membership Secretary) and Sue from Open Minds were able to make calls and texts to members and students on a weekly basis to keep everyone connected.

When restrictions started to be lifted, we were able to offer 1-2-1 support walks on the park with Sue from Open Minds. We were able to hold tai chi classes on the local park and when we could meet in groups of 6, we took advantage of the weather and sat socially distanced for a couple of hours in the sunshine. We included the tai chi students in the walks too.

Julie organised a monthly drop off for members, delivering magazines, shopping and swapping jigsaws etc.

We held regular tai chi classes on West Park for those who were unable to use Zoom.

The weather was glorious through to the end of September. We took advantage and spent Tuesdays having picnics, sitting in West Park. The picnics grew and we split members into 2 or 3 groups.



Projects

Falls Prevention Programme



In February 2018 Julie and Jane qualified as Tai Chi for Health Institute instructors. The Thursday evening group sessions at Long Eaton Spiritualist Church had not really taken off. It was suggested we changed them into Tai Chi classes. We were able to build up to 2 classes on Thursday evenings and these continued up to Lockdown.



In April 2018 we held a Spring into Action event in partnership with Strictly no Falling. Part of the event launched our Small Steps to Health classes. We had a fabulous turn out. We started 1 class on Monday afternoons and when the course progressed to part 2, we started a second beginner's class. All the income from the classes helped sustain the group.



One or two members moved to a Thursday evening class and all the students that completed parts 1 & 2 received a certificate. Due to a rent rise we moved venues from the Volunteer Centre to Petersham Hall.



The last Saturday in April is World Tai Chi and Qigong Day. Tai Chi practitioners gather at 10am and practice tai chi which sends a wave a



peace and serenity through each time line around the world. In 2019 we battled Storm Hannah and practiced on West Park. This event also launched our free Tai Chi in the Park practice sessions. Up until Lockdown we worked in Partnership with Chris Davenport who supported the Tai Chi in the Park sessions if either Julie or Jane couldn't make it. Some of Chris' students attended too.



In August 2019 we held a celebration BBQ for group members and students. We presented everyone who had completed part 1 with a T-shirt and Part 2 with a certificate of attendance.



Plans went on hold during Lockdown and we lost a lot of students, especially beginners who had not been with us long. Sadly, we learned that one of our students passed away.

We were able to stay in touch with our students by text, phone, zoom and emails. We had the added bonus of receiving a pot of funding to do this from Strictly no Falling and these payments paid for zoom and helped towards training.

We held social/ fundraising evenings on zoom and invited students to join us and win prizes. We became good friends and learned more about each other and our pets who took centre stage.

Back inside

Before lockdown we saw around 170 students attend our classes over 2 years. We returned back face to face in September 2021 starting with 40 new students and our loyal yang crew, strict Covid restrictions and a wider range of classes and a new additional venue.

Julie and Jane found it difficult to run evening classes. The church hall was small and didn't open for a while afterwards. So, it was decided to find a venue and run morning classes. Not many venues had opened back up. However, we were recommended St Giles' Church Hall and we found a whole new set of friends.



Current Classes

Yang Style Tai Chi Mondays 13.30hrs



Our Yang students have been with us for about 4 years. They progressed from TCA about 3 years ago. They stayed with us through lockdown. They have helped at events and Opkar has become a volunteer committee member. The class is currently closed to new members while we complete the last few moves.

British Health Qigong: Ma Wang Dui Mondays 14.45hrs



Julie and Jane trained on Zoom during Lockdown to qualify as BHQA instructors. Students walk into the class looking stressed and leave with a huge smile on their face as they enjoy the routine so much. New students soon pick up the routine and we look at a move in depth each week.

Tuesday Tai Chi for Arthritis 9.30-10.30am



We received a pot of funding in September 2021 from Sport England to encourage residents of the Petersham Estate to join in exercise classes. We started a TCA class conveniently just before the Fibro Active meetings.

Small Steps to Health Thursdays 10am – 11am



These ladies have been attending weekly classes since September 2021. Carol was able to walk the canal bank from Sandiacre to Long Eaton about 2 1/2 miles for the first time in 2 years. Iris is 86 years young, came to us with high levels of anxiety and needed 1-2-1 support. She can now do 95% of the class unaided.

Tai Chi for Arthritis Thursdays 11.15-12.15hrs



The regular students are just completing part 1 principles and will be awarded a T-shirt for 6 months commitment. Running two classes of TCA a week means that students can change classes if they are unable to make their regular class.



Space to Think was launched in January 2020. The project was funded by Awards for All and it was originally a joint project with Sue from Open Minds and Inspiritive Arts to run emotional support sessions for tai chi students who may need further support. These sessions ran in conjunction with the Tai Chi classes.

The second part was to run small group sessions that worked with new members who were needing extra support in integrating into the main group.

When Lockdown started, we had to re-think the project and changed it into 1-2-1 support with just Sue from Open Minds. When groups of 6 came in, Sue started open air sessions on the local park for the new members who had been patiently waiting for us to open up again.



Unfortunately, we are still reluctant to use the small room we used before for small group work. However, if anyone does need a 1-2-1, we can book them in with Sue if appropriate.



The ActiveAte project was run by Sophie Lester, Nutritionist and Rachel Lebon, Dietitian. It was a 12-month project supporting group members with a wide variety of workshops to support them making educated dietary choices to help manage their symptoms.

The project was funded by the group and by a group member. The project ended up solely delivered on Zoom. Members had 2 workshops a month, delivered on Wednesdays and Saturdays.

Attendees set specific goals according to their needs. They were given a professional standard workbook that they could add sections too and they were offered 1-2-1 appointments with the dietitian.

Guest speakers were brought in and the plan was also to write a cook book for members too but that has been put on the back burner for now.

Sophie is keen for the project to continue within the group programme with a workshop once a quarter to ensure we include vital information about nutrition as part of the holistic support needed to maintain symptoms.

**Free health assessment and GOAL setting
(more detail to follow)**

January	<i>CORE nutrition sessions</i> Including the eat well plate and basis of a healthy diet, practical cooking skills, Guest speaker on psychology behind eating well
February	
March	Nutrients to support healthy living -Carbohydrates and sugar
April	- Protein
May	- Fats and oils - Energy balance - Vitamins, minerals and salt
June	Practical cooking tips for Fibromyalgia
July	-Opportunity to try range of cooking implements
August	Mediterranean and anti-inflammatory diets
September	Gut health -Probiotics and microbiome
October	-Fibre
November	-IBS and stress -Mindful eating
December	Final assessment on GOAL progress

You will also have the opportunity to join monthly **health-specific workshops**, for example on diabetes, and also monthly **catch-up sessions** to share challenges and evaluate progress on GOALS

1:1 sessions with Sophie and Rachel are also available throughout program for more personalised support.

Our Fibro 5 Challenge has evolved each year from a dog walk, treasure hunt to the Walking to Awareness Campaign. We wanted an annual fundraiser but at the time when the group was in its infancy, there was a lack of interest in the community. However, our Walking to Awareness Campaign was slowly growing from a collective challenge of walking a marathon to being over 2000 miles.

2021 was in lockdown and we hadn't been able to fundraise. We added a Just Giving page and an incentive and we raised £740. This year we have extended the advertising and added a coffee morning to round off the challenge.



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/>

Fibro Active



Celebration Coffee Morning

FIBRO5
CHALLENGE Walking to Awareness

Tuesday May 10th 2022

10am – 1pm

Petersham Community Hall

Grasmere Rd, NG10 4DZ

You are invited to our coffee morning, to celebrate the end of our Walking to Awareness Campaign

**Raffle, Tombola, Cakes,
Craft Stall & more**

Boots Goody Bag for the first 40 people

Fibro Active

Carers

We encourage carers to attend, so they can benefit from the programme too. Margaret is Peter's carer and they both have been coming to group since 2016. They both joined the committee 3 years ago and have helped at all the fundraising and network events over the years.

We have one or two more carers attend who also benefit. Some carers take the opportunity of group time as respite and may not attend.



Training

First Aid

Julie and Jane have updated their first aid to keep their instructor certificates in date.

Mental Health First Aid

The original committee members attended Adult Safeguarding courses. This is something we are looking into for 2022.

In 2017, Julie and Jane attended the MHFA course and 3 members attended a half day Mental Health Awareness course. Three more committee members are attending an online MHFA course in April 2022.



Following the MHFA course we were able to run a Mental Health First Aid course for group members.

Tai Chi for Health Institute

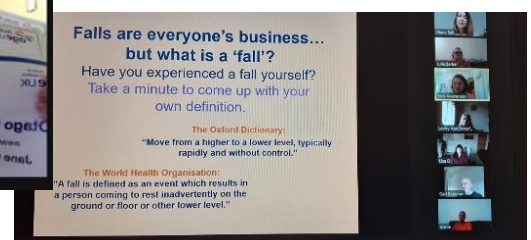
Julie and Jane trained as Tai Chi for Arthritis Instructors in 2018. To be able to attend the course they had to attend weekly classes for a year and show a good standard of postures and teaching method. They both revalidate every two years.



Zoom Training – Age UK Derby and Derbyshire, Strictly No Falling

Julie and Jane have taken advantage of training on Zoom. It has been the best thing to come out of lockdown. Not only have we been able to train from the comfort of our own home but we have saved time, costs and most important, energy so we have had shorter recovery times.

They have trained and been successfully assessed to deliver Otago. Following the Otago course, they were told about the Falls Ambassador Course and from attending that, they had the opportunity to train to train. Furthermore, just as an add on they trained to deliver the shorter version of the course. They have certificates galore but the best thing is the Falls Friends badge.



Deyin Institute and British Health Qigong Association

Furthermore, in September 2020 Julie and Jane joined 15 other trainee instructors from around the world with 11 months training to become Level 1 Deyin Institute Instructors. They gained funding from Erewash Borough Council and in March 2021 they joined 70 other people for 5 months of training to become British Health Qigong Instructors.



Social Media Training

Opkar attended an online Social Media training workshop through Erewash Voluntary Action and she has enquired into Pod cast training for some of us.

Walking Leader Awareness Training

Four members of the committee are booked to attend a Walking Leaders Awareness course on March 30th run by Active Erewash.

Presentations to other organisations

Julie has presented to a number of social prescriber teams to highlight what Fibromyalgia sufferers endure to get a diagnosis, gain support, navigate the benefits system etc



Partnerships

Active Erewash **Age UK Derby and Derbyshire** **Strictly no Falling** **Open Minds**

Broad Street Spiritualist Centre **Erewash Voluntary Action** **Deyin Institute**

Health Watch **UK Fibromyalgia Magazine** **British Health Qigong Association**

Alan Penn UK Specialist **Irlen Syndrome** **NHS Social Prescribers** **Inspirative Arts**

Petersham Community Hall **Public Health** **Tai Chi for Health Institute**

Petersham Community Partnership **St Giles' Church Hall** **Think Hypno**

