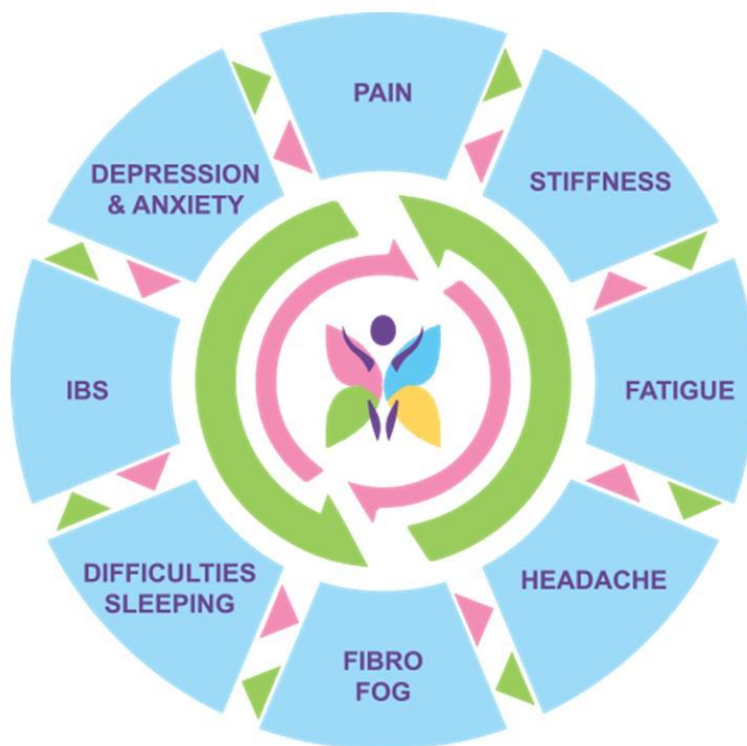




International Fibromyalgia and CFS/ME Day

May 12th



Positive Fibro Attitude
Fibroactive.co.uk



Hi everyone, I hope you are all well and looking forward to a summer of celebrations. It's been a strange couple of months, we slim lined our delivery and then became busier than ever behind the scenes. We have been recording bits and bobs for a qigong promo and we were invited to enter the RSPH Health and Wellbeing Awards which prompted our 6th Anniversary review. If you have not already seen it, you can find it here: <https://fibroactive.co.uk/reports-case-studies/>

Covid cases have had a big impact on attendance with at least 4 members and students a week testing positive. The knock-on effect has kept them away for about a month as it circulates around their families too.

We are coming to the end of this year's Walking to Awareness Campaign. Our members have gone the 'extra mile' this year to reach our target as there was only half the number of members taking part. We appreciate times are hard for everyone, however, it's not too late to join in or sponsor our members on our Just Giving page. They really do deserve a boost.

To conclude the Walking to Awareness Campaign we are holding an open coffee morning on Tuesday May 10th, 10am to 1pm to celebrate our achievement. I hope you can come along and have a go on our raffle or tombola. There will be cakes and crafts and the Mayor of Erewash, Mrs Donna Briggs will be attending. The first 40 people through the doors will receive a Boots Goody Bag and we are giving away our original design t-shirts too. Drop by on your way shopping or to a meeting and grab a few cakes for your family and colleagues.

It's time for a brew, put your feet up and read through.....



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

YOU MUST NOT ATTEND GROUP MEETINGS OR TAI CHI CLASSES.

If you are unable to show a negative lateral flow test then we ask you to wear a face mask. On arrival, someone will take your temperature. We will ask you to wash/ gel your hands.

The windows will be kept open for ventilation so you will need to dress appropriately in case it gets cold.

We are 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 during March and April...

British Health Qigong Association: Ma Wang Dui

We are working on 1 move each month and have completed up to move 4 and with a change in the programme we have gone through move 5 a week early.

Sue from Open Minds



In March we revisited Acceptance and Loss. It's really important to look at this on a regular basis as a reminder that it's ok to feel these emotions as a sufferer of a chronic illness. None of us can stay happy and positive all of the time when we are prisoners in a constantly sick body. It's hard to mourn our old selves when we have lost our future. We help you move forward and make a different life with fibro.

Marie from Inspiritive Arts



We have done silk clay modelling and folded cards in March and April with Marie. She will also be at the coffee morning for everyone to come and have a go at one of her workshops.

Sophie Lester - ActiveAte



Sophie returned with a zoom class about Vitamins and Minerals. It was very informative, looking at different sources of foods we can find the vitamins and minerals in.

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Small Steps to Health

We delivered our Small Steps to Health class in March to our group members who say it is harder than doing Tai Chi. It's good practice to target strength and balance to help reduce the risk of trips and falls.

Symptom of the Month

In March we revisited Fatigue. We watched the first of five short films on the Derby Royal website that makes up a short online NHS course.

In April we revisited the power point presentation on Pain. I had recorded the notes to the slides at the beginning of lockdown. Which is useful when you are on a bad day!

May/Jun Group Programme



Fibro Active Covid Regulations Apply

Hands, Face, Space; Please wear a mask to protect us all

Day	Date	Activity 11.00–12.00	Activity 12.00–13.00
Tue	3/5	Open Minds	Coping skills to manage pain
Tue	10/5	Coffee Morning	10am—1pm
Tues	17/5	Small Steps to Health	SOTM: Mornings
Tues	24/5	Breathing and Visualisation	Boccia
Tues	31/5	Open Minds	Motivation
Tues	7/6	Inspirative	Arts
Tues	14/6	Qigong	Sharrie, Think Hypno
Tues	21/6	Small Steps to Health	SOTM: Fibro Fog
Tues	28/6	Open Minds	Frustration and Anger

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/>



Weekly Walks



Our weekly walks have not been as well attended this year as they were in lockdown. Having said that, now the café is open, we are hoping to see more members. Walking together has so many benefits. It may be hard to find your drive to get dressed and get out, but it is worth the effort to be active and take notice and enjoy watching the spring buds come through. It was great to see Janet out with us too. A short walk in the fresh air can aid more restful sleep, which in turn will restore our bodies better for the following day.

Erewash Walking Week



We signed up as one of the designated walks during Erewash Walking Week. Sadly, the weather was not on our side. It rained heavily prior to the walk. We were lucky to just get round and as we were finishing, we were met by Kev and Dan from Active Erewash. We took a quick photo and ran for the shelter as the heavens opened. Poor Denise was wet through to the skin as she went home.

It was good to catch up with Kev and Dan and get the grapevine news. Networking is really important to find out how everyone else is doing.



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/>




Falls Prevention Programme

Tai Chi for Arthritis Part 1 and Principles



Congratulations to our part 1 and principles students who have earned their t-shirts. There are more students to qualify, they will hopefully get their t-shirts over the next couple of weeks.

Here's some feedback from Richard and Cathy from the Sandiacre class.

What did I expect out of the classes?

An appreciation of Tai Chi and a slower, less strenuous form of Kata (as practised in Karate). Hopefully some strategies to help reduce the impact of arthritis.

What did I get?

After some 6 months I feel I have "got" the basics. I believe my posture is better and I am able to better control balance and breathing. In practical terms, I am definitely walking better (osteoarthritis in one knee and hip problems are causing difficulties), I am more relaxed, and I have been able to apply breathing control to minimise pain in certain situations such as with back problems.

Overall, this has been a very rewarding experience. In fact, I am now confident in going back to the gym to concentrate on more strength and aerobic exercise, something I was shying away from.

Thanks for the classes – a big thumbs up!

Richard

I started tai chi in September 2021. I have really enjoyed it.

I have mild cerebral palsy which affects my right ankle. This gives me difficulty with steps and uneven surfaces. I also find it hard to balance on my right leg. My right leg is smaller than my left so I wear built up shoes.

Since starting tai chi I feel my right leg has got stronger and I am finding it easier to go up or down steps. Today when using the steps to access the hall where tai chi is held rather than holding the rail which I usually do I only needed to touch the rail briefly when going up and not at all going down.

I feel Julie and Jane are very accommodating of my disability and with certain exercises that involve balancing on 1 leg and moving that leg backwards/forwards they often say 'tap on the floor' between movements. This really helps me as I can't balance on my right leg for long and it helps to make me feel included in the activity.

Bring on stage 2!

Thanks

Cathy

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 classes at St Giles' Church Hall, Sandiacre

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

Small Steps to Health Class



The class attendees have really improved their strength and balance over the last 6 months. We have lots of spaces for all abilities. You can never start too early to reduce the risk of trips and falls. We start you off really slow and gentle.

We have plenty of spaces, so why not take advantage of our free taster sessions until May 12th.

Tai Chi in the Park

Due to possible exposure covid cases, we cancelled the hall and had a small practice session outside at the end of March. Luckily it was a beautiful morning.



Tai Chi Practice Sessions

Every last Saturday of the Month
10am to 12pm



Free		Small charge to cover rent depending on numbers.	
Tai Chi in the Park		Cuppa included	
Meet at Floral Gardens on West Park		Petersham Community Hall, NG10 4DZ	
May 28			
June 25	World Tai Chi Day	Jan 29	
July 30	April 30	Feb 26	
Aug 27	Venue TBC	Mar 26	
Sept 24	Subject to weather	Oct 29	
Subject to weather		Nov26	

We have FREE taster sessions on all our classes until Thursday May 12th. Book today to secure your place.



Fundraising

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.

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

Walking to Awareness Campaign 2022

Our members have walked their hearts out to reach our target. With just 12 days to go please support them and reward their efforts by pledging a small sponsorship.

https://www.justgiving.com/crowdfunding/walkingtoawareness22?utm_term=4bmxkg5dG

Events



Fibro Active

RAFFLE

£1 a Strip

To be drawn at our open Coffee Morning

Tuesday May 10th at 12.30pm

Raffle, Tombola, Cake Stall, Crafts

A visit from The Mayor of Erewash,

40 Boots Goody Bags to give away

Free Original design Fibro Active T-shirts

List of Raffle Prizes

Oral B pro 1 680 Electric Toothbrush	Tesco, Long Eaton
1 x Bottle Ketel One Botanical	Tesco, Long Eaton
Instax Mini 9 Instant Camera	Julie
£10 Gift Voucher	GW Dundas Butchers, Breaston
Handbag	Pat
2 x £20 Gift Voucher	Altered Images, Draycott
£60 Gift Voucher	Small Steps to Health
30 Minute golf lesson worth £30	Trent Lock Golf
30 minute private hydrotherapy	Aquathlete
Cream Tea	James' Coffee Shop
Cream Tea for 2	Copper Cogs

WE NEED YOU!

We are a sufferer led support group and we need help with our fundraising programme. The current climate has seen our member attendance drop and we don't have the support we had pre-covid. Can you spare your time for about 3 times a year to transport, put up our group gazebo and help us set up and take down our stall? We are missing out on key community events at a crucial time when we need to be visible in the community. If you can help, please contact Julie at: julie@fibroactive.co.uk

