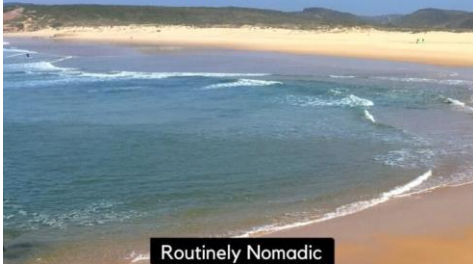


"July is hot afternoons and sultry nights and mornings when its joy just to be alive. July is a picnic and a red canoe and a sunburned neck and a softball game and ice tinkling in a tall glass. July is a blind date with summer."

- Hal Borland



Hi Everyone,

I hope you are all starting to settle into the new-norm. It's quite exciting for me, problem solving and adapting comes naturally, not sure it's what I like to do it at times, as the Fibro and CFS makes it harder to do.

Fibro Active have had a couple of really exciting months and we can't wait to tell you all about it.

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



A Magical May for Fibro Active

The month started with myself being presented with the Mayor's Award which was a very humbling experience hearing the other recipients' stories too.

It was the first of 3 engagements that we would spend with Donna Briggs during the last week of her term as Mayor of Erewash.



Coffee Morning

Our coffee morning was a great success. We had new visitors from Ilkeston, Ben was in the kitchen, we had giveaways, cake and the tea and coffee flowed. Altogether, with raffle pre-sales and on day sales, Just Giving and the tombola, crafts, we raised just over £800. This was a massive boost for all of us after lockdown. It was lovely to see our members coming together to make it happen and Donna Briggs joined us for her 2nd engagement with us.

A day to remember

The following day we were picked up in the Civic Car on a very wet day down to London where we were meeting Maggie Throup MP for lunch at Westminster. Sadly, due to heavy traffic we were a little late and could only spend a few minutes with Maggie. However, she left us in the capable hands of her Chief of Office, Ian Gutteridge, who gave us a very interesting tour of the history of Parliament.



Then it was swiftly onto Buckingham Palace where Prince Charles, Camilla and Princess Ann were in attendance. Sadly, it was still raining heavily and we didn't see much through the brollies. But a kind lady on the front row took a photo with my phone. The food was delectable and the service I can only aspire to. We met up with the former Mayor of High Peak and his wife. It was great to hear about their fundraising achievements. We huddled back under the food tent for shelter and palace staff brought round ice cream. The greatest privilege of being a blue badge holder is that I was able to apply for a special pass that enabled us to park near to the Palace gates. I think that



was a huge relief to all of our feet after a once in a life time opportunity.

This day was so poignant for all of us as we had come full circle. Donna had originally nominated Fibro Active for the Queen's Award during her role as Deputy Mayor. We were privileged to spend her final engagement with her as Mayor.



Garden Party at the Manor

A second invitation to a garden party from Sir John Peace Lord Lieutenant of Nottinghamshire came for June 25th. Peter and Margaret Wilcox and myself attended along with 100 voluntary groups from across Nottinghamshire. There was a presentation to a number of youth groups, afternoon tea and we had a short walk around the gardens in between showers. The garden party was held as part of the Queen's Platinum Jubilee Celebrations and to celebrate volunteering.

New Office and HQ

As from Friday 1st July, the group will have an office and HQ in the committee room at Petersham Hall. We are very grateful for this opportunity as it will enable us to offer 1-2-1's in a safe place, emotional support group meetings, a drying space for bigger art projects, event prep space, new project delivery space and team meetings. Most importantly after 6 years, I have my front room back! Yes!

**If you develop any cold/flu symptoms/ stomach upsets or test positive;
YOU MUST NOT ATTEND GROUP MEETINGS OR TAI CHI CLASSES.**

Let's have a look at what we've been up to during May and June

Sue from Open Minds



In May we looked at motivation and we surprised the members with our own little Platinum Afternoon Tea. In June we continued with the theme of motivation.



In June we continued with Motivation, looking at our own strengths and identifying strengths in other group members. We finished the session with a horse race!

Marie from Inspiritive Arts



In May, Marie, joined us at the coffee morning and brought along some colouring for people to have a go. There were so many people there that the assigned table was already full!

It was Marie's final funded session with us in June. We were asked to create a picture that when we look at it, will make us happy. Some members chose to paint or sketch and others made simple collages.

Keeping Active

There have been fewer Qigong and Otago sessions over the last couple of months. We have tried to accommodate everyone's requests. We have had a little change of plan and looking to accommodate more gentle stretching and easy to follow sessions to help those who are finding it difficult to remember moves and co-ordinate.

Sharrie from Think Hypno



Sharrie is back f2f and she came along with a very motivational session that lifted everyone. It was great to see the transformation and we look forward to Sharrie's return in the autumn.

Breathing and Visualisation

We have been incorporating more relaxation into the programme. We have been exploring abdominal breathing and visualisation. It was so relaxing; you can feel the tension lift in the room. I know someone was snoring!

Boccia

It's great to get the Boccia Balls out. It's the only activity we do that brings out the competitiveness in everyone.



Jul/Aug Group Programme



**If you develop any cold/flu symptoms/ stomach upsets or test positive;
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Day	Date	Activity 11.00–12.00	Activity 12.00-13.00
Tue	5/7	Breathing /relaxation	Symptom of the Month
Tue	12/7	Crafty Cuppa	Crafty Cuppa
Tues	19/7	Small Steps to Health	Crafty Cuppa
Tues	26/7	Open Minds	
Tues	2/8	Boccia	Breathing/relaxation
Tues	9/8	Small Steps to Health	Crafty Cuppa
Tues	16/8	Crafty Cuppa	Crafty Cuppa
Tues	23/8	Open Minds	
Tues	30/8	Closed	Closed

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

Free Tai Chi in the Park—Every last Saturday of the month.

West Park, Floral Gardens 10am –11am



**Look out for events around Erewash from 4th—16th July,
we will be out and about offering free taster sessions.**



Falls Prevention Programme



Summer Holiday Qigong Courses

Mondays: 13.30—15.00hrs

Petersham Community Hall. NG10 4DZ

British Health Qigong Association Ba Duan Jin

July 18th—August 22nd

Course Fee £37.50 including refreshments

One of the oldest Qigong/ Chi Kung exercises for health and wellbeing in China.

Thursdays: 10.00—11.30hrs

St Giles' Church Hall. NG10 5EE

Traditional Eight Brocades

July 28th—August 25th

Course Fee £37.50 including refreshments

This course is for all abilities and can be done seated or standing.

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

Events

Look out for the local information events around Erewash from the 4th – 16th July. Groups and organisations are coming together and welcome you to find out what's happening in area.

Fibro Active will be handing out leaflets about group activities and the tai Chi classes. The leaflets entitle you to a free taster session at any of our classes. Details above:

Free drop in tasters at St Giles' Church Hall Sandiacre and Petersham Hall on Thursday 7th and 14th July.



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>



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

