

Hi Everyone,

I hope you have all had a lovely summer)) Hasn't it gone quick! I'm sure our school holidays didn't go this quickly???

We have had a very chilled six weeks with a mixed media art project and a short qigong course. However, behind the scenes we have been busy planning our new Fibro Therapy courses and the new Small Steps to Health programme, not to mention the Fibro5 programme and hot off the press...our new podcast project. So, we are going to get straight to it and find out what we've been up to and what's coming up))

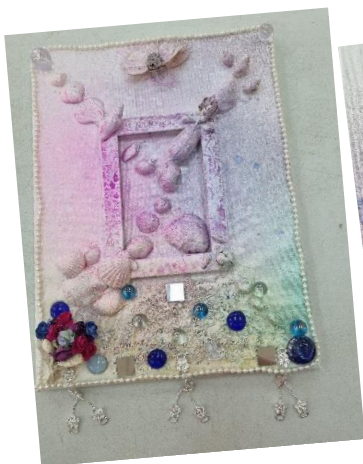
It's time for a brew, put your feet up and read through.....



Mixed Media Project



This was a four-stage project which was perfect for the summer holidays.



Sean our Resin Expert



For those who didn't fancy the mixed media project, we offered adult colouring. However, Sean brought in his own special project working with resin and making Christmas embellishments for our craft stall.



Networking in the Community



GP Link Event: Borrowash

Throughout the summer we have been attending a series of events, connecting with different areas in Erewash. I shared tables and cake with Jo Briggs; strictly no Falling and Ben from Re-think. It was great to be out and about again.



Connect Erewash Fortnight

I was out and about in between classes at Sandiacre Library, Petersham Hall and Kirk Hallam Community Centre, where I was joined by one of our members Dawn Patterson who happens to be Ben from Re-think's mum))

All Move Erewash Event

Nine group members attended the 2nd all Move Erewash Event at Erewash CVS. We contributed our experiences as chronic illness sufferers and hopefully fed back our real experiences to raise greater understanding of the barriers to activity.

Training



Level 2 Complimentary Health Course

Seven group members had a day of relaxation and massage as part of the Level 2 Complimentary Health Course in our office at Petersham Hall. The second part was a range of written workbooks covering subjects such as; nutrition, types of skin, stress, business etc. The course was led by a fellow fibro mite, Tim from White Rose Beauty College.

We were successful in applying for a National Lottery Grant which is enabling us to run 3 free 12-week courses from September through to July 2023. The courses will cover the basic symptoms, best practice in managing symptoms, emotional support, nutrition and lifestyle and signposting. Each workshop will be followed by a tai chi for arthritis or qigong class. Participants will get to experience both and will then be able to choose which is most suitable for them. The course will be supported by a work book and links to access short recordings to follow the weekly moves. Furthermore; participants completing the course will receive a polo shirt.



Within two weeks of advertising, the first two courses were fully booked. With demand from different parts of the UK, we opened 5 extra places on Zoom. We also decided to fund a professional designer to layout the workbook to ensure it meets the needs of the participants. This has also become a group collaboration as we have asked feedback from group members with different needs and facilitators and supporters of the group to input to the relevant chapters. We can't wait to see how this project unfolds over the next 10 months. You can find out more details further in the newsletter.

Fibro Pod **Hot off the press!**

We have been awarded a pot of funding to buy podcast equipment for our brand-new project, Fibro Pod by the Small Grants Scheme through Erewash Voluntary Action. We will be working closely with a volunteer sourced by the volunteer centre's new volunteer recruitment web site to record and edit the Pod casts. Watch this space to find out when we launch!



British Health Qigong Association

Qigong course: Ba Duan Jin



During the summer holidays, we reduced our programme down as a lot of people were either on holiday or baby-sitting duty. So, we ran our first short course and added in refreshments. We delayed the start of the course due to the heatwave and made up the time on the first 3 sessions. Everyone enjoyed the course and they

will join us from September in the Yang class and/or qigong class on Monday afternoons.



Tai Chi for Arthritis Parts 1 & 2 Consolidation



Tai Chi students from our Tuesday and Thursday classes came together on Tuesday mornings during the school holidays. They have been learning TCA parts 1, 2 & principles including falls prevention components starting last September. This September they will be starting Sun 73 and we can't wait to share their progress.



Sep/Oct Group Programme



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

Day	Date	11.00 Activity	11.40 Break	12.00-13.00 Activity
Tue	6/9	Relax & Tone	Cuppa & Chat	Symptom of the Month
Tue	13/9	Relax & Tone	Cuppa & Chat	Fibro Bingo
Tue	20/9	Open Minds	Cuppa & Chat	Open Minds
Tue	27/9	Relax & Tone	Cuppa & Chat	Christmas craft session
Tue	4/10	Relax & Tone	Cuppa & Chat	Symptom of the Month
Tue	11/10	Relax & Tone	Cuppa & Chat	Boccia/Guest Speaker TBC
Tue	18/10	Relax & Tone	Cuppa & Chat	Boccia/Guest Speaker TBC
Tue	25/10	Open Minds	Cuppa & Chat	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

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



Free 12 week courses Thursdays Petersham Hall 10.30—12.45

Course 1: Sept 29th—Dec 15th **Full** Course 2: Jan 12th—Mar 30th

Course 3: April 27th—July 13th **Early Booking Essential**





2022/23 Tai Chi & Qigong Classes

Petersham Hall, Grasmere Road. NG10 4DZ

Day	Time	Form	Course Length	Fees	Start Date
Monday	13.30-14.30	Yang Style Tai Chi	40 weeks term time	£5 per class pay by month or term	05/09/22
Monday	14.45-15.45	Tai Chi & Qigong	40 weeks term time	£5 per class pay by month or term	05/09/22
Tuesday	09.30-10.30	Sun 73 Tai Chi	40 weeks term time	£5 per class pay by month or term	06/09/22
Thursday	10.30-11.30	Small Steps to Health class	40 weeks term time	£5 per class pay by month or term	08/09/22
Thursday	11.45-12.45	Tai Chi for Arthritis Part 1	12 weeks	£60	29/09/22

Need a little help? We have limited pots of funding for Petersham Postcodes, first come basis.

Small Steps to Health: A combination of Otago strength and balance exercises and gentle stretches that will target leg & body strength, building confidence and reducing the risk of trips and falls.

Sun Style Short Form Tai Chi for Arthritis: A great introduction to tai chi. The contained movements help improve balance and build muscle strength and flexibility and helps reduce pain.

Sun 73: A longer sun style form. A great continuation of the TCA form.

Yang Style Tai Chi: A more expansive form, with open and relaxed movements, easy for everyone to learn, it has become the most popular style of tai chi.

Qigong: This mind-body-spirit practice improves mental and physical health by integrating posture, movement & breathing techniques. Aids the bodies natural internal healing.

To find out more go to: fibroactive.co.uk

Julie on 0794411190 or email: julie@fibroactive.co.uk





Free Courses

In person at Petersham Community Hall, Grasmere Road, Long Eaton. NG10 4DZ

Limited places on Zoom

Time: 10.30hrs to 12.30hrs

Dates: 12-week course (max 15 places per course)

Course 1: Thursday Sept 29th – 15th Dec **Course Full**

Course 2: Thursday Jan 12th – March 30th 2023 **Course Full**

Course 3: Thursday Apr 27th – July 13th 2023

Course content

The sessions will cover all aspects of understanding and management of the illness including;

- symptoms
- emotional support
- nutrition and lifestyle
- mind/body exercise tai chi and qigong.

Who is the course for?

The courses will be open to anyone aged 18+ diagnosed with Fibromyalgia, Chronic Fatigue Syndrome, Long Covid and their carers

- who have not accessed the group before,
- are unable to attend our Tuesday sessions
- members/ former members whose circumstances have changed and need help financially to access support and have not returned after lockdown.

To find out more and to book a place, please contact:

Julie@fibroactive.co.uk or ring 07944111190



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Events

Autumn Footprints Amber Valley & Erewash Walking Festival

Look out for our walk at the Autumn Footprints Festival offers a great choice of 34 guided walks from 10th - 25th September 2022. Sixteen days of enjoyable walks and informative talks with something for everybody of all abilities.

<http://www.autumnfootprints.co.uk/autumn-footprints.aspx>

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




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

Select us as your cause

[coop.co.uk/membership](https://membership.coop.co.uk)