

Dr Lam comes to Manchester



Hi Everyone,

The weekend we were waiting for, for 2 years finally arrived. Chris, Jane and I were honoured to be invited to run through the Sun 73 with Dr Lam, Master Trainer Nuala Perrin and senior trainers in Manchester.

We took the Queen's Award on a rare outing and presented Dr Lam with our last QAVS pin badge which we had saved especially for this occasion. If it wasn't for Dr Lam's programme, we wouldn't have been able to benefit from the gentle movement and go on to support our members/ students today with our bespoke programme.

We were able to tell our personal stories, highlight the group's journey and how it led us to being awarded this prestigious accolade. It was a very special moment for all of us, one which I will treasure.

On Saturday we attended Dr Lam's Tai Chi for Memory workshop with around 20 other instructors who we were able to connect and make new friends.

We are now able to help our members with cognitive dysfunction. This form will help them enjoy tai chi without having the fear of not remembering the moves. Furthermore, this will enable us to deliver TCM to local dementia groups.



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



September started with a couple of changes to the programme.

Feedback from members was that they simply couldn't remember any of the routines we deliver. So, over the summer, Jane and I put together a lovely combination of

qigong movements that incorporate a gentle warm up, back loosening and all-round flexibility providing a shorter but very beneficial combination of moves and relaxation, that can be easily followed and not necessarily remembered. We have increased the rotation in the programme to 3 weeks out of 4 to enable members to benefit more from the sessions.

Cuppa and chats have been extended to 20 minutes each week to allow everyone a time for to talk and catch up. So far, the combination of Qigong and cuppa and chats is working very well!

Symptom of the Month. We briefly looked at Multiple Chemical Sensitivity.

Fibro Bingo keeping an interactive theme we had a game of Fibro Bingo, which allows for short chats about multiple subjects. It keeps it relaxed and fun, however, we digress so much, we never finish a game lol!

Sue from Open Minds closed September with the Healing Bowl. An arts for health exercise which really engaged the whole group. Sue clearly led us into breaking our bowls, which we ripped our discs and mended them back together and decorating them with our thoughts in the moment. We then fed back to the group what our plates symbolised.



October found myself testing positive! So, I spent the first two weeks looking at a screen, while Jane and Opkar held the fort.

Jane took everyone through the weekly qigong and cuppa and chats followed by **Symptom of the Month** featuring Seasonal Effective Disorder SAD.

Craft Prep. The following week we had a change to the programme and we asked everyone to bring in their crafts, they had been working on since September ready for our fundraising craft stall.



Guest Speaker. Our first guest speaker in a while was the delightful Emma Duthie from Erewash Sound. I invited her along to tell her story as I found her so inspirational when we spoke earlier in the year. Our members found her talk so familiar, it was like she was talking about us all, and so she was!

After also testing positive a few weeks ago. **Sue from Open Minds** came and finished off the month again with her anxiety coping scrolls. We created 3 different sizes, symbolising mild, moderate and severe anxiety. We had to identify our triggers on one side and our coping skills on the other. The three scrolls were then fastened and bound with a decorative bead.



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

We are open to new members

New members can join any time. Your first session is free and thereafter they can sign up as a full member setting up a standing order of £10 a month or pay £3 when they attend. You can find out more about our membership on our website: fibroactive.co.uk.

Our Projects

Yang Class



We currently have 13 students, 5 of which are new starters in September, running through a shorter yang form; yang 8. They will be moving onto yang 16 after Christmas so an ideal time to join the class in the new year.

Mondays 1.30pm.

BHQA



We have 6 students on our qigong class. Studying Ma Wang Dui and Ba Duan Jin. Places are open to join any time. The forms can be picked up and followed quite easily. We go through a move a week to look in depth.

Mondays 2.45pm

Sun 73



14 TCA students and 2 beginners have come together to study the Sun 73. If you have already done TCA then the first third of the form will be familiar to you.

Tuesdays 9.30am

FibroTherapy



Our brand-new Fibro Therapy course started on 29th September. We had 15 in person and 5 zoom attendees booked on. Two of the attendees have moved to course 2 and initially none of the zoom attendees joined us, which led me to double check I had sent the link and luckily, I had.

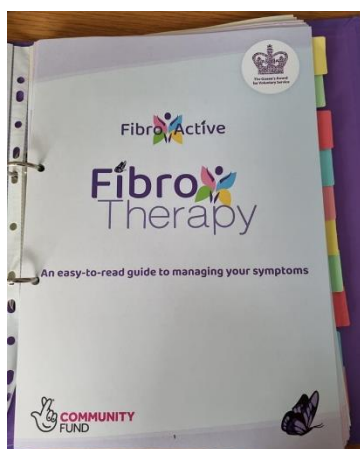
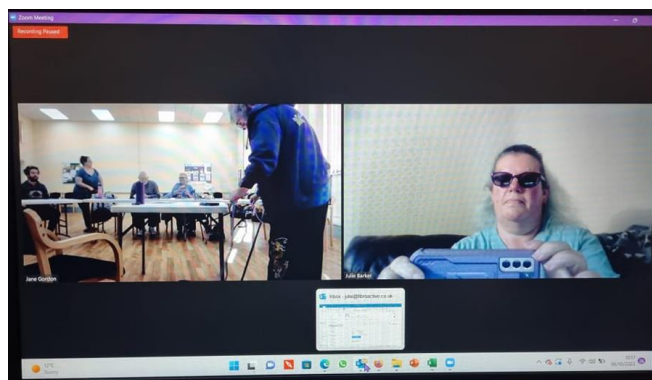
The first week we held an introduction to the course and an introduction to breathing and relaxation and to Qigong which we did seated.

The second week which is potentially one of the biggest weeks, I tested positive and had to join via zoom with no voice.

Jane and Opkar held the fort and we scrambled through with Jane introducing all the conditions and symptoms and Dr Lam's Tai Chi for Arthritis.

The third week, we started to look at the different types of pain and attendees were given the choice of whether they would like to continue with Qigong or Dr Lam's TCA. Four students chose the qigong.

Week four we looked at headaches and facial pain such as TMJ.



Week five we looked at Fatigue and the difference between fatigue, chronic fatigue and chronic fatigue syndrome. This gave us a chance to look back at chapter 2 and recap on pacing and limitations.

Each week, attendees receive the next chapter of the course manual so they receive the information in bite sized chunks. We run through the chapter and they can then digest the information in their own time. They also get links to the warm ups and new moves to keep up their practice. It's been a very positive start to the course.

Fibro Pod

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!

Fundraising



This year's community cause for Fibro Active has now ended.

We're delighted to confirm that Fibro Active has raised a total of **£2,429.62**, a big thank you to Co-op Members for choosing us!

Craft Stall November 25th

Our members have been working really hard to make a selection of homemade gifts for our up-and-coming craft stall. We have felt dog key rings, soap, light bottles and fir cone decorations. Unsold items will also be on sale at our Christmas Coffee Morning on Tuesday 6th December.



Nov/Dec Group Programme



**If you develop any cold/flu symptoms/ stomach upsets or test positive;
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Day	Date	11.00 Activity	11.40 Break	12.00-13.00 Activity
Tue	01/11	Relax & Tone	Cuppa & Chat	Symptom of the Month
Tue	08/11	Relax & Tone	Cuppa & Chat	Final fundraising crafts
Tue	15/11	Relax & Tone	Cuppa & Chat	Sharrie: Think Hypno
Tue	22/11	Relax & Tone	Cuppa & Chat	Stalls prep
Tue	29/11	Open Minds	Cuppa & Chat	Open Minds
Tue	06/12	Christmas	Coffee	Morning
Tue	12/12	Relax & Tone	Cuppa & Chat	Christmas Crafts
Tue	20/12	Christmas	Fuddle	Party Games

Christmas Fundraising Events

Thursday 24/11 Long Eaton Christmas Lights Switch On: Group Tombola 4pm—8pm

Friday 25/11 Ilkeston Cantelupe Centre: Charity Craft Fair 6pm—9pm

Tuesday 06/12 Petersham Hall: Christmas Coffee Morning 11am—1pm

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

Free Tai Chi in the Park—Every last Saturday of the month
Nov—April. Indoor winter season at Petersham Hall 10am—12pm:
£3—refreshments included



Free 12 week courses Thursdays Petersham Hall 10.30—12.45

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

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

Events and Fundraising



Christmas Fundraising Time Table

**Tombola at
Long Eaton Lights Switch on
Thursday 24th November
5pm –8pm**

**Craft Stall at
Cantelupe Centre, Ilkeston
Friday 25th November
6pm—9pm**

**Christmas Coffee Morning
Petersham Community Hall
Tuesday 6th December
11am - 1pm**