

**Hi Everyone,**

**We have had a promising start to 2023, however, it has not been without its challenges! Membership is slowly increasing and we have welcomed attendees from the first Fibro Therapy course in the group and our classes. Our Facebook membership is slowly increasing but our tech projects have been blighted with barriers.**

**Our first event of the year is our increasingly popular Walking to Awareness Campaign will be starting at the end of March. We will be resuming our group walks on Fridays to coincide with the dates and conclude with a walk & picnic on Friday 12<sup>th</sup> May which is International Fibromyalgia & CFS/ME Day. Furthermore after the success of last year's Awareness celebration coffee morning, we will be holding this years coffee morning on Tuesday 16<sup>th</sup> May.**

**We have lots of news for you so...**

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

**Support Group...**



**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/>





## January: AGM

We started the new year with our annual general meeting. We gave our new events table cover its first outing. We welcomed members old and new and Dawn Patterson joined our committee, replacing Denise Hayes who stepped down in 2022.

## Podcast Discussion

We listened to the first part of a podcast about Fibromyalgia Syndrome with Dr Maddie Piper published by the Bath Institute of Rheumatic Diseases. This engaged our members into further discussion.



## Scott from Press Red

We have been working with Scott on the Erewash All Move Stakeholder Project since its inception last summer. Scott came along asking 2 questions; what impact has fibromyalgia had on your finances for you and your family and how has this effected your health habits and trying to be active? This prompted some very real and raw feedback for Scott to take away and process.

## Tai Chi for Memory

After newly qualifying in the autumn, we have incorporated the Tai Chi for Memory into our qigong and relaxation session. There are 4 blocks of moves that are easy to follow and remember, allowing members with high levels of fog to join in confidently.



### Cuppa and chats

The cuppa and chats remain to be a key feature in our sessions. They round off the first half of the session allowing everyone time to talk and catch up. So far, the combination of Qigong and cuppa and chats is working very well!

### Sue from Open Minds

Sue from Open Minds concluded the Chinese New Year season by creating dragon boxes with positive words in Chinese symbols. We concluded by talking about what the words mean to us.



## February

### Symptom of the Month

For SOTM this time, we played a meditation for health and discussed our experience. It was interesting to hear how everyone experienced it differently.

### Tin Can Craft



This year's craft theme is upcycling tin cans and preparing them to sow seeds of herbs and small plants to sell in future fund raisers.

### Birthday Pancakes

It was Jane's birthday on Shrove Tuesday so we treated ourselves to some fully loaded pancakes. Cream, Greek yogurt, blueberries, raspberries, banana, orange and lemon juice, chocolate sauce and syrup. Not all at once of course!





### Sharrie from Think Hypno

Sharrie just missed out on the pancakes as she came along to deliver a workshop on why intrusive thoughts happen and how to acknowledge them and let them go. She also took us through a number of deep relaxation techniques.

### Tin Can Craft

There was a last-minute change to the programme at the end of February so we got the tin cans out again and had a chilled session being creative.



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

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### We are open to new members

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

**REST  
HERE.**

FOR A MINUTE.  
IT'S OKAY.

### Our Projects...



## Chinese New Year 2023



Our members and students joined us for CNY celebrations at Petersham Hall. We joined the Deyin Institute live and followed Master Faye Yip with an introduction to Tai Chi Qigong Stick. After a short break Ben Fowler led a taster session of Chen Man Ching. 13 of us had lunch at the golden Dragon in Shardlow. Excellent food and company))



2023 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	09.15-10.15	Tai Chi for Arthritis P 2 & Principles	13 weeks	£5 per class pay by month or term	12/01/22 & 27/04/22
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	12/01/22 & 27/04/22

**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. Move onto principles to transform part 1 into tai chi.

**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.



**Tai Chi Practice Sessions**  
Every last Saturday of the Month  
**10am to 12pm**



<p><b>Free</b></p> <p><b>Tai Chi in the Park</b></p> <p>Meet at Floral Gardens on West Park</p> <p><b>May 28</b></p> <p><b>June 24</b></p> <p><b>July 29</b></p> <p><b>Aug 26</b></p> <p><b>Sept 30</b></p> <p>Subject to weather</p>	<p>Small charge to cover rent depending on numbers.</p> <p>Cuppa included</p> <p>Petersham Community Hall. NG10 4DZ</p> <p><b>World Tai Chi Day</b></p> <p><b>April 29</b></p> <p><b>Venue TBC</b></p> <p><b>Subject to weather</b></p>	<p><b>Jan 28</b></p> <p><b>Feb 25</b></p> <p><b>Mar 25</b></p> <p><b>Oct 28</b></p> <p><b>Nov 25</b></p>
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To find out more go to: [fibroactive.co.uk](http://fibroactive.co.uk)

Julie on 0794411190 or email: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk)



### **Yang Class**

We currently have 5 students, running through a shorter yang form; yang 8. They will be moving onto yang 16 after Easter so an ideal time to join the class.

*Mondays 1.30pm.*



### **British Health Qigong Association**

We have 10 students on our qigong class. Studying Ma Wang Dui and Ba Duan Jin. Places are open to join any time. The routines can be picked up and followed quite easily. We go through a move a week in more depth.

*Mondays 2.45pm*

### **Sun 73**

*13 students have reached move 35. We are going nice and steady.*

*Tuesdays 9.30am*



### **TCA part 1 Principles leading to Part 2**

This is our newest class and it is a class for anyone who has completed TCA part 1. This will become a split class as interested students want to progress from TCA 1.

*Thursdays 9.15am*

### **Tai Chi for Arthritis Part 1 (TCA)**

This class is part of the Fibro Therapy Course and is also open to the community. Attendees can join by zoom if they live further away or are not feeling well enough to be in person.

*Thursdays 11.45am.*



***Thursday Otago is full to capacity.***





After a successful first course in the autumn, we were excited to start course 2. Most of the potential attendees were originally booked on from as early as July 2021.

Julie sent the pre-course information directly after the New Year. Three people pulled out due to having to either return to work or increase their hours due to cost of living. One lady had a baby and has not engaged after agreeing to attend. One of the attendees who deferred from course 1 is now attending course 2. One attendee from course 1 is joining us for the 4 sessions she missed on course 2.

The group is slightly bigger this time with 18 attendees in total, of which 4 are joining on zoom.

We are not short of technical issues with Julie's charger breaking just before the first session and the wifi cable being vandalised on week 7.

As the course has gone on, we have had lots of positive feedback. We are listening to the needs of the attendees and have been able to adapt where possible.

Course 3 will be the biggest course yet. It has been fully booked following a GP practice in Nottingham had sent out an invite to patients fill our 10 remaining places.



## Fibro Pod



This project has been blighted by issues from the start. First, we ordered the equipment but then each one of us came down with either covid or the cough virus which put things back until the new year.

Jane and I met in the new year to start recording and at that time we were advised to purchase a laptop to upload all the licenses for different programmes and be accessed remotely by different volunteers.

We match funded the project with the laptop. However, a fault was found when being set up and had to be returned and refunded. We are now looking at an alternative lap top.

## Mar/Apr 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	07/03	Tai Chi for Memory	Cuppa & Chat	Symptom of the Month
Tue	14/03	Cooking with Ben		Meal with Ben
Tue	21/03	Tai Chi for Memory	Cuppa & Chat	Planting Seeds
Tue	28/03	Open Minds	Cuppa & Chat	Open Minds
Tue	04/04		Easter closed	
Tue	11/04		Easter closed	
Tue	18/04	Falls Prevention		Workshop
Tue	25/04	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](http://fibroactive.co.uk) to find out how to join.

Contact: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk) / 07944111190



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 **Full**

**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

Friday 31st March—Friday 12th May

**2023**

**FIBRO5**  
CHALLENGE

Walking to Awareness

Join us for our annual Walking to Awareness campaign in 2023.

Add your normal daily steps to help us reach our goal.

Improve your mobility and raise awareness of Fibromyalgia and CFS/ME.

Celebrate our achievements together in a fun and supportive environment.





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