

International Fibromyalgia and Chronic Fatigue Syndrome/ME Awareness Day – Fri May 12th

BBC

RADIO DERBY

WE'RE FINALISTS!

make a
difference
awards

A BIG THANK YOU to Yvonne, one of our first members, who wasted no time in nominating us for the BBC make a difference awards, along with many of you. Below is what the group means to Yvonne. She knows how to set me off!

Julie, I just want to send my heartfelt congratulations to you and Jane personally; the little corner of Britain (and beyond) around Long Eaton would be a bleak place for many if it wasn't for your combined efforts.

Never take for granted just how much this is appreciated by so many people even if this appreciation is not always vocalised. You two truly are inspirational. I hope you realise this; I continue to promote Fibro Active even though I no longer live in the area and will continue to do so in any way I can for as long as I am able.

I am so thankful that our paths crossed when I needed help with my diagnosis and to find a way forward when all seemed so bleak. Through your understanding, determination, courage and ability to deliver such a vital community service you have brought information and hope to so many in a similar position to how I was when we met.

I know that your efforts have not always been easy or indeed straightforward, that your own diagnoses have ultimately emptied your basket of 'spoons' but you have somehow managed to continue.

Just a heartfelt "Thank you" for your efforts really and a sincere wish that you continue to find the energy and resilience to continue.

Much love to you both,

Yvonne.

Celebration Coffee Morning



Tuesday May 16th 2023

11am – 1pm

Petersham Community Hall

Grasmere Rd, NG10 4DZ

You are invited to our coffee morning, to celebrate the end of our Walking to Awareness Campaign

**Raffle, Tombola, Cakes,
Craft Stall, Books & more...**



Fibro Active

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



Support Group...



Cuppa at Copper Cogs

A few of us went for brunch at Copper Cogs in March. We had planned to have a cooking demonstration followed by us all sitting down to eat but red tape and insurance said no. We had promised food so went out instead!



Peter presents Pastilles

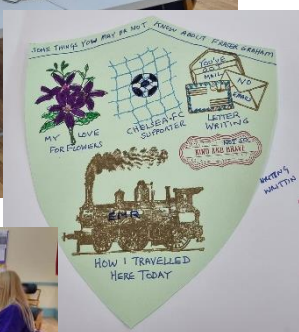
Another change in the programme. Peter stepped in and ran a soft pastilles workshop. We learned how to get the most out of using the different edges of the pastilles.



Sue from Open Minds

In March, Sue encouraged everyone to make a positive hanging mobile. Some made bunting and others dream catchers with natural twigs.

April, we explored our strengths and stamped a strength shield after a very interesting discussion about our own strengths.



Falls Prevention Workshop

Group members and class students attended our Falls Prevention workshop. Emma Richards from SNF came along and took us through some practices of getting up off the floor if you are alone.

Walking To Awareness Campaign 2023



This year's campaign has had a great start! There are not many group members that are in a position to join us on our weekly walks but we do have great support from our tai chi students, Facebook members, friends and colleagues.

Our Friday Walking to Awareness walks have mainly been plagued with rain. But there's no such thing as bad weather, just the wrong clothing.



Jo's Megga Marathon Challenge

This year, we have some amazing support. Jo Briggs, our Strictly no Falling coordinator had kindly chosen Fibro Active as her cause to run her first full marathon in Manchester. To read Jo's story and to sponsor our great cause, please visit: <https://www.justgiving.com/crowdfunding/walking-to-awareness-campaign>

It's not too late to join in the fun. You can back date your miles from March 30th and comment your miles on the link below until Friday 12th May, where you can join us for our final walk and picnic in the park on International Fibromyalgia Day.

<https://www.facebook.com/walkingtoawareness/posts/pfbid0229eavrR7XzSqjPPcCCqGmn31hFC277Gcbfy73wYzUEMXb3DynWjhBXFpKSVQQHZ2I>

Awareness Day Picnic



The final Walking to Awareness Walk is on Friday 12th May. We are aiming to celebrate with a picnic in the park, weather permitting.

You can either bring your own pack up or there is a café on the park, with plenty of picnic benches to sit at.

It will be lovely to see you there.

Week 4 and we are on target. A big thank you to everyone, we can do this!

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

Our Projects...



Tai Chi in the Park at Petersham

We had students from each of our classes attend the end of month practice session.

T-Shirt Presentation

David and Julie started our Tai Chi for Arthritis Part 1 course at the same time. Both have previous experience. David in Karate and Julie has practiced Li Family style for many years and with Carol Gascoyne in Derby.

David started through the Fibro Therapy course and Julie is our fellow instructor Ben's mum and she needed to do something as her mobility was getting very poor. After practicing every day, Julie can now get up the stairs again. Well done both of you.



World Tai Chi & Qigong Day

We had a lovely World Tai Chi & Qigong morning. We welcomed 3 of Carol Gascoyne's students who joined in all the fun. We started with our usual 13 steps to Tary's Torture, Then TCA, Ben took us through tai chi walking and after a cuppa we looked at yang 24, Ma Wang Dui and finished with a bit of Li Family style.

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.



Course 2 completed on March 30th. Attendees have explored the syndrome and 5 main overlapping symptoms of the syndrome, nutrition and shopping and cooking made easy, mental health, emotional support and sign posting.

We have invited a few attendees to come along to the course 3 meetings that they missed. The attendees were mainly from further away on zoom.



Week 12, the attendees ran through the routines they have been working on. This gave a sense of achievement completing the course and proof that you can remember things!

It's always a privilege to watch our members, attendees and students grow from start to finish. This is an intensive course and it requires commitment and drive to want to want to improve their health under extreme circumstances.

Let's not forget, this course has been designed and delivered by volunteer sufferers, who are experiencing the same battle.



Mar/Apr 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	02/05	Fibro Flexi	Cuppa & Chat	Coronation Quiz
Tue	09/05	Fibro Flexi	Cuppa & Chat	Symptom of the Month
Tue	16/05	Celebration	Coffee	Morning
Tue	23/05	Fibro Flexi	Cuppa & Chat	Verses Arthritis
Tue	30/05	Open Minds	Cuppa & Chat	Open Minds
Tue	06/06	Fibro Flexi	Cuppa & Chat	Symptom of the Month
Tue	13/06	Fibro Flexi	Cuppa & Chat	Sharrie from Think Hypno
Sat	17/06	Long Eaton	Carnival	9am to 5pm
Tue	20/06	Fibro Flexi	Cuppa & Chat	Boccia
Tue	27/06	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.

Contact: julie@fibroactive.co.uk / 07944111190



Free 12 week courses Thursdays Petersham Hall 09.45—11.55

Course 3: April 27th—July 13th **Full**

Free Tai Chi in the Park—Every last Saturday of the month May—Sept.
10am—11am Floral Gardens, West Park, near the car park.

Friday 31st March—Friday 12th May

2023

FIBRO5
CHALLENGE

Walking to Awareness

There's still time to join in 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.



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/>



International Fibromyalgia Awareness Day

Raffle

£1 a strip



1st Prize:
Boots Spring skin collection worth £98

Winners will be drawn at 12.30pm on Tuesday 16th May at the Celebration Coffee morning at Petersham Community Hall.

paypal.me/JulieBarker71



Celebration Coffee Morning Tue May 16th

Are there any bakers out there who would like to bake us some cakes for our coffee morning please?

Long Eaton Carnival

We are standing Long Eaton Carnival in June and we are appealing for anyone who has any unwanted teddy bears for our Teddy Tombola.

