

## Newsletter



Look out for the  
Fibro Active,  
Fibro Pod,  
coming soon.....

Hey everyone!

We are half way through the year already, and the last two months have really flown by. However, it wasn't all plane sailing.

I was issued a section 21 in February and was frantically trying to find somewhere to live. The stress put me into a flare/ crash, so somethings had to give. Thankfully, I have found a new home in Ilkeston. I am slowly getting used to the new routine and surroundings. I am so thankful to group members and tai chi students who have supported me every step of the way. It really says a lot when chronically ill and disabled members turn up to help. A massive thank you to Jane and Angus, Susan and Mark, Ben, Dawn and Opkar. I'm slowly getting back on group stuff but it will take some time for this flare/crash to reduce.

As you can imagine, with bank holidays throughout May and the odd group session being cancelled due to me moving, it's been a bit stop/ start. Having said that, we have lots to look back on and much more planned for the rest of the summer.

Member attendance has reduced, as with most groups at the moment. We are open to new members and our weekly fees are no more than £3 including a wide selection of refreshments. Please come along and see for yourselves, the first session is free!

I hope everyone has a lovely summer,

*Julie*

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

Support Group...





## Coronation Bingo & Quiz

At the beginning of May we held a Coronation themed quiz to test our knowledge of the Royal Family. Winners received chocolate crown lollies and cookies.



## Celebration Coffee Morning

The coffee morning was a lot quieter than last year. However, we still raised nearly £200. We had a large book stall, tombola, raffle and bric-o-brac, as well as refreshments and homemade cakes.



## Fibro Flexi

Our new programme is designed specifically for but not limited to, chronic illness sufferers. Focuses on deep breathing, posture and balance. It's an all-round taster of tai chi and qigong without having to remember the moves. A great foundation to improving your confidence in a class environment.



## Symptom of the Month

It's one thing knowing you need to keep your muscles healthy but do you really know why? We looked in a little more depth about what happens to your muscles when you exercise.



## Fundraising



During April, May and June we have held 3 fundraising events totalling £680.

World Tai Chi Day

Walking to Awareness/ Jo Briggs  
Marathon/ Celebration Coffee Morning

Long Eaton Carnival

## Our Projects...



Our Tai Chi in the Park sessions had a great start. We meet every last Saturday of the month on West Park, near the car park. 10am to 11am. We run through forms that students are learning as a practice session. All welcome.

## 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.***





# FibroTherapy



So far, the attendees are really enjoying the course. For one or two, it has been life changing. They have been able to learn about Irlen Syndrome and access assessments. Also look at the key management techniques for reducing symptoms as well as looking at the main five overlapping symptoms in the syndrome.

Over the next 5 weeks they will be looking at IBS, nutrition and lifestyle, mental health and emotional support and then we finish the course with sign posting.

We have just completed week 8 of 12, on the 3<sup>rd</sup> Fibro Therapy course. The majority of in-person attendees are from Nottinghamshire, with one or two from Long Eaton. On this course we have 2 zoom attendees; one in Surrey and one Australia.

This was originally a larger course of 25 attendees, due to people dropping out of spaces on previous courses. However, 12 people pulled out prior to the start of the course. This was mainly due to being out of area. Chronically ill people are not able to commit to such a course when they live so far away.

For the next round of funding, we will be prioritizing people closer to the venue.



## Jul/Aug 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	04/07	Fibro Flexi	Cuppa & Chat	Symptom of the Month
Tue	11/07	Fibro Flexi	Cuppa & Chat	Derbyshire Carers
Tue	18/07	Fibro Flexi	Cuppa & Chat	Fibro Bingo
Tue	25/07	Fibro Flexi	Cuppa & Chat	WI Fit
Tue	01/08	Fibro Flexi	Cuppa & Chat	Aromatherapy
Tue	08/08	Fibro Flexi	Cuppa & Chat	Boccia
Tue	15/08	Fibro Flexi	Cuppa & Chat	Arts & Crafts
Tue	22/08	Fibro Flexi	Cuppa & Chat	Podcast
Tue	29/08	Closed	Closed	Closed
Tue	05/09	Fibro Flexi	Cuppa & Chat	Symptom of the Month

**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](https://fibroactive.co.uk) to find out how to join.

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



Look out for the next course, starting September.

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

**We are open to new members.**

**First session is free. Monthly membership £10 or £3 on the door.**

Fibro Active is a support group for people with Fibromyalgia and Chronic Fatigue Syndrome and their carers. We are a positive and inclusive group that focuses on healthy lifestyle, light exercise, support and sharing information as well as educating members about their condition and helping them move forward with their acceptance and management of their illness.



## August Timetable

<b>Monday</b>	1.30pm – 3.30pm	Tai Chi & Qigong	<b>£30</b> Includes refreshments
Jul 31 <sup>st</sup> , Aug 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>			

<b>Tuesday</b>	9.30am – 10.30am	Sun 73	<b>£20</b>
Aug 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>			

<b>Thursday</b>	11am – 12pm	Fibro Flexi	<b>£20</b>
Aug 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>			

<p><b>To book on the Monday or Thursday classes.</b>  <b>Contact Julie: <a href="mailto:julie@fibroactive.co.uk">julie@fibroactive.co.uk</a> or ring 07944111190</b></p>			
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Fibro Active is a support group for people with Fibromyalgia and Chronic Fatigue Syndrome, Long Covid and their carers. We are a positive and inclusive group that focuses on healthy lifestyle, light exercise, support and sharing information as well as educating members about their condition and helping them move forward with their acceptance and management of their illness.