

Autumn Programme 2023

Fibro 5
The 5 Ways to
Fibro Wellbeing



Fibro
Therapy



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.

Our tai chi and qigong classes are open to the community.

We are open to new members.

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

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Venue: Petersham Community Hall, Grasmere Road. Long Eaton. NG10 4DZ

Please visit our membership pages at: **fibroactive.co.uk** to find out how to join.

Contact: julie@fibroactive.co.uk / 07944111190

Find us on Facebook

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

Can anyone join the tai chi classes?

Our tai chi, qigong and Fibro Flexi classes are open to any one aged 18 plus and we welcome all abilities. You do not have to have Fibromyalgia, CFS/ME or long covid to attend our classes. The income from our classes helps sustain our support group. Our classes are listed under the Age UK Derby and Derbyshire: Strictly No Falling programme. Contact Julie on the above details to enrol on one of our courses.



Support Group Programme Autumn/ Winter 2023

Day	Date	11.00 Activity	11.40 Break	12.00-13.00 Activity
Sep				
Tue	05/09	Fibro Flexi	Cuppa & Chat	Symptom of the Month
Tue	12/09	Fibro Flexi	Cuppa & Chat	Health Watch with Sharon
Tue	19/09	Fibro Flexi	Cuppa & Chat	Aromatherapy with Dawn
Tue	26/09	Open Minds with Sue	Cuppa & Chat	Open Minds with Sue
Oct				
Tue	03/10	Fibro Flexi	Cuppa & Chat	Symptom of the Month
Tue	10/10	Fibro Flexi	Cuppa & Chat	Boccia
Tue	17/10	Nutrition with Helen	Cuppa & Chat	Nutrition with Helen
Tue	24/10	Open Minds with Sue	Cuppa & Chat	Open Minds with Sue
Tue	31/10	Closed	Half Term	Closed
Nov				
Tue	07/11	Fibro Flexi	Cuppa & Chat	Symptom of the Month
Tue	14/11	Fibro Flexi	Cuppa & Chat	Fibro Bingo
Tue	21/11	Fibro Flexi	Cuppa & Chat	Think Hypno with Sharrie
Tue	28/11	Open Minds with Sue	Cuppa & Chat	Open Minds with Sue
Dec				
Tue	05/12	Coffee Morning		Coffee Morning
Tue	12/12	Christmas Meal		Christmas Meal
Tue	19/12	Closed	Christmas	Closed
Tue	26/12	Closed	Christmas	Closed
Jan	2024			
Tue	02/01	Closed	New Year	Closed
Tue	09/01	AGM	Cuppa & Chat	



Mondays	Time	Start date	
Yang Style Tai Chi	1.30pm— 2.30pm	4th Sept— 11th Dec	
Tai Chi & Qigong	2.45pm— 3.45pm	4th Sept- 11th Dec	

Tuesdays	Time	Start date	
Sun 73 Tai Chi	09.30am— 10.30am	5th Sept—12th Dec	

Thursdays	Time	Start date	
Tai Chi for Arthritis	10.00am— 11.00m	21st Sept— 14th Dec	
Fibro Flexi	11.15am— 12.15pm	21st Sept— 14th Dec	

Booking essential: contact Julie on: 07944111190 or email: julie@fibroactive.co.uk



Class fees and term/ course dates

Monday Classes	Term 1: 14 wks	Term 2: 11 wks	Term 3: 13 wks	38 weeks total		
Term dates	04/09 – 11/12 (Excluding 30 th Oct)	08/01 – 25/03 (Excluding 19 th Feb)	15/04 – 22/07 (Excluding BH 6th & 27 th May)			
Monthly payment	1 class: Standing order £20 month from Sept 2022 last payment July 2023 2 classes: £32					
Term fees	£70	£112	£ 55	£88	£ 65	£104
Yearly fees	£190					

Tuesday Classes	Term 1: 14 wks	Term 2: 11 wks	Term 3: 14 wks	39 weeks total		
Term dates	05/09 – 12/12 (Excluding 31 st Oct)	09/01 – 26/03 (Excluding 20 th Feb)	16/04 – 23/07 (Excluding 28 th May)			
Monthly payment	1 class: Standing order £20 month from Sept 2022 last payment July 2023 2 classes: £32					
Term fees	£70	£112	£ 55	£88	£ 70	£112
Yearly fees	£195					

Thursday Courses	Course 1: 12 wks	Course 2: 12 wks	Course 3: 12 wks
Term dates	21/09 – 14/12 (Excluding 2 nd Nov)	11/01 – 28/03 (Excluding 22 nd Feb)	18/04 – 12/07 (Excluding 30 th May)
Course fees	£60		



We have 15 places on our next Fibro Therapy Course

Dates: Thursday September 21st to Thursday December 14th
(excluding 2/11)

Times: 11.15am—13.30pm

Venue: Petersham Community Hall, Long Eaton. Nottingham. NG10 4DZ

This is an intensive 12-week course. You will start each week with a gentle breathing, warm up and stretches in our Fibro Flexi programme followed by a one-hour workshop with an accompanied manual. The workshop with cover;

- overlapping conditions in the syndrome,
- symptoms and a more in depth look at the 5 main overlapping symptoms and how to manage them.
- Nutrition and lifestyle
- Mental health and emotional support
- signposting



Course requirements: you must be available for at least 10 out of the 12 dates and live close enough to the venue to be able to comfortably travel in. We are on the Briargate Barton's bus route. Actively fill in electronic feedback forms that are mobile friendly.

To book a place, contact Julie: julie@fibroactive.co.uk or ring 07944111190 to find out more.