

## Newsletter

**Autumn Term starts**

**Tuesday 9<sup>th</sup> September**

**10.45 – 13.00hrs**

**Petersham Community Hall.  
Long Eaton. NG10 4DZ**



## We are open to new members

**Have you been diagnosed with Fibromyalgia,  
Chronic Fatigue Syndrome (CFS/ME) or Long  
Covid?**

**We offer a safe space and support on  
Tuesday mornings 11am to 1pm  
at Petersham Community Hall. Grasmere Rd,  
NG10 4DZ**



**For more details:**

**Www.fibroactive.co.uk**

**Email: julie@fibroactive.co.uk**

**Mobile: 07944111190**

Hey everyone!

First of all, WOW! It's been 2 years since our last newsletter and so much has happened during this time. I won't bore you with the details. But one thing I observed many years ago was the first thing to cut back on was the marketing and advertising when things were strained in a company. I identified that this M & A was crucial to keeping your customers informed of what's happening. I swore this wouldn't happen and guess what, life changed and the first thing to stop was the M & A. This has had a fundamental knock on to the group's attendance.

Slowly we are finding our feet again. I look at the photos and wonder what's happened to everyone. We were such a vibrant community and we need to get our mojo back!

For the first time in 9 years Jane and myself are having 6 weeks off from delivery. There's no time for a holiday. Jane is project managing a huge build at home and I am trying to plan as much as possible for the next 12 months.

Here's what's coming up...

*Julie*

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



## Support Group...



### **Nutrition with Helen Moorhouse**

Helen has been sharing her knowledge of gut health and Fibromyalgia with the group members. We have been looking at inflammation and bloat and the foods we can eat to help reduce the symptoms. Learning about nutrition is crucial for all chronic conditions and how it links to our brains and body's.



### **Spiritual Awareness with Cheryl Beckworth**

Cheryl has helped us become more aware of our spiritual selves. Becoming more in tune with our minds and bodies. Learning about chakras, crystals and colour therapy. Being mindful of thoughts and taking part in guided meditations. Helping us be in the moment.



### **Fibro Flexi**

This short 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.



### **Emotional Support with Sue Poulter**

Sue delivers a wide range of therapeutic workshops, helping support our members by covering subjects such as acceptance and loss, grievance, confidence building and boundaries using a wide variety of games, quizzes, crafts and chats. We all need on a regular basis to be able share and offload our thoughts and emotions to help keep us balanced.



## Mental Wellbeing with Sharrie Manno

Sharrie is a hypnotist and has a degree in Psychology. She brings guided chats and group hypnotherapy on subjects such as; sleep management, confidence, motivation and anger. Sharrie gives a detailed explanation of how and why things happen. Which sometimes is not what you are expecting. Food for thought!



## Cuppa & Chat

Our cuppa and chat session are important for the members to connect and socialise. We split the workshops up with an extended break and sometimes if we see that the flow is taking us, we extend the time too. It's great to catch up with friends old and new.



## Reiki

Over the past 12 months Julie and Dawn have trained up to Reiki level 2 practitioners. They have been offering taster sessions in the group programme and at the group's coffee mornings. They have both trained as Elemental Reiki healers that adds an extra dimension to the experience. Julie has attended a Master Elemental Healing course and will soon be able to train others to practice too.



## Coffee Mornings

We hold two coffee mornings a year. One for International Fibromyalgia Day in May and a Christmas Coffee morning at the beginning of December. We hope to encourage everyone to come and have a cuppa & cake with us.

## Networking & Fundraising



### Derby Royal Lectures

Fibro Active were invited to stand a stall at Derby Royal at two lectures. The first was about Fibromyalgia and Polymyalgia and the second was CFS/ME. We were delighted to speak to both lecturers and found that we were all talking the same language when it came to managing our symptoms. We also got to talk to participants and inform them of our services. Both lectures were recorded. The links are on our Facebook page.

### Mental Health Event

We spent a few hours at the Mental Health and Wellbeing event hosted by Erewash Voluntary Action. It was great to catch up with organisations that we hadn't seen for a while and also meet others from out of area.



### The gazebo gets an outing twice in a month

We had our gazebo out twice in June. The first was on what felt like the coldest day of the year at the Volunteer Celebrations event, organised by Erewash Voluntary Action and hosted at the Rugby Club and the second was on what was predicted to be the hottest day of the year on Long Eaton carnival. After a couple of years of not being able to stand our stall at Long Eaton Carnival, we returned with a tombola and a fabulous team.

### Wellbeing Fair at Leisure Centre

From connecting at the carnival, we were invited to hold a stall at the inaugural Wellbeing Fair at Long Eaton Leisure Centre, organised by Pat Pitt. We had a half hour slot with a taster of tai chi and qigong.



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

Date	10.45	11.15 Activity	11.45 Break	12.00-13.00 Activity
09/09	Fibro Flexi	Welcome back	Cuppa & Chat	Cuppa & Chat
16/09	Fibro Flexi	Stress Busting	Cuppa & Chat	Why am I in pain?
23/09	Fibro Flexi	Breathing for Stress	Cuppa & Chat	Reiki
30/09	Fibro Flexi	Open Minds	Cuppa & Chat	Open Minds
07/10	Fibro Flexi	Just one Minute	Cuppa & Chat	Tapping with Louise
14/10	Fibro Flexi	Posture & walking	Cuppa & Chat	Think Hypno
21/10	Fibro Flexi	Pacing	Cuppa & Chat	Reiki
28/10	Closed	Half Term	Closed	Half Term
04/11	Fibro Flexi	Follow Me Seated Tai	Cuppa & Chat	Fibro Circle
11/11	Fibro Flexi	Nutrition	Cuppa & Chat	Nutrition
18/11	Fibro Flexi	Dreamcatcher	Cuppa & Chat	Dreamcatcher
25/11	Fibro Flexi	Open Minds	Cuppa & Chat	Open Minds
02/12	Fibro Flexi	Coffee Morning		Coffee Morning
09/12	Fibro Flexi	Christmas	Cuppa & Chat	Christmas

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

**Contact: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk) / 07398 713540**

**£10 monthly membership or £3 on the door; first meeting free.**

**No need to book, just come along to a warm welcome.**



**Come along and join us for  
World Health Qigong Day  
Saturday 13th September  
From 10am—West Park, Long Eaton**

## We Need You! 'Please'

Are you looking for something meaningful to fill your time and want to help people?

We are a volunteer sufferer led support group who needs that little bit of extra support from you!

We are looking for those special types of people who have the skills, time and commitment to assist with:

**Social Media and Advertising**

**Membership Secretary**

**Group Secretary**

**Networking and Fundraising**

For more information contact Julie at [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk) or ring 07944111190



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.