



2016-2026

Celebration Newsletter



Fibro  
Therapy

Digital Online Course

Available from Tuesday May 12<sup>th</sup>

[www.fibroactive.co.uk](http://www.fibroactive.co.uk)

Welcome to our 10<sup>th</sup> Anniversary newsletter and what a ride it's been over the last decade.

Early on, we were featured in a national magazine for 5 years, we won accolades we could only aspire to. We adapted through Lock Down and introduced Zoom sessions and included Long Covid patients in the group.

The volunteers steering the group, our members and participants have benefited and grown in knowledge, confidence and experience.

Our ideas and projects have been variable. Some have worked and some have been a lesson learned. However, the best ones have made us who we are and we have evolved into a pain management and falls prevention service which compliments the support group.

Our tai chi and qigong classes, emotional support sessions and Fibro Therapy courses continue to enable individuals to learn and manage their conditions.

Over the past 3 years, committee members have had their own serious health issues to navigate and big life changes This has been challenging for all of us. This has reduced the output of communication, advertising and networking. However, we must always put ourselves and family first.

We have rebranded the community tai chi classes to make them more inclusive to the people outside of the group.

Jane and I were invited to be senior instructors for the Tai Chi for Health Institute and we are developing the Midlands Hub for instructors at Petersham Hall, inviting Master Trainers from all over the world. We are launching a bursary scheme in this newsletter to help participants and potential instructors.

We are also Level 1 instructors for the Deyin Institute and Level 2 instructors for the British Health Qigong Association.

And finally, we have recorded the Fibro Therapy course making it accessible world wide via our website. This wouldn't have been possible without our Media Team Jay and Holly who have been our professional advisors, developing our brand, websites, artwork and podcasts.

A BIG THANK YOU to everyone who has supported the group over the past 10 years. Especially, Erewash Volunteer Centre, Sue Poulter from Open Minds, Sharrie Manno from Think Hypno, Chris Davenport from Impact Physio, Derbyshire Health Watch, Erewash Borough Council, Active Erewash.

And to our fabulous team; Jane Gordon, Peter Wilcox, Margaret Wilcox, Opkar Bilkhu, Kay Smith, Ben Fowler, Jay Lane and Holly Lane for their time and dedication.

Here's to the next 10 years!

*Julie*

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



The Queen's Award  
for Voluntary Service



10  
10 YEAR ANNIVERSARY  
Fibro Active

New Term starts  
Tues April 21st

**We are a Pain Management and Falls Prevention Service for people diagnosed with Fibromyalgia, Chronic Fatigue Syndrome (CFS/ME) and/ or Long Covid.**

**Join any of the following for just £4**

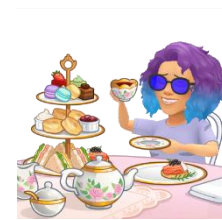
**10.30am—11.30am Gentle Stretching**  
**11.30am—12pm Cuppa and Chat**  
**12pm –1pm Support Talk**





**Petersham Community Hall. Grasmere Rd, NG10 4DZ**

**For more details:**  
**[Www.fibroactive.co.uk](http://www.fibroactive.co.uk)**  
**Email: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk)**  
**Mobile: 07398713540**



Pages 4 -30	10 years in photos
31	Group programme
32	Tai Chi class timetable
33/34	Tai Chi courses & bursary
35	Instructor cuppa & practice

Going through 10 years of archives was quite overwhelming and I couldn't narrow down so many experiences so, like everything we have done over the past decade, it's BIG! It's Epic! This newsletter has become a souvenir.

**Go BIG or go home!**

**2016 Where it all began. I blame Kev (below). It was his idea!**



**The criteria, was cake and a constitution. Didn't we look young back then!**



**We soon found emotional support and someone asked if we could try Tai Chi. And so it began.....**



**2017 we expanded  
into evening sessions**



**We brought in guest speakers...**



**Chris our tai chi instructor  
started classes at group**



**The group was buzzing with activities  
and adventures....**



**2017 Networking and News**  
**We bought a display board**  
**and borrowed a gazebo to**  
**raise awareness**



**Fundraising was a priority to**  
**sustain the support group and**  
**activities. Tombolas;**  
**5 tickets for £1—0 or a 5 to**  
**win...**



**2018 Time to get serious  
with branding, uniforms,  
AGM, fundraising & a move!**



**Big changes ahead ...**

**2018 in our new home at  
Petersham Community Hall**

**Peter & Margaret had their  
Ruby Wedding Anniversary**



**Perce joined  
the committee**



**The Christmas Lights Switch  
on and Tree Festival was a  
success.**





So , Chris had this crazy idea that Jane and I should train as Tai Chi for Health instructors....  
So in 2018 we did!

We created evening classes in the evenings and assisted Chris at our group classes .

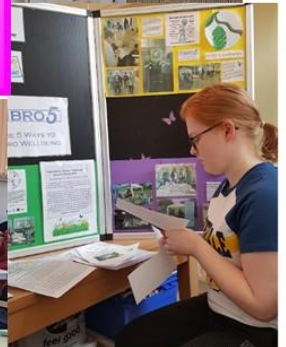


We were invited to start community classes under Strictly No Falling!

**2019 We were invited to a Queen's Award event.**



**Our first external volunteer started.**



**We got our own Boccia kit and oh boy did it get competitive!**





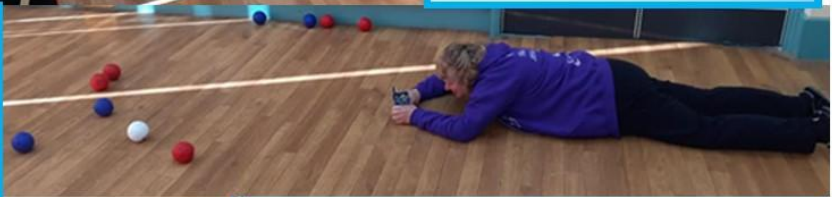
**2019 Tai Chi presentations, panda's and more training courses.**

2  
0  
2  
0



**We received our first Award...  
Of the year!**

**Things were more competitive**



**We had a really great attendance, we were considering moving to a bigger hall..**



**Until.....**



**Lock Down and we scrambled to find a new way of delivery.**

**Jane delivered tai chi while I watched for safety.**



**Then we had news we could only dream about**



**I still don't believe it**



**Fibro Active  
are honoured to  
announce our  
volunteers have been  
awarded  
the MBE for  
volunteer groups.**



**We met outside with those who didn't do tech.**



**We split into legal groups on the park.**

**Jane and I trained**



**When we could go inside, we ran hybrid sessions for those still isolating. Jane and I took advantage of zoom training sessions.**





**2021 our AGM was on zoom along with other planned projects**

**ActiveAte** Friendly fuss-free food **Space to Think** PEACE OF MIND FOR WHEN YOUR MIND IS IN PIECES **FIBRO5 CHALLENGE** Small steps to health



**Jane and I qualified in Falls Prevention and Otago. We were out and about network-ing in masks.**





Jane & I qualify with the Deyin Institute & British Health Qigong Association.



New Tai Chi classes start in Sandiacre





## The Queen's Award for Voluntary Service

2021

### Queen's Award for Voluntary Service







**A week before the Garden Party at Buckingham Palace, I received the Mayor's Award. Then Peter, Margaret and myself went to the Lord Lieutenant of Nottinghamshire's Garden Party. Tai Chi at the Palace, we made it a thing lol**





2  
0  
2  
2

**A special invitation to meet  
Dr Lam in Manchester.**







## 2024

New guest speakers  
and networking  
opportunities



Group attendance  
begins to fluctuate.

We held 2 Fibro Therapy Courses in  
Heanor, reaching individuals further north  
of the county.



## 2025 Numbers dropped





Long Eaton Tai Chi & Qigong



2025



**LIVE STRONGER FOR LONGER**



## Tai Chi for Health East Midlands Hub & Zurich



## Senior Instructors





## Fibro Therapy 2026

For the past year to 18 months, we found there was little interest in the Fibro Therapy course. As a last chance whim, I put a post on social media and within a few hours, I had over 40 responds. On the first day, 32 people showed up. I would normally cap the course at 15 but due to demand we decided to try a larger course. It was so large, we used all the chairs! The course also shared an hour's qigong with our Tuesday community class.



This course was funded by Fibro Active and written and delivered by volunteer sufferers which helped the attendees feel understood and connected. They have formed friendships away from the course, reducing isolation. Feedback shows much more understanding and confidence in managing their conditions.





Date	10.30 Activity	11.30 Break	12.00-13.00 Activity
21/04	Gentle stretches Qigong	Cuppa & Chat	Welcome Back!
28/04	Gentle stretches Qigong	10 Year	Celebration
05/05	Gentle stretches Qigong	Cuppa & Chat	Symptom of the Month
12/05	Gentle stretches Qigong	International	Fibromyalgia Day
19/05	Gentle stretches Qigong	Cuppa & Chat	Tapping with Louise
26/05	Closed	Half Term	Closed
02/06	Gentle stretches Qigong	Cuppa & Chat	Holistic Hour
06/06	Long Eaton Rugby Club	Volunteer Celebration	11am—4pm
09/06	Gentle stretches Qigong	Cuppa & Chat	Symptom of the Month
16/06	Gentle stretches Qigong	Cuppa & Chat	Fibro Bingo
20/06	Long Eaton	Carnival	9am to 5pm
23/06	Gentle stretches Qigong	Cuppa & Chat	Boccia
30/06	Gentle stretches Qigong	Cuppa & Chat	Open Minds— Lets check in with grief TBC
07/07	Gentle stretches Qigong	Cuppa & Chat	Sharrie—Think Hypno
14/07	Gentle stretches Qigong	Cuppa & Chat	Holistic Hour

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 £4 on the door; first meeting free

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

## Long Eaton Tai Chi & Qigong Classes

Move Better. Feel Better. Live Better

### Why we play tai chi & qigong!

To improve our strength, flexibility & coordination

Reduce pain & stiffness

Reduce stress, calming, lowers blood pressure

Improve cardiovascular, respiratory, circulatory, lymphatic  
& digestive function

**Mondays: 13.30—15.30hrs. Yang Style tai chi & qigong. Refreshments incl. £8 (2hrs) or £6 (1hr)**

**Tuesdays: 09.30—11.30hrs Sun 73 & qigong  
Refreshments incl. starting 07/10. £8 (2hrs) £6(1hr)**

**Thursdays: 10.00—12.00hrs. Beginners Sun Style tai chi & qigong. Refreshments included. £4**



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

**Parking, Bus route, 2 mins off J25 M1/A52**

**To book contact Julie on: 07398713540**

**or email: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk)**

**[www.longeatontaichi.uk](http://www.longeatontaichi.uk)**



**LIVE  
STRONGER  
FOR LONGER**

### Tai Chi for Energy 2 & Rehabilitation

Sat 15 & Sun 16 Aug 2026

Long Eaton, Derbyshire. UK.

### Tai Chi for Arthritis and Falls Prevention

Sat 22 & Sun 23 Aug 2026

Naas, Co Kildare. Ireland.



## UK and Ireland Instructor Training and Updates With Master Trainers Betty Scanlon and Patricia Lawson

Is it time to take your tai chi to the next level or are you a holistic wellbeing professional wanting to expand your services. This is a fantastic opportunity to train with two of the United States leading Tai Chi for Health's Master Trainers. Betty and Patricia are a formidable partnership, captivating course attendees with combination of expert knowledge and charisma.

#### Each UK course is one day. Fees per course:

**£120** including online learning lessons / Self-paced Instructor Preparation Package (SIPP) - for TCR only, refreshments and lunch. Skills update: £80

Pre-course in-person/zoom practice available.

**Local contact:** julie@fibroactive.co.uk

#### The Ireland course is two days. Fees:

**300 Euros** including Self-paced Instructor Preparation Package (SIPP—TCA FP)

Pre-course in-person/ zoom practice available

**Contact:** Betty [taichi@comcast.net](mailto:taichi@comcast.net)

Attendees are expected to have a minimum amount of pre-course preparation and experience. **For more information and to register go to:** <https://taichiforhealthinstitute.org/workshops/instructor-training-workshop-calendar/>



## Bursary Scheme 2026

We are launching our bursary scheme with £1500 in the pot. Courtesy of Dr Janet Cromb and Long Eaton Tai Chi & Qigong. We have £1000 to support participants who attend TCHI classes in the UK and Ireland to assist them in attending a TCHI workshop with a Master Trainer/ Dr Lam in the UK and Ireland. Furthermore, there is £500 to support individuals who would like to become instructors.

Participants can apply for a maximum of £50, once a year for in depth workshops and a one-off payment for potential instructors. The scheme runs from May to April.

You should be a regular class attendee and know the warm up and form of the workshop from memory.

Income from UK TCHI polo shirt sales and instructor courses run by Long Eaton Tai Chi & Qigong will be put into the bursary pot. Other donations will be greatly received. The greater the pot, the more we can help.

Contact Julie for more information: [julie@fibroactive.co.uk](mailto:julie@fibroactive.co.uk)

Tai Chi for Health Institute  
East Midlands Hub News



## Instructor Cuppa and Practice Sessions

Last Saturday of the Month

(Min £4 donation to cover rent & refreshments)

June 27th & July 25th		
10.00—10.50	TCE 2 MT Philip Kums	Aug TCE 2 Course attendees only
11.10-12.00	Sun 73	Open to all
12.10-13.00	Tai Chi Stick	Book £6

### Sept 26th, Oct 31, Nov 26

10.00-10.50	TCHI Forms	Instructors Only
11.10-12.00	Sun 73	Open to all
12.10-13.00	Tai Chi Stick	Book £6

There will be a zoom option for course attendees for TCE2 and Sun 73 participants who live further away. We just ask for £4 donation to cover zoom costs.



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.

