

August 2007

Derby Fibromyalgia Support Group



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Derby Fibromyalgia Support Group Welcomes This Months Speakers

Deputy Spiritualist Healer ~ Brenda Gratton
Aloe Vera Producers ~

Coming Soon ~ Regular Coffee Mornings

Build up to Christmas Preparations

Fundraising Fun

Thanks To

July's meeting was a success with guest speaker Colin Smith from DWP talking about disability claims, offering advice and answering questions.

If you missed the meeting and need advice, don't worry, we'll be asking him back at a future date.

Many thanks to Colin.

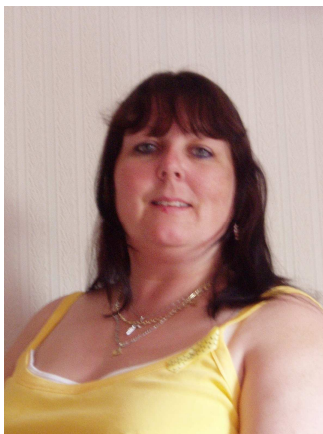
And many thanks to all that helped with the preparations at the meeting.



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Committee



Jackie Banton
Chair person

I was diagnosed with Fibromyalgia in January 2006



Julia Barnes
Coordinator

I was diagnosed with Fibro and M.E. in January 2006



Doug Banton
Secretary

Im Jackies Husband and I really enjoy working with the group



Paula Crawford
Treasurer

I was diagnosed with FM and arthritis roughly 7 years ago

Information About Our library

We are starting to collect a small library of books, information sheets and family magazines (FMAUK magazine) which we will make available for people to borrow from one meeting to the following meeting.

We still only have a small amount of books available at the moment but if anyone is interested in borrowing them please contact Jackie.

The books available at the moment are:-

- ★ **Living with Fibromyalgia**
Christine Craggs-Hinton
Sheldon Press 2002
ISBN 0-85969-831-9

- ★ **Fibromyalgia a comprehensive approach**
Miryam Ehrlich Williamson
Walker Publishing Co. Ltd. 1996
ISBN 0-8027-7484-9

- ★ **M.E., Chronic Fatigue Syndrome & Fibromyalgia
The Reverse Therapy Approach.**
Dr John Eaton
Authors OnLine Ltd 2006
ISBN 0-7552-0162-0

- ★ **Foods That Fight Pain
Revolutionary new strategies for maximum pain relief**
Neal Barnard M.D.
Bantam Books 1999
ISBN 0-553-81567-9

- ★ **A small collection of family magazines**
Compiled by Fibromyalgia UK

If you read, or have read, any of these books please write a review so we can put it into the news letter.

As we get more books etc we will keep you posted.

Introduction to FMA UK



Fibromyalgia Association UK

raising awareness of FM in the UK

The Fibromyalgia Association UK (FMA UK) is a non-profit making organisation working towards raising awareness of fibromyalgia (FM) in the UK.

As FM is still a little known condition, our aim is to offer help and support to sufferers, the newly diagnosed and carers alike to ensure they do not have to struggle alone with this chronic, life-changing illness. Together we can make a difference but we have to work together to become a force to be recognised when dealing with the Government, Health Services, Employers and Insurers. In our numbers we will have strength. We need to ensure our medical professionals understand our condition and that we receive the best possible care and courtesy that is due to any individual. Because FM is an 'invisible' condition does not mean it is not very 'real' to us.

FMA UK neither sells, nor promotes any particular product or health regime

although we do carry articles from medical professionals and individuals describing various self-management techniques. We will also carry advertisements and links from our sponsors and those we work closely with and who wish to help us. This does not imply endorsement by us and we always strongly recommend that the sufferer discusses any potential treatment, exercise regime or alternative treatment with their medical professionals.

There has been, and always will be, press coverage on Fibromyalgia treatment and trials which implies full knowledge and approval by FMA UK. We would like to take this opportunity of re-stating that because it appears in print does not make it true. Should we find that *miracle* cure, or treatment, you may be assured that we will publish the FACTS on our website.

www.fibromyalgia-associationuk.org

Chocolate/Coffee/Brandy Refrigerator Slice

Serves 6 to 8



Hi

This is a retro recipe from the late 70's. It's easy to do. Can be made in advance and if you use the brandy according to taste it's an adult dessert!!!

Ingredients

2 level tablespoons instant coffee granules

3 tablespoons brandy (optional)

4ozs plain dark chocolate (milk chocolate if preferred)

4ozs softened butter (unsalted)

2ozs icing sugar

2 egg yolks

½ pint whipping cream

2ozs chopped toasted almonds or (mixed chopped nuts). As an alternative to nuts you could use small chocolate drops or break some chocolate into small pieces.

Approx 30 Boudoirs (sponge fingers) – Trifle sponges could be used as an alternative

Loaf tin 8½" length x 4½" depth any similar size ceramic/pyrex type dish would do. Line the loaf tin with greaseproof paper to prevent sticking.

Method

1. Make up the coffee granules with 7 fluid ounces boiling water, stir thoroughly add the brandy (optional) and leave to cool.
2. Break the chocolate into small pieces (keep a couple of pieces to grate as decoration) and place into a small pyrex basin (or similar). Add 1 tablespoon of cold water to the chocolate.
3. Place the basin over a pan of hot water (make sure the basin sits above the water – not in it). Stir regularly until the chocolate has melted. Leave on a low heat so the chocolate stays soft.
4. Next whip the cream until it has a firm consistency and then fold in the nuts. Take a couple of spoonfuls out and keep in the fridge to decorate later.

5. Next Cream the butter and sugar together until thoroughly mixed. Add the egg yolks and mix thoroughly. Then add the cool soft chocolate to the mixture.
6. Next fold in half of the cream and nuts mixture into the butter/chocolate mixture. Do this as a gentle folding process not beating – the mixture needs to be soft, light and airy.
7. Line the bottom of the loaf tin with 1/3 of the boudoir/sponge fingers – breaking to fit as necessary.
8. Next spoon about 1/3 of the coffee mixture over the boudoirs until all are soaked well.
9. Then spoon over half of the chocolate mixture press down firmly and evenly with the back of the spoon.
10. Place another layer of 1/3 of boudoir fingers on top of the chocolate layer press down and soak with some more coffee mixture.
11. Then spread the remainder of the chocolate mixture press down firmly and evenly.
12. Add the remainder of the boudoirs fingers and soak with the remainder of the coffee mixture.
13. Cover with a piece of greaseproof paper and weight down. You can use a couple of tins e.g. baked beans
14. Place into the fridge for at least two hours
15. When ready to serve take out and turn out onto a plate remove the greaseproof paper carefully.
16. Decorate the top with a layer of cream – that you kept aside and grate over the chocolate you kept aside. Of course add anything you like a few candles birthday greeting or Christmas greeting.
17. Serve with some single pouring cream
18. Finally ... enjoy .. it is rich and moorish

Happy Eating
Joan

Puzzle

Sudoku

4							8	
9	2		7	8		4	5	
	7	6		5	1	3		
	9		1					
	8		2	3	5	9	7	
3	6					5		2
	4	2	6			1		
					4		6	
	1	8			9	7	3	

Complete the grid with the numbers 1 to 9 so that each row, column and 3X3 block contains the numbers 1 to 9 used only once.

Jokes

Newsflash: All the toilets have been stolen from the police station. Officers said that they have nothing to go on.

“Tell me some news that will make me happy and sad at the same time” a man says to his wife,
She replies: “Your willy is bigger than your brothers”

A young man goes into a supermarket and runs out with a joint of meat under his arm without paying.
“Oi!” the security guard shouts
“What are you doing with that?”
The man shouts back “Spuds, carrots and peas!”

Silver Screen Stars WordSearch

C	R	O	S	B	Y	S	F	E	I
R	A	F	T	E	W	R	A	Y	G
R	O	O	N	E	Y	S	I	A	R
B	O	G	A	R	T	N	R	K	A
A	A	E	E	A	G	L	B	E	N
C	A	O	I	R	A	S	A	L	G
A	T	R	A	N	S	I	N	L	E
L	E	N	D	A	Y	V	K	Y	R
L	T	O	R	A	M	A	S	O	N
L	O	M	B	A	R	D	E	A	N

Astaire
Bacall
Bogart
Cagney
Crosby
Davis
Day

Dean
Fairbanks
Garland
Granger
Grant
Kaye
Kelly

Lombard
Mason
Monroe
Raft
Rogers
Rooney
Wray



Join us at our next meeting

Charnwood Spiritualist church
Charnwood St. Derby

13th September, Guest Speaker~
Christine Brown
Regional Coordinator for FMAUK

£2-50 admission fee
Time 10.15 prompt – 12.30

Car Park, off Melbourne St.

For enquiries:
Contact Jackie on: **0845 345 2319**
Or email: derby.fibro@btinternet.com

Family and Friends welcome.

Refreshments and Tombola

Anyone wanting to contribute to the newsletter with suggestions, puzzles, jokes, recipes, etc, will be welcomed with open arms.