

JUNE 2007

# Derby Fibromyalgia Support Group



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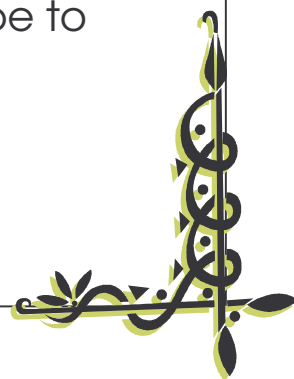


## Derby's First Newsletter Is Launched!

*Here we go now!*

Welcome to our first attempt at a newsletter. As our first go I would like to apologise for the lack of content but with your help, input and ideas hope to get better as we go.

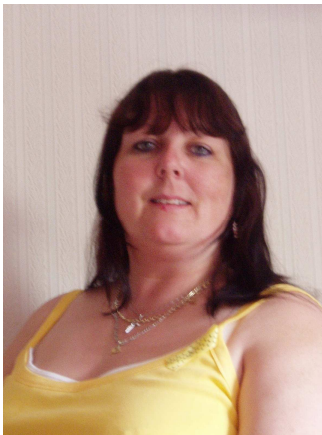
Doug  
Secretary



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## Committee Profile



### **Jackie Banton**

#### Chair-person

Hi, my name is Jackie, and I was diagnosed with FM in January 2005. I had trouble coming to terms with the illness. I looked on the

internet and contacted the Nottingham group to find out if there was a support group in Derby, so I could have someone to talk to about how I felt. It was at this point I realised that my friends didn't understand and they visited less. I was fortunate to be able to join the Pain Management Programme at the Derbyshire Royal Infirmary. I decided then that a support group was needed in Derby, I felt very strongly about it, so it was down to me to

make the first move that was in December 2006.

I met Christine who gave me good advice and was very supportive, then I got together a little team, my husband (from a carers view) Paula, my friend of nine years who also has FM, and our recent addition to the team is Julia, also a FM sufferer. We decided to hold an awareness table at the DRI to spread the word around, handing out posters. And it worked!!

On Thursday 10<sup>th</sup> May 2007, we had our first meeting in Devonshire House, slowly and cautiously people filtered in until the room was full, there were 38 new faces. Talking to some during our refreshment break, many spoke of the despair of feeling the only one suffering and feeling isolated.

By the end of the morning my mission was a success, everyone went away with a smile and some new friends, and looking forward to the next meeting.

## Julia Barnes

### Coordinator

#### A note from Julia



I first met Jackie at the beginning of this year at the Fibromyalgia Group in Burton on Trent this was my nearest group.

You see I was diagnosed with Fibro and ME in January 2006, trying to hold down a new job, being a wife and mother I was finding it harder and harder due to the severe pain and exhaustion, enough about that except I knew nobody with this condition.

Jackie attended this group and said she lived in Derby and my eyes lit up, wow I thought, someone lives near me, fantastic, I tried not to get too excited at the meeting, finally someone else living near me has the same problems I thought.

As we had coffee she told me she was trying to set up a local support group in Derby, and I said fantastic here's my telephone number and please ring me once you are up and running!

Oh yes she rang.... before the first meeting, and asked me for coffee, she then dropped a bombshell " Would you help me a little with the new group I am trying to start up ", yes it was a complete shock, but this was an opening I thought to see how many other people in the vicinity required help and

support, and maybe we could help other people cope better.

A little hesitant I said "yes" but I really don't know what I can do.

Well quite a few months on now, and I have been able to feel more confident, I am delighted to offer my support, which is mostly a befriending service I give to members or trying to think of ways to make the group a very big success, plus pin a few flyers around.

As we progress the group, now having found a superb venue, I would like to say a very big thank you to Jackie and her husband Doug, you see, we all seem to take things for granted someday, and this pair spend an enormous amount of time trying to get the Derby group well known, fight for funding to benefit us all, provide interesting speakers, and generally be a support network 24 -7 may the Derby Fibro Group continue to thrive, and all the lovely friendly supporting members that have taken their time and efforts to come along to the meetings a very big thank you to you all too. I certainly feel much happier knowing I am now not totally on my own with this condition.

May the group flourish?

Julia

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## Douglas Banton

### Secretary



Hi I'm Jackie's husband and I find that working with the group so interesting and enjoyable I have learned so much about the syndrome. Helping to run the group really puts all of the computer skill that I have learned over the last 10 years to good use and hope to continue to use them in the future.

## Paula Crawford

### Treasurer

A big hello to all that read this new newsletter.

My name is Paula; I am 36 year old mother of four. I was diagnosed with FM and arthritis roughly about 7 years ago. I felt for all that time no help or advice was available to me. Within a short time of my diagnosis depression and loneliness set in. That is until I bumped into a long-time friend, Jackie who told me she had been diagnosed with FM. It was great to talk to her. It was great to talk to her, this made me feel I wasn't alone with what we had to contend with on a daily basis.

Jackie told me she would love to set up a support group for sufferers as there wasn't one in Derby. It was a great idea and much needed. As in 7 years I didn't know they existed.

Jackie found a group in Burton and we went along to see how it was done and to get



some ideas. We met a lovely couple of people and they made us very welcome. In particular we met a lovely lady called Julia who said she would love to come to help out. Jackie and her husband, Doug, did all the hard work researching how we could get a group up and running. Their dedication is unbelievable and with their determination the first meeting was held on 10<sup>th</sup> May 2007, roughly weeks after bumping into Jackie. The second meeting was on 14<sup>th</sup> June 2007 which both meetings were a huge success and the feedback from all the people who attended were great.

Though I try my best to be there on the day it is difficult to put in as much time as I would like to due to having more bad days than good but now I know that there is help and advice out there and I can get it when I go to the support group and meet many new friendly people and Jackie is only a phone call away.

I would like to thank you all for reading this and say a big thank you to Jackie, Julia and Doug for their help and support.

Love Paula

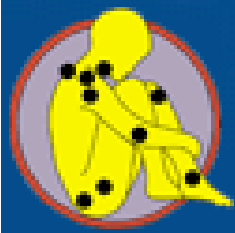
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## Information About Our library

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 hope to offer this service up and running by the next meeting, but 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

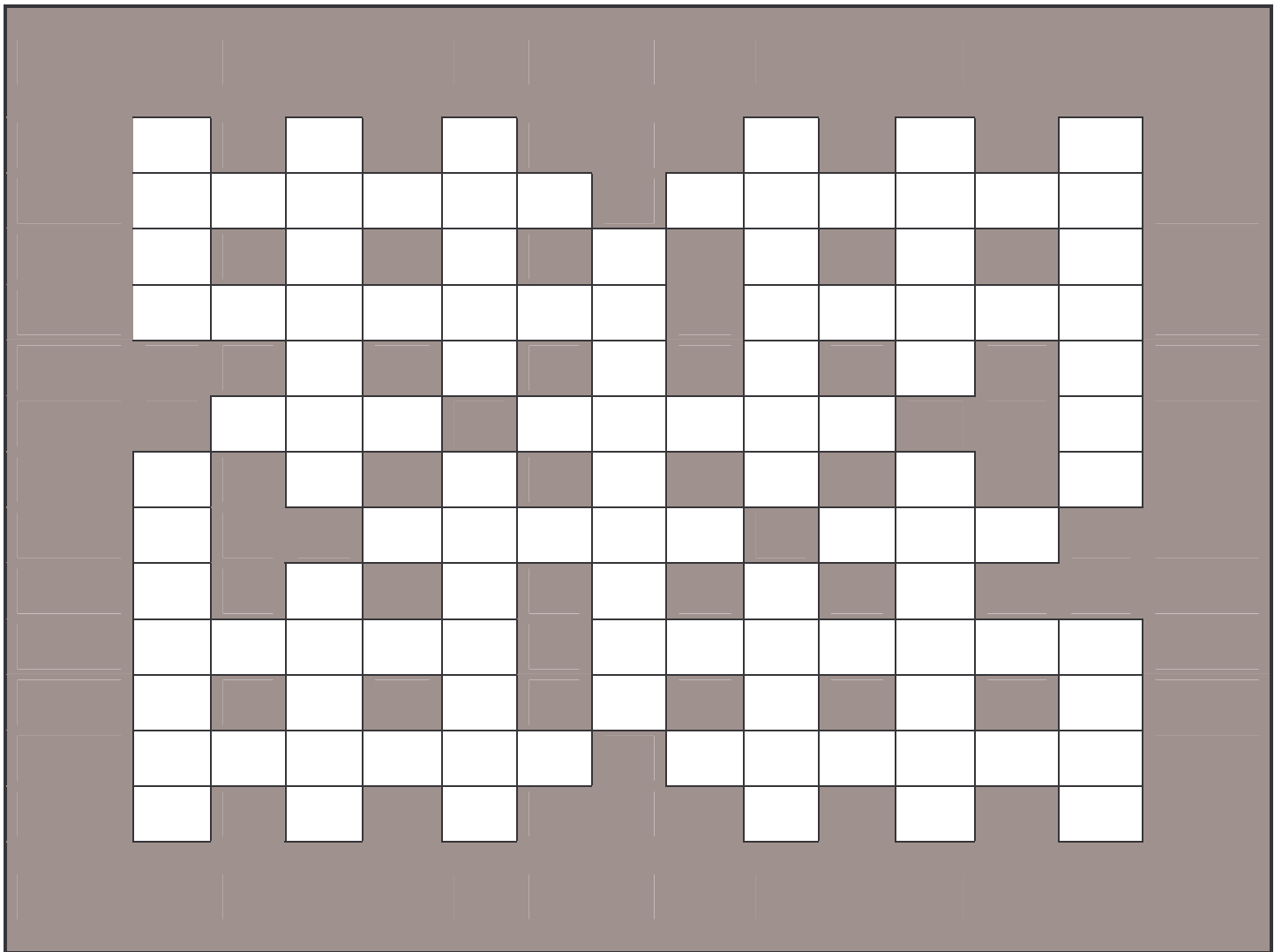
although we do carry articles from medical professionals and individuals describing various self-management techniques. We will also carry advertisements and links from our sponsors and those we work closely with and who wish to help us. This does not imply endorsement by us and we always strongly recommend 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](http://www.fibromyalgia-associationuk.org)

# Puzzle

Wedding puzzle



## **THREE LETTERS**

ASK, VOW

## **FOUR LETTERS**

CAKE, SASH

## **FIVE LETTERS**

BANNS, BELLS, FEAST

MARRY, PAGES, ROSES

SCARF, SPRAY

## **SIX LETTERS**

ABROAD, DANCES

GUESTS, SPEECH

## **SEVEN LETTERS**

CORSAGE, EXPENSE, PROPOSE

ROMANCE, SPARKLE, TAFFATA

TOP HATS, WHISPER

## **NINE LETTERS**

CELEBRATE

Answers

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

# Join us at our next meeting

**Charnwood Spiritualist church**  
**Charnwood St. Derby**

**9<sup>th</sup> August, Guest Speaker~**  
**Brenda Gratton**  
**From the Spiritualist Church**

£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](mailto:derby.fibro@btinternet.com)

Family and Friends welcome.

Refreshments and Tombola

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