

October 2007

Derby Fibromyalgia Support Group



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New Website is
Launched
derbyfibro.co.uk



Message from the Chair-Person

Hi Folks, This is now our 6th meeting, and it going well! Especially the coffee mornings, we met at the Garden Centre at Little Eaton there were 13 of us this time, the next coffee morning will be at Grangecraft garden centre, Mickleover, September's meeting was very busy with Katrina from the pain clinic and Christine Brown our Regional co-ordinator, its good to know we have their support. We are holding an awareness day 10th November, Saturday. Anyone who would like to help, let us know,

The Christmas Lunch will be held at The Blue Peter December 3rd , approx 11.30 am, you never know santa might surprise us!! Hope you can join us.

Nora from Derby is coming 8th November to talk about nutrition, Fibro is something we have to learn to live with, but why should we suffer? If there is something we can do to aliviate the pain, then I welcome it!! So lets be open minded.



Jackie

Forth Coming Events At The Charnwood Spiritualist Church

Saturday 27th October

Derby Charnwood Spiritualist Church

Presents

An Evening Of Clairvoyance

With

Avril Stacy And Friend

7:00pm

**£3.00 Donation On The Door
To include Refreshments**

Healing

Every Tuesday 7pm - 8pm
Every Thursday 2pm -
3pm

All Welcome

Saturday 13th October

2:00pm

Church O.G.M.

Information About Our library

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

The books available at the moment are:-

Living with Fibromyalgia

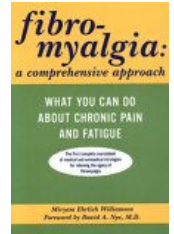
Christine Craggs-Hinton
Sheldon Press 2002
ISBN 0-85969-831-9

Review on the next page



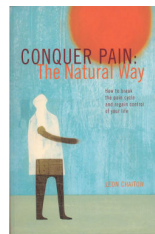
Fibromyalgia a comprehensive approach

Miryam Ehrlich Williamson
Walker Publishing Co. Ltd.
1996
ISBN 0-8027-7484-9



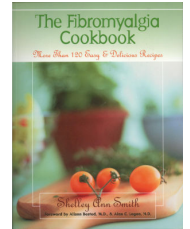
Conquer Pain: The Natural Way

Leon Chaitow
Duncan Baird Publishers Ltd
2002
ISBN 1-903296-57-9



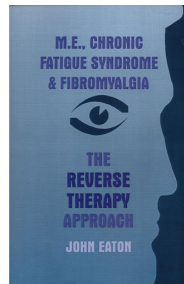
The Fibromyalgia Cookbook

Shelly Anne Smith
Cumberland House
Publishing Ltd
2002



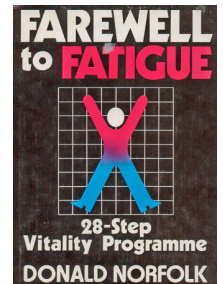
M.E., Chronic Fatigue Syndrome & Fibromyalgia The Reverse Therapy Approach.

Dr John Eaton
Authors OnLine Ltd 2006
ISBN 0-7552-0162-0



Revolutionary new strategies for maximum pain relief

Neal Barnard M.D.
Bantam Books 1999
ISBN 0-553-81237-8



A small collection of family magazines

Compiled by Fibromyalgia UK

Back copies of our newsletter are also available on request.

As we get more books etc we will post them in the newsletter.

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

Review

Living with Fibromyalgia

Christine Craggs-Hinton

Sheldon Press 2002

ISBN 0-85969-831-9

I want to Highly Recommend Christine Craggs-Hinton, Living with Fibromyalgia. When I was first told I had Fibromyalgia I had never heard of the condition. I was extremely ill and recovering from months of serious illness and complex surgery - its a long story that I am working to put behind me!

I remember the day we left my GP surgery all Sean & I could remember was Fibra... something! At that time we were not on the Internet. At my next GP visit Sean made sure we got the exact name of this condition. My GP didn't explain anything to us only to say I could be unwell for many, many years but I wasn't going to die!!!! Great! At the time, we were already living a nightmare in the middle of a complex spiral of a variety of people with opinions, attitudes and boxes to tick! Most days I was barely able to function. Sean decided we went to Waterstones (a major undertaking) to see if there was a book on the condition, there were just three! One of them being Christine's. I know you shouldn't judge a book by its cover, but the cover of Christine's book looked friendly, and that's what I felt I needed! So we bought her book there and then!

I started to read it and immediately found myself saying 'yes that's me, that's how I feel'. I was spurred to read on and on and page after page were statements just as I had thought, felt and experienced them. I could have written this book! The other thing we realized was that I had struggled with fibromyalgia for many years undiagnosed.

My now 'dog eared' copy full of underlines, highlights, personal comments and post it notes became my new friend especially when I couldn't sleep a book that understood me!!

I still turn to it, especially on the days when I need a confidence boost that I am not mad! It's my fibro equivalent to that faithful falling apart cookbook or teddy bear!!

Joan Gilvary

Join us at our next meeting

**Charnwood Spiritualist church
Charnwood St. Derby**

**Thursday 8th October
Nora Wickerson
Nutritionists**

£2-50 admission fee
Time 10.00am – 12.30pm

Car Park, off Melbourne St.

For enquiries:

Contact Jackie on: **0845 345 2319**

Or email: derby.fibro@btinternet.com

Website: derbyfibro.co.uk

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.

Pumpkin and Chickpea Stew

Ingredients

- 1 tablespoon (tbsp) Olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tbsp freshly grated ginger root
- 1 teaspoon (tsp) ground cumin
- 400g canned tomatoes - chopped
- 1 level tbsp brown sugar
- 350g pumpkin cubed
- 2 tbsp lemon juice
- 400g tin chickpeas – drained & rinsed
- salt & freshly ground black pepper – to taste
- 1 bunch of fresh Coriander - chopped



Method

1. Heat Olive Oil in a large deep frying pan and add the onion, garlic, ginger. Cook, stirring until the onions are soft and translucent.
2. Next stir in the cumin powder and cook for another minute.
3. Then add the chopped tomatoes, sugar, pumpkin and lemon juice and bring to the boil. Cook for about 15 minutes or until the pumpkin is soft.
4. Next add the chickpeas and cook until warmed through.
5. Finally, season to taste with salt and pepper and add the fresh coriander and cook for 2/3 minutes.
6. Serve with plain boiled rice and naan bread.

Use the empty pumpkin to make a Pumpkin lantern

Did you know?

Turnips were the originally used for making Halloween lanterns, and were believed to scare away any troublemakers from the spirit world. A glowing lump of coal inside the turnip indicated that any ancestral spirits were welcomed.

Irish immigrants took the 'neep lantern' custom to North America in the 1840s, but because of a shortage of turnips, they were swapped for the more attractive and easier-to-carve pumpkins.



SOMETHING THAT'S GOOD FOR YOU!

Roasted Pumpkin Seeds

Ingredients

- 1 cup water
- 1 1/2 teaspoons salt
- pumpkin seeds
- 2 teaspoons of olive oil for every 1 1/2 cups of seeds



Instructions

Clean the pumpkin seeds by placing them in a colander under running water. The water should be lukewarm, not hot. To enhance the flavor allow some of the pulp to remain.

Dissolve salt in warm water at a ratio of 1 1/2 teaspoons of salt per cup of water. You will need enough of the salt water to cover the pumpkin seeds.

Soak the seeds in salty water for about 8 hours and then drain them in a paper towel. Soaking the seeds in salt water is optional. If you are sensitive to salt skip this step or reduce the amount of salt used.

Place seeds in a bowl and drizzle with olive oil. Toss until seeds are lightly coated. Spread the seeds evenly on a baking sheet and place in a preheated 300-degree oven.

Roast the seeds for about 45 minutes, stirring frequently, until crisp and golden brown.

Something that's not!



COINTREAU HOT CHOCOLATE

Why should children have all the fun?

INGREDIENTS

Chocolate powder
Cointreau
Milk and sugar

Preparation

- Make up a mug of instant hot chocolate. Use a good quality chocolate powder such as Galaxy.
- Then pour in a shot of Cointreau orange liqueur. Use approx half a pub measure, or 1 tablespoon full. Make it with just a hint of alcohol, or stronger!
- Then stir.

The warming chocolate orange flavour is delicious, and it is also easy to make in a jug or in a thermos to make pouring faster.

"The flavour is so much more rewarding than any of the hot chocolates you can buy which are merely flavoured".

Jokes and Puzzles

Sudoku

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.

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

Last months Solutions

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

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

Jokes

TOP TEN REASONS WHY TRICK OR TREATING IS BETTER THAN SEX

- 10) You are guaranteed to get at least a little something in the sack.
- 9) If you get tired, you can wait 10 minutes and go at it again
- 8) The uglier you look, the easier it is to get some.
- 7) You don't have to compliment the person who gives you some.
- 6) It's O.K. when the person you're with fantasises you're someone else, because you are
- 5) Forty years from now you'll still enjoy candy.
- 4) If you don't like what you get, you can always go next door.
- 3) It doesn't matter if the kids hear you moaning and groaning
- 2) Less guilt the morning after.
- 1) YOU CAN DO THE WHOLE NEIGHBOURHOOD.

A burglar broke into a house one night. He shined his flashlight around, looking for valuables. He picked up a CD player to place in his sack, when a strange, disembodied voice echoed from the dark saying, 'Jesus is watching you.' He nearly jumped out of his skin, clicked his flashlight off, and froze.

When he heard nothing more he continued. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, 'Jesus is watching you.' Freaked out, he shone his light around frantically, looking for the source of the voice.

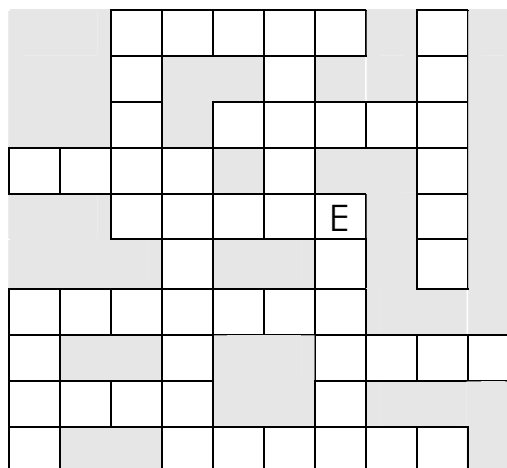
Finally, in the corner of the room, his flashlight beam came to rest on a parrot. 'Did you say that?' he hissed at the parrot.

'Yep,' the parrot confessed, then squawked, 'I'm just trying to warn you that he's watching you' the burglar relaxed. 'Warn me, huh? Who in the world are you?'

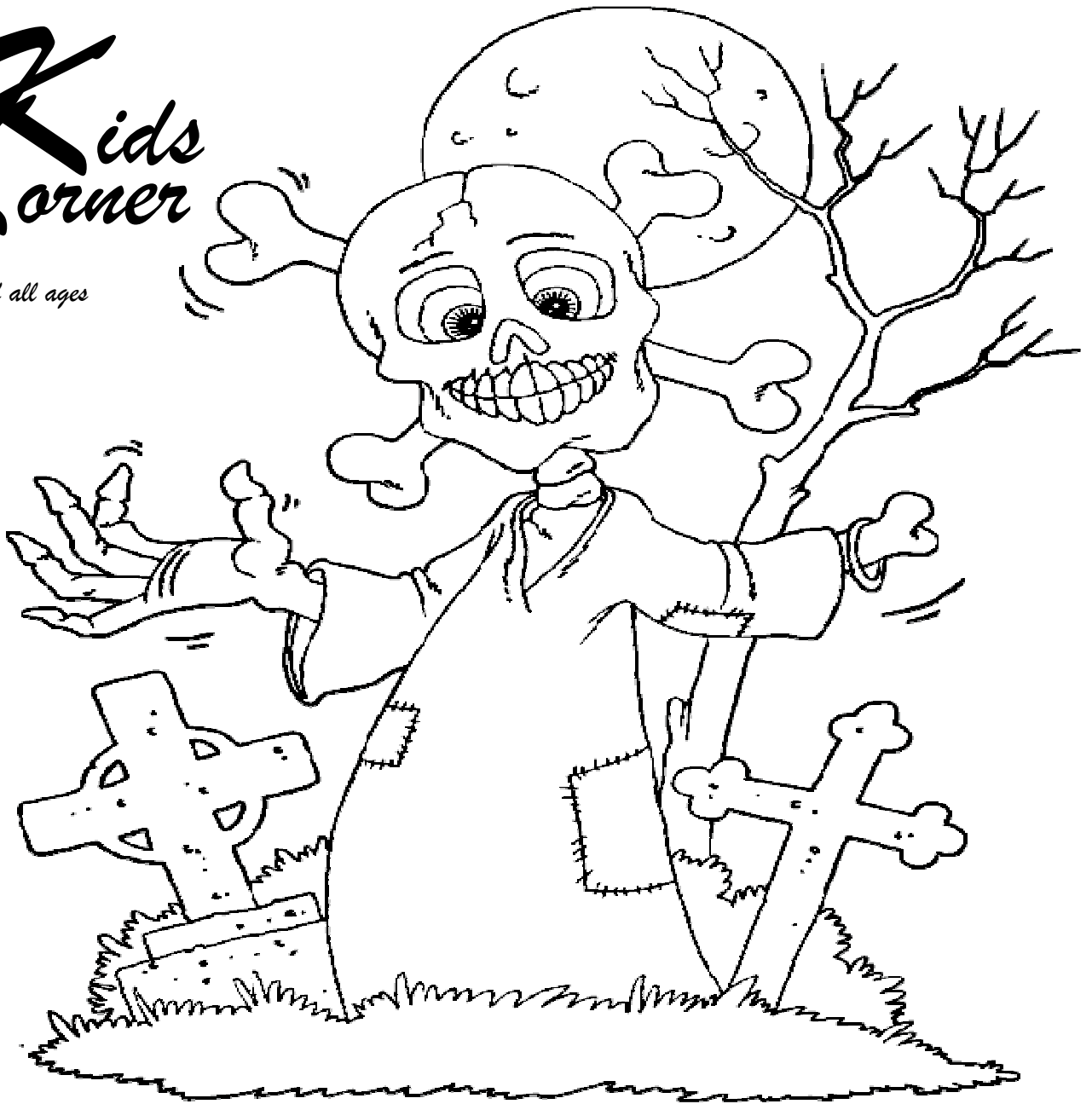
'Moses,' replied the bird.

'Moses?' the burglar laughed. 'What kind of people would name a bird Moses?'

'The kind of people that would name a Rottweiler Jesus.'



BANG
LEAR
NOON
BINGO
BOOKS
BRACE
CLIPS
EAGLE
SENSE
DROOPS
GOSSIP
BEAMING
SEAMING



Colour This Spooky picture

Who won the skeleton beauty contest?

No body

What do you call a witch who lives at the beach?

A sand-witch

How do you make a witch itch ?

A. Take away the "w"

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

www.fibromyalgia-associationuk.org

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.