

April 2008

Derby Fibromyalgia Support Group



NEWSLETTER

**Birthday Bash
Next Month**

**Saturday May 10th
2008**

Is our 1st Birthday

Come and join us at our

Message from the Chair-Person

Hi Folks, hope you all had a good Easter, all that chocolate is supposed to be good for the serotonin in the brain which is supposed to make us happy. Well that's my excuse anyway. Next month is our first year that the support group has been running, and I think we should celebrate.... So we're having a Party!!! The boring bit is that we have to have an AGM – Annual



General Meeting. We'll have this on the same day, and then we can get on and celebrate. Anyone who would like to help and support us they are welcome, just contact myself, Anne or Paula. I thought that as the children are off school that this month just be a coffee morning, to catch up. I'm hoping to have a fundraising stall at Broomfield College 8th June, it's an open day so it s a good day for all the family, hope you can join us.

12th May is National Fibromyalgia Awareness day so I hope you will join the nation in a coffee morning and spread the work.

Jackie

Workshop

With

Ann Miles-Howard

Saturday 26th April

10:00 till 4:00

Healing

Every Tuesday 7pm - 8pm

Every Thursday 2pm -

3pm

All Welcome

Saturday 19th April

Reading and Healing Day

10am – 4pm

All Welcome

Join us at our Birthday Party Meeting

**Charnwood Spiritualist church
Charnwood St. Derby**

Saturday 10th May

£2-50 admission fee
Time 10.15am– 12.30pm

Car Park, off Melbourne St.

For enquiries:

Contact Jackie on: **0845 345 2319**

Or email: derby.fibro@btinternet.com

Website: www.derbyfibro.co.uk

Family and Friends welcome.
Refreshments and Tombola

Healthy Potato Wedges

By **Emma Crowhurst**

From **Food and Drink**

Scrumptious wedges that are healthy!

Servings: 4

Level of difficulty: Easy

Preparation time less than 30 mins

Cooking time 10 to 30 mins

Ingredients

- 🍌 450g/1lb medium new potatoes
- 🍌 a few tbsp olive oil
- 🍌 salt and freshly ground black pepper
- 🍌 optional fresh herbs -thyme/oregano/rosemary, chopped

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Place the potatoes into a glass dish, cover with cling film and pierce with a fork. Place into the microwave on a medium heat or until almost tender.
3. Cut the potatoes lengthwise into wedges and place into a roasting tin. Drizzle with the olive oil and season. Add the herbs if you like.
4. Place in the oven for about 30 minutes or until golden brown.
5. Drain on absorbent paper and serve.



Sweet Rice Pudding



Preparation time: less than 30 minutes

Cooking time: 10 to 30 minutes

Serves: 1

Lesley Waters

From Ready Steady Cook

Ingredients:

- 🍯 Pinch cinnamon
- 🍯 30g/1 oz butter
- 🍯 Orange rind
- 1 vanilla pod, seeds only
- 🍯 Enough hot water to cover ingredients by 3mm/1/8in
- 150g/5 1/4oz basmati rice

- 🍯 To serve: Double cream

Method

1. Mix all the ingredients together.
2. Boil in a pan for five minutes.
3. Pour into a baking dish and bake in the oven for 8-10 minutes.
4. Turn out onto a tray and drizzle with cream to serve

Information About Our library

If anyone is interested in borrowing them please contact Jackie, Julia or Doug.
Please return them at the following meeting so that others can borrow them.

The books available at the moment are:-

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|---|--|---|
| <p>Living with Fibromyalgia Christine Craggs-Hinton Sheldon Press 2002 ISBN 0-85969-831-9</p> | <p>Fibromyalgia a comprehensive approach Miryam Ehrlich Williamson Walker Publishing Co. Ltd. 1996 ISBN 0-8027-7484-9</p> | <p>Conquer Pain: The Natural Way Leon Chaitow Duncan Baird Publishers Ltd 2002 ISBN1-903296-57-9</p> |
| <p>M.E., Chronic Fatigue Syndrome & Fibromyalgia The Reverse Therapy Approach. Dr John Eaton Authors OnLine Ltd 2006 ISBN 0-7552-0162-0</p> | <p>Revolutionary new strategies for maximum pain relief Neal Barnard M.D. Bantam Books 1999 ISBN 0-553-81237-8</p> | <p>The Fibromyalgia Cookbook Shelly Anne Smith Cumberland House Publishing Ltd 2002 ISBN 1-58182-270-7</p> |
| <p>The Feeling Good Handbook David D Burns M.D. First Plume Printing 1999 ISBN 0-452-28132-6</p> | <p>Don't Sweat The Small Stuff.and its all Small Stuff Richard Carlson Mackays of Chatham PLC 1998 ISBN 0-340-70801-8</p> | <p>Fibromyalgia & Muscle Pain Your Self Help Guide Leon Chaitow Thorsons 2001 ISBN 0-00-711502-4</p> |
| | <p>Fibromyalgia, Understanding And Getting Relief From Pain That Won't Go Away Dr Don L Goldenberg Piatkus Books Ltd 2004 ISBN 0-7499-2306-7</p> | |

Family magazines

Compiled by Fibromyalgia UK

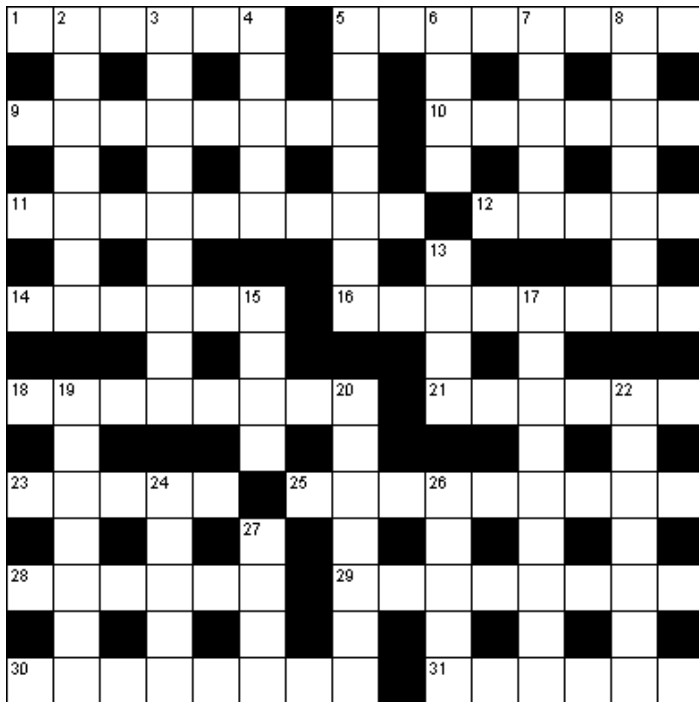
Back copies of our newsletter are also available on request.

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 news letter.

Jokes and Puzzles

ENTERTAINMENT / ARTS-themed crossword



Across

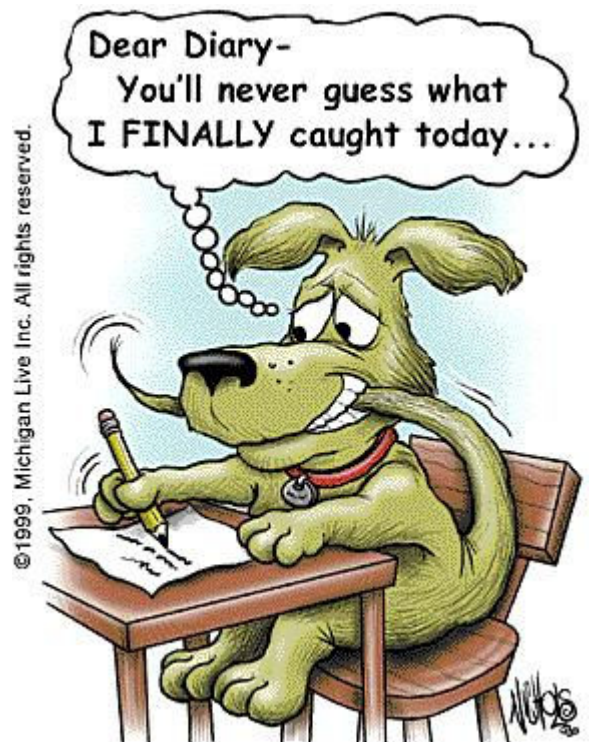
- 1 Shouts approval for 1980s-90s US sitcom (6)
- 5 Swift's traveller is half sea bird (8)
- 9 Public art that's an eyesore? (8)
- 10 Quick assistance for hesitant actor (6)
- 11/8 Train for Lloyd-Webber musical (9,7)
- 12 Reinvent her as Jane, the actress (5)
- 14 US composer/lyricist and bag-handler (6)
- 16 German Dadaist/Surrealist re-worked '*Mrs Texan*' (3,5)
- 18 Hate Bury redeveloped as major opera festival venue! (8)
- 21 Astaire/Rodgers that could go to a bridegroom's head (3,3)
- 23 Legendary 'soul-seller', rocking Fats takes in Utah initially (5)
- 25 Hey, Amtrak's demolished London theatre! (9)
- 28 In Louvre, no Irish French Impressionist (6)
- 29 Reforming of N. Sinai small orchestra (8)
- 30 E.g. Tchaikovsky's '*Pathetique*' or Beethoven's '*Eroica*' (8)
- 31 Spring holiday cry for help? (3,3)

Down

- 2 C S Forester's seafaring hero in '*Anchor at Iona*' (7)
- 3 English author making Morse fret (1,1,7)
- 4 Disc, if installed, stores a whole genre of literature (3-2)
- 5 Mrs Haig upset best-selling author (7)
- 19 A rotter starts society promoting/teaching art (7)
- 20 Pop group created by TV's 'Popstars' – rumour has it! (7)
- 22 Country song from '*West Side Story*' (7)
- 24 Evelyn Waugh's novel portion of ice cream? (5)
- 26 Musical note made by small car with manual starter (5)
- 27 Somewhat patriotic musical group (4)

- 6 Hot before this sexy M*A*S*H character (4)
- 7 Foreign coins for religious paintings (5)
- 8 See 11 Across
- 13 Leave the last one to Brooklyn? (4)
- 15 Michel or Albert, saucy French chefs? (4)
- 17 Theatre company in Zaire – pert or yielding (9)

If you are having a bad day, remember it could be worse...



**Kids
Corner**

*For kids of all
ages*



Happy 1st Birthday

Introduction to FMA 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

February's Solutions

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Did You Know

If you have anything you would like to see in this section or anything you wish to put into the newsletter in general please contact Doug Banton on: 0845 345 2319, derby.fibro@btinternet.com or by post at 1 Magellan Way, Derby, DE24 1AD

Thanks
Doug