

August 2008



Derby Fibromyalgia Support Group

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Don't Forget!

**Fibromyalgia
Awareness Week**

September 8th to 13th

**Wear Yellow And Black
+ Your Awareness Ribbon**

Also We Have a Visit From The Mayor Of
Derby Councillor Barbara Jackson Who
Will Join Us At About 11am

Messages from the Chair-person

Jackie Banton

Hi Folks, well, you've either been on or about to have your holiday of the summer, that's if we get one? Or you've been at home run ragged by bored children on their summer breaks from school.

As far as the support group has gone it's been quiet, with the family to watch and coping with the fibro it can be hard going. But I wouldn't be without any of it.



Unfortunately the relaxation cd we were going to use, we have now been told that we can't as it was made appropriately for the patients of the pain clinic. But all is not lost, we will find an alternative that is as effective. I believe relaxation is the best first step towards pain management.

As the front page mentions, 8th – 13th September is an important week for us, we will be having an awareness and fundraising table, during the week as well as the big day of the monthly meeting when we have the Mayor of Derby visiting us, I would like our local MP to join us, so watch this space, its about raising awareness of Fibromyalgia to the people between us and the Government to get better diagnosis, recognition and treatment.

This is something that will work if we all do this together, so we need to write to our MP's and MEP's, so they are aware of their constituents and what we need.

Earlier this year we had new male member join us with Fibromyalgia looking for support, after a lot of hard work he now opens an exhibition showing his art work.

Good luck to Andy and his future.

*Derwent Valley Mills Arts Exhibition
'Illustrations of a Textile Industrial Community'
Cromford Mill Gallery
Cromford, Matlock
Derbyshire
DE4 3RQ*

*23 August - 28 August 2008
11 am - 5pm*

<http://www.andypstanley.co.uk/>

About Fibro Action - Fibro Action is a dynamic new organisation dedicated to educating people about Fibro, especially in the UK. Fibro Action was created because a group of people felt that raising awareness of Fibro in the UK was essential to the future wellbeing of everyone with the condition.

This is the website for further information

www.fibroaction.org

The Electronic Nerve Modulator



This time last year, Angela Martin, 63, was in so much pain that she even contemplated suicide.

In 1994, the keen golfer had been diagnosed with the incurable tendon and ligament disorder, fibromyalgia. Over time, her symptoms worsened until she suffered from agonising stiffness and pain throughout her body. "I had to give up golf because I could no longer bend down to pick up the ball," says Mrs Martin. "The pain was constant and unbearable. My doctor said 'there was nothing more he could do. I was in complete despair and I could not see a way out of my misery."

Now she is almost pain-free, thanks to an innovative device which was unveiled at the annual Pain Society meeting in Manchester yesterday. Mrs Martin is one of the first chronic pain sufferers in Britain to try out an Electronic Nerve Modulator (ENM).

Update

I have found two sources of information about ENM and its rival TNE, it's a lot of reading so I have not put all the information here, but to summarise.

The ENM and the TNE both work by producing electronic impulses, the same as the TENS machines, which are passed into the spinal column via electrode pads.

The devices deliver DEEP tens therapy produces rapid electrical impulses which alter (modulate) the way in which the deeper nerves in the Central Nervous System conduct chronic pain signals as those signals travel into the spinal column on their way to the brain. DEEP tens therapy is designed to work alongside or instead of conventional analgesics (e.g. painkilling medicines and tablets) to help to control the chronic pain associated with a wide range of conditions. These conditions include wear and tear arthritis (often called osteoarthritis), sciatica, lumbago, backache, neuralgia, osteoporosis, fibromyalgia, neck pain, headaches, migraine, pain from old injuries and post-operative pain.

Sources of Information



www.remediuk.com/enm.htm



www.acticare.com/default.asp

Forth Coming Events At The Charnwood Spiritualist Church

SPEAKERS

Day	Date	Time	Speaker
Sunday	17 th	6.15pm	John Powell
Monday	18 th	2.30pm	Alison Worsnop
Sunday	24 th	6.15pm	Les Driver
Sunday	31 st	6.15pm	Kathy Grindy

Healing

Services

Every

Tuesday 7.00pm

Thursday 2.00pm

Open Circle

Every Thursday

7.30pm

No Admission After

7.35pm

Reading and Healing Day

Saturday 16th August

10.00am – 3.00pm

Join us at our September Meeting

**Charnwood Spiritualist church
Charnwood St. Derby DE1 2GU**

Thursday 11th September

**Coffee Morning with the
Mayor of Derby
Councillor Barbara Jackson**

£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

COFFEE MORNING
LITTLE EATON GARDEN CENTRE
10.30AM

Local Theatrical Events

With the news of the reopening of the playhouse I was asked if I would add some local theatrical events which may interest you.

1st to the 4th October 2008

The Good Companions Stage Society
Presents
CAROUSEL
Rogers & Hammerstein's

Music By **RICHARD ROGERS** • Book & Lyrics by **OSCAR HAMMERSTEIN II**
Based on the play 'LILIOM' by Ferenc Molnar, as adapted by Benjamin F. Glazer
Original dances by Agnes de Mille

This amateur production is presented by arrangement with
JOSEF WEINBERGER LTD. on behalf of R&H THEATRICALS.

You'll Never Walk Alone
Mister Snow
June is Bustin' Out All Over
When the Children Are Asleep
What's the Use of Wond'rin'
A Real Nice Clambake

The Assembly Rooms Derby
Wednesday 1st to Saturday 4th October 2008
Evenings at 7.15pm Saturday Matinee at 2.15pm

Tickets only available from
Mick George on **01332 721108**
www.goodcomps.com

Carousel has been hailed by some as the best musical of its century. Ahead of its time in style and content when it premiered in 1945. Rodgers and Hammerstein's creation is often considered their masterpiece.

This is the story of mill-worker Julie Jordan's doomed love for swaggering free spirit Billy Bigelow. From the magical evolution of the carousel of the overture to the anthemic "You'll never walk alone", through "If I loved you" and "June is bustin' out all over", the power and humanity of the story are matched by an extraordinary score.

SEAT PRICES

	STALLS	BALCONY	CENTRE TIERING
WEDNESDAY	14.00	15.00	16.50
THURSDAY	14.00	15.00	16.50
FRIDAY	14.00	15.00	16.50
SATURDAY MATINEE	12.00	13.00	14.50
SATURDAY NIGHT	14.00	15.00	16.50

Please call Mick George on 01332 721108 for tickets and availability



Mickleover Players Present

'ALLO 'ALLO

Based on the popular TV series

by
Jeremy Lloyd
and
David Croft

27th – 30th August

www.mickleoverplayers.co.uk

At Café René, in the Main Hall,
Murray Park School.
Mickleover

Wednesday 27th – Saturday 30th
August at 7.15pm

Adults £5.00 Concessions £4.00

Available from Devonshire Drive
Post Office

Or call Jeff on 01332 511867

Or 0845 0940 258

Reserve online at

www.mickleoverplayers.co.uk

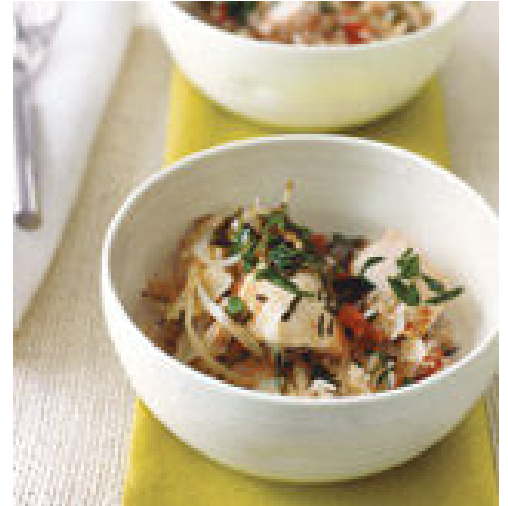


Some Tasty Recipes For You To Try

Baked Chicken and Rice

from **REALSIMPLE**

- 🍷 1 cup long-grain rice
- 🍷 1 14.5-ounce can diced tomatoes, undrained
- 🍷 1 cup low-sodium chicken broth
- 🍷 1/2 cup fresh orange juice
- 🍷 1 cup fresh flat-leaf parsley leaves, roughly chopped, plus more for garnishing
- 🍷 1 medium yellow onion, thinly sliced
- 🍷 1 clove garlic, thinly sliced
- 🍷 1/2 teaspoon ground cumin
- 🍷 1 1/4 teaspoons kosher salt
- 🍷 1/2 teaspoon black pepper
- 🍷 1/4 teaspoon red pepper flakes (optional)
- 🍷 4 boneless, skinless chicken breasts, cut in half



1. Heat oven to 400° F.
2. In a large bowl, combine the rice, tomatoes and their juices, broth, orange juice, parsley, onion, garlic, cumin, 3/4 teaspoon of the salt, 1/4 teaspoon of the black pepper, and the red pepper (if using). Transfer to a 9-by-13-inch baking dish.
3. Rinse the chicken and pat dry. Season with the remaining salt and pepper. Nestle the chicken pieces among the rice mixture. Cover the dish tightly with foil. Bake until the chicken is cooked through, about 35 minutes. Remove from oven. Let stand for 5 minutes. Spoon the rice and chicken into individual bowls. Sprinkle with additional parsley.

Tip: Stick with ordinary long-grain rice in recipes that include several other flavors. Save aromatic varieties of rice, like basmati and jasmine, for those nights when you want an easy, flavorful side dish that's impressive all by itself.

Yield: Makes 4 servings

NUTRITION PER SERVING

CALORIES 140(2% from fat); FAT 23g (sat 0g); CHOLESTEROL 0mg; CARBOHYDRATE 28g; SODIUM 763mg; PROTEIN 4g; FIBER 2g; SUGAR 4g

Information About Our library

If anyone is interested in borrowing them please contact Jackie, Ann or Doug.

Please return them at the following meeting so that others can borrow them.

The books available at the moment are:-

Title	Author	Publisher	ISBN Number
Living with Fibromyalgia	Christine Craggs-Hinton	Sheldon Press	0-85969-831-9
Fibromyalgia a comprehensive approach	Miryam Ehrlich Williamson	Walker Publishing Co. Ltd	0-8027-7484-9
Conquer Pain: The Natural Way	Leon Chaitow	Duncan Baird Publishers Ltd	1-903296-57-9
M.E., Chronic Fatigue Syndrome & Fibromyalgia The Reverse Therapy Approach	Dr John Eaton	Authors OnLine Ltd	0-7552-0162-0
Revolutionary new strategies for maximum pain relief	Neal Barnard M.D.	Bantam Books	0-553-81237-8
The Fibromyalgia Cookbook	Shelly Anne Smith	Cumberland House Publishing Ltd	1-58182-270-7
The Feeling Good Handbook	David D Burns M.D.	First Plume Printing	0-452-28132-6
Don't Sweat The Small Stuff.and its all Small Stuff	Richard Carlson	Mackays of Chatham PLC	0-340-70801-8
Fibromyalgia & Muscle Pain Your Self Help Guide	Leon Chaitow	Thorsons	0-00-711502-4
Fibromyalgia, Understanding And Getting Relief From Pain That Won't Go Away	Dr Don L Goldenberg	Piatkus Books Ltd	0-7499-2306-7
Body Talk. Why you really get sick and why it need never happen again	Rochelle Gordon	International Rights Ltd	-
Colour Healing	Lilian Verner-Boyds	Anness Publishing LTD	1-84081-477-2
Forever Young. Exercises for the mind and body.	Information Booklet	-	-
The Arthritis Helpbook	Kate Lorig James F Fries	Perseus Books	0-201-40963-1
Insomnia	Ann Redfearn	Gala Books	1-85675-234-8
Sainsburys Vegetarian Cookbook	Carole Handslip	Reed International Books LTD	0-86178-6025

Family magazines

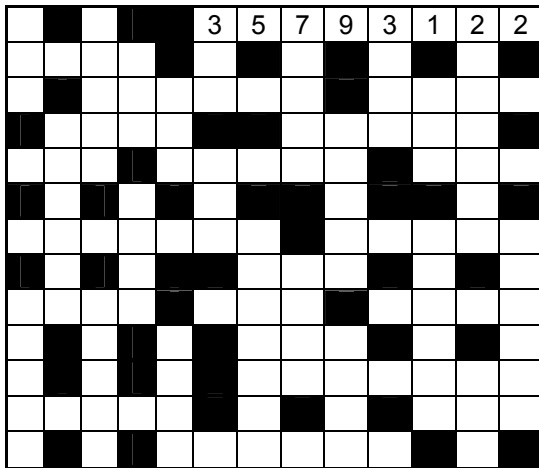
Compiled by Fibromyalgia UK

Back copies of our newsletter are also available to download on our website, or hard copies can be purchased for 30p per copy.

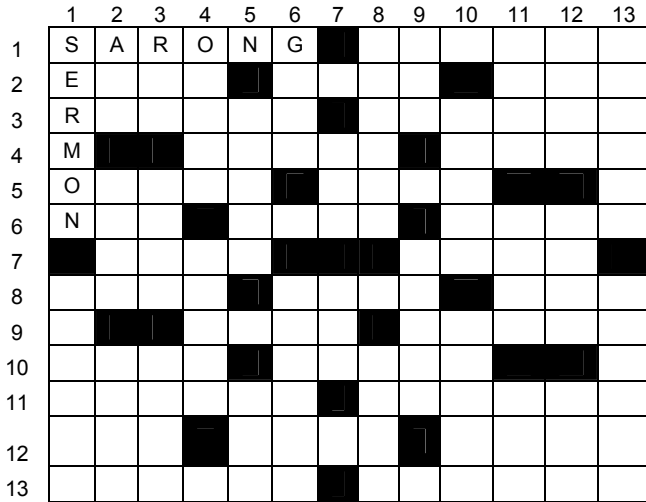
As we get more books etc we will post them in the newsletter.

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

PUZZLES



<u>3-Digits</u>	<u>4-Digits</u>	<u>5-Digits</u>	<u>6-Digits</u>
175	1248	14780	212519
250	1426	26141	469208
315	2909	40435	655081
350	3090	51012	737593
476	4259	52643	804082
501	5327	61764	
515	6807	77256	<u>7-Digits</u>
579	7456	86214	2982831
587	7817	92883	3568456
601	9386		6875835
733			8923120
820			
958			



ACROSS

- BEACH SKIRT
SPOOKS, PHANTOMS
- LONG, INVOLVED FILM
DISTINCTIVE ATMOSPHERE
SPORTS CLOTHING
- PROGRAMME SHOWN AGAIN
----- OF THE SUN, FILM
- STADIUM RING
THOUGHT, CONCEPT
- UNLOCKS

EGYPTIAN GODDESS
- GESTURE WITH THE HEAD
NO MORE THAN
FLAT OBJECT FOR CARRYING
THINGS
- GIVE AN AUTOGRAPH
HONEY WINE
- NEGATIVE VOTE
LIST OF DUTIES
TICKET, RECEIPT
- MARSH PLANT
FILMS TITLE MUSIC
- DAIRY ANIMAL

TIME OF NO WAR
- EACH (ACE PIE)

MENACING STATEMENT
- BOY
CHOIR SINGER
BLOCK OF HAY
- SLUMBERS
MALE SCHOOL TEACHER

DOWN

- RELIGIOUS SPEECH
SINGERS PERFORMANCE
IN A PIECE OF MUSIC
- IMITATE
SIT FOR A PAINTER
SEMI-PRECIOUS STONE
- REND, TEAR
CHECK BEFORE PRINTING
NOT NARROW
- ATLANTIC, PACIFIC
PRICKLY MOORLAND
SHRUB
- UNLAWFUL BURNING
PEAKED HEADWEAR
- GARDEN ENTRANCE
PUSHES AWAY
- NOUGHT, ZERO
LYRIC, POEM
- OILY
TINY PHYSICS PARTICLE
- CURED PORK
FOOTBALL GAME
- SKI SLOPE
PLANTS USED TO FLAVOUR
FOOD
- DANGEROUS SLIDE
INTEREST ----- MONETARY
LEVEL
- HAVE FOOD
BECOME WEARY
FIRST MAN
BEER
- CONSISTENT
IMPROVED

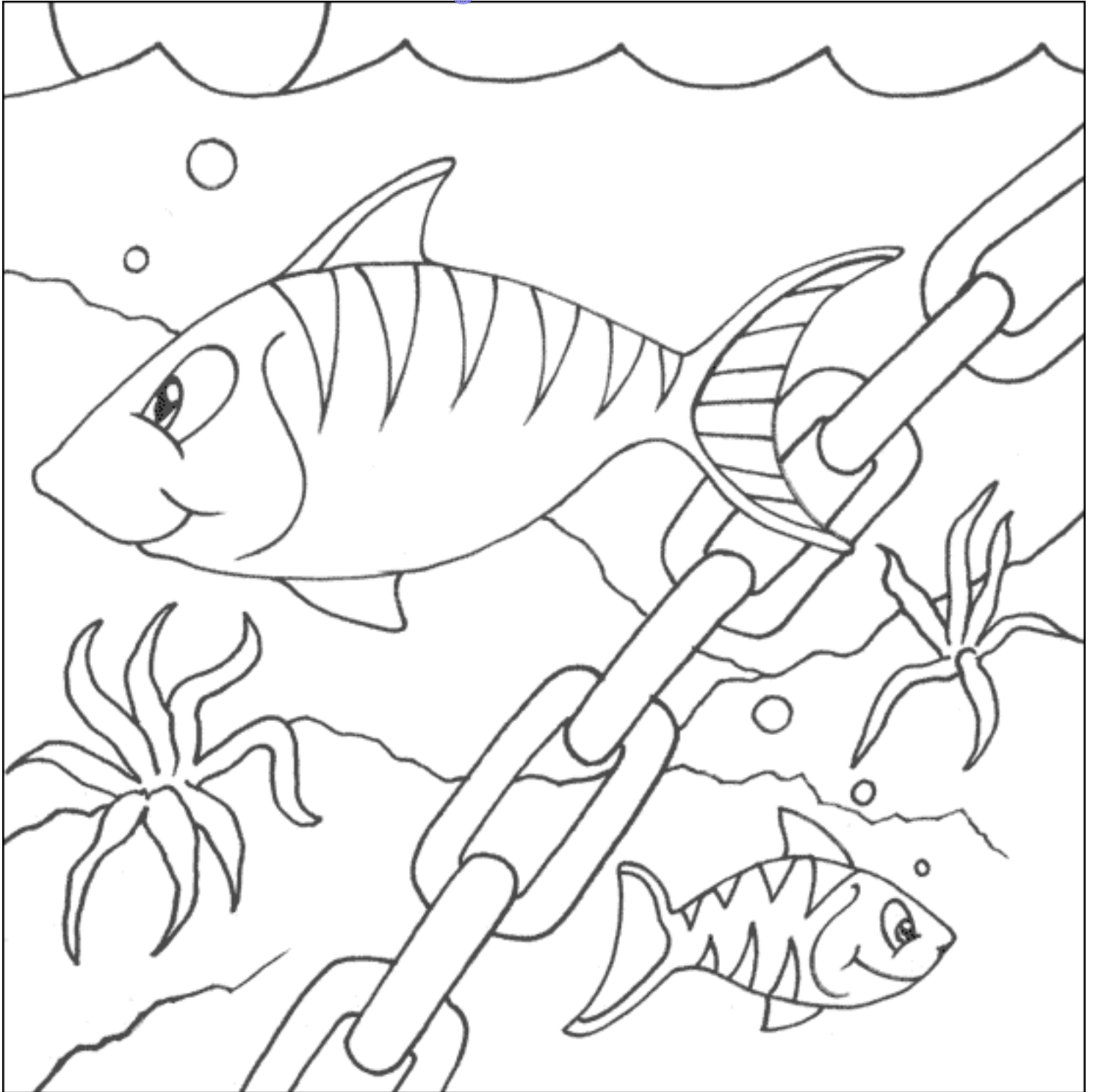
Enjoying a well earned rest!



Kids
Corner

*For kids of all
ages*

COLOUR THIS KIDS



Did You Know

What are the most common superstitions in Britain?

There are many superstitions in Britain, but one of the most widely-held is that it is unlucky to walk under a ladder - even if it means stepping off the pavement into a busy street!

Walking under a ladder

If you must walk under a ladder you can avoid bad luck by crossing your fingers and keeping them crossed until you've seen a dog. Alternatively, you must lick your finger and make a cross on the toe of your shoe, and not look again at the shoe until the mark has dried.

Umbrella



Another common superstition is that it is unlucky to open an umbrella in the house - it will either bring misfortune to the person that opened it or to the household. Anyone opening an umbrella in fine weather is unpopular, as it inevitably brings rain!

The superstition about it being bad luck to open an umbrella indoors could date from the time when its purpose was to act as a sunshade. If opened indoors it might be construed to be an attack on the sun.

Number 13

The number 13 is said to be unlucky for some, and when the 13th day of the month falls on a Friday, anyone wishing to avoid an inauspicious event had better stay indoors.

Seven years bad luck

The worst misfortune that can befall you is incurred by breaking a mirror, as it brings seven years of bad luck! The superstition is supposed to have originated in ancient times, when mirrors were considered to be tools of the gods.

Lucky black cat



Black cats are generally considered lucky in the UK, even though they are associated with witchcraft - a witch's animal-familiar is usually a black cat. It is especially lucky if a black cat crosses your path.

In the UK you are said to be lucky if a black cat crosses your path.

Touch wood

A commonly-held superstition is that of touching wood for luck. This measure is most often taken if you think you have said something that is tempting fate, such as "my car has never broken down - touch wood!" (My wife normally touches her head)

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 or Jackie on:

0845 345 2319, derby.fibro@btinternet.com or by post at 45 Magellan Way, Derby, DE24 1AD

Thanks
Doug

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

FIND A FRIEND.

Hi, my name is Rebecca and I live in the Bakewell area of Derbyshire. I haven't been well with fibromyalgia and I am unable to travel far, so would find it difficult to come to the support group meetings, to meet and chat to fellow sufferers with Fibromyalgia. I don't know anyone who has it or understands.

I would like to meet someone who lives in or around the area of Bakewell, to meet up for a cuppa and a chat.

If you like to get in touch, call me on:- 01629 813248

Thank you

Rebecca

If you find it difficult getting out but would like to befriend someone or offer support, use the newsletter to contact anyone for a chat and some company.