

June 2008



Derby Fibromyalgia Support Group

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Messages from the Chair-person

Jackie Banton

Hi Folks. Well, it has been a busy time for us, last month we had our 1st Birthday celebration. As it was our first year we had to hold an AGM, annual general meeting, this gave other members the chance to vote for the committee members also to join the committee, even as a volunteer, of which we now have two new committee members, David Hughes, husband to Anne, who is now our vice chair, she helps me out and puts her little feet in my size sevens when I'm not available. David has done us proud by setting up our website, with up to date information for you to see. And, our loyal Lisa Hodgson, who has joined us, welcomes Lisa. It does take some commitment to help run a support group but it's very rewarding.



There will be some slight changes to the membership fees as from July; I hope this doesn't cause too many problems for anyone. We are arranging for the Mayor of Derby to attend our meeting in September for the National Fibromyalgia Awareness Week, we also need to invite and involve our MP's to raise more awareness to the government, with this we will need your help, you need to contact you local MP and MEP, if you are interested, for more details contact Jackie, (me).

On Sunday 8th we held an awareness stall at Broomfield College's open day, the day was very successful even though Doug managed to cut his head on the car door. David and Anne Hughes came along to help.

Forth Coming Events At The Charnwood Spiritualist Church

Speakers List

Day	Date	Time	Speaker
Sunday	15th	6.15pm	Liz Knight
Monday	16th	2.30pm	Alison Worsnop
Sunday	22nd	6.15pm	Barry Granger
Monday	23rd	2.30pm	TBA
Sunday	29th	6.15pm	Emily Baker
Monday	30th	2.30pm	Anne Monks

Healing

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

All Welcome

Saturday 21st June

Reading and Healing Day

10am – 4pm
All Welcome

Join us at our July Meeting

Charnwood Spiritualist church
Charnwood St. Derby

Thursday 10th July

To Be Confirmed

£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



Some Tasty Recipes For You To Try

Grilled Salmon with peas, lettuce and bacon

By Nick Naine



Ingredients

4 x 175g/6oz salmon steaks
65g/2½oz butter
sea salt
freshly ground black pepper
2 x 130g packets bacon lardons or cubed pancetta
2 little gem lettuces, finely shredded
200ml/7fl oz vegetable, fish, or chicken stock
225g/8oz fresh or frozen peas
2 tbsp double cream (optional)
3 tbsp chopped fresh parsley
½ lemon, juice only

Method

1. Preheat the grill for at least 10 minutes.
2. Remove any pin bones from the fish.
3. Melt 25g/1oz of the butter and brush over the salmon. Season well.
4. Line a grill pan with foil, then place the salmon under the grill for about 3-4 minutes on each side.
5. When cooked, cover and keep warm.
6. Whilst the salmon is cooking heat a pan on a high heat. Add the bacon and reduce the heat.
7. Cook bacon for 2-3 minutes until the fat starts to run.
8. Add the lettuce and stir well to coat with the fat.
9. Add the stock, season and bring to a boil. Turn down the heat and simmer, uncovered, for three minutes.
10. Add the peas, cream (if using) and parsley and give the pan a good shake while it comes to the boil.
11. Add the remaining butter and simmer for a further two minutes then add lemon juice.
12. Serve with the salmon

Chocolate Mousse and Shortbread Tower

By James Martin

Ingredients

For the Plate Decoration:

55g/2oz cocoa powder and enough cold water to mix to a paste
4tbsp/60ml/2fl oz maple syrup or honey

For the Mousse:

225g/8oz dark chocolate, melted
125ml/4fl oz double cream, whipped
6 round shortbread biscuits

For the Garnish:

25g/1oz icing sugar
55g/2oz dark chocolate, melted
a few strawberries and raspberries

Method

1. Begin by decorating the plate. Mix together the cocoa powder and water. Paint onto the serving plate with a pastry brush, tidy the edges of the plate and draw a small plastic wood grainer through the mixture to create a wood grain effect. Leave to set. Once the mixture has hardened - pour over the maple syrup or honey to create a "varnish" effect.
2. Make the chocolate mousse by simply mixing together the chocolate and the cream.
3. Assemble the dish. Set a shortbread biscuit in the centre of the serving plate. Add a spoonful of mousse, then another biscuit, then more mousse, finishing with a shortbread biscuit, placed underside up to give a perfectly flat surface.
4. Coat the biscuit with sieved icing sugar and using a red hot skewer - carefully score a pattern in the sugar. Top with a cut strawberry.
5. As a final flourish make a chocolate decoration - by drizzling or piping a chocolate design onto greaseproof paper or cling film and placing it in the freezer to set. Once hard - very carefully peel away the chocolate and place the decoration on top of the dessert.

(If you don't want to decorate the plate as above - simply create the mousse and shortbread tower and lightly coat the dessert and plate with sieved icing sugar and then sieved cocoa powder).

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:-

<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.

Kids Corner

*For kids of all
ages*



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 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
