

May 2008

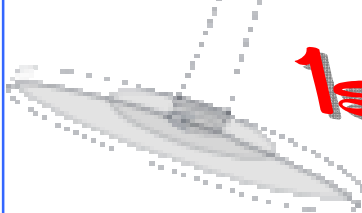


Derby Fibromyalgia Support Group

NEWSLETTER



HAPPY
1ST BIRTHDAY



Messages from the Committee

Jackie Banton Chair-person

Hi Folks, Well doesn't time fly, we have already reached our first year. This time last year I was busy getting ready for our first meeting and was very nervous, but one year on with more confidence, and a few more management skills, (well maybe not so much on a bad day☺,) we have over 60 members, and many friends. I've even been recognised in a waiting room by someone who seen my mugshot on the website, I wouldn't of been able to do this without the support of my family, especially my husband Doug who is treasurer, (it's his birthday tomorrow 11 May,) Also, our Regional coordinator Christine Brown who also runs the Nottingham group, who puts in endless hours to fight for our corner with the professionals to be recognised.



I would like to thank **everybody**, who has attended the group over the year and the guest speakers we have had, and hope you all continue with the support by coming to the meetings and open days, we also welcome any volunteers' and ideas.

Thank you all.

Jackie ☺



Douglas Banton Treasurer

I have enjoyed working with the other committee members to do all that we can to make people aware of Fibromyalgia and to have provided people with who have it with information and help.

I hope that the group meetings have helped the people who have attended them, even in a small way.

I have learned so much about Fibromyalgia and the effects that it has on people that suffer from it.

I know that it cannot be cured with a miracle drug and that every sufferer has differing symptoms that effect each person has to manage it in different ways on a day to day basis.

I hope to keep working with the group at subsequent meetings and improving the service that we provide.

We have some proposals that we can put to the group members at later meetings so that we can increase the attendance of new members and provide old members with diversity enough to keep coming back.

I would like people to provide feedback about how the group has effected them either good or bad.

Anne Hughes Web Co-ordinator

I started coming to the group in May 2007, at its first ever meeting at Devonshire house with in the grounds of the Derbyshire Royal Infirmary.

I was amazed when into the meeting, the room was full. I was amazed at how many people were there with Fibromyalgia.

After attending the meetings regularly for a couple of months, I found myself behind the Tombola table helping out. After realising how much I had enjoyed myself. I spoke to Jackie and offered to help out again in the future.

Gradually since then I have become a more active member of the group. At present I am a member of the management committee, being a member of the committee is challenging and sometimes can be hard work but I also find I very rewarding, It is great being able to help other whether it be researching and getting information for members or sitting with a cuppa and talking with other who are in a similar situation. By being able to do this I hope I can help others not fell as lost and confused as I was when I was diagnosed! Being part of this group I have found I am more able to deal with this condition, I have made many friends and I now can be positive about my future.

I would like to say a big thank you to Jackie, Doug and Paula for starting the group as I don't think I would have come as far as have as I have without it.



Review of the Diary of Anne Frank by Anne Hughes



On Wednesday 7th May our management committee attended the dramatisation of Anne Frank Diary by Locko Amateur Dramatics society at Spondon Village Hall.

The production was directed by Vicky Colclough. Anne Frank's Diary is a captivating story of a 13 year old girl and her family who are hidden in the upstairs of an office in Amsterdam from July 1942 to November 1945.

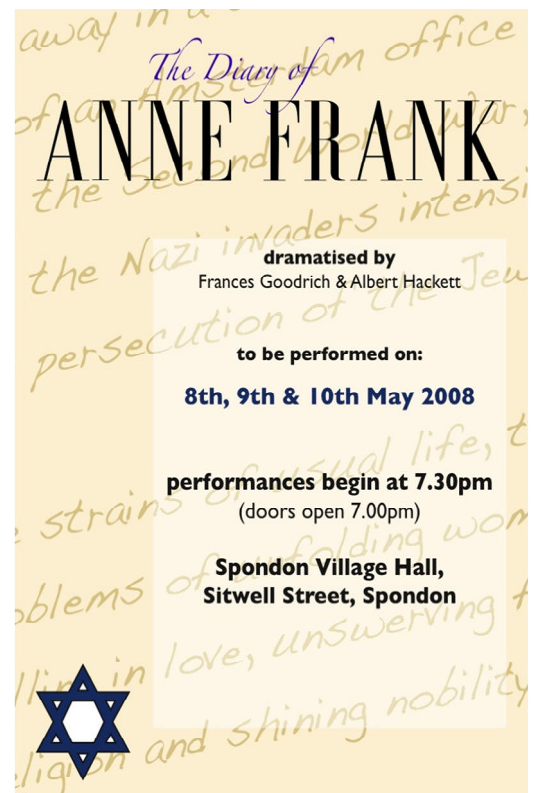
The Diary of Anne Frank is a story of human spirit. The courageous and intimate account of Anne's unique experiences in the face of persecution during the Nazi occupation.

Steven Ireland and Helen Powell played the lead roles of Anne and her father lead the cast of ten on this production.

I and the other members of the committee thoroughly enjoyed the play and would definitely recommend going along for a good evening entertainment.

Locko Amateur Dramatic Society is producing a production of Charly's Aunt by Brandon Thomas on the 10th/11th/12th October 2008 at Spondon Village Hall. Tickets are £6 and are available from Mrs C Eyre 01332 669139

For any further information on L.A.D.S. or there forthcoming production, contact Corrine Eyre on 01332669139



Forth Coming Events At The Charnwood Spiritualist Church

Speakers List

Day	Date	Time	Speaker
Sunday	1st	6.15pm	Paul Hayes
Monday	2nd	2.30pm	Norah Watson
Sunday	8th	6.15pm	Brenda Simpson
Monday	9th	2.30pm	Edna Tuckwood
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 June Meeting

Charnwood Spiritualist church
Charnwood St. Derby

Thursday 12th June

Mike Bailey

Fibromyalgia and its effect on muscles

£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 Recipies For You To Try

Chicken with Boursin and Prosciutto

Preparation time: 15mins

Cooking time: 35mins

Serves 6



Ingredients

- 🍳 6 chicken breasts
- 🍳 150g pack Boursin Cheese with herbs and garlic
- 🍳 6 Slices of Prosciutto Ham
- 🍳 200ml (7oz) white wine
- 🍳 Salt and ground black pepper

Serve with vegetables of your choice

1. Pre-heat oven to 180°C, Fan oven 160°C, Gas mark 4.
2. Make a slice horizontally through the chicken breasts leaving one side intact to make a pocket
3. Put the cheese into a small bowl and mix to a cream
4. Divide into six and spread some into each pocket
5. Cover each breast with a slice of Prosciutto and secure with a cocktail stick
6. Put the breasts into a large ovenproof dish so they are not touching
7. Pour the wine over and cover the dish with foil
8. Place into the oven for 20mins
9. Remove the foil and return to the oven and cook for a further 15-20mins or until cooked
10. Place the chicken breasts onto a serving dish and remove the cocktail sticks and serve
11. Whisk the juices together with a little hot water if necessary
12. Taste and season as necessary
13. Serve with the chicken and vegetables

Banana and Berry Split

Preparation time: 15mins

Serves up to 4

Ingredients

- 🍌 2 bananas, sliced in half lengthwise
- 🍦 6 scoops vanilla ice cream
- 🍫 1/2 cup Hot Fudge Sauce
- 🍷 1/2 pint fresh blackberries
- 🍷 1/2 pint fresh raspberries



Preparation

Place two banana halves in a serving dish; add 3 scoops vanilla ice cream between banana halves. Top with half each of Hot Fudge Sauce, blackberries, raspberries. Repeat procedure with remaining ingredients.

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.

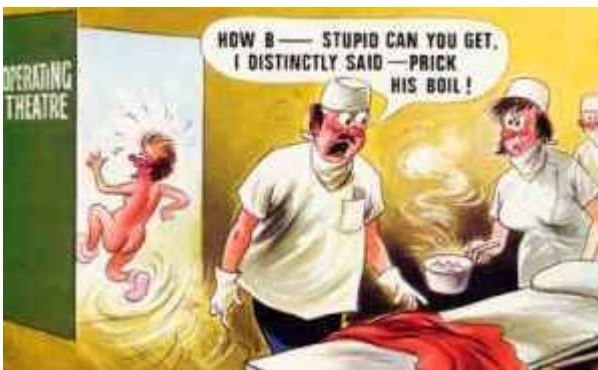
If you read, or have read, any of these books please write a review so we can put it into the news letter.

Jokes and Puzzles

P	P	K	S	V	J	R	E	C	C	O	S	N	B	B	R	R	B	E
A	P	H	O	E	M	L	O	H	K	C	O	T	S	E	M	K	L	N
R	R	E	E	Y	O	N	D	P	H	Q	N	R	B	E	H	N	C	R
I	E	N	O	I	K	U	H	A	B	V	E	I	D	N	V	L	V	U
S	W	B	B	H	V	O	L	A	P	W	A	C	L	I	V	W	J	O
V	T	E	N	N	I	S	T	G	O	V	L	C	V	R	B	B	W	B
I	N	V	J	V	T	R	A	C	K	A	N	D	F	I	E	L	D	L
R	A	A	T	H	E	N	S	L	L	A	B	E	S	A	B	B	B	E
D	M	B	F	Y	S	O	A	V	H	N	O	D	N	O	L	O	Q	M
M	I	A	M	I	M	C	A	N	S	E	E	M	O	R	X	S	S	A
E	S	V	D	O	E	J	I	R	O	Q	L	E	O	I	E	O	S	A
X	T	D	I	R	N	L	T	T	C	L	Q	S	N	D	F	R	T	S
I	L	B	S	N	E	T	D	M	S	F	E	G	I	T	D	N	S	W
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C	I	V	K	B	Z	L	P	M	A	C	L	M	T	A	G	I	N	M
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T	I	L	L	A	B	T	E	K	S	A	B	E	U	G	M	U	Y	N
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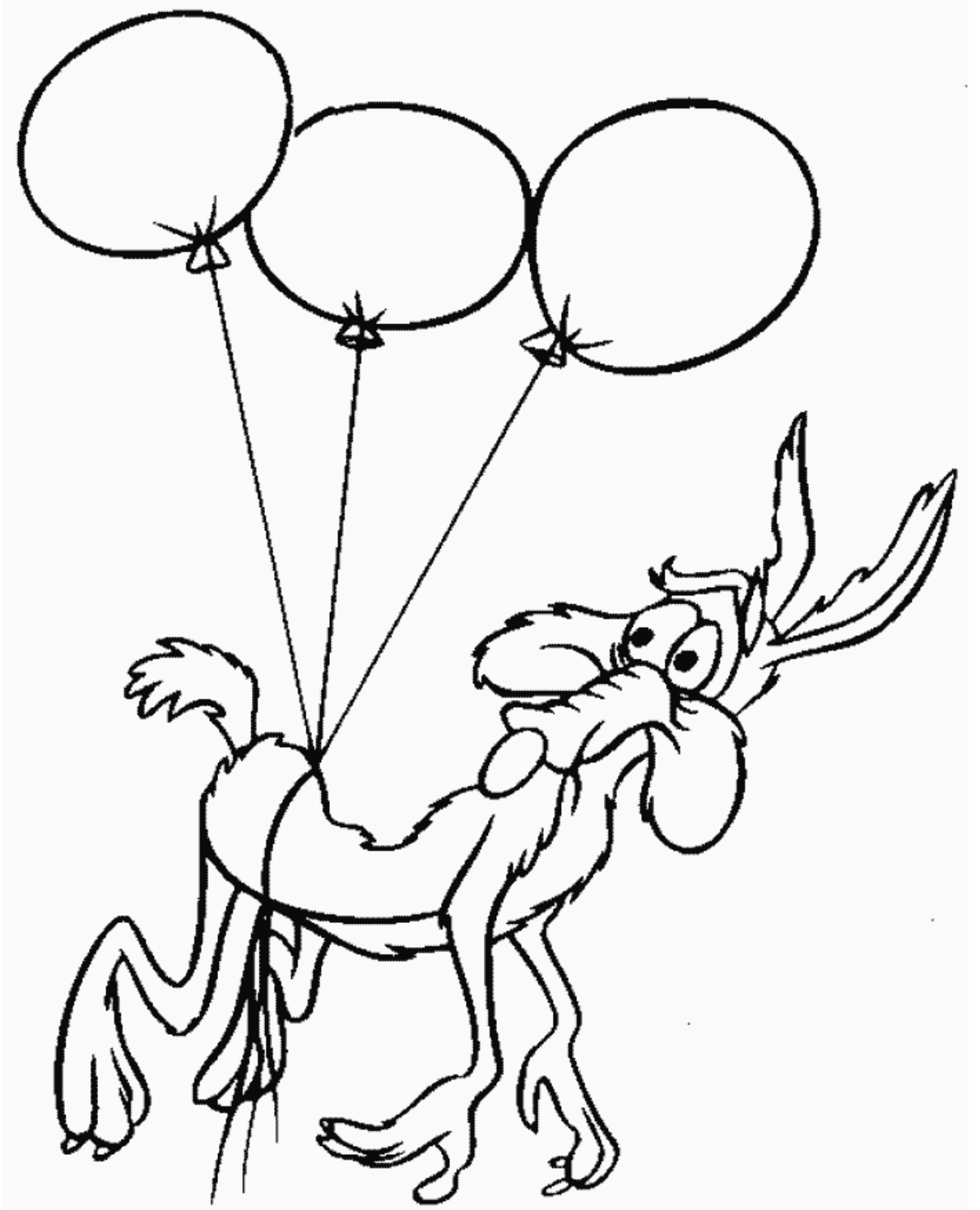
AMSTERDAM
 ANTWERP
 ATHENS
 ATLANTA
 BARCELONA,
 BASEBALL
 BASKETBALL
 BERLIN
 BOXING
 DIVING
 FIELD HOCKEY,
 GYMNASTICS
 HELSINKI
 LONDON
 LOS ANGELES
 MELBOURNE,
 MEXICO CITY
 MONTREAL
 MOSCOW
 MUNICH
 PARIS
 ROME,
 SEOUL
 SOCCER
 SOFTBALL
 ST LOUIS
 STOCKHOLM
 SWIMMING,
 SYDNEY
 TENNIS
 TOKYO
 TRACK AND FIELD

Saucy Postcards



Kids Corner

*For kids of all
ages*



Did You Know

- 🕒 In 1894, Lord Kelvin predicted that radio had no future; he also predicted that heavier-than-air flying machines were impossible.
- 🕒 The word "sneaker" was coined by Henry McKinney, an advertising agent for N.W. Ayer & Son.
- 🕒 Charles Macintosh invented the waterproof coat, the Mackintosh, in 1823.
- 🕒 Air-filled tyres were used on bicycles before they were used on motorcars.
- 🕒 The paperclip was invented by Norwegian Johann Vaaler.
- 🕒 Music was sent down a telephone line for the first time in 1876, the year the phone was invented.
- 🕒 The can opener was invented 48 years after cans were introduced.
- 🕒 Traffic lights were used before the advent of the motorcar.

Just a few quick examples of the kind of things that you can send me.

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

April's Solutions

