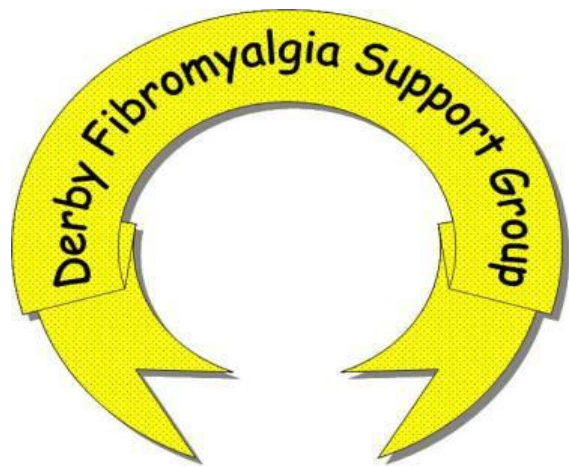


November 2008



Derby Fibromyalgia Support Group

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**Hope You All Had A
Safe Bonfire Night**

Messages from the Chair-person

Hi Everyone,

Anne Hughes and I attended a training course to train as tutors to deliver The Expert Patient Programme, which is offered to people with long term chronic illnesses. There is a programme being put together for fibromyalgia, at least this gives us some Recognition, this will allow us to help members more with self help skills to enable them to manage their illness better, enabling them to have a better quality of life, it wont be a cure, but in the long term hopefully put a smile back on someone's face. Anne and I are going to a Conference in Nottingham next week, 18/19 November, to learn more about the EPP and promote our group.



Each month we have had new members mostly because they have seen posters around particularly the hospitals, so if you can take an extra poster/leaflet after the meeting and take it to your doctors, chemist, local shop it will make others aware that we are here to support them, like we are for you.



The awareness table we had at the main Entrance of the DRI, Wednesday 15h October, went very well, thank you to Lisa who came along and helped. We were also invited to attend the Carerers Conference November 4th along with other charity organisations, so we have been very busy this month.

A warm welcome to the new members and thank you to our existing members for your loyal support. We are having our 1st Saturday meeting in January, the date will be put on the website, for those who don't have access to the web we will contact you.

We are having our Christmas lunch at the Blue Peter, Monday 15th December, 11.30am. I do believe we have a birthday or two too, its Kate and mine, so it should be a lunch to remember! Please check out the website as Anne has worked very hard adding information and keeping it updated, the dates for the New Year will on too.

Jackie Banton

Vegetable Pedallers

a delivery scheme for Elderly & Disabled people in Derby.

Do you struggle to get fresh fruit and veg?

We can help!

Fruit or veg bags from just £3.50



Sound Bites is a 'not for profit' shop on The Morledge in Derby. We deliver fresh fruit, veg & other essential items by freight bicycle FREE OF CHARGE to people with mobility difficulties. To find out more phone 291369 www.soundbitesderby.org.uk

Kindly supported by:



cycle derby



Tim on the Road
Graham Outside Sound Bites



Ruth Delivering



scheme has revived this tradition but with a modern take....

Vegetable Pedalling in Derby!

Delivery bikes bringing shopping to the doorstep used to be a common sight on our streets. A local

“Vegetable Pedallers” is a scheme set up to deliver fresh produce to people with mobility difficulties, within Derby. It delivers fruit and vegetables to people who cannot

easily get to the shops or live in areas where there is little or no fresh produce. They deliver to elderly people, people with a disability, and also to the long-term sick. Vegetable Pedallers is based at Sound Bites wholefood shop, a ‘not for profit’ enterprise, on the Morledge in Derby.

Available for delivery are bags of seasonal organic vegetables and fruit (locally grown when the seasons allow), these cost £3 or £5. Also available are a wide selection of staple goods, including: bread, tea, dried fruit, jam and many other items from the shop. Delivery is by freight-carrying bicycle and due to this, the service is limited to within City of Derby boundaries.

They have had a grant from the Esmée Fairbairn Foundation to help with the cost of running this service, which means there’s no charge for delivery and goods are available at the same price they cost in the shop.

They’ve just celebrated their *first birthday* and have many satisfied customers, who now have no problem in getting their ‘5-a-day’, as these are delivered fresh to their doorstep!

If you think you or someone you know would benefit from the scheme or have any questions please get in touch with:

Nick Ratcliffe at Sound Bites on: 01332 291369.

E-mail: cycle@soundbitesderby.org.uk

Or visit: www.soundbitesderby.org.uk

Derbyshire carers Association Event



At St. Mary's Parish Centre
Darley Lane, Derby

Saturday 15th November
From 10.00am – 3.30pm

If you are a carer of a family member or friend then you are invited to enjoy a day of crafting and to meet other carers...

Crafts include:

Christmas card design
Christmas floral decorations
Book mark making



Christmas gift boxes
Flower arranging demonstrations

If you know of any events that you would like us to include in our newsletter please contact Doug on the Derby Fibromyalgia Support Group website, email, phone or post

Thank You

Forth Coming Events At The Charnwood Spiritualist Church

Events

Speakers

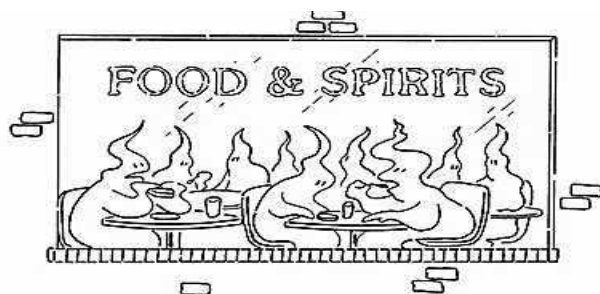
Monday 1st December Josie Hancock 2.30pm
 Sunday 7th December Anthony Millward 6.15pm
 Monday 8th December Olga & John 2.30pm

Saturday 22nd November

Supper With Spirit

7pm

Booked in advance £10.00



Healing Services

Every
 Tuesday 7.00pm
 Thursday 2.00pm

Open Circle

Every 2nd and 4th
 Thursday of the
 month at 7.30pm
 No Admission After
 7.35pm

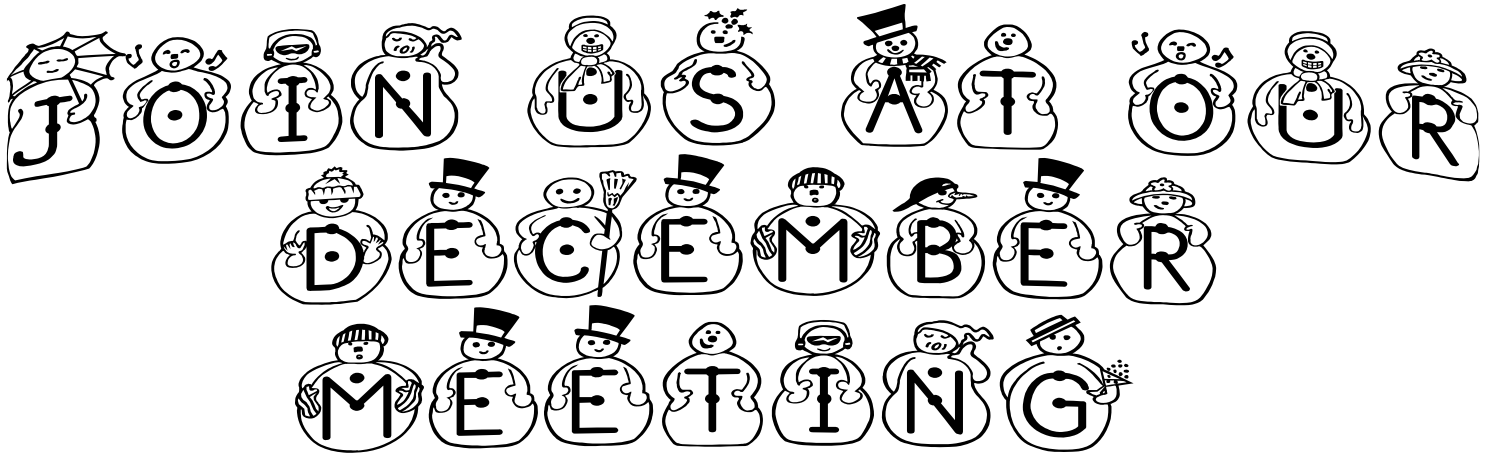


Joint Carol Service
 With David Bruton

6.15pm

Sunday 14th
 December





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

Thursday 11th December

Admission £2-50

Time 10.15am – 12.30pm
Car Park, off Melbourne St.

For enquiries:

Contact Jackie on: **0845 345 2319**

Email: derby.fibro@btinternet.com

Website: www.derbyfibro.co.uk

Derby Fibromyalgia, P.O. Box 7672, Derby, DE1 0QP

Family and Friends welcome.
Refreshments and Tombola

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

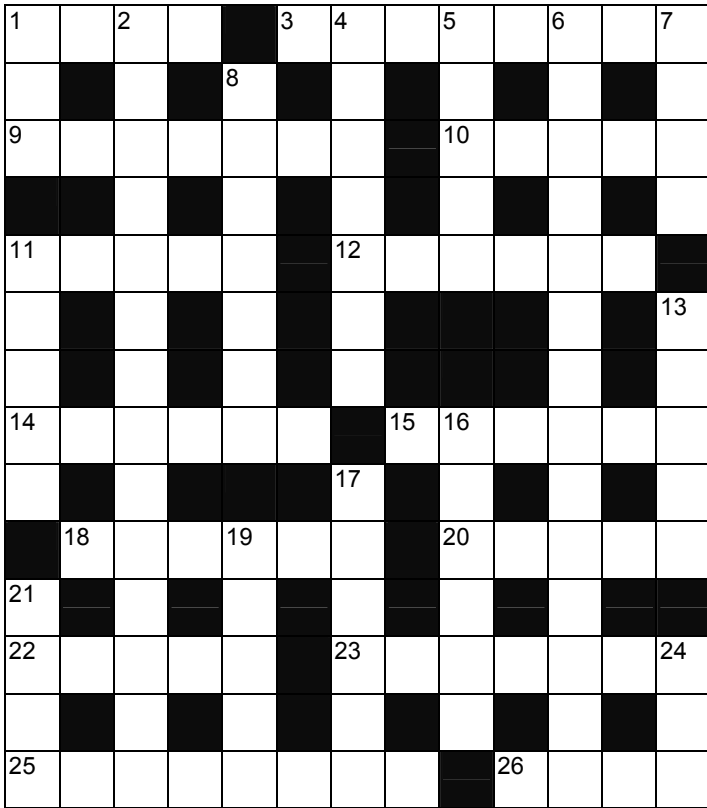
Compiled by Fibromyalgia UK

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.

PUZZLE & JOKE



Across

1. Continuous dull pain. (4)
3. Atmosphere (8)
9. Metallic food covering (7)
10. Nip (5)
11. Delicate pink colour (5)
12. Fastest pace of a horse. (5)
14. Up to date (6)
15. Scientist, informally (6)
18. Watch out. (6)
20. Be in accord. (5)
22. Point of view. (5)
23. Military person. (7)
25. As a matter of fact.(8)
26. Article.(4)

Down

1. Fitting.(3)
2. Twentieth of a ton (13)
4. Defame.(6)
5. Drive forward. (5)
6. Person who doesn't behave like most (3,10)
7. Reverberate. (4)
8. Water heater. (6)
11. Long period of unconsciousness (4)
13. Mid-leg joint.(4)
16. ITV's teletext service.(8)
17. Ship or containers. (6)
19. Stadium (5)
21. Long, detailed story. (4)
24. Spirit distilled from molasses. (3)



Kids Corner

For kids of all
ages



Traditionally

Bonfire Night is held in Britain on 5th November. It celebrates the defeat of a conspiracy to blow up the Houses of Parliament with the then king, James I, in it. Bonfire Night is celebrated with bonfires and fireworks.

The Story of the Gunpowder Plot & Guy Fawkes

On 5th November 1605, two years after the death of Queen Elizabeth I, soldiers discovered a man called Guy Fawkes in a cellar under the Houses of Parliament. With him were at least twenty barrels of gunpowder. Guy Fawkes was arrested and tortured. At last he gave way and told his torturers about a plot to blow up Parliament, together with the King, James I, his Ministers and Members of Parliament.

Guy Fawkes was a Roman Catholic who had been angered by the failure of King James, who was after all the son of the Catholic Mary Queen of Scots, to grant more religious toleration to Catholics. He had joined with a group of four other Catholics led by Robert Catesby in the plot to kill the king. Catesby had made the mistake of inviting other Catholics to join the plot. One of these was called Francis Tresham. Tresham wrote a letter to his brother-in-law Lord Monteagle warning him not to go to Parliament and Monteagle told the government. Guy Fawkes and his fellow conspirators were executed as traitors.

In 1606 Parliament agreed to make 5th November a day of public thanksgiving and ever since then the day has been celebrated with fireworks and bonfires.

Bonfires and Burning the Guy

In some ways Bonfire Night is related to the ancient festival of Samhain, the Celtic New Year. Bonfires formed an important part of the Celtic New Year celebrations - warding off evil spirits. Bonfires play a part in many customs all over the world. On November 5th as part of Bonfire Night celebrations we too light bonfires. What makes the British Bonfire Night celebrations special is the burning of the guy. The guy is a figure usually made by the children out of old clothes, papier mache and anything else we can use. It represents Guy Fawkes and is burnt on the bonfire. Sometimes in the week or so before Bonfire Night children will take their guys on to the street and beg "a penny for the Guy". The money then goes towards the fireworks.

In Sussex, towns such as Lewes compete to have the best Bonfire Night celebrations. The guys used in these celebrations can be enormous - the height of a small house - and under the guy's arm is placed a barrel of gunpowder, so you can imagine the bang when it goes off! Attempts are regularly made on world records - a few years ago we saw a successful attempt on making the world's largest Catherine wheel. The Sussex celebrations still reflect some of the anti-Catholic feelings which were part of the Bonfire Night celebrations of the past.

Did You Know

Here are the top 10 amazing facts about dreams.

10. Blind People Dream

People who become blind after birth can see images in their dreams. People who are born blind do not see any images, but have dreams equally vivid involving their other senses of sound, smell, touch and emotion. It is hard for a seeing person to imagine, but the body's need for sleep is so strong that it is able to handle virtually all physical situations to make it happen.

9. You Forget 90% of your Dreams

Within 5 minutes of waking, half of your dream is forgotten. Within 10, 90% is gone. The famous poet, Samuel Taylor Coleridge, woke one morning having had a fantastic dream (likely opium induced) - he put pen to paper and began to describe his "vision in a dream" in what has become one of English's most famous poems: Kubla Khan. Part way through (54 lines in fact) he was interrupted by a "Person from Porlock". Coleridge returned to his poem but could not remember the rest of his dream. The poem was never completed.

Curiously, Robert Louis Stevenson came up with the story of Doctor Jekyll and Mr. Hyde whilst he was dreaming. Wikipedia has more on that here. Mary Shelley's Frankenstein was also the brainchild of a dream.

8. Everybody Dreams

Every human being dreams (except in cases of extreme psychological disorder) but men and women have different dreams and different physical reactions. Men tend to dream more about other men, while women tend to dream equally about men and women. In addition, both men and women experience sexually related physical reactions to their dreams regardless of whether the dream is sexual in nature; males experience erections and females experience increased vaginal blood flow.

7. Dreams Prevent Psychosis

In a recent sleep study, students who were awakened at the beginning of each dream, but still allowed their 8 hours of sleep, all experienced difficulty in concentration, irritability, hallucinations, and signs of psychosis after only 3 days. When finally allowed their REM sleep the student's brains made up for lost time by greatly increasing the percentage of sleep spent in the REM stage. [Source]

6. We Only Dream of What We Know

Our dreams are frequently full of strangers who play out certain parts - did you know that your mind is not inventing those faces - they are real faces of real people that you have seen during your life but may not know or remember? The evil killer in your latest dream may be the guy who pumped petrol in to your Dad's car when you were just a little kid. We have all seen hundreds of thousands of faces through our lives, so we have an endless supply of characters for our brain to utilize during our dreams.

Just paying the bills...

5. Not Everyone Dreams in Colour

A full 12% of sighted people dream exclusively in black and white. The remaining number dream in full colour. People also tend to have common themes in dreams, which are situations relating to school, being chased, running slowly/in place, sexual experiences, falling, arriving too late, a person now alive being dead, teeth falling out, flying, failing an examination, or a car accident. It is unknown whether the impact of a dream relating to violence or death is more emotionally charged for a person who dreams in colour than one who dreams in black and white. [Source]

4. Dreams are not about what they are about

If you dream about some particular subject it is not often that the dream is about that. Dreams speak in a deeply symbolic language. The unconscious mind tries to compare your dream to something else, which is similar. It's like writing a poem and saying that a group of ants were like machines that never stop. But you would never compare something to itself, for example: "That beautiful sunset was like a beautiful sunset". So whatever symbol your dream picks on it is most unlikely to be a symbol for itself.

3. Quitters have more vivid dreams

People who have smoked cigarettes for a long time who stop, have reported much more vivid dreams than they would normally experience. Additionally, according to the Journal of Abnormal Psychology: "Among 293 smokers abstinent for between 1 and 4 weeks, 33% reported having at least 1 dream about smoking. In most dreams, subjects caught themselves smoking and felt strong negative emotions, such as panic and guilt. Dreams about smoking were the result of tobacco withdrawal, as 97% of subjects did not have them while smoking, and their occurrence was significantly related to the duration of abstinence. They were rated as more vivid than the usual dreams and were as common as most major tobacco withdrawal symptoms." [Source]

2. External Stimuli Invade our Dreams

This is called Dream Incorporation and it is the experience that most of us have had where a sound from reality is heard in our dream and incorporated in some way. A similar (though less external) example would be when you are physically thirsty and your mind incorporates that feeling in to your dream. My own experience of this includes repeatedly drinking a large glass of water in the dream which satisfies me, only to find the thirst returning shortly after - this thirst... drink... thirst... loop often recurs until I wake up and have a real drink. The famous painting above (Dream Caused by the Flight of a Bee around a Pomegranate a Second Before Awakening) by Salvador Dali, depicts this concept.

1. You are paralyzed while you sleep

Believe it or not, your body is virtually paralyzed during your sleep - most likely to prevent your body from acting out aspects of your dreams. According to the Wikipedia article on dreaming, "Glands begin to secrete a hormone that helps induce sleep and neurons send signals to the spinal cord which cause the body to relax and later become essentially paralyzed."

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.