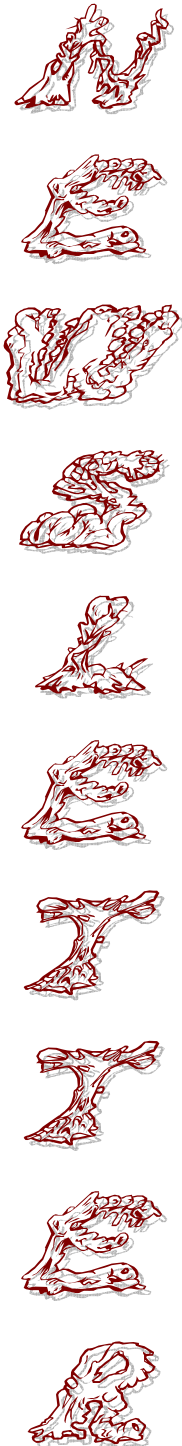


October 2008



DERBY FIBROMYALGIA SUPPORT GROUP



HAPPY HALLOWEEN



Messages from the Chair-person

Hi Everyone,

Last month was an important meeting for support groups all over the UK, as it was the national awareness week everyone was working hard making everyone notice us fibro sufferers, by having coffee mornings and awareness



stands in hospitals. We, invited the Mayor of Derby, Barbara Jackson to our coffee morning, and she left us knowing a lot more about the illness after having a chat to most of the members.

Anne Hughes and I are attending a training course this month to Learn about the EPP, Expert Patient Programme, which is offered to people with long term chronic illnesses.

This allows 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 put a smile back on someone's face. Hope you all enjoy Halloween, and take care on bonfire night.

We will be having an awareness table at the main Entrance of the DRI, Wednesday 15h October, 10am – 2pm.

We have also been invited to have an awareness table at the Carerers Conference, The Darwin Suite, the Assembly Rooms, Tuesday 4th November. So look out and pass the word round.

Jackie Banton

Relaxation

Here is a quick update on issues that we discussed at last months meeting.

We had a discussion about relaxation and which relaxation techniques work for us.

Things that helped us relax;

- **Music** – healing and soothing:
- **Walking** – to the park , in the countryside or by the water,
- **Hydro pool:** involves the use of water for soothing pains, Hydrotherapy is the use of water in the treatment of a range of conditions, The water temperature is usually 33–37°C, which is warmer than normal swimming pools. Hydrotherapy differs from swimming because it involves special exercises which take place in a warm-water pool, usually within a hospital physiotherapy department.
- **Bath** – with bubbles
- **Spa**
- **Foot Spa**
- **Crystal Therapy:** Various crystals and minerals are placed on or around a fully clothed person to induce deep relaxation, release stress and pain, and promote energy balance within the physical and subtle bodies. The treatment takes around an hour and crystals may be used singly or in patterns. They are placed on sites of pain, on acupuncture points or

meridians, or on subtle energy vortexes called chakras.

- **Aromatherapy:** Aromatherapy is the systematic use of volatile plant oils known as essential oils for the treatment or prevention of disease. You can use the oils by burning the in an oil burner, in the bath or with a carrier oil you can use it for massage. Use of oils such as lavender chamomile for relaxing *Birch Helichrysum Lavender Myrrh Patchouli Rosemary Rosewood SpruceThyme* are anti-inflammatory oils
- **Candles**
- **Incense Sticks**
- **Spiritual healing:** Spiritual Healing energy can be directed by the healers' consciousness and may flow through the hands of over any distance; Spiritual healing is a natural energy that flows through the healer to the subject being healed. You do not have to believe in it for it to work and - although we believe it comes from God- no religious faith is required. It is a natural energy that most people have to some extent and which can be used alongside conventional medicine."
- **Perfume Shopping**
- **And finally a Bottle of wine!!!**

Anne x

1st September

Fibromyalgia Syndrome declaration for European Parliament

Five Members of the European Parliament (MEPs) will present a written declaration on Fibromyalgia Syndrome (Fibro) at the European Parliament.

The declaration, which will be presented by Ms Jolanta Dickute (Lithuania), Ms Kathy Sinnott (Ireland), Ms Frieda Brepoels (Belgium), Mr. Nicolae Vlad Popa (Romania) and Mr. Adamos Adamou (Cyprus), calls on the Commission and the Council to:



- 🕒 Develop a Community strategy on fibromyalgia in order to recognize this condition as a disease.
- 🕒 Help raising awareness of the condition and facilitate access to information for health professionals and patients, by supporting European and National Awareness campaigns.
- 🕒 Encourage Member States to improve access to diagnosis and treatment.
- 🕒 Facilitate research on fibromyalgia through the work programmes of the EU 7th Framework Programme for Research and future research programme.
- 🕒 Facilitate the development of programs for collecting data on fibromyalgia.

Around 380 MEPs need to sign the declaration in order for it to be presented formally to the European Parliament. The declaration will be available for MEPs to sign for 3 months from today (1st September 2008).

Fibro sufferers around Europe are being encouraged to write to their MEPs asking them to sign the declaration. A list of MEPs for your area can be found on the website of the UK Office of the European Parliament.

Forth Coming Events At The Charnwood Spiritualist Church

Events

Speakers



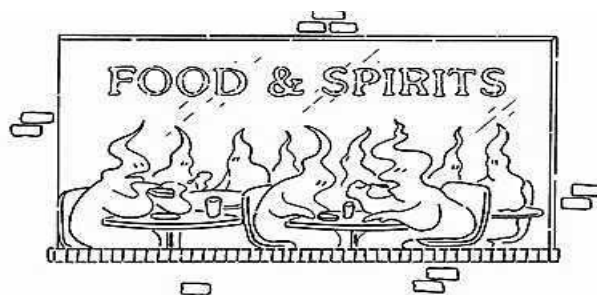
Sunday 12th 6.15pm Tom McCrory from Sleaford
Monday 13th 2.30pm Angela Farrell from Sheffield
Sunday 19th 6.15pm Gail Bristow Derby
Monday 20th 2.30pm Nora Watson from Ripley
Sunday 26th 6.15pm Emily Baker Derby
Monday 27th 2.30pm Ken Sharpe from Derby

Saturday 22nd November

Supper With Spirit

7pm

Booked in advance £10.00



Healing Services

Every

Tuesday 7.00pm

Thursday 2.00pm

Open Day

Saturday 18th October

10am till 4pm

Open Circle

Every 2nd and 4th

Thursday of the month

at 7.30pm

No Admission After

7.35pm

Healing

Reading

Craft Stalls

Refreshments

Aura photography

Join us at our November Meeting

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

Thursday 13th November

A Speaker from Sound Bites

Admission £2-50

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

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

Family and Friends welcome.
Refreshments and Tombola



Some Tasty Recipes For You To Try

Sweet Potato and Pumpkin Lasagne with Black Olive Butter

Yield: Serves 6

RECIPE INGREDIENTS

- 🍯 3 tablespoons extra virgin olive oil
- 🍯 6 medium sweet potatoes, washed
- 🍯 1 small butternut squash, halved, seeded
- 🍯 1 small sugar pumpkin, halved, seeded
- 🍯 1/2 cup pitted calamite olives
- 🍯 1/2 teaspoon minced fresh rosemary leaves
- 🍯 6 tablespoons unsalted butter, room temperature
- 🍯 Twelve 6-inch-square fresh lasagne noodles, or 12 extra-wide dry lasagne noodles
- 🍯 Freshly grated Parmigiano-Reggiano cheese



DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Lightly coat 2-quart soufflé dish with olive oil. Cover 2 large baking sheets with foil. Lay potatoes on 1 foil-lined baking sheet. Lay pumpkin and squash cut side down on second foil-lined baking sheet. Roast until potatoes, squash and pumpkin are tender, about 40 minutes. Cool slightly.
3. Peel potatoes, squash and pumpkin. Working in batches, transfer potatoes, squash and pumpkin to food processor and puree until smooth. Transfer mixture to bowl; stir to blend. Season to taste with salt. Transfer puree to prepared dish; smooth top. Bake until vegetable puree is completely heated through, about 15 minutes.
4. Meanwhile, puree olives and 3 tablespoons olive oil in clean food processor. Mix in rosemary. Transfer olive puree to large bowl. Mix in melted butter. Set aside
5. Drop lasagne noodles into large pot of boiling salted water and cook until al dente. Drain. Toss lasagne noodles with olive puree
6. Spoon mounds of pureed vegetables onto 6 individual heated plates. Drape 2 lasagne noodles over each serving. Garnish with cheese and serve immediately

Recipe created exclusively for Cooking.com by Johanne Killeen & George Germon

Bonfire Toffee recipe

Ingredients

- 🍯 1 lb sugar, preferably Demerara
- 🍯 1/3 pint water
- 🍯 3 Tbsp (1 1/4 oz) butter
- 🍯 2 level tablespoons golden syrup (substitute light corn syrup)
- 🍯 1 teaspoon vinegar

Method

1. Put all the ingredients into a strong saucepan and stir over a steady heat until the sugar has dissolved.
2. Bring to the boil and cook until the mixture reaches the 'hard crack' stage, 290 degrees F. To test for the hard crack stage drop about half a teaspoon of the mixture into a cup of cold water, if it is hard then it is done, if still soft and chewy cook for a little longer and test again.
3. Pour into oiled or buttered tin and either allow to set as a slab or mark in squared as toffee becomes partially set. Break when completely set.



Variations

1. Use black treacle instead of golden syrup.
2. Add peanuts or chopped mixed nuts.

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.

JOKE

Fibromyalgia Barbie's!

Fatigued Barbie

This little beauty represents all our Fibro/CFS Barbie's, however with Fatigued Barbie, you don't have to do a thing with her as she will just sit or lay down wherever you place her! Fatigued Barbie goes by the nick-name 'Crash' and comes complete with her own bed, couch, recliner and jammies. Warning: be prepared to carry her at a moment's notice if she over-does it.

Fibro Fog Barbie

Confused? Forgetful? No problem! You can rest assured that with Fibro Fog Barbie, she'll keep all your secrets untold! Memory aids included: necklace pen, note-pad and map.

CAUTION: Extreme fog ahead!



No Immune System Barbie

Make sure not to take this Barbie outdoors or let anyone come near her who looks the slightest bit sick. This doll needs constant care, as she requires several medicines, supplements, vitamins and doctor visits. A list of her daily regimen is included.

IBS Barbie

If you can handle bloating, cramping, constipation and/or diarrhoea, then this doll is for you! IBS pamphlet provided with a bonus recipe book "Fibre Filled Foods"!

"You Don't Look Sick" Barbie

Sick? Aw, come on! Our "You Don't Look Sick" Barbie is a quite a looker. On the outside she looks just like a "regular" gal. On the inside she's in pain, feels sick, fatigued and hurts when she hears negative comments or insinuations that her illness isn't real, yet forces a smile in return.

Food Allergies Barbie

With Food Allergies Barbie you will get to experience foods you've never tasted or even knew existed before, as she can't eat almost anything you can. Signs of reaction vary, but you'll know if she ate something she shouldn't because she'll get sick quick.

Chemical Allergies Barbie

Don't take this little gal down the cleaning or a pool chemical aisle of a store, or she'll go into immediate allergic reaction and will be down for days! This also includes, but is not limited to, perfumes, air fresheners, flowers, aromas, pollen, wind, air, etc.



Pity Party Barbie

Everyone's invited, but most of the time, she's at this party by herself. Comes complete with tears and pull string for blubbering. First year of Kleenex included.

Pain Barbie

Cannot touch, bend, move, or grab this gal. For display only and NOT for small children. Caution: includes pain relief cream, ointment, heating pad and other pain relief items.

Zombie Barbie

If you are a night owl, then Zombie Barbie is for you! She doesn't sleep a wink and will keep you company all night long – even if you don't want her to.

Active & Aware Barbie

This gal also represents all other Fibro Barbie's. She is determined to continue to educate herself and others about this invisible illness. She will continue to fight to stay strong and be positive that she will overcome obstacles and learn coping skills to better live with this. She comes complete with a large supply of Fibro wristbands and information to be passed out to everyone.

Kids Corner

For kids of all
ages

History of Halloween

Halloween has its origins in the ancient Celtic festival known as Samhain from the Old Irish *samain*). The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture, and is sometimes regarded as the "Celtic New Year".

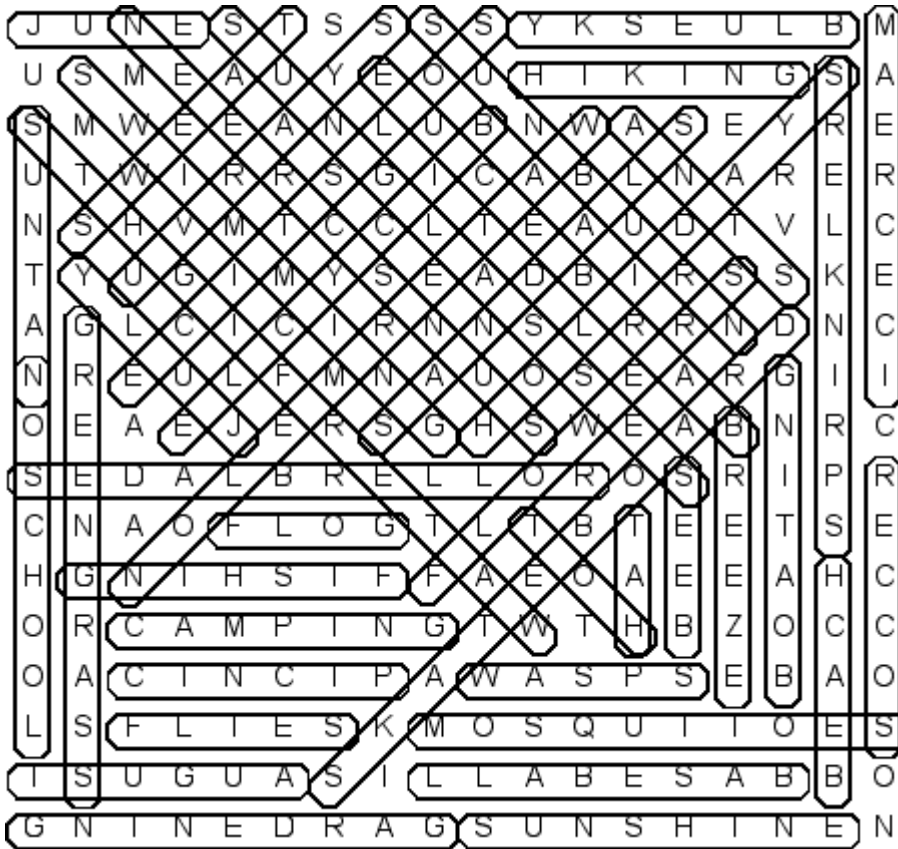
Traditionally, the festival was a time used by the ancient pagans to take stock of supplies and slaughter livestock for winter stores. The ancient Gaels believed that on

October 31, now known as Halloween, the boundary between the alive and the deceased dissolved, and the dead become dangerous for the living by causing problems such as sickness or damaged crops. The festivals would frequently involve bonfires, into which bones of slaughtered livestock were thrown. Costumes and masks were also worn at the festivals in an attempt to mimic the evil spirits or placate them



Did You Know

Answers to last months puzzle



Ireland has won the most Eurovision song contests (7 times).

Annie Lennox holds the record for the most Brit awards (8).

The British, the highest per capita spenders on music, buy 7.2% of the world music market.

The first pop video was Bohemian Rhapsody by Queen, released in 1975

Themes from movies Unforgiven, A Perfect World, The Bridges of Madison County, and Absolute Power were all written by Clint Eastwood

The top selling singles of all time are Elton John's "Candle in the Wind '97", at 33 million, Bing Crosby's "White Christmas", 30 million, and Bill Haley's "Rock Around the Clock", 25 million

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.