



# Derby Fibromyalgia Support Group

NEWSLETTER

## Derby Mayor Joins Group For Coffee

Jackie and the committee would like to thank Barbara Jackson for joining us at our monthly meeting for a coffee and chat. This week being the national awareness week for Fibromyalgia, groups all over the country will be holding events like this, along with awareness tables in public places, with the aim of raising awareness of Fibromyalgia and to invite new members to join groups.

## **Messages from the Chair-person**

**Jackie Banton**

Hi All,

Have we all remembered to wear yellow and black this week for the National fibromyalgia Support Week? A friend of my and supporter of the group has found and bought me a yellow broly and a yellow with black spots scarf, its great!!!



My kids think I'm obsessed☺. I have been looking forward to this weeks meeting with the Mayor Barbara Jackson and the local councillors we have asked too.

Thank you to those members who have paid their annual membership, we are looking to have the memberships up to date by the end of January 2009, it's important that we have registered members and the funding topped up to keep the support group going so we can carry on supporting you all.

Please remember also that it is your group we just do all the hard work, so we need to know what you want, feedback to the committee is important to keep everyone happy (especially me ☺ ), we shouldn't suffer in silence and we shouldn't do it alone.

Most of the committee members suffer with fibro, and like you we have bad days, but it keeps us going by helping you, the members.

So BIG positive smiles and enjoy your day, even if it rains, you have friends that understand; us.

That is priceless.

Take care, and see you soon.

Jackie x

# 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

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## 1<sup>st</sup> 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.

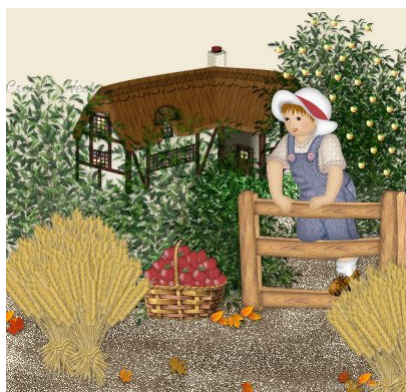
Around 380 MEPs need to sign the declaration in order for it to be presented formally to the European Parliament. The declaration will be available for MEPs to sign for 3 months from today (1st September 2008).

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.

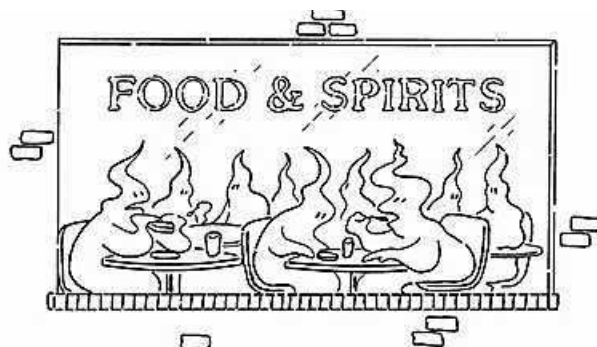
## Forth Coming Events At The Charnwood Spiritualist Church

### Events

**Sunday 14<sup>th</sup>**  
**Harvest Festival Service**  
**6pm**  
**Donations appreciated**



**Saturday 20<sup>th</sup>**  
**Supper With Spirit**  
**7pm    £10.00**



### **Healing Services**

Every

Tuesday 7.00pm

Thursday 2.00pm

### **Open Circle**

Every Thursday

7.30pm

No Admission After

7.35pm

# Stella

# Tunncliffe

Saturday 27<sup>th</sup>

7pm

Admission £3.00

# Join us at our October Meeting

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

**Thursday 9<sup>th</sup> October**

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](mailto:derby.fibro@btinternet.com)

Website: [www.derbyfibro.co.uk](http://www.derbyfibro.co.uk)

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

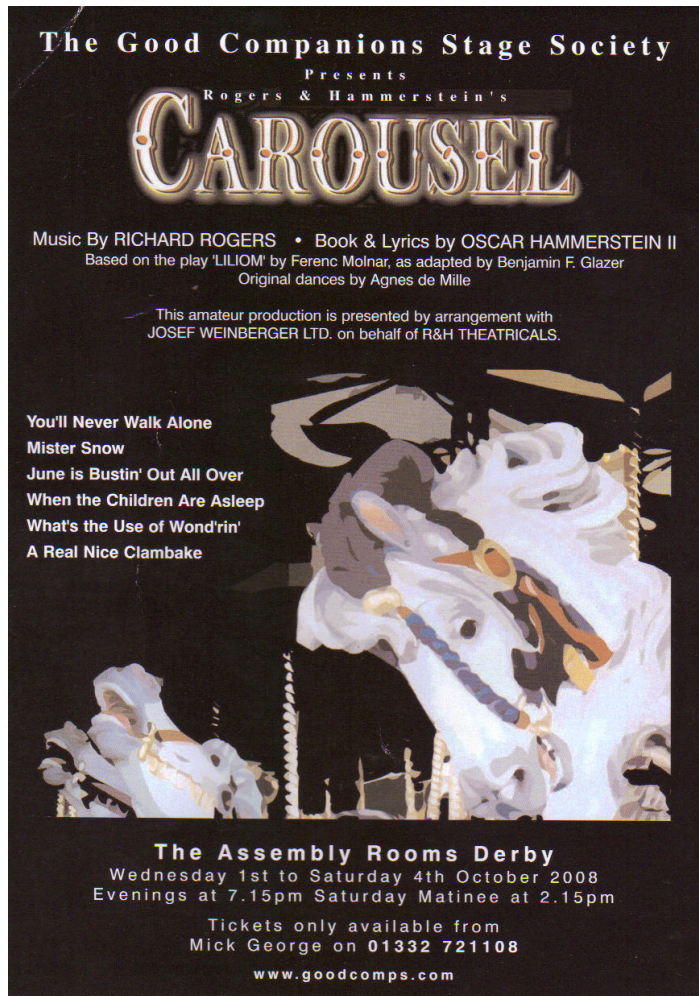
Family and Friends welcome.  
Refreshments and Tombola

COFFEE MORNING  
BARDILLS GARDEN CENTRE  
10.30AM THURSDAY 25<sup>TH</sup> SEPTEMBER  
ANYONE REQUIRING A LIFT PLEASE ASK

# 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.

**1<sup>st</sup> to the 4<sup>th</sup> 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](http://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



# Some Tasty Recipes For You To Try

## Bistro Cheeseburgers

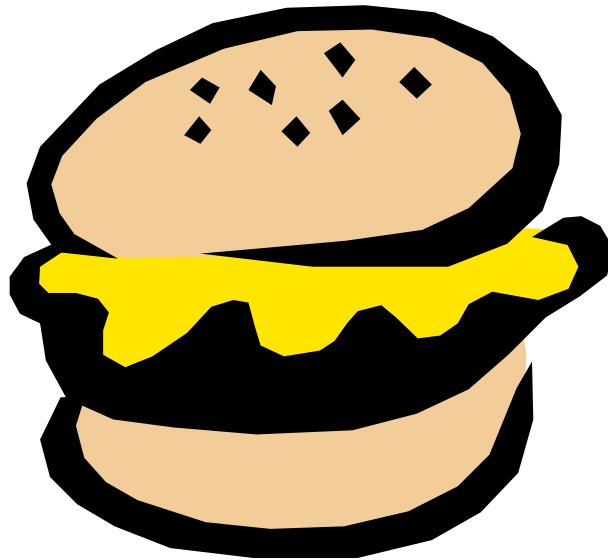
**Serves about 4**

**For the sauce:**

1/4 cups mayonnaise  
1 tablespoon Dijon-style mustard

**For the burgers:**

1-1/2 pound ground beef  
4 slices sweet onion  
Vegetable oil  
8 slices Swiss cheese  
4 crusty rolls, split and toasted  
4 romaine lettuce leaves  
4 slices tomato  
Combine sauce ingredients, set aside.



Lightly shape ground beef into four 3/4"-thick patties. Lightly brush onion with oil. Place patties and onion on grill over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes or until centres of patties are no longer pink and onions are tender, turning occasionally (you could also broil or pan broil the burgers). Season burgers with salt and pepper if desired, after turning.

Approximately 1 minute before burgers are done, top each with 2 cheese slices.

Meanwhile spread sauce on top half of each roll. Line bottoms of rolls with lettuce and tomato; top with cheeseburger and onion. Close sandwiches and serve.

**Note:** Recipe of the National Cattlemen's Beef Association. USA

## Rhubarb Pie

**Serves about 6**

4 cups sliced fresh or frozen rhubarb  
4 cups boiling water  
1-1/2 cups granulated sugar  
3 tablespoons all-purpose flour  
1 teaspoon quick cooking tapioca  
1 large egg  
2 teaspoons cold water  
pastry for 9" double-crust pie  
1 tablespoon butter or margarine  
milk and sugar



Pre-heat oven to 400 F. Place rhubarb in colander and pour boiling water over it and set aside. In a bowl, combine sugar, flour, and tapioca; mix well. Add rhubarb; toss to coat. Let stand for 15 minutes. Beat egg and 2 teaspoons cold water, and then add to rhubarb mixture and mix well. Line a 9" pie plate with bottom pastry. Add filling and dot with butter. Cover with top layer of pastry and crimp edges. Brush crust with milk and sprinkle with sugar. Make slits on the top. Bake for 15 minutes. Reduce heat to 350 F and bake for 40-50 minutes longer until crust is golden and filling is bubbly.

## **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:-

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

## Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M  
U S M E A U Y E O U H I K I N G S A  
S M W E E A N L U B N W A S E Y R E  
U T W I R R S G I C A B L N A R E R  
N S H V M T C C L T E A U D T V L C  
T Y U G I M Y S E A D B I R S S K E  
A G L C I C I R N N S L R R N D N C  
N R E U L F M N A U O S E A R G I I  
O E A E J E R S G H S W E A B N R C  
S E D A L B R E L L O R O S R I P R  
C N A O F L O G T L T B T E E T S E  
H G N I H S I F F A E O A E E A H C  
O R C A M P I N G T W T H B Z O C C  
O A C I N C I P A W A S P S E B A O  
L S F L I E S K M O S Q U I T O E S  
T S U G U A S I L L A B E S A B B O  
G N I N E D R A G S U N S H I N E N

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

# Kids Korner

*For kids of all  
ages*

**What do you call a scared biscuit ?**

*A cowardly custard cream !*

**What do you call a man whose father was a Canon ?**

*A son of a gun !*

**What do you call a man with two left feet ?**

*Whatever you like - if he tries to catch you he'll just run round in circles !*

**What do you call a weekly television programme about people getting washed ?**

*A soap opera !*

**What do you call a flock of birds who fly in formation ?**

*The red sparrows !*

**What do you call a bee that is always complaining ?**

*A grumble bee !*

**What would you call a friend who had an elephant on his head ?**

*A flatmate !*

**What do you call a posh pig delivering newspapers ?**

*Bacon rind !*

**What do you call a teacher who makes fireworks ?**

*A head banger !*

**What do you call a man that drills holes in teapots ?**

*A potholer !*

# Did You Know

## Movies and TV

Scottish inventor John Logie Baird gave the first public demonstration of television in 1926 in Soho, London. Ten years later there were only 100 TV sets in the world.

Today there are more than 1,5 billion TV sets in use.

China has the most TV sets (300 million).

US citizens watch the most TV. By age 65, an American would have watched the equivalent of 9 years uninterrupted screening, viewing more than 20,000 TV commercials per year.

In the US there are more TV sets than telephones.

The first TV interview was made with Irish actress Peggy O'Neil in April 1930.

The first daily broadcast was started by the BBC in November 1936.

The first TV commercial was a 20-second ad for a Bulova clock, broadcasted by WNBT, New York during a game between the Brooklyn Dodgers and the Philadelphia Phillies in July 1941. Bulova paid \$9 for that first TV spot. Bulova also was the first watch in space.

The first regular TV soap was DuMont TV's A Woman to Remember, which began its run in February 1947.

The first televised sporting event was a Japanese elementary school baseball game, broadcast in September 1931.

The world's first TV news helicopter was introduced by KTLA Channel 5 in Los Angeles on 4 July 1958.

In "Father of the Bride", Annie and Bryan marry on January 6. But in the opening montage of "Father of the Bride 2" there is a framed invitation of their wedding which states that they were married on October 9.

Towards the end of the Forrest Gump, Forrest narrates that his wife died on a Saturday. When he is at her grave in the next scene, the tomb stone shows her passing on March 22, 1982, which is a Monday.

STAR TREK's Captain James T. Kirk's middle name is Tiberius.

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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](mailto: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](http://www.fibromyalgia-associationuk.org)**

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## **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**

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**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.**