



DERBY FIBROMYALGIA SUPPORT GROUP

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Merry



Christmas

Message From The Chairperson

Hi Folks.

That's another year gone and it only seems like yesterday that we was taking the decorations down and stuffing them into the attic.

I hope that you are more ready than me for Christmas, I've still got presents to get yet. The Christmas meal is now on January 16th at the The Toby Carvery, Nottingham Road, Chaddesden, Derby. I hope that you can all make it.

I some ways I'm hoping for a white Christmas but from a health point of view I'm not, I hope that the cold wet weather is not effecting your life and doesn't effect your enjoyment of the time of year.

We have some plans in place for the New Year and we have lined up some guest speakers already.

If anyone has any suggestions for any kind of activity or speakers, or if anyone wants to be a speaker, on any subject they are more than welcome.

Doug has asked me to say "If anyone has anything for the news letter or has any comments regarding the newsletter, good or bad, he really wants to hear your comments and suggestions".

That just leaves me to wish you all a Very Merry Christmas and I hope to see you and many others in the New Year.

Jackie x

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Meeting Dates 2010

Thursday

7th January
11th February
11th March
8th April
13th May
10th June
8th July
9th September
14th October
11th November
9th December

10.15am – 12.30pm

Saturday

23rd January
20th February
27th March
24th April
22nd May
26th June
24th July
25th September
23rd October
27th November
18th December

2.00pm – 4.00pm

**THERE IS NO MEETINGS IN
AUGUST**

Admission

Members £2.50

Non – Members £3.50

Membership £5.00 Per Annum

Free Car Park at Back of Church

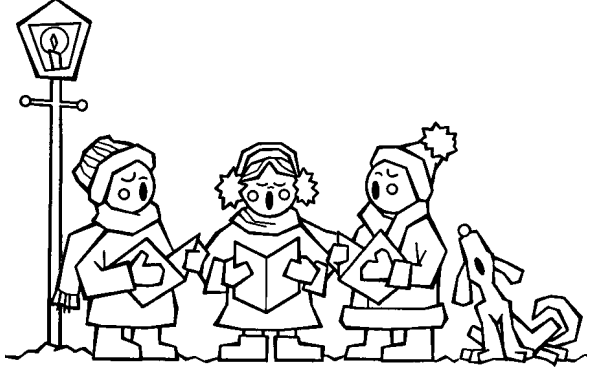
Off Melbourne Street

Forthcoming Church Events

SPEAKERS			Regular Events	
December			<p>Open Circle</p> <p>Every 2nd and 4th Thursday Of Each Month</p> <p>7.30pm</p> <p>No Admission After 7.35pm</p>	<p>Healing Services</p> <p>Thursdays</p> <p>2.00pm – 6.00pm</p>
DATE	TIME	SPEAKER		
Sun 6 th	6.15pm	Nikki Gunn		
Mon 7 th	2.30pm	Sue Presley		
Sun 13 th		Closed Joint Service		
Mon 14 th	2.30pm	Ted Lawrence		
Sun 20 th	6.15pm	Pat Collett		
Mon 21 st		Closed until new year		
January				
Sun 3 rd	6.15pm	Geoff & Doreen Padget		
Mon 4 th	2.30pm	Ronnie Kelly		
Sun 10 th	6.15pm	John Powell		
Mon 11 th	2.30pm	Sue Presley		
Sun 17 th	6.15pm	Angela Farrel		
Mon 18 th	2.30pm	Diane Gent		



Book in Advance
Saturday 12th December
4.30pm – 5.00pm Start



Joint Carol Service
Forester Street

Sunday 13th December
6.15pm

For More Information

18 Charnwood Street, Derby.
DE1 2GU.
Tel: **01332 386 204.**
www.snu-emdc.org.uk/charnwood

ICE

This is a reminder about the 'In Case of Emergency' (ICE) Mobile Phone Campaign where people are encouraged to enter an emergency contact telephone number in their mobile phone's memory under the heading 'ICE'

This could save crucial time if you become ill or are in an accident and cannot communicate critical information to the emergency services.

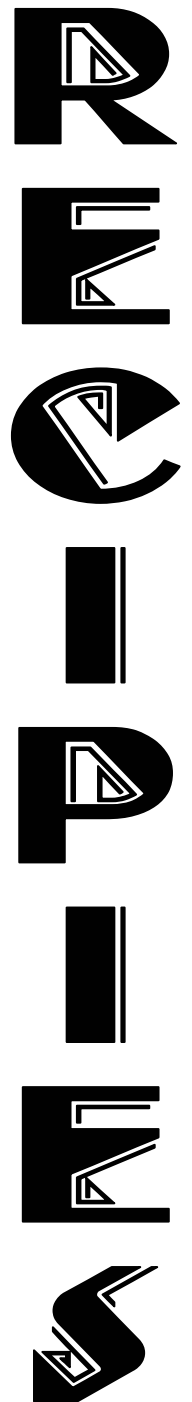
It would enable emergency service personnel and hospital staff to be able to quickly contact the right person by simply dialling the number you have stored as **'ICE'**.

Follow these hints to get the best out of **ICE**:

- ☺ Make sure the person whose name and number you are giving has agreed to be your ICE partner.
- ☺ Make sure your ICE contact is aware of the people you would like contacted on your behalf - including your place of work.
- ☺ Make sure your ICE person's number is one that's easy to contact, for example a home number could be useless in an emergency if the person works full time.
- ☺ Make sure your ICE partner is aware of any medical conditions that could affect your emergency treatment - for example allergies or current medication.
- ☺ Make sure if you are under 18, your ICE partner is a parent or guardian authorised to make decision on your behalf - for example if you need a life or death operation.
- ☺ Should your preferred contact be deaf, then type ICETEXT then the name of your contact before saving the number?
- ☺ For more than one contact use ICE1, ICE2, ICE3 etc.
- ☺ Type a * after the telephone number under your ICE contact. This will avoid a duplicate entry of another contact in your phone book.

It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now and spread the word to your family and friends?

Try These



Christmas Breakfast

By: *Sydney Carter*

Breakfast is the most important meal of the day, and Christmas morning is no exception.

While it is tempting to toss a couple of pieces of toast into the toaster to stave off the hunger pangs until dinnertime, why not try something with a little more of the Christmas spirit this year? The menu need not be extravagant, and the major components can often be made days or weeks in advance.

Costas French Market Doughnuts

(Beignets)

Ingredients

- ☉ 2 tablespoons and 2 teaspoons water
- ☉ 1 teaspoon yeast
- ☉ 1 tablespoon and 1 teaspoon shortening
- ☉ 2 tablespoons and 2 teaspoons sugar
- ☉ 1/4 teaspoon salt
- ☉ 1/3 cup boiling water
- ☉ 1/4 cup and 1 tablespoon evaporated milk
- ☉ 2/3 eggs, beaten
- ☉ 2-1/2 cups flour
- ☉ 1-1/3 cups vegetable oil for frying
- ☉ 1/3 cup confectioners'



1. Pour the room temperature water into a small bowl. Sprinkle the yeast over the water and let stand for about 5 minutes to dissolve.
2. Combine the shortening, sugar, and salt in a large bowl. Pour the boiling water over the shortening mixture and then stir in the evaporated milk. Wait for the mixture to cool down until it is lukewarm. Then, add the yeast and water mixture and beaten eggs.
3. Slowly mix in the flour until the dough forms a ball. Cover the dough with plastic wrap and refrigerate for 30 minutes to 1 hour.
4. Working with a small portion (a little larger than a baseball) at a time, roll out the dough 1/8-inch thick. Cut the rolled out dough into strips 2 to 3-inches wide, then cut again in the opposite direction and at an angle, making diamond shapes.
5. Heat your oil for frying in a deep and wide, heavy-bottomed skillet over medium-high heat to 360 degree F (180 degrees C).
6. Slide dough slowly into the oil to avoid splattering and deep fry until they puff up and are golden brown, 3 to 5 minutes. Carefully remove onto a rack with paper towels underneath and allow to cool until you can handle them. Place in a clean paper bag with confectioners' sugar and shake gently until covered generously or, use a sifter to dust the beignets with powdered sugar.

christmas puzzle

Last months answers

ACROSS

- 2 Singing
- 3 Santa's helpers
- 4 Where Santa lives
- 6 Celebration
- 7 Hung by the chimney
- 9 Shown bright in sky
- 11 Christ born in one
- 12 He was stingy
- 14 Kiss under it
- 15 Wrote "A Christmas Carol"
- 18 Festive drink
- 21 Gifts
- 23 Religious songs
- 24 Christmas berry
- 26 Has a shiny red nose
- 27 Jesus born here
- 29 Mary rode this

DOWN

- 1 Said "God bless us everyone"
- 2 December 25th
- 3 Pine tree
- 5 Was born in a manger
- 8 Decorations
- 9 Santa's sled
- 10 Elves are busy there
- 13 Santa slides down it
- 16 They pull Santa's sled
- 17 Magi
- 19 Hangs on door
- 22 Tends sheep
- 25 Animal ridden in desert

Christmas Did You Know

1. Early Christmas trees were often decorated with apples, nuts and candles.
2. **Poinsettia, a flower with close associations to Christmas, originated in Mexico where it is known as Flower of the Holy Night.**
3. Jingle Bells wasn't actually written for Christmas. Originally entitled One Horse Open Sleigh, it was written in 1857 by James Pierpoint for the US celebration of Thanksgiving.
4. **The tradition of the UK monarch delivering a speech to the nation on Christmas Day began in 1932.**
5. The fifth Sunday before Christmas is known as stir-up Sunday. It is considered lucky on this day for everyone in a household to help stir the Christmas pudding.
6. **In Scotland, Christmas Day was not a public holiday until 1958.**
7. Last year the average person in the UK spent £568 on Christmas
8. **In Scotland, the 12 days of Christmas used to be known as the "Daft Days".**
9. Famous people born on Christmas Day include WC Field (1946), Alice Cooper (1945) Princess Alexandra (1936) and Charlie Chaplin (1889).
10. **English Parliamentarian and Puritan leader Oliver Cromwell banned Christmas between 1647 and 1660 as he believed the celebrations were immoral and inappropriate for such a holy day.**
11. Good King Wenceslas, who in the song looked out on the feast of Stephen, wasn't strictly speaking a King at all. He was a duke who ruled Bohemia in the 10th Century.
12. **The first charity Christmas card was printed by Unicef, the United Nations Children Fund, in 1949.**

