

June 2009



# Derby Fibromyalgia Support Group

NEWSLETTER

Come Along To

## Broomfield Hall Open Day



Details Inside

A picture from last year

Welcome to Colin Smith  
From The Department  
of Works and Pensions

# Forthcoming Church Events

## SPEAKERS

June			June		
DATE	TIME	SPEAKER	DATE	TIME	SPEAKER
Sun 14 <sup>th</sup>	6.15pm	Phil Spencer	Mon 22 <sup>nd</sup>	2.30pm	Anne Monks
Mon 15 <sup>th</sup>	2.30pm	Josie Hancock	Sun 28 <sup>th</sup>	6.15pm	Emily Baker
Sun 21 <sup>st</sup>	6.15pm	Margaret Brown	Sun 29 <sup>th</sup>	6.15pm	Graham Lymer

## Special Events

# Private Readings & Healing Day

Saturday 13<sup>th</sup> June

**10.00am – 3.00pm**

### Open Circle

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday  
Of Each Month

**7.30pm**

No Admission After 7.35pm

### Healing Services

Thursdays

**2.00pm – 6.00pm**

Broomfield Hall  
Derby College

Open

Day

Come and see us at our  
Awareness stall

Sunday 14<sup>th</sup> June  
11am – 5pm

**Falconry displays**  
**Farm animals**  
**Guided nature walks**  
**Fun fair**  
**Rare breads**  
**Plant sales**  
**Brass Band**  
**Craft fayre**  
**Games**  
**Vintage tractors**  
**Free horse and cart rides**  
**Bee keeping**  
**Plus many more**  
**attractions**

**Derby College**  
**Broomfield Hall**  
**Morley**  
**DE7 6DN**

# Join Us At Our Next Meetings

## Thursday

9<sup>th</sup> July  
13<sup>th</sup> August  
10<sup>th</sup> September  
8<sup>th</sup> October  
12<sup>th</sup> November  
10<sup>th</sup> December

## Saturday

20<sup>th</sup> June  
4<sup>th</sup> July  
29<sup>th</sup> August  
26<sup>th</sup> September  
24<sup>th</sup> October  
21<sup>st</sup> November  
5<sup>th</sup> December

Charnwood Spiritualist Church

18 Charnwood Street, Derby

DE1 2GU

Admission

Members £2.50

Non – Members £3.50

Membership £5.00 Per Annum

Free Car Park at Back of Church

Tombola

Refreshments

Friends, Carers

& Family Welcome

# Accessible Gardening with Low Back Pain

by **Christina Lasich, MD**  
**My Garden, and Oh My Aching Back**

Monday, April 27, 2009

My gardening hobby was taken away from me at the age of 29. SCHREEEECH! Wait a minute, I don't think so. Getting my hands dirty, watching my plants thrive, and smelling my roses; I cannot give this up. No way! **When my back says no**, I find another way. I have learned to adapt my gardening habits to suit my physical abilities because giving up a pleasurable activity is not an ideal option. Being smarter than my problem is the best option. Here are some ways that I have continued to enjoy my garden.

## 1. Staging Projects

I used to prune all 25 of my roses in one day. Those days are gone, baby, gone. Now, I stage such big projects over the course of multiple days. On the first day, I might prune five rose bushes; the second day maybe three bushes and so on. By spreading the task out over time, I allow my back to recover. I do not let my back get too overwhelmed. This concept can apply to any chore. Everything gets done eventually. Pacing myself also helps me to avoid fatigue, a low back enemy. When my muscles are tired and fatigued, my movement becomes lazy and sloppy. That's when injuries can occur. Another advantage of staging projects is the ability to vary activities. Doing a small bit of one project and a small bit of another project helps to vary the muscle work. This strategy helps me to avoid repetition and sustained postures, both of which are low back enemies.

## 2. Proper Design

Getting down to the ground level is getting harder and harder every year. So, I like to raise things to my level (which is rather tall). By using containers and raised beds, I have brought the garden to me. In fact, I have a large picnic table that I place containers on and use to repot plants. Everything is easier for the low back when the hands stay between the shoulders and the waist. Anything that I can do to reduce reaching eases my back pain. I try to plant in clusters to reduce reaching for far away plants. Now, I can place myself in one spot and attend to all the plants in a cluster without overextending myself. By keeping the hands close to the body, the low back pain stays under control. And what about those plants? I look for carefree plants when designing a new area. Less watering, mulching, pruning, spraying, etc, etc... Less work, less pain; that's my motto. I also try to buy the smallest plants because they are easier to handle when planting. They all eventually grow-up if I don't kill them first.

## 3. A Mechanical Advantage

In physics class (not my favourite subject), I learned that with a long enough handle you can move the world. This concept is called creating a "lever arm". Try using a small trowel to make a hole. Not too easy, right? But use a long handled shovel, that's when the dirt can really start to fly. Long-handled pruner help reduce work load also. What about those long-handled "reachers" or grabbers? Those help me grab things on the ground. Finding the right tool with the right-sized handle really helps to reduce the amount of "muscle" work needed for a project. Less work, less pain means more enjoyment. Every spring, one of my patients comes to me with a pain flare-up after weeding. So, every year, I teach people how to weed using the "Swiss Ball"-the big rubber exercise ball. If the weed must go, find a better way to pull it by supporting the low back. Lying over the ball (belly down) with the knees on the ground is a mechanically better position to do any task at the ground level (I have even painted baseboards in this position. See picture) The weeds don't stand a chance if you are creative and find a better way to do things. Gardening can be accessible if you try to give your back an advantage-a mechanical advantage.

## Being Smarter than Your Problem

The world of gardening is open to you and me who have low back pain as long as we stay smarter than our problem. By discovering alternative ways to do things, you can stay within your physical limitations. Freedom *can* be found within boundaries and limitations. Start by finding a sustainable pace and staging projects. This allows things to get done without flare-ups. Proper garden design and plant selection reduce the work load on poor aching backs. And finally, giving low backs a mechanical advantage with the right tools can reduce the risk of more pain. Continuing to find pleasure through gardening can be a reality for those with back pain. In fact, finding pleasure and doing something you enjoy every day, be it gardening, crafting, or another pastime, is a critical aspect to living with a painful condition. Remember, life is short, even on the longest days; so, learn to stop and smell the roses.



## **A petition asking the Prime Minister to "ensure that doctors are educated about Fibromyalgia and Myofascial Pain."    237 people signed the petition**

Fibromyalgia likely affects between 1.2 and 2.7 million people in the UK at least (based on internationally recognised prevalence statistics of 2-4.5% of the population) and myofascial pain likely affects even more people, but doctors receive little or no student training or later education in either condition. This leaves many people suffering unnecessarily, with diagnosis often taking years and little appropriate treatment given after diagnosis. Every doctor is likely to see patients with Fibromyalgia and/or myofascial pain during their career and they need to be educated so that they can deal with these patients appropriately.

### **Here are a few comments which were made in the government response**

#### **The Governments Response**

The Government recognises fibromyalgia as a serious condition and appreciates the effect it has on the lives of those with the condition. no cure for fibromyalgia, so treatment aims to ease the symptoms as much as possible improve the patient's quality of life.

Fibromyalgia can be successfully managed within the primary care setting. However, in cases where there is some difficulty with the diagnosis, or there are complicating factors, the patient will normally be referred to a rheumatologist or neurologist.

The government is committed to ensuring better services for people with fibromyalgia. In October 2006, we launched the Musculoskeletal Services Framework, which sets out new guidance to provide high quality and integrated services for people with musculoskeletal conditions, including fibromyalgia. The framework has been developed in consultation with patients themselves, and with organisations representing them. The framework aims to improve assessment, diagnosis and treatment for fibromyalgia and other musculoskeletal.

Turning to concerns about the training GPs receive in dealing with fibromyalgia and myofascial pain, the Government is not responsible for setting curricula for health professional training. Each university determines its own curriculum in the light of recommendations from employers and the regulatory bodies. However, we share a commitment with statutory and professional bodies that all health professionals be trained to have the skills and knowledge to deliver a high quality health service to all groups of the population with whom they deal, whatever their condition.

In addition to this, the General Medical Council (GMC), which is independent of Government, sets the standards and outcomes for basic education in the UK. This covers undergraduate education and the first year of training after graduation.

We also intend to look at the content of the curricula in undergraduate and postgraduate training for both health and social care. Fibromyalgia diagnosis and care will be considered as part of the wider context of this work.

If you would like to read the full response, please Anne for a copy or see our website/forum for link

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### **Derby Homes – TRAQ – Tenants Reviewing Access Quality**

This group is for disabled Derby Homes Tenants,  
The group discusses issues that affect disabled tenants.

They meet once a month, usually the last Thursday of the Month,  
Next meeting is on:

**Thursday 25<sup>th</sup> June at 2pm - 4pm**

At DACP St Peters House Gower Street  
Tel: 01332 201724

For More information, please contact::  
Anne Hughes, Vice Chairperson, Derby Fibromyalgia Support Group.  
Tel: 077821554880

Mark Crown Tenant Involvement Manager, Telephone 01332 711063, Email [mark.crown@derbyhomes.org](mailto:mark.crown@derbyhomes.org) or Justin Worton, Tenant Participation Team, 01332 711063, Email [justin.worton@derbyhomes.org](mailto:justin.worton@derbyhomes.org).

## Beautiful Kittens for Sale.



2, Brown Mackerel Tabby Males  
2 Torties Female and 1 Black and White Female

Looking for a friendly, loving home.  
Born on the 7<sup>th</sup> May 2009

All kittens will be, weaned, treated for worms/ fleas  
and litter trained.

Kittens will be ready after the 3<sup>rd</sup> July 2009

£35.00 each

For more information

Please contact Anne on 07782154880

or Amy on 07505356511

## Spaghetti and meatballs

# Try These

# Recipes

### Ingredients

1 pack of mince beef, or whatever meat you want  
1 onion  
1 table spoon of chuckney/ pickle  
1 egg  
salt and pepper  
fresh parsley and basil (optional)  
chopped tinned tomatoes  
2 table spoons of sugar  
spaghetti  
(fresh parmesan)

### Method

To start, thinly dice an onion and put into a mixing bowl with your mince, chuckney/pickle, some parsley, basil, and an egg to bind it all, mix it all up with your hands into a big ball. Cut mixture into about 12 pieces and round them with your hands. Prepare your tomatoes in a jug with your sugar and more parsley and basil. Carefully place your meatballs in a hot, deep pan, with a small amount of oil, regularly turn, when these look cooked, boil some water for the spaghetti, and pour the tomatoes onto the meatballs, leave to simmer until your spaghetti is cooked and serve hot, all at once. Parmesan accompanies this very well, don't forget, peel strips off with a potato peeler :) enjoy

### Chef abbie mae bolus

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## Banana and strawberry scrunch

### Ingredients

4 or 5 crushed digestive biscuits  
handful of strawberries, sliced  
2 or 3 bananas, sliced  
1 tub of mascarpone  
1 small tub of crème fraîche  
chocolate sauce

### Method

Crush the biscuits and squash them into a baking tin.  
Cover the biscuits with a layer of strawberries, then layer with the sliced bananas.  
Mix the mascarpone and crème fraîche together and cover the bananas.  
Drizzle some chocolate sauce over the top and then place in a fridge for an hour or until ready to serve

### Chef Kellie Moore

Taken from [www.studentrecipies.com](http://www.studentrecipies.com)

# Puzzles and Jokes

Here's a Sudoku for you.

	7				8			
			2		4			
		6					3	
			5					6
9		8			2		4	
	5			3		9		
		2		8			6	
	6		9			7		1
4					3			

Did you hear about the guy that lost his left arm and leg in a car crash?

He's all right now.

How do crazy people go through the forest?

They take the psycho path.

How does a spoiled rich girl change a lightbulb?

She says, "Daddy, I want a new apartment."

What do Eskimos get from sitting on the ice too long?

Polaroids.

A linguistics professor was lecturing his class one day.

'In English', he said, 'A double negative forms a positive.

In some languages, though, such as Russian, a double negative is still a negative. However, there is no language

wherein a double positive can form a negative.'

A loud voice from the back of the room piped up, 'Yeah, right.'

Last months answer

It is all in how the question is asked.

When the friends paid £10 dollars, they had paid £30 in total.

When the Cashier gave £5 dollars to the Waiter, the 3 friends had paid £25 to the Cashier and £5 to the Waiter.

When the Waiter returns 3 dollars, the 3 friends had paid £25 to the Cashier and £2 to the Waiter.  $£25 + £2 = £27 = 3 \times £9$ .