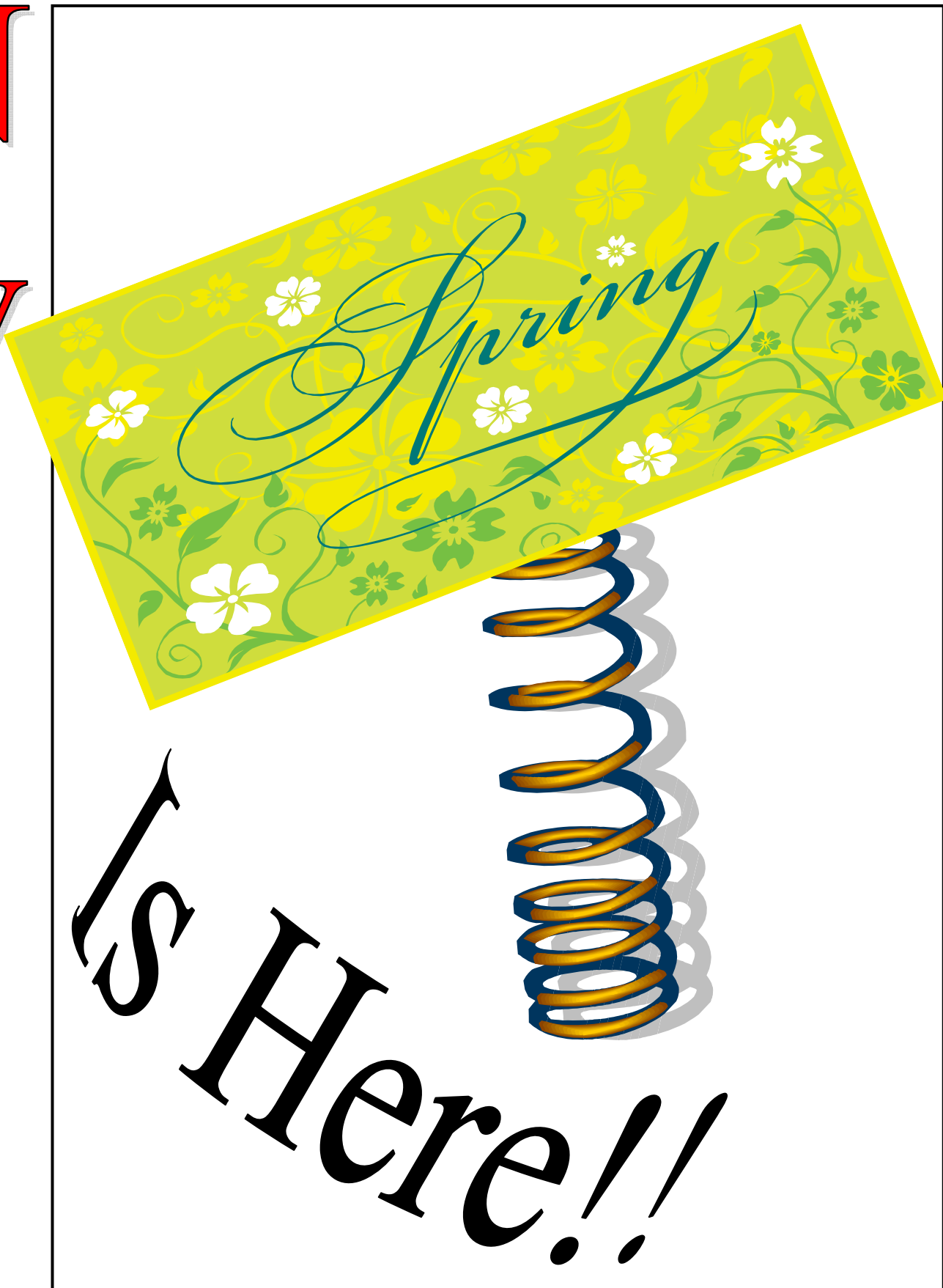


March 2009

Derby Fibromyalgia Support Group



NEWSLETTER



Message From Jackie



Hi Everyone.

It's the time of year where we don't know whether to put a cardy or a coat on!

For me, it's several cardy's. It's the time of year when the sun comes out, makes you want to go out into the garden or for a walk in the park or if you can get that far, the beach.

This is where we need to pace ourselves and not do it all in one day. I know; it's easier said than done!!

There will be a questionnaire available soon that is being surveyed by the University of Derby Pain Project.

They are conducting the study to see how pain affects our daily lives. They are going to use the study also to find out what treatment we have received or not received and how the treatments affect different people.

I hope you can assist with the survey.

The Saturday meetings are becoming very popular, just so that you know, members are welcome at both Saturday and Thursday meetings. The membership stays the same.

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

Sound Bites

"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.

Kindly supported by:



cycle derby



Forthcoming Church Events

SPEAKERS

MARCH

DATE	TIME	SPEAKER
Sun 15 th	6.15pm	Avril Stacey
Mon 16 th	2.30pm	Margret Brown
Sun 22 nd	6.15pm	Kathy Grindy
Mon 23 rd	2.30pm	Cliff Wright
Sun 29 th	6.15pm	Tom McCrory
Mon 30 th	2.30pm	Dianne & John Gent

APRIL

DATE	TIME	SPEAKER
Sun 5 th	2.30pm	Tina Sharples
Mon 6 th	6.15pm	Ken Sharpe

Reading & Healing Day
 Saturday 11th April
 7.00pm

Workshops

Darren Brittain

Saturday 7th March

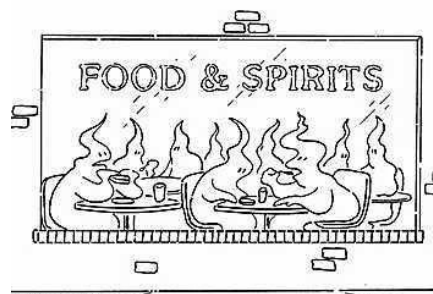
10.00am – 4.30pm

Special Events

Supper With Spirit

Saturday 21st March

7.00pm



Karen Bolton

EMDC on chairing a service

Saturday 28th March

10.30am – 4.00pm

Concert

Rolls-Royce Male Voice Choir

Saturday 25th April

7.00pm

Open Circle

Every 2nd and 4th Thursday
 Of Each Month

7.30pm

No Admission After 7.35pm

Healing Services

Thursdays

2.00pm

Join Us At Our Next Meetings

Thursday

9th April

10.15am – 12.30pm

Saturday

18th April

2.00pm – 4.00pm

Charnwood Spiritualist Church

18 Charnwood Street, Derby

DE1 2GU

Admission

Members £2.50

Non – Members £3.50

Membership £5.00 Per Annum

Tombola

Refreshments

Friends, Carers

& Family Welcome

www.goodcomps.com

The Good Companions
Stage Society presents...

Simply The Best



NEXT SHOW

'SIMPLY THE BEST'

31st March - 4th April 2009

The Guildhall
Derby

Wed – Fri

£9.50 Adult - £6.00 Child

Tue Evening & Both Saturday Matinees

£8.50 Adult - £5.00 Child

Booking Office – 01332 721108



Laying the Ghost

by
Simon Williams

to be performed on:

7th, 8th & 9th May 2009

performances begin at 7.30pm

doors open 7.00pm

all tickets £6.00

available from Mrs C Eyre,

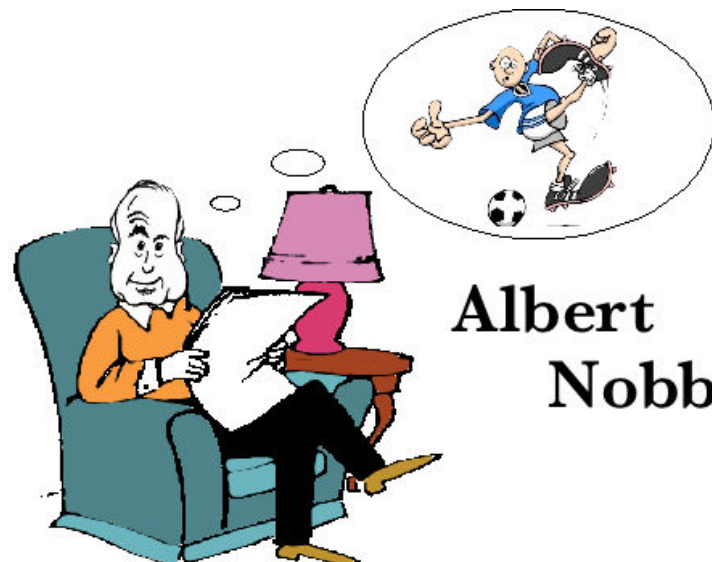
Tel: (01332) 669138

Spondon Village Hall,
Sitwell Street,
Spondon, Derby



Mickleover Players

Present



Albert Nobbs

Murray Park School Main Hall,

16th – 18th April 2009

7.15pm

Adults: £5, Concessions: £4

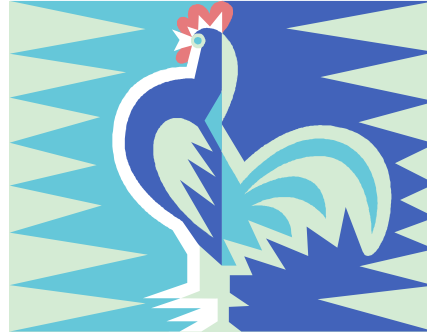
Tickets available from
Devonshire Drive Post Office
Call Jeff on Derby 511867
Reserve online at
www.mickleoverplayers.co.uk

TRY THESE RECIPES

Chicken and potato bake

Ingredients

- ☉ 2x chicken fillets
- ☉ 3x medium sized potatoes
- ☉ small tin of chopped tomatoes
- ☉ grated cheddar cheese
- ☉ mixed herbs



Method

1. Pre-heat oven to 180C
2. Peel and chop the potatoes into quarters. Place in saucepan of water, and bring to the boil. Then simmer for 30 minutes.
3. Fry chicken fillets in a little oil until thoroughly cooked. Take off the heat and chop into rough cubes.
4. When potatoes are nearly cooked, put tin of tomatoes in a saucepan and allow to heat through. Add in the cubed chicken and stir.
5. When potatoes are cooked, drain chop into cubes and add into the tomatoes. Stir in, and then pour into an ovenproof dish.
6. Sprinkle over the grated cheese, the mixed herbs and bake for 5-10 mins or until cheese has browned. Serve with salad or cheesy garlic bread.

Chef Lou

Cheap Egg Fried Rice

Ingredients

Serves 4

- ☉ Two tablespoons of Soy sauce
- ☉ 75g of uncooked express rice (leftover rice just add it to the wok straight away)
- ☉ 100g green beans (optional)

- ☉ 2 spring onions(Optional)
- ☉ 1 large egg, lightly beaten
- ☉ Vegetable oil (or ideally sesame oil if you have it)
- ☉ Salt and pepper to season

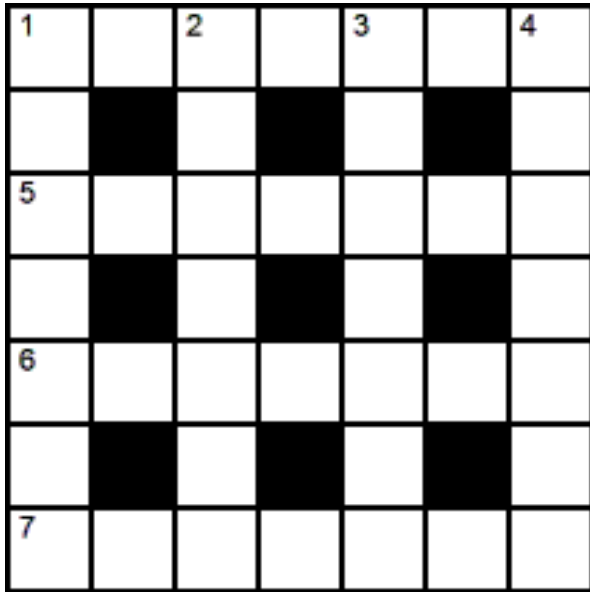
Method

1. Make rice to packet instructions and season with soy sauce and a pinch of salt (it is worth remembering that soy sauce is very salty so don't over do it)
2. Heat oil in a wok or frying pan and fry the chopped spring onions and green beans for 2-3 minutes
3. Pour in the egg and cook for 2 minutes, stirring it so it scrambles the whole time
4. Stir in the cooked rice. Mix well and season with pepper.

Chef Kirsty

Taken from www.studentrecipes.com

Puzzles and Jokes



Across

1. Evolve
5. Windstorm
6. One more
7. Proposition

Down

1. Diminish
2. Wordy
3. Tanned animal skin
4. Computer instructions

Teacher: Maria please point to America on the map.

Maria: This is it.

Teacher: Well done. Now class, who found America?

Class: Maria did.

A Scotsman who was driving home one night, ran into a car driven by an Englishman. The Scotsman got out of the car to apologize and offered the Englishman a drink from a bottle of whisky. The Englishman was glad to have a drink.

"Go on," said the Scot, "have another drink."

The Englishman drank gratefully. "But don't you want one, too?" he asked the Scotsman.

"Perhaps," replied the Scotsman, "after the police have gone."

A man was pulled over for driving too fast, even though he thought he was driving just fine

Officer: You were speeding.

Man: No, I wasn't.

Officer: Yes, you were. I'm giving you a ticket.

Man: But I wasn't speeding.

Officer: Tell that to the judge! (The officer gives man the ticket.)

Man: Would I get another ticket if I called you a jerk?

Officer: Yes, you would.

Man: What if I just thought that you were?

Officer: I can't give you a ticket for what you think.

Man: Fine, I think you're a jerk!

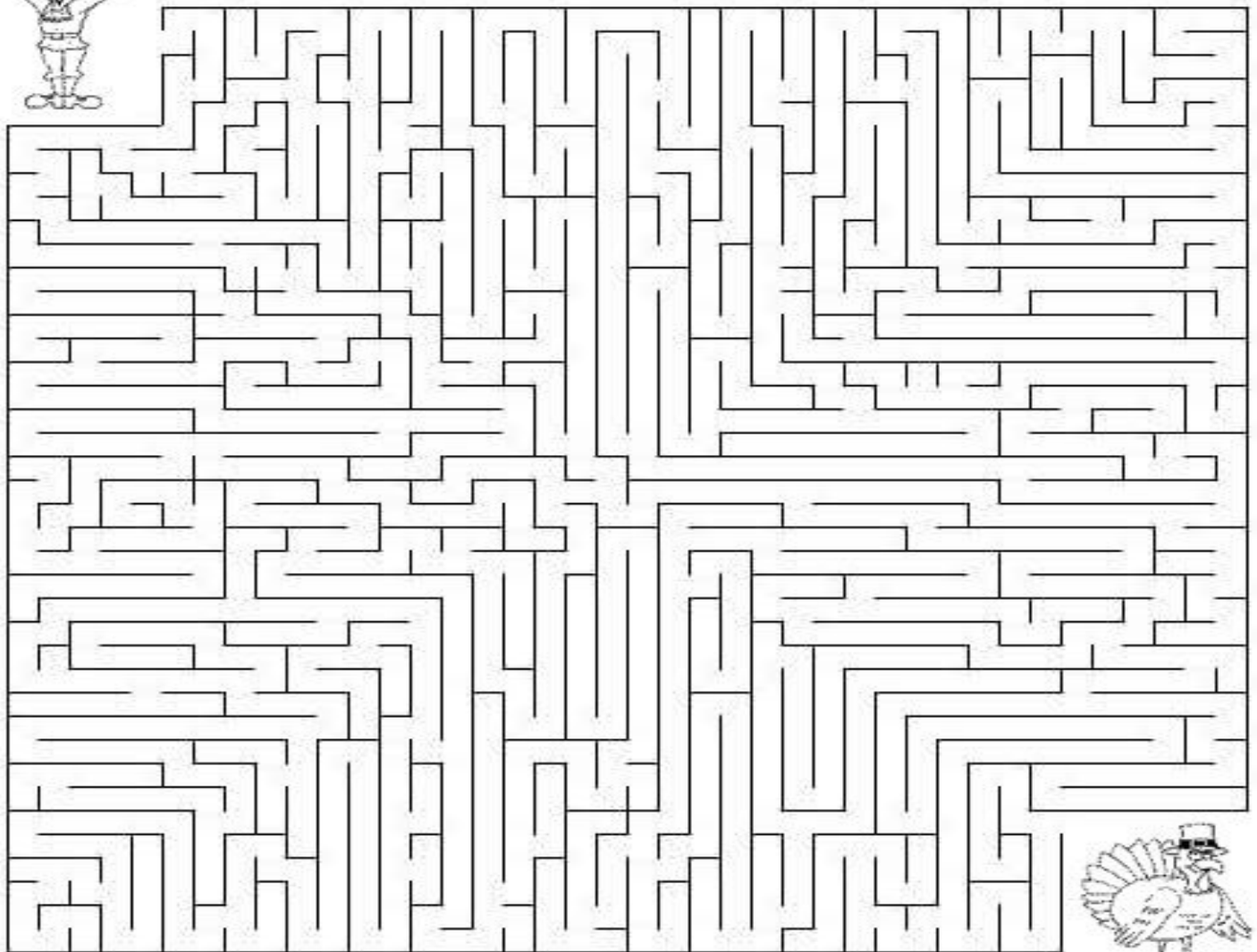
Last months answers								
4	1	9	7	3	8	5	2	6
7	3	5	4	2	6	8	1	9
6	2	8	9	5	1	3	4	7
5	7	3	1	8	9	4	6	2
1	4	2	6	7	3	9	8	5
8	9	6	5	4	2	7	3	1
2	6	4	3	9	7	1	5	8
3	8	7	2	1	5	6	9	4
9	5	1	8	6	4	2	7	3

A very drunk man comes out of the bar and sees another very drunk man.

He looks up in the sky and says, "Is that the sun or the moon?"

The other drunk man answers, "I don't know. I'm a stranger here myself."

Help the Pilgrim Find the Turkey



Doctor Doctor I swallowed a bone.
Are you choking?
No, I really did!

Doctor, Doctor I think I need glasses
You certainly do, Sir, this is a fish and chip shop!

Doctor, Doctor my son has swallowed my pen, what
should I do?
Use a pencil 'till I get there

Doctor, Doctor I think I'm a bell?
Take these and if it doesn't help give me a ring!

Doctor, Doctor I think I'm suffering from Déjà Vu!
Didn't I see you yesterday?

Doctor, Doctor I've got wind! Can you give me
something?
Yes - here's a kite!

Doctor, how do I stop my nose from running?!
Stick your foot out and trip it up!