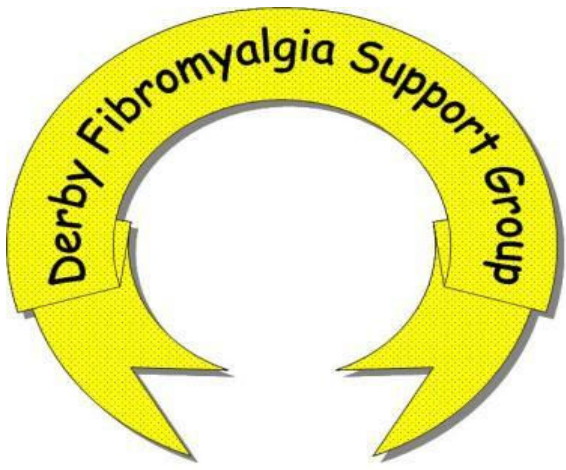


January 2009

Derby Fibromyalgia Support Group



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Messages from the Chair-person

Hi Everyone,

Welcome to our first official Saturday meeting, as requested by popular demand. We have had many phone calls and spoken to many people who work during the week, that have asked for a Saturday meeting. So we're going to give it a go!!

This meeting will be to find out what you all would like out of the meeting on Saturday's?

I am in the process of arranging a regular class for Tia Chi, so if that's what you want you need to let me know.

We have also just received a grant of £500 to put in the bank, "so where shall we go for our first trip this summer???"

I maybe out of action for a bit during the month of February as I have two operations lined up. But the group will still be going, we can carry on regardless. Anne works hard along side me and Doug, I'm sure if we all muck in we'll get through this.

Take care, "let's make 2009 work for us!"



Jackie

Forth Coming Events At The Charnwood Spiritualist Church

| Events | | | |
|---|-----------------------|--|----------------------|
| SPEAKERS | | | |
| FEBRUARY | | | |
| DAY | DATE | TIME | SPEAKER |
| Sunday | 1st | 6.15pm | Alex Whiting |
| Monday | 2nd | 2.30pm | Liz Goddard |
| Sunday | 8th | 6.15pm | Josie Hancock |
| Monday | 9th | 2.30pm | Norah Watson |
| Healing Services Every Thursday 2.00pm | | Open Circle Every 2 nd and 4 th Thursday of the month at 7.30pm No Admission After 7.35pm | |

Join us at our February Meeting

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

Thursday 12th February

Admission
Non-members £3-50
Members £2-50

Time 10.15am– 12.30pm
Car Park, off Melbourne St.

For enquiries:

Contact Jackie on: **0845 345 2319**

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

Information About Our library

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, free, on our website, or hard copies can be purchased for 50p per copy.

As we get more books etc we will post them in the newsletter. If you would like to donate any books, etc we would be very grateful.

If you read, or have read, any of these books please write a review so we can put it into the news letter.

PLEASE RETURN ANY BORROWED ITEMS

Did You Know

The Meaning of the Word Saturday

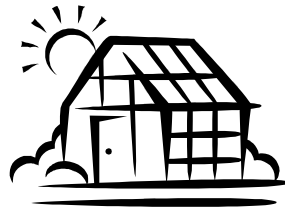
It was named no later than the second century for the planet (Saturn), which controlled the first hour of that day according to Vettius Valens. The planet was named for the Roman god of agriculture Saturn. It has been called dies Saturni ("Saturn's Day"), through which from it entered into Old English as Sæternesdæg and gradually evolved into the word "Saturday".

Saturday is the only day of the week in which the English name comes from Roman mythology. The English names of all of the other days of the week come from Anglo-Saxon polytheism. In India, Saturday is Shanivar, based on Shani, the Vedic God manifested in the planet Saturn. In the Thai solar calendar of Thailand, the day is named from the Pali word for Saturn, and the color associated with Saturday is purple. The Celtic languages also name this day for Saturn: Irish an Satharn or dia Sathuirn, Scottish Gaelic Disathairne, Welsh dydd Sadwrn, Breton Sadorn or disadorn.

In Jewish tradition Saturday is the Shabbat. Christianity adopted this tradition in terms of the Sabbath. Thus, in many languages the Saturday is named after the Sabbath. Eastern Orthodox churches distinguish between the Sabbath (Saturday) and the Lord's Day (Sunday). Roman Catholics put so little emphasis on that distinction that many among them follow - at least in colloquial language - the Protestant practice of calling Sunday the sabbath (see Sabbath in Christianity). Quakers traditionally refer to Saturday as "Seventh Day" eschewing the "pagan" origin of the name. In Islamic countries, Fridays are holidays, however they are considered as the sixth day of the week.

Has Anyone Got, Or Does Anyone Want

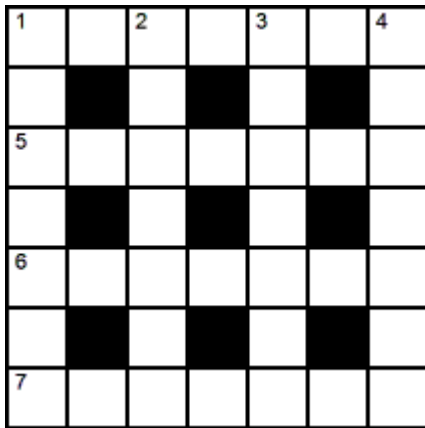
Jackie wants a greenhouse ☺
Good condition can collect.
6X4 preferably and any type considered
I.e. glass/wood/metal or plastic
Contact by fibro number 0845 345 2319



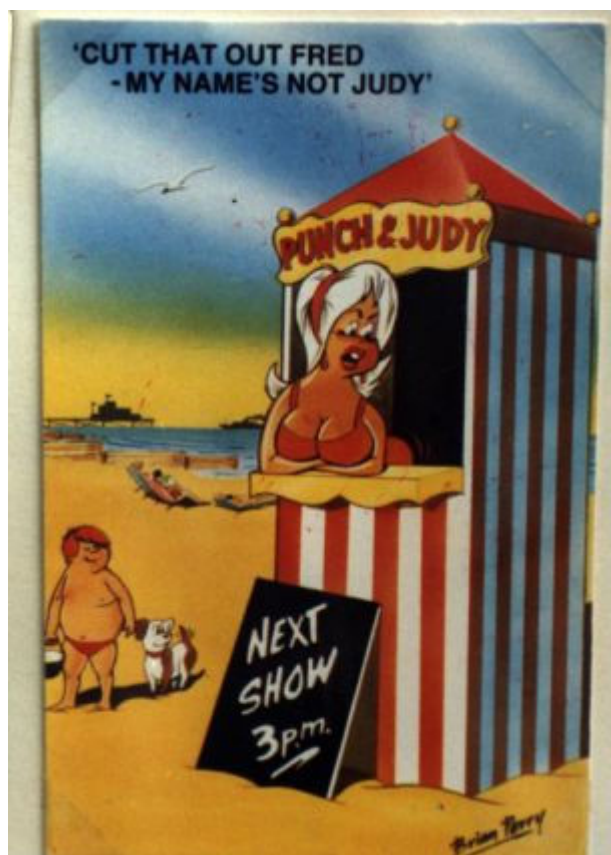
We are trialling this section to see if anyone can use it.

What we are looking for is anyone who has any items that they want or items that want to get rid of, this can be items they are giving away or that they are selling. We will need to add contact details i.e. telephone number or email address.

PUZZLE & JOKE



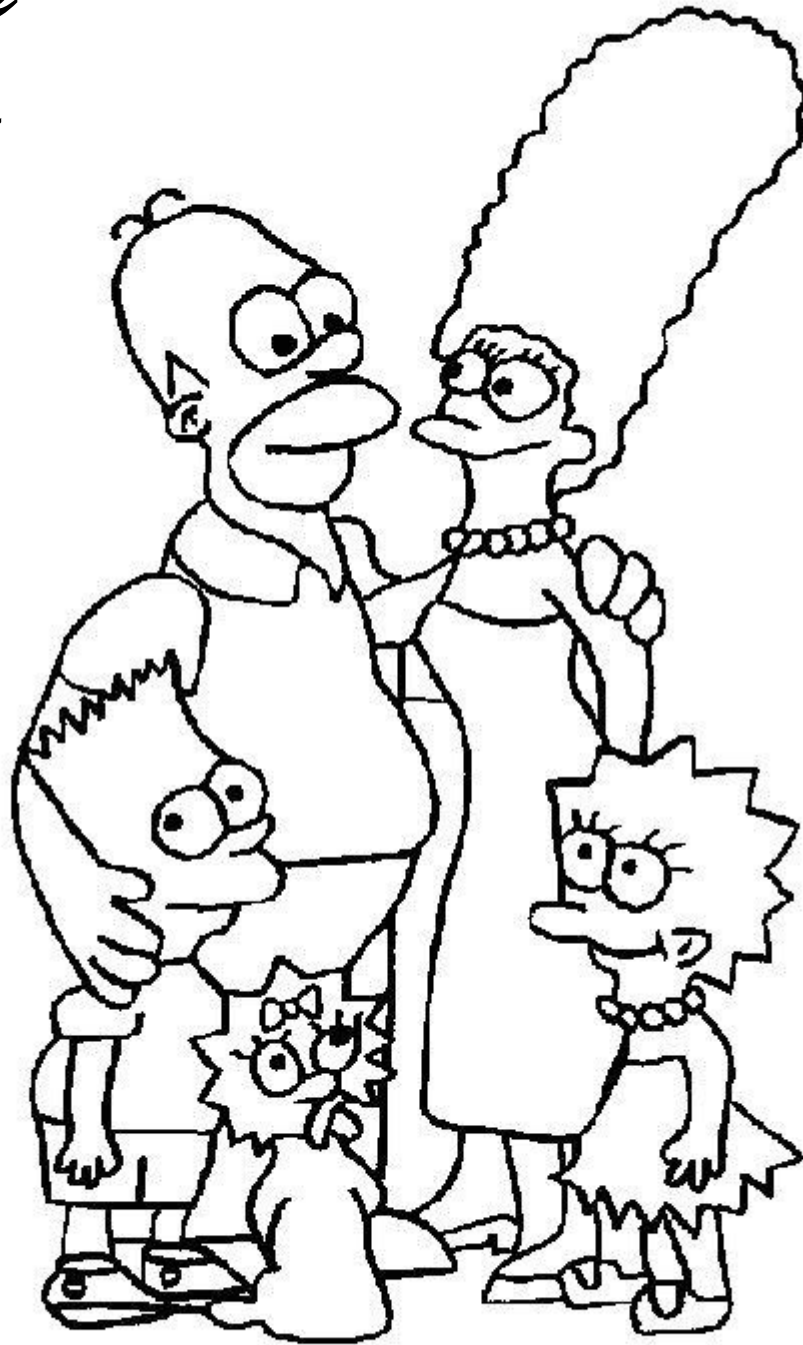
- Across**
- Perspicacious
 - Inactivity
 - Idiom
 - Voter
- Down**
- Scam
 - Foreword
 - Adjure
 - Quisling



Kids Corner

Colour this in kids

*For kids of all
ages*



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 Deja
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!

Last Months Answers

Christmas Crossword
Make all the words fit into this crossword.
Each word is only used once.



JOY
LORD
MARY
JESUS
KINGS
GLORY
PEACE
JOSEPH
ANGELS
CHRIST
MANGER
SAVIOUR
SHEPHERDS
BETHLEHEM

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.