



# DERBY FIBROMYALGIA SUPPORT GROUP

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Wishing You All

Derby Fibromyalgia Support Group

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A Merry Christmas

## **Message from the Chairperson**

Hi Fibro friends,

*Jackie x*

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# Meeting Dates 2011

## **THERE ARE NO MEETINGS IN AUGUST**

### Thursday

January 13<sup>th</sup>

February 10<sup>th</sup>

March 10<sup>th</sup>

April 14<sup>th</sup>

May 12<sup>th</sup>

June 9<sup>th</sup>

July 14<sup>th</sup>

August..No meeting..

September 8<sup>th</sup>

October 13<sup>th</sup>

November 10<sup>th</sup>

December 8<sup>th</sup>

10.30am – 12.30pm

### Saturday

18<sup>th</sup> December At The Blue Peter,  
Alvaston, 12.00

January 24<sup>th</sup>

February 26<sup>th</sup>

March 26<sup>th</sup>

April 23<sup>rd</sup>

May 28<sup>th</sup>

June 25<sup>th</sup>

July 23<sup>rd</sup>

August..No meeting..

September 24<sup>th</sup>

October 29<sup>th</sup>

November TBC

December 17<sup>th</sup>

2.00pm – 4.00pm

Admission

£2.50

Free Car Park at Back of Church

Off Melbourne Street

Enter gate on the right after the last  
terraced house

**Contact Jackie on:**

0845 345 2319 or Text: 07973285571

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

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

45 Magellan Way, Derby, DE24 1AD

## Forthcoming Church Events

SPEAKERS			Regular Events	
<b>December</b>			<p><b>Open Circle</b></p> <p>Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday Of Each Month</p> <p><b>7.30pm</b></p> <p>No Admission After 7.35pm</p>	<p><b>Healing Services</b></p> <p>Thursdays</p> <p><b>2.00pm – 4.00pm</b></p>
<b>DATE</b>	<b>TIME</b>	<b>SPEAKER</b>		
Sun 12 <sup>th</sup>	6.15pm	Alex Whiting		
Mon 13 <sup>th</sup>	2.30pm	Sue Presley		
Sun 19 <sup>th</sup>	6.15pm	Kathy Grindly		
<b>January</b>				
Sun 9 <sup>th</sup>	6.15pm	Diane & John Gent		
Mon 10 <sup>th</sup>	2.30pm	Julie Brough		
<b>SPECIAL EVENTS</b>				
<p><b><i>Saturday 11<sup>th</sup> December</i></b></p> <p><b><i>4.30pm</i></b></p> <p><b>Church party booked in advance £6.00.</b></p> <p><b>Sit down plated tea followed by</b></p> <p><b>6.30pm Rally (rally only £3.00)</b></p> <p><b>Medium's</b>            Josie Hancock,            Marianna Hope-Clarke,            Richard Press,            Tina Staples.</p>			<p><b><i>Monday 20<sup>th</sup> December</i></b></p> <p>Church Closed until Thursday 6<sup>th</sup> January</p> <p>Healing Service</p> <p>2-4pm</p>	
<p>For More Information</p>			<p>18 Charnwood Street, Derby. DE1 2GU.            Tel: <b>01332 386 204.</b>  <a href="http://www.snu-emdc.org.uk/charnwood">www.snu-emdc.org.uk/charnwood</a></p>	

## **Benefit cuts and changes timetable.**

### **3 November 2010**

Here are details of the various cuts and changes to the benefits system which are most likely to affect claimants and which the coalition intends to introduce – or has introduced - between October 2010 and 2014

### **OCTOBER 2010**

**Incapacity benefit.** Pilot trial of transfer of IB claimants to Employment and Support Allowance begins in Burnley and Aberdeen areas involving 1,700 claimants.

**Effect:** the DWP estimate that 23% of IB claimants will fail the work capability assessment and will not be eligible for ESA. More information on the pilots from this link

<http://www.benefitsandwork.co.uk/news/latest-news/1254-ib-to-esa-pilot-begins>

**Mortgage interest payments.** Rate of mortgage interest support reduced from 6.08% to Bank of England average, currently 3.67%.

**Effect:** many claimants of income support, jobseekers allowance, employment and support allowance and pension credit now face a shortfall in their mortgage interest payments, meaning they must either meet the difference out of their benefits or face losing their home.

### **JANUARY 2011**

**VAT.** Not a benefit at all, but on 4 January 2011, the standard rate of VAT will rise to 20%.

**Effect:** the cost of many staple items will increase, affecting people on low incomes disproportionately and meaning benefits do not stretch as far.

### **MARCH 2011**

**Employment and support allowance.** A new harsher work capability assessment is to be introduced.

**Effect:** the DWP estimate that the number of people being found fit for work will increase by 5% and the number being placed in the support group will increase by 0.5%.

**Incapacity benefit.** Transfer of IB claimants to ESA begins. Due for completion in March 2014.

**Effect:** the DWP estimate that 23% of incapacity benefit claimants will fail the work capability assessment and will not be eligible for ESA.

### **APRIL 2011**

#### **Disability living allowance**

Higher rate mobility component will be payable to people with a severe visual impairment.

**Effect:** The DWP say that it will allow around 22,000 blind people to claim higher rate mobility.

**Local housing allowance.** Maximum weekly allowance payable limited to:

£250 for a 1 bed property

£290 for a 2 bed property

£340 for a 3 bed property

£400 for a 4 bed property

Maximum property size limited to four bedrooms instead of five.

**Effect:** many private sector tenants, especially in London, are likely to face a shortfall between the amount of their benefit and the rent they have to pay. Claimants with large families are also likely to suffer.

**Various benefits:** benefits such as disability living allowance that have until now been up rated based on increases in the retail price index will be up rated in line with the less generous consumer price index.

**Effect:** benefits will increase by less each year and claimants incomes will fall further and further behind those of the rest of the population.

## OCTOBER 2011

**Local housing allowance.** Rents will be based on the cheapest 30% of properties in an area, rather than the cheapest 50%.

**Effect:** many private sector tenants are likely to face a shortfall between the amount of their benefit and the rent they have to pay.

## APRIL 2012

**Employment and support allowance.** Contribution-based ESA will be time-limited to one year. The start date for this is not yet clear. But it appears that legislation may be enacted in 2012 with immediate effect on those who have been in receipt of contribution-based ESA for 12 months or more.

**Effect:** people in receipt of contribution-based ESA who have savings or a partner who works may no longer be able to receive ESA or JSA.

**Local housing allowance.** The shared room rate will apply to single people aged under 35 years old, rather than 25 years old. Under this rule claimants cannot get more than the rate for a room in a shared house rather than the rate for a one bed flat.

**Effect.** Private rented tenants under 35 years old will be more likely to face a shortfall between the amount of their benefit and the rent they have to pay.

## OCTOBER 2012

**Disability living allowance.** DLA mobility component will no longer be payable to people in residential care.

**Effect:** Around 58,000 people in residential care will lose the mobility component and have their lives made considerably poorer as a result

## APRIL 2013

**Housing benefit.** This will be limited to the size of property a claimant's household requires.

**Effect:** Social housing tenants who are judged to have too many rooms, perhaps because their partner has died or left or their children have left home, will have their housing benefit reduced or they will have to move to a smaller property. There is likely to be a shortage of such smaller properties in the social housing sector.

**Jobseekers Allowance.** Claimants who receive JSA for more than 12 months will have their housing benefit or local housing allowance reduced by 10%.

**Effect:** Many claimants in high unemployment areas or who have physical or mental health conditions which mean they are discriminated against in the jobs market will have to meet the shortfall in their rent payments out of their benefits. Some will undoubtedly become homeless.

Combined with the harsher ESA medical this will mean that, for example, deaf claimants who can read 16 point type will be forced onto JSA and then have their HB or LHA cut by 10% because they are so heavily discriminated against by employers and thus less likely to find employment. In effect it will be a punishment for being disabled.

## SOMETIME IN 2013

**Benefit cap:** The maximum amount a household can receive in benefits will be limited to the average take-home pay for working households, estimated to be £500 a week in 2013. The cap will apply to combined income from:

- ◆ The main income replacement benefits (Jobseeker's Allowance, Income Support, Employment Support Allowance);
- ◆ Other means-tested benefits (including Housing Benefit and Council Tax Benefit);
- ◆ Child Benefit and Child Tax Credit;
- ◆ Other benefits (including Carer's Allowance and Industrial Injuries Disablement Benefit).

The cap will not apply to claimants of DLA, working tax credit or war widows benefit.

**Effect:** this is most likely to affect larger households with high housing costs.

## SOMETIME IN 2013-2014

**Disability living allowance.** New medical and changed eligibility rules for DLA for claimants of working age. All existing claimants will be reassessed using the new system.

**Effect:** the intention is to reduce the number of DLA claimants by at least one fifth.

# Coalition denies anti-claimant propaganda

Maria Miller, minister for disabled people, has denied that the government is responsible for the current deluge of anti-claimant propaganda.

According to the Disability Now website, Miller made the claim at a recent joint meeting of all-party parliamentary groups for a range of disabilities.

She told representatives that she shared their concerns, but that the attacks on the disabled were the fault of the media and that it 'was not particularly helpful to suggest that the government is putting forward that view'.

Miller also claimed that the plan to slash the number of disability living allowance claimants by one fifth was motivated by a desire to improve the image of claimants. According to Disability Now, she told delegates:

"It's one of our motivations for reforming Disability Living Allowance (DLA) because at the moment we have a benefit which is too open to abuse and the sorts of stories that drive such a negative impact and image."

Meanwhile, today in China, prime minister David Cameron backed the welfare reform white paper by saying that:

"You cannot have a situation where if someone gets out of bed and goes and does a hard day's work they end up worse off," he said.

"That's not fair and it sends entirely the wrong message – both to those on benefits and to the hard working majority who are being asked to support them."

Clearly, nobody could understand Cameron's statement as implying that those on benefits do not get out of bed and are not hard working people. Any such interpretation is entirely in the wicked imagination of the media.

Read the full article on the Disability Now website

<http://www.disabilitynow.org.uk/latest-news2/challenged-on-cheats-miller-blames-media>

## **Confirmed: DLA to be axed and replaced by PIP**

The DWP have confirmed that disability living allowance (DLA) is to be abolished and replaced by a new benefit called Personal Independence Payment (PIP) in 2013/14. All existing DLA claimants will be reassessed for PIP once it is introduced.

A brief consultation has begun – but not to decide whether to replace DLA, only to decide the finer details.

From the scant information available, we look at what's staying the same, what's changing, why your ESA medical may also be your PIP medical and who is most likely to lose out with the introduction of PIP – designed to reduce spending on DLA by at least one fifth.

Whether you have a PIP or an ESA medical, you can be sure that it will be Atos who carry it out. The coalition have now extended the Atos contract by a further three years, giving the multinational a virtually unbreakable stranglehold on benefits medicals.

And that may not be the end of your dealings with Atos. They are one of the companies shortlisted by the DWP to run compulsory schemes to get sick and disabled claimants back into work once they have been placed in the work-related activity group.

The voluntary sector did spectacularly badly in the same bidding war, with Shaw Trust being shortlisted in just one of the eleven regions. A consortium of nine charities, including Mind and Mencap, however, are desperately trying to become subcontractors to the big boys like A4E, Atos and security firm G4S. The charities are flaunting their combined £688 million turnover and cash surplus of £16 million in the hope of turning private sector heads and getting a few scraps of the billions being invested in getting claimants into work.

Not, we're sure, that the charities see it that way or will thank us for publicising their consortium. Citizens Advice certainly weren't happy with our unenthusiastic write-up of their ESA campaign – so much so that they asked for a right to reply, which we were happy to give them.

In other news, we have definite confirmation that the time limiting of contribution based ESA will be retrospective when it is introduced in 2012.

There's nothing definite about the date when PCA exempt claimants will be transferred to ESA, however. A Benefits and Work member has used the Freedom of Information Act to uncover the fudge that the DWP are employing to deal with the issue of claimants with no renewal date.

Not that any other dates relating to the migration of IB claimants to ESA can be trusted, it seems. It has now emerged that there will be a delay of months after the first medicals before any IB claimant actually gets a decision about their ESA entitlement – or lack of it – due to DWP software not being ready in time.

Also delayed - for existing claimants at any rate - are the cuts to local housing allowance which were due to be introduced in April and October but which will now go ahead in January 2012.

Source: [www.benefitsandwork.co.uk](http://www.benefitsandwork.co.uk)

# Try These



## Beef Satays (Satay Daging)

The best cut to use here is rump steak.

Serves: 4

Preparation time: 5 Minutes

Cooking time: 15 Minutes



### Ingredients

- 4 shallots or 1 medium size onion, sliced finely
- 3 garlic cloves, sliced finely
- 1 tablespoon coriander seeds, dry roasted and crushed roughly
- ½ teaspoon ground cumin
- ½ teaspoon chilli powder
- ¾ teaspoon coarsely ground black pepper
- 5cm piece of fresh ginger, peeled and chopped finely
- 2 tablespoons light soy sauce
- 1 tablespoon groundnut or olive oil
- 1 tablespoon white distilled malt vinegar or lemon juice
- 1 teaspoon brown sugar
- 1 tablespoon whisky, optional
- 1kg rump steak, topside or silverside, beaten and cut into 2cm pieces

### Method

1. Mix together the shallots, garlic, coriander seeds, cumin, chilli powder, black pepper, ginger, soy sauce, oil, vinegar, sugar and whisky in a glass bowl and mix in the pieces of meat.
2. Refrigerate for at least 2 hours or overnight. Just before you are ready to grill, put the meat onto 12 bamboo skewers or 4 to 6 metal skewers. Grill for 3 minutes each side. Turn over once. Serve hot with peanut sauce.

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## Cinnamon Biscuits

### Ingredients

- 150g (5 oz) self- raising flour
- 150g (5oz) plain flour
- 2 teaspoons ground cinnamon
- 125g (4 1/2 oz) butter
- 100g (3 3/4 ) sugar
- 1 egg beaten



### Method

1. Set oven to 160 degrees c (gas mark 3)
2. Sift flours and cinnamon into a large bowl
3. In a separate bowl, mix butter and sugar until smooth add egg and mix well
4. Stir in the dry ingredients and mix into a firm dough. Lift onto a lightly floured board, knead until smooth. Roll to 5mm thick. cut into shapes and place on a greased oven tray.
5. Bake in the preheated oven until light golden colour, 10 to 15 minutes. Let cool and harden.

# Puzzle page

These gifts can be	exchanged for
You Have	How many Yellow
	???

The gifts in the left column can be exchanged for the gifts in the right column if they add up to the same value.

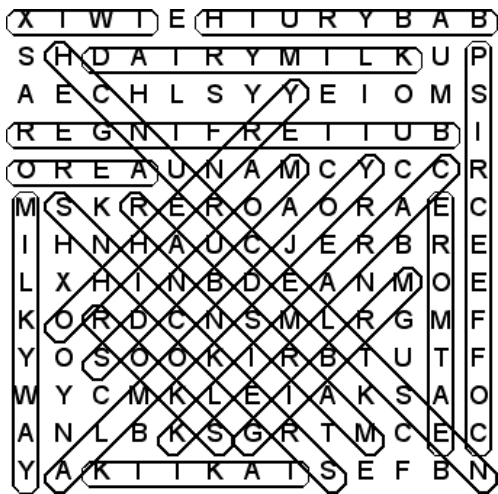
Example:



$$6 + 6 = 12$$



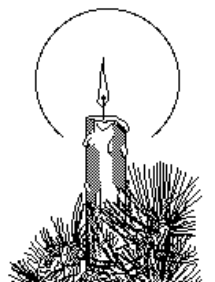
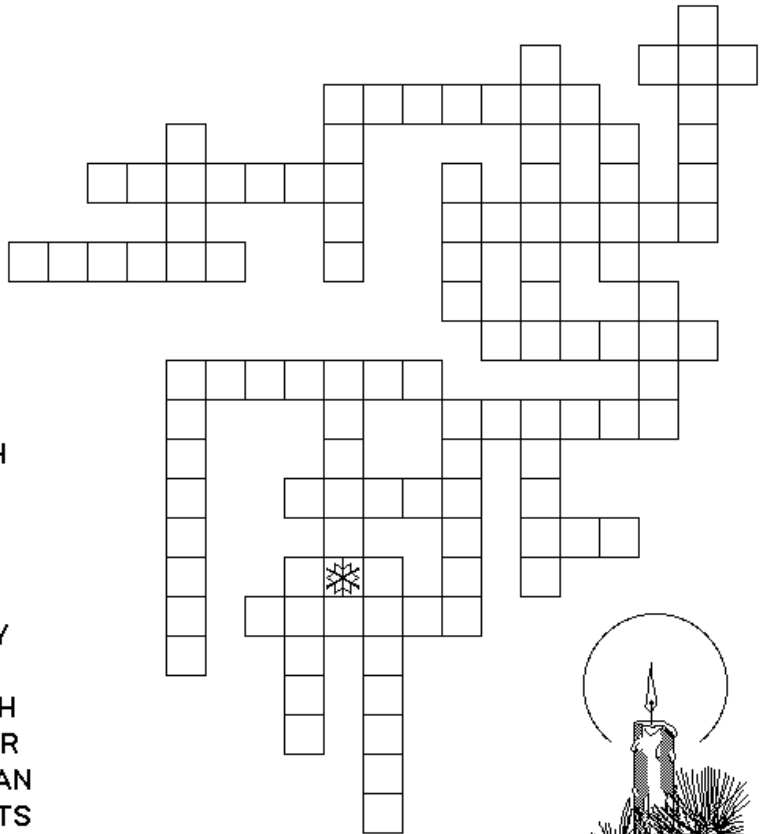
## November Answer



## Christmas Crossword

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

- ELF
- TOY
- GIFT
- BELL
- TREE
- STAR
- SANTA
- COMET
- CUPID
- VIXEN
- CANDY
- FROSTY
- WREATH
- DASHER
- DONNER
- SLEIGH
- DANCER
- CHIMNEY
- BLITZEN
- RUDOLPH
- PRANCER
- SNOWMAN
- PRESENTS
- REINDEER



# Did you know?

Q: Is it illegal to eat mince pies on Christmas day?

A: Oliver Cromwell banned Christmas pudding, mince pies and anything to do with gluttony. That law has never been rescinded so mince pies are illegal.

Q: Can you drive to mass on Christmas day?

A: According to the Holy Days and Fasting Days Act of 1551, which has not yet been repealed, everyone must attend church on Christmas Day on foot.

Q: Is it true you can't play football on Christmas day?

A: Henry VIII banned all forms of sport on Christmas day, except archery. However the ban has never been enforced, as Henry also liked a kickabout.

Q: Can I go fishing on Christmas day?

A: If Christmas falls on a Sunday, under a law imposed by Elizabeth I but never repealed you can go fishing, but not for salmon.

Q. What Meat should you have for Christmas dinner?

A: A advises that you should eat goose, as in 1588 Elizabeth I enacted a law making it an offense to eat any other bird on Christmas day.

Q. Has Christmas ever been banned?

A: English Puritan leader Oliver Cromwell banned Christmas between 1647 and 1660 because he believed such celebrations were immoral for the holiest day of the year

---folklore and traditions

Q. Should I get a pet a Christmas present?

A: Although you won't get one back, you both will enjoy the pet's Christmas present so yes. 7 / 10 dogs receive a present at Christmas in the UK.

Q: I've heard it's wrong to put up decorations before Christmas eve?

A: Traditionally, anyone who puts up decorations before 24 Dec will attract evil spirits.

Q: Who invented the Christmas cracker?

A: Christmas crackers were invented almost by accident by Tom Smith in 1847 originally using sweets in a twist of paper. The tradition only stuck in the UK.

Q: How many Christmas cards are sent in the UK?

A: Over 1.8 billion Christmas cards are sent annually in the UK.

Q: Why do we change Christmas to Xmas?

A: We write "Xmas" as X represented the Greek letter chi. it was pronounced with an aspirated [kh], which is the first letter of Christ's name.

Q. How many presents are given out in the 12 days of Christmas?

A: In the Christmas carol 'Twelve Days of Christmas,' the total number of gifts that 'my true love gave to me' is 364.

---food

Q: Do Christmas mince pies have mince meat in them?

A: Mince pies were originally made with real minced meat, along with the fruit & spices we include nowadays. The pastry represents Jesus' manger.

Q: What's the strangest thing ever put in mince pies?

A: In 1861 James Swan, an American trader, served up mince pies with whale meat in them. Although he was unsure whether they were any good, people demanded seconds

Q: How much turkey is cooked over Christmas?

A: Over 19,000 tonnes of turkey is cooked each Christmas. Around 6,711 tonnes of fresh whole turkeys and 12,472 tonnes of frozen whole turkeys.

Q: How many turkeys are killed over Christmas?

A: About 10 million Turkeys are eaten at Christmas each year. The UK is alone in making this a Christmas tradition although the US does so for Thanksgiving.

Q: Is more chocolate consumed at Easter or Christmas?

A: Over 250,000 tonnes of chocolate is sold worldwide over Easter and 200,000 tonnes manufactured at Christmas, so Easter wins by a bunny's whisker.

---Christmas people

Q. My birthdays on Xmas day and I really hate it. Can I change?

A: When Treasure Island author Robert Louis Stevenson died in Dec 1894 he willed his Nov 13 birthday to a friend who disliked her own Christmas birthday.

Q: Can you name me some famous people that were born on Christmas day?

A: Famous people who have their birthdays on Christmas Day include Dido, Annie Lennox, Sir Isaac Newton, Anwar Sadat, Humphrey Bogart and Sissy Spacek.

Q: Which famous people have been killed on Christmas day?

A: Romania's communist leader Nicolae Ceausescu and his wife Elena were executed by firing squad on Christmas Day 1989. They fled Bucharest 3 days earlier.

Q: Is Father Christmas real?

A: Santa Claus is real and based on St Nicholas of Myra, 'Sinterklaas' who lived in 4th century Byzantine Anatolia and gave secret gifts.

Q: Did Coca Cola invent Christmas?

A: 'Santa Clause' is a distortion of 'St Nicholas', a 4th century bishop on whom Father Christmas is partly based. The Coca Cola Company invented the red suit.

---music

Q. What are the origins of silent night?

A: Silent Night was written because a church organ had broken and the congregation needed a carol that could be sung to a guitar accompaniment.

Q: Has Father Christmas ever been signed to a record label

A: Unfortunately, Father Christmas has reputedly refused to sign with any record label. He is upset that Rudolf gets better coverage in popular songs.

Q: What's the only Christmas no1 with no music?

A: The only Christmas number 1 with no music was "Only You" by the Flying Pickets in 1983. The song was performed "a cappella" or without musical accompaniment.

Q: What two non humans have topped the Christmas charts?

A: Bob the Builder was Christmas No.1 in 2000 and Mr Blobby in 1993. A thinks Mr Blobby was the worst No.1 single ever.