



June 2010

Derby Fibromyalgia Support Group

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Did You Know?

Message from the Chairperson

Hi Fibro friends, Can you believe this is the middle of June already? On the 20th June we are having an awareness stall at the Alvaston Park Fun Day (See page 4).

We have a few volunteers on the day to help out and to give us all a break to enjoy the entertainment.

It would be greatly appreciated if anyone can join for a short while. If you can join us at the park at about 10am to help setup, or any time after that, if you could let me know so that I can sort out who will be helping.

I get many calls from people enquiring about the group and asking questions about fibro and they usually say they saw the leaflet with the groups details at the hospital, so if you are a regular visitor to the hospital, doctors or chemists it would be helpful to leave a few leaflets or a poster for others like yourselves to join us and share our company there are usually a few leaflets to take and share.

The swimming group is still going on and the coffee morning at the Derby Garden Centre once a month, if anyone wishes to meet at a different place we can come to an arrangement. I'd welcome any suggestions.

A date for your diary,. Friday 12th December 2010, that's the night of the **BIG** entertainment awareness/fundraising evening at the Engineers Club, Osmaston Road, Derby. The doors are open at 7.30pm. we will let you know more details nearer the time. **Watch this space!!**

Jackie x

Meeting Dates 2010

THERE ARE NO MEETINGS IN AUGUST

Thursday

8th July
9th September
14th October
11th November
9th December

10.15am – 12.30pm

Saturday

26th June
24th July
25th September
23rd October
27th November
18th December

2.00pm – 4.00pm

Admission

£2.50

Free Car Park at Back of Church
Off Melbourne Street

Contact Details

Telephone: 0845 345 2319

Email: derby.fibro@btinternet.com

Address: 45 Magellan Way

Derby

DE24 1AD

Forthcoming Church Events

SPEAKERS			Regular Events	
June			Open Circle Every 2 nd and 4 th Thursday Of Each Month 7.30pm No Admission After 7.35pm	Healing Services Thursdays 2.00pm – 4.00pm
DATE	TIME	SPEAKER		
Sun 13 th	6.15pm	Pat Collett		
Mon 14 th	2.30pm	Diane Gent		
Sun 20 th	6.15pm	Margaret Brown		
Mon 21 th	2.30pm	John & Olga Carrington		
Sun 27 th	6.15pm	Edna Tuckwood		
Mon 28 th	2.30pm	Ted Lawrence		
July				
Sun 4 th	6.15pm	Joy & Glen Frost		
Mon 5 th	2.30pm	Pam Franklin		
Sun 11 th	6.15pm	Pat Collett		
Mon 12 th	2.30pm	Lucy Watts		
SPECIAL EVENTS				
<p><u>Healing And Reading</u></p> <p><u>Day</u></p> <p>June 12th</p> <p>10am – 3pm</p>			<p>Saturday 3rd July</p> <p><u>Darren Brittain Special</u></p> <p>7.00pm</p> <p><u>Induction Course</u></p> <p>10am – 3pm</p>	
<p><u>EMDC</u></p> <p><u>Open Forum</u></p> <p>Saturday 19th May</p> <p>2pm</p>			<p><u>Supper With Spirit</u></p> <p>Saturday 17th July</p> <p>Book in advance</p>	
<p>For More Information</p>			<p>18 Charnwood Street, Derby. DE1 2GU. Tel: 01332 386 204. www.snu-emdc.org.uk/charnwood</p>	

Awareness Day

We have an awareness table at the following event which we hope to raise some funds for the support group.

VIKINGS IN THE PARK (Cestrefeld Medieval Re-enactment Group) ALVASTON PARK

SUNDAY 20th JUNE 2010

11:00am - 4:00pm

Face Painting



Climbing wall



Crafts



Plants



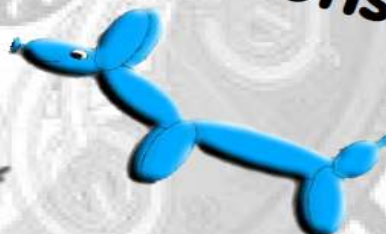
Bouncy Castle



Refreshments



Balloons



Ice Cream



1:30pm - 3:30pm

Penalty shoot out with Rammie

Five tips to reduce hay fever symptoms

Your lifestyle can affect how severe your hay fever symptoms are.

A recent report, based on a survey of more than 2,000 people with hay fever, found that lifestyle factors, such as stress and exercise, can have a major impact on hay fever. The report offers the following tips to stop the sneezing.

1. Calm down

Try to reduce your stress levels. The survey showed a clear link between stress and the severity of hay fever symptoms. Almost seven out of ten stressed-out hay fever sufferers rate their symptoms as unbearable or debilitating. As stress levels drop, symptoms become milder.

2. Exercise more

Regular exercise can improve your hay fever. The survey found that people with hay fever who exercise most have the mildest symptoms. Exercise will help reduce your stress levels, too.

Aim to do 30 minutes of exercise, at least five times a week. However, during hay fever season, avoid exercising outdoors when the pollen count is high. This is generally first thing in the morning and early evening. Instead, exercise in late morning or afternoon when pollen counts tend to be lowest. If pollen counts are really high, stick to indoor exercise, for example at your local gym or swimming pool.

3. Eat well

The survey suggests that people with hay fever who eat a healthy diet are less likely to get severe symptoms.

Eat a varied, balanced diet with plenty of fruit and vegetables, but be aware that some healthy foods can make hay fever symptoms worse. Foods that can worsen hay fever symptoms include apples, tomatoes, stoned fruits, melons, bananas and celery.

4. Cut down on alcohol

Try to reduce your alcohol intake during the hay fever season. The report concluded that as well as making you more sensitive to pollen, alcohol also dehydrates you, making symptoms seem worse.

5. Sleep well

Try to avoid too many late nights during the hay fever season. The survey found that people with hay fever who get a good night's sleep tend to have the mildest symptoms. Just one in eight (13%) people who had at least seven hours sleep a night reported severe symptoms, compared with one in five (21%) who regularly had five hours sleep or less a night.

Volunteering while on benefits



You are free to volunteer while you are receiving benefits as long as the work you do is unpaid, and you meet the rules of your benefit. Always check with your benefits adviser before you start volunteering.

How volunteering affects your benefits

Volunteering shouldn't affect your right to benefits, as long as the only money you receive is to cover your volunteering expenses, such as travel from home to the volunteering location.

There are no limits on the amount of time you can volunteer for as long as you continue to meet the conditions of the benefit or tax credit you are receiving.

For example if you receive Jobseekers Allowance you must still be actively seeking a full-time job, able to attend job interviews at 48 hours notice and available to work at one week's notice.

However, in most cases, if you volunteer full-time and receive an allowance from your volunteering organisation you will not usually be eligible to receive benefits. It is always advisable to discuss your choice of voluntary work with your benefits adviser before you start.

Your benefits adviser will vary depending on the type of benefit you receive. It could be your local council (for benefits such as Council Tax and Housing Benefit), Job centre Plus or The Pension Service.

How voluntary work is defined

In terms of benefits and tax credits, you will be considered as being a volunteer if you:

- do not receive any money for the work you do (this does not include expenses)
- are not legally obliged to volunteer
- do something for a not-for-profit organisation
- do something for someone who is not a family member

If you receive any money apart from money to cover your expenses this will usually be treated as income and taken into account when assessing your benefit. This includes payment in kind and 'pocket money'. If you are not sure about anything you are given above your expenses contact your benefits advisor.

If you choose not be paid for any work you do this is not the same as volunteering. The wage you would normally receive could be counted as 'notional earnings'. If you receive an income-related benefit, such as Income Support, Jobseeker's Allowance, Housing or Council Tax benefit, it could affect the benefits you receive.

Expenses and allowances

As a volunteer you may receive money to cover expenses connected with volunteering. This may include the cost of travel to and from the place you volunteer, the cost of any special equipment you need such as waterproof clothes, the cost of any meals taken away from home during the voluntary activity or the cost of childcare if you have children.

You must declare all your expenses to your Jobcentre Plus office. If the only money you receive is to cover the cost of your expenses from volunteering, your benefit will not be affected.

For more detailed advice on specific benefits read 'A guide to volunteering while on benefits' available from the link below.

www.dwp.gov.uk/docs/dwp1023.pdf

Some full-time programmes give their volunteers allowances to cover basic living costs and travel. In the case of most benefits (excluding Disability Living Allowance and Carer's Allowance) you will not be entitled to receive any other benefits.

How Can I Help My Loved One Who Has Chronic Pain?

by Christina Lasich, MD
Tuesday, June 01, 2010

Living with someone who has chronic pain is not easy. Some days are good and some days are very bad. This rollercoaster of ups and downs can send a relationship off track. Positive Communication can break down. And tempers can flare. Unlike most rollercoaster's, this relationship between two people is a two way street with pain as the roadblock. How can you help your loved one who lives with chronic pain? In order to answer this question, I asked some of my client's significant others a few important questions.

What do you do if your spouse/friend is having a BAD day?

Hey, bad days happen. Your ability to help depends on what stage the bad day is in. If it is just at the beginning stages, you may choose to engage your significant other in an effort to abort the bad day. One method of engagement is to remind the one in pain to do a self-management technique that can help to stop a flare-up. Oftentimes when a bad day is beginning, the one in pain will not be thinking clearly because of fear and anxiety. In these times, it is easy to forget to use a heating pad that is sitting in the closet, or forget to do some stretching technique that the physical therapist prescribed.

Another method of engagement is to cue a loved one in a non-threatening manner. For example, you can simply ask, "Where is that heating pad?" or "Can you show me what you learned in physical therapy?" Even the best intentions may not work if the day is already really bad and too far gone. At that point, a more passive, less engaging approach is used. Don't leave; just being a strong, supportive presence is all you can do sometimes.

How do you have fun together?

Pleasure can help to counter-balance pain; thus, your relationship has a better chance of survival if you can have fun together. Most couples I spoke to thrive on short day trips like a drive, a lunch, a walk, or a movie. Short, quick bursts of fun can put a spark into both of your lives. One caveat about having fun is that the activities of enjoyment might have changed because of the painful condition. Usually, this means that the one without pain can continue the hobbies that require more physical exertion while the one with pain cannot. In these cases, it is important to find alternatives you both can do. At the same time, you should give yourself permission to continue your own hobbies with others. This balance between "things we do together" and "things we do separately" allows both you and your spouse/friend a chance to live a happy, harmonious life together. As the one without pain, you need to give yourself outlets because your life does not have to stop for pain.

How do you help to maintain good communications?

The answer boils down to one word: timing. Timing is everything. When the loved one is having a bad day, do not ask hard questions or talk about important stuff. Being aware of patterns and behavioural cues can help you time the conversation so that it is less likely to fail. If the loved one in pain is in a flare-up, consider this time to be a "free zone," free of tough decisions and topics. When the spouse or friend is feeling good, try to use that time wisely for positive communication and cuddling.

How do you maintain your healthy, positive energy?

Being with someone who has pain can be like living in a negative vortex that sucks away your positive mental energy. Self-preservation is important for you and your loved one with pain. Without protecting your own positive energy, you could end up in a bad mood and less likely to be able to help. Respite for significant others and caregivers is extremely important for preserve helpful, caring abilities, not to mention sanity. One person I interviewed said that she finds it very important for her to minimize her sleep disruption. So, she and her spouse have set up a system that allows her to sleep through his restless nights. Ultimately, she is able to minimize the impact of her spouse's pain on her life by maintaining some boundaries and compartmentalization between their two separate lives.

One final, parting piece of advice from someone who lives with a person in pain: Don't blame your spouse. He or she did not choose to have pain. No one is to blame here. The roadblock is just there in front of both of you. Together, you can get through the ups and the downs.

Positive Communication despite Chronic Pain

by Christina Lasich, MD
Monday, May 24, 2010

Many people ask questions about how to communicate with a doctor such as: "How do I tell my doctor ____?" or "How should I ask my doctor about ____?" Communication skills provide the basis for an effective doctor-patient relationship. In fact, communication is the foundation for all relationships. Tone of voice, a spoken word, a facial expression, body posture, and gestures; these are all ways to relay information from one individual to another. From infancy to the final days of life, the ability to express one's own thoughts, ideas, opinions, and questions is the basis for social networking. These days, social networking might be very impersonal with e-mail and text messaging. So, the art of face-to-face communicating is getting lost in a technological whirlwind. Without positive, personal communication, important relationships with loved ones, professionals, and peers may be in jeopardy.

In order to review the skills of positive communication, one must first listen to the words being used. Certain words may trigger a negative or unwanted response. For example, expressing an opinion with "you" statements might make the receiver of the message defensive. "You are ____" and "You should ____" are clearly sending a judgmental message that can cause the listener bristle. Combining "you" with "should" is especially a communication killer. Instead, the communicator would have a better chance at a positive interaction with "I" statements. The opening statements that begin with "I feel ____" and "I want ____" have a better chance at opening a good dialog.

In the act of listening to statements, one must be attentive and imagine the world from another's perspective. Watching the body language and facial cues can help put more meaning behind the words. Listening to the tone of voice is another pathway to understanding the message in its purest, most honest form. Once a message is received, responses must be thoughtful with carefully chosen words because the wrong words can quickly shut down the line of communication. Sometimes a piece of criticism is best calmly received and responded to with a simple, "You may be right" or "Let me get back to you about that". These communication tactics of diffusion and delay can keep a situation from escalating.

And escalation is exactly what will happen when two individuals are trying to communicate from a position of insecurity or superiority. Dr. Thomas Harris, in his book, "I'm OK-You're OK", described a position of insecurity like being from the perspective of "I'm not OK, you're OK" life position. Additionally, the position of superiority is described as an "I'm OK, you're not OK" mindset. Communication can hardly get off the ground when insecurity and/or superiority provide the cornerstones of vocabulary. When communication starts from an "I'm OK, You're OK" point of view, then a positive interaction will likely take place. Positive communication comes from a positive, secure source.

Moorways Track Fit



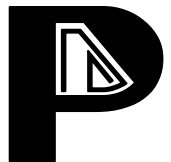
Track Fit is coming to the stadium. This is a new **free** activity at the stadium which is aimed at anyone looking to get fit. These sessions will be targeting everyone regardless of fitness level you don't even have to be able to run. We will be providing pre written training programmes and support for everyone of all abilities. we need people of all ages and fitness levels feel free to bring family and friends. The idea is to let people try the programmes so we can get some feedback before we launch it to the public. There is no set start time just turn up when your ready. Hope to see you there!

Mark

Mondays 4pm till 7pm

Fridays 4pm till 7pm

Try These



Bacon, mushroom & potato frittata



Ingredients

- 1 tablespoon olive oil
- 250g smoked back bacon, diced
- 92g bunch spring onions, sliced
- 1 red pepper, deseeded and finely sliced
- 150g baby button mushrooms, wiped and sliced
- 150g new potatoes, cooked and sliced
- 6 medium free-range eggs
- 125g mature Cheddar cheese, grated
- 1/2 x 20g pack flat-leaf parsley
- Freshly ground black pepper

Method

1. Heat the oil in a medium, heavy based frying pan and fry the bacon, onions and mushrooms for 4-5 minutes, stirring occasionally.
2. Add the potatoes and cook for a further 2 minutes. Crack the eggs into a jug and beat them together with the cheese, parsley and seasoning to taste.
3. Pour the egg mixture into the pan and cook over a moderate heat for 5-6 minutes until the underside is golden.
4. Place the sliced peppers on top, then, place the pan under a hot grill for a further 3-4 minutes, until the frittata has set and the top is golden.
5. Turn out on to a warmed plate and serve straight away, garnished with the remaining parsley, serve with warm crusty bread and mixed salad leaves.

Banana Brulee



Ingredients

- 4 bananas, sliced
- 425g carton ready made custard
- 200ml tub crème fraiche
- 4 tablespoons caster sugar

Method

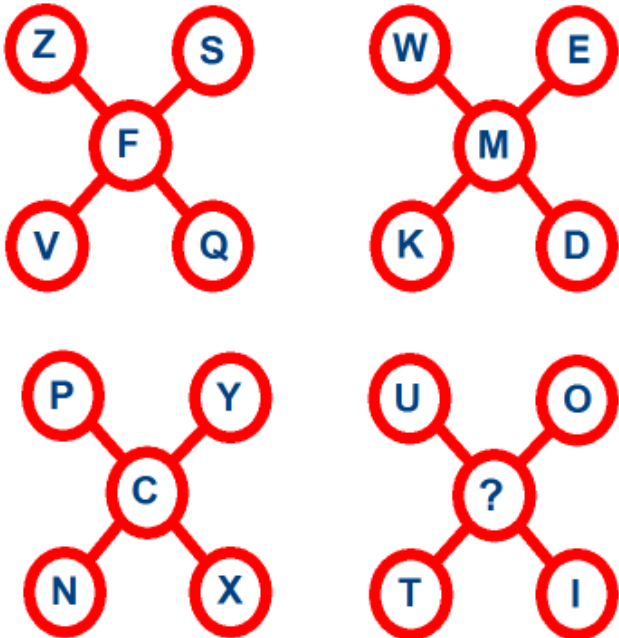
1. Preheat the grill until hot.
2. Place the bananas in the base of an ovenproof dish or 8 individual ramekins.
3. Mix together the custard and crème fraiche then spread over the bananas.
4. Sprinkle the sugar over the surface and place under the grill until it caramelises.
5. Chill before serving.

Recipes from Sainsbury's website

Puzzle page

Mind Over Matter

Break the code to discover the missing letter.
Hint: A-Z = 1-26



Commonym

What do they have in common. The first is done for you.

1. A Ball – A Fish – A Cold
They can all be caught
2. A Ball – A Salad – A Coin

3. A Cork – A Question – A Balloon

4. A Bottle – A Baseball Player - A Mushroom

5. A Bell – Mouth – A Shoe

6. A Tug of War – The American News – A Boat

7. Seventeen – Time – People

8. A Basketball Court – A Road – A Bowling Alley

9. Fog – A Jack – A Forklift

10. Wagon – Ferris - Cart

May answer

1. You finish second
2. You cannot overtake the last person in a race. (This can be done in a closed circuit long race but gains you nothing)
3. 4100
4. 6
5. They are part of triplets or quads etc

Did you know?

What is it called?

Sometimes it's on the tip of your tongue... "What is it called again?" It's not always easy to remember those out-of-the-ordinary things but to refresh your memory, here's what it is called.

Mid-men, the male versions of mid-wives, are called accoucheur's.

The plastic things on the end of shoelaces are called aglets.

The distance that a place holder falls from a glass when it is lifted (you know, place holders sometimes get stuck to the bottom of a cold glass when you lift the glass) is called a bevemeter, a sniglet coined by comedian Rich Hall (who also coined "sniglet").

The study of creatures such as Bigfoot, the chupacabra, and the Loch Ness monster is called crypto zoology. Zoologist Bernard Heuvelmans coined the term to describe his investigations of animals unknown to science.

The apparatus used in alcohol distilleries for freeing the spirit from water is called the dephlegmator.

One that speaks two languages – is bilingual – can be said to be diglot.

Ducks are never male. The males of the species are called drakes. In a casino, however, ducks is a nickname for a pair of deuces.

The working section of a piano is called the action.

Shoemakers are commonly called cobblers but correctly speaking a cobbler is a shoe repairmen. A shoemaker is a cordwainer – they also made leather bottles and harnesses.

The device at the intersection of two railroad tracks to permit the wheels and flanges on one track to cross or branch for the other is called a frog.

A specific length of thread or yarn according to the type of fibre is called a hank. For linen, a hank is 274 metres (300 yards); for cotton, it is 768 metres (840 yards).

The white part of your fingernail is called the lunula.

The thin line of cloud that forms behind an aircraft at high altitudes is called a contrail.

A depth of 2 fathoms (3,6 metres) is called a Mark Twain. Originally a fathom was the space reached by with two arms outstretched.

In the early days of film making, people who worked on the sets were called movies. The films were called motion pictures.

The tendency of the leaves or petals of certain plants to assume a different position at night is called nyctitropism.

The back of the human hand is the opisthenar.

Revealing personality traits through writing is referred to as graphology