



November 2010

Derby Fibromyalgia Support Group

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Hope you enjoyed bonfire night

**Don't Forget The Entertainment
Night - See Page 4**

Benefit cuts and changes timetable.

Steven Beach - Fibromyalgia Story

Meeting Dates for 2011

Christmas Lunch

Saturday 18th December 12.00

Blue Peter

Message from the Chairperson

Hi Fibro friends,

Can't we tell its coming up to Christmas?! There's always seems so much to do and not enough time to do it in. At the same time, trying to remember to pace ourselves so we don't burn ourselves out. (Easier said than done I know).

Last week we (Myself, Doug and Shirley) attended the carer's conference, (Wednesday 3rd November). It's always helpful to meet other organisations to see who we can obtain information that would help us or someone we know.

I had several organisations approach me asking if they can come to one of our meetings to talk to us, so we have something to look foreword to in the New Year.

This week we have Emma Yates from what is now Age UK, to tell us the latest updates on the changes and the joining of age concern and help the aged.

And; Emily Baker, who is going to talk to us about aromatherapy and reflexology. I think this would be really useful as alternative therapies are worth a try other than prescription medicine. She will also be attending the Saturday group on the 27th November. 2 – 4pm. I'm Looking foreword to trying some of the reflexology out.

Now....A big reminder about our all important Fundraising Raising and Awareness Night Friday 12th November. Doors open at 7pm and starts at 7.30pm. you can purchase tickets before the night or on the door. (That's if there's any left).

I hope you can all join us...after all, it is for you.

To finish the year, we are meeting for **Christmas Lunch on Saturday 18th December at the Blue Peter**, to meet at **11.30, and to sit down to eat at 12pm**. This is £5 something, for A Carvery Lunch and a Desert. If you would like to join us; if you let me know so we have an idea how many are coming on the day.

Jackie x

Meeting Dates 2010

THERE ARE NO MEETINGS IN AUGUST

Thursday

9th December

10.30am – 12.30pm

Saturday

27th November

18th December At The Blue Peter,
Alvaston, 12.00

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	
November			<p>Open Circle</p> <p>Every 2nd and 4th Thursday Of Each Month</p> <p>7.30pm</p> <p>No Admission After 7.35pm</p>	<p>Healing Services</p> <p>Thursdays</p> <p>2.00pm – 4.00pm</p>
DATE	TIME	SPEAKER		
Sun 14 th	6.15pm	Ivan Litchfield		
Mon 15 th	2.30pm	John & Olga Carrington		
Sun 21 st	6.15pm	Pat Collitt		
Mon 22 nd	2.30pm	Ted Lawrence		
Sun 28 th	6.15pm	Marilyn Parkin		
Mon 29 th	2.30pm	Margaret Brown		
December				
Sun 5 th	6.15pm	Emily Baker		
Mon 6 th	2.30pm	Ken Sharpe		
Sun 12 th	6.15pm	Alex Whiting Christmas Tunes		
Mon 13 th	2.30pm	Sue Presley Candle Service		
SPECIAL EVENTS				
<p>Evening of Clairvoyance with Darren Brittain</p> <p>Saturday 20th November</p> <p>7.00pm</p> <p>Tickets £7.00</p> <p>Email or phone 01332764604</p> <p>Pay on the night if space.</p>			<p>Christmas Bazaar</p> <p>Saturday 4th December</p> <p>10.00am – 3.00pm</p> <p><i>Stalls etc</i></p>	
<p>Saturday 11th December</p> <p>4.00pm</p> <p>Church party booked in advance £6.00 Sit down plated tea followed by 6.30pm Rally</p> <p>(rally only £3.00)</p>			<p>Monday 20th December</p> <p>Church Closed till Thursday 6th January Healing Service 2-4pm</p>	
<p>For More Information</p>			<p>18 Charnwood Street, Derby. DE1 2GU. Tel: 01332 386 204. www.snu-emdc.org.uk/charnwood</p>	

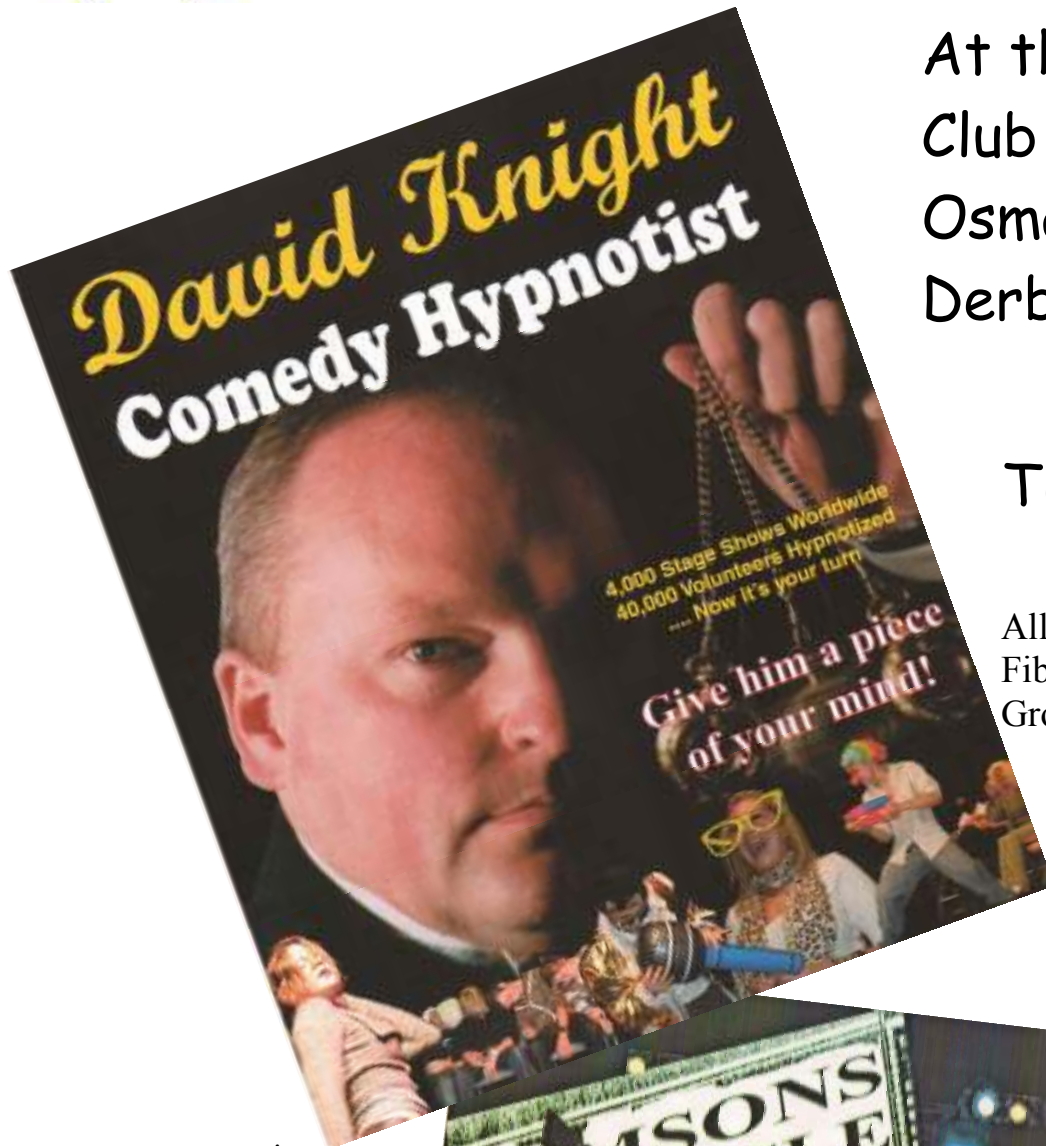


Derby Fibromyalgia Support Group
Presents an Evening of Entertainment
With

At the Engineers
Club
Osmaston Road
Derby

Tickets £10

All funds in Aid of Derby
Fibromyalgia Support
Group



Friday 12th
November 2010
7.30pm
Doors Open
7.00pm



To Buy Advanced Tickets call Jackie on 0845 345 2319
Or 07917458033

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.

Steven Beach - Fibromyalgia Story - September 2010

My Fibromyalgia came about after a nasty car accident at Little Eaton roundabout just outside Derby where my car was hit from behind and I was pushed on to the roundabout writing my car off and making a mess of my back. There were cars everywhere but luckily, no one else was injured. This was in August 2002.

I visited A & E, was x-rayed, given a neck brace and sent on my way to endure weeks upon weeks of agony as I went through whiplash and various pains. Finally settling down to a damaged vertebrae, excruciating sacro-iliac pain that affected my walking, standing, sitting, sleeping etc, and this **'all over pain'** coupled with exhaustion – which I thought was 'extended whiplash'.

After visiting my GP many times, trying all sorts of pain killers to no avail, I eventually succeeded in getting an appointment with an Orthopaedics Registrar where I was told to use my 'back or lose it', and all the other pains were ignored as an MRI scan was booked. I went away totally demoralised and gave myself a seriously bad time invoking all the fibro pains you are aware of; as I doggedly tried to carry on as 'ordered' and generally made myself very ill.

Most nights I spent writhing about in pain – drugs that were prescribed to help me sleep left me writhing about in a state of semi nightmare. Other drugs brought on Dystonia causing my whole body to twist to breaking point. Most days I curled up on the settee. My job disappeared owing to my long absence from work. The MRI scan came and went with no conclusion because there was nothing to be seen. The registrar did not even look at my back, Sacro-iliac, or give an explanation to my 'all over pain'. He recommended I attend the pain clinic and a Physiotherapist.

The Physio was frustrated with me because I could not keep up the exercises.

However, the pain clinic was brilliant; the course helped me understand my chronic pain and exhaustion and helped me pace my life to a manageable state – but only to manage it.

Upon the recommendation of my son, I went to see a Chiropractor, I told him I was in more pain after each visit to him, and he – being a sports therapist – first mentioned Fibromyalgia.

My GP was not impressed that the Chiropractor had made a diagnosis, and continued to issue pain relief. Therefore, my situation carried on for several years, managing day-by-day, night by night, trying all sorts of remedies to no avail. I put on weight, and tests showed that I had high blood pressure and high cholesterol due in part to the weight I carried and in part to my pain.

Two things happened within 18 months of each other. A new GP came to the practice. She had Fibromyalgia herself and was quick to help, sending me to a Rheumatologist who then diagnosed Fibromyalgia, which in itself was a relief of sorts.

I also had a new neighbour who introduced me to a nutritional 'shake'. His name was Matt, and he'd seen me hobbling about, sometimes stopping and sitting on the wall between car and house; he also knew there were days when I didn't come out at all. He told me he had a product that could possibly help me. I was sceptical, as he did not know what was 'wrong' with me. This is not a medical cure, I was told. Just honest nutrition, which acts at a molecular level, and is helping people worldwide. Just get it in to your system and let's see what it does for you.

I was game for anything that might help. He gave me a tin of Reliv Now (Nourishing Our World) and I mixed up as a milkshake, later I tried it as a Smoothie and also other options with water and another time with orange juice – all tasted okay.

Within days, I was sleeping better – something I had not done for years. I found that the pain started to lessen – and then became inconspicuous by its absence in the early days. Over several weeks, and then months I got my old self back. Pain was now truly manageable, and as long as I paced sensibly, it was absent a lot of the time. Sleeping through the night was and is a regular occurrence. The weight is off with the help of these products too.

I'd done some writing from home (out of every cloud comes a silver lining), and then some training work from home, and earlier last year took a Training Contract for six months – venturing out in to the workplace for the first time for years. I extended for another six months with a view to a full time contract and have recently signed up for that.

In addition, last year my wife and I went on a sailing course and we are out regularly in the fresh air, on a lake in Derbyshire, something I could not have managed previously. Our club supports Sailability for disabled people.

The 'shake' is marvellous, and helps people with all sorts of ailments. The product comes from a company called Reliv International. An average cost is £1.69 per day plus delivery. It can be cheaper if you 'club' together, or become a distributor and attract discounts. Its charitable arm, The Kalogris Foundation feeds over 45 thousand children around the world every day. You will have seen the report of the children living on the waste dumps in Brazil, in Nairobi Africa and Manila in the Philippines. To be able to help other folks with the same nutritional stuff I take is gratifying.

I'm sharing my story within everyone I meet, as there is so much more to tell about me, and about how this nutrition helps me and other people. I look forward to sharing it with you all.

PS 'Side Effects'. Blood pressure is down. I have a low cholesterol count. I have lost lots of weight. My hay fever is under control. I have loads of energy.

Steven Beach

Email: surfinbeach@btinternet.com or call 07868 608 472 or 01773 765 492

Provisional Meeting Dates for 2011

Thursday

10.30-12.30 am

January 13th

February 10th

March 10th

April 14th

May 12th

June 9th

July 14th

August..No meeting..

September 8th

October 13th

November 10th

December 8th

Saturday

2.00-4.00 pm

January 24th

February 26th

March 26th

April 23rd

May 28th

June 25th

July 23rd

August..No meeting..

September 24th

October 29th

November TBC

December 17th

Any enquiries please contact Jackie on:

0845 345 2319 or Text: 07973285571

Email: derby.fibro@btinternet.com

Website: www.derbyfibro.co.uk

45 Magellan Way, Derby, DE24 1AD

Try These



Baked Eggs



Ingredients

- 100g (3½oz) marinated peppers
- 300g (10oz) spinach, washed
- 4 large eggs
- Whole nutmeg
- Slices of toasted Ciabatta to serve

Method

Preheat the oven to Gas 5, 190°C, fan 170°C.

Drain the peppers and use a little of the oil to grease four ramekin dishes. Set the remaining oil aside. Put the spinach into a large pan and season with salt and freshly ground black pepper. Cook, covered, for 2-3 minutes until wilted. Drain, squeeze out excess water and chop finely.

Heat 1tbsp of the reserved oil from the peppers in a pan. Add the spinach and cook for 1min, stirring. Add the chopped peppers and season. Divide the mixture among the four ramekins, making a hollow in the centre of each.

Crack an egg into each hollow and grate a little fresh nutmeg on top. Stand the ramekins in a roasting tin and pour in enough boiling water to come halfway up the sides. Cover the tin loosely with foil and bake the filled ramekins in the oven for 12-15 minutes until the eggs are just set. Serve with toasted ciabatta.

Ginger and Lemon Hot Toddy

Ingredients

- ◆ 6cm (2in) piece ginger
- ◆ 2 sticks lemon grass
- ◆ 2 lemons
- ◆ 4tbsp runny honey
- ◆ 4 shots whisky (optional)

Method

Peel and very finely slice the ginger lengthways: a mandolin or truffle slicer is best. Cut the lemon grass in half lengthways. Slice the lemons in half, trim a length of zest from around each lemon half and juice the remainder. Gently tie each piece of zest in a knot.

In heatproof glasses divide the ginger, lemon grass, lemon juice, zest and honey. Top with boiling water, mix and leave to steep for five minutes. Add optional shots of whisky if wished.

Puzzle page

Chocolate Bar Wordsearch

X I W T E H T U R Y B A B
 S H D A I R Y M I L K U P
 A E C H L S Y Y E I O M S
 R E G N I F R E T T U B I
 O R E A U N A M C Y C C R
 M S K R E R O A O R A E C
 I H N H A U C J E R B R E
 L X H I N B D E A N M O E
 K O R D C N S M L R G M F
 Y O S O O K I R B T U T F
 W Y C M K L E I A K S A O
 A N L B K S G R T M C E C
 Y A K I T K A T S E F B N

AERO	DAIRY MILK	MR. BIG
ALMOND JOY	EAT-MORE	NESTLE CRUNCH
BABY RUTH	KIT KAT	OH HENRY!
BUTTERFINGER	MARS BAR	SKOR
CARAMILK	MILKY WAY	SNICKERS
COFFEE CRISP	MOUNDS	TWIX

September Answer

C	A	B	A	R	E	T		E	E	R	I	E	
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R	A	D	A	R			U	P	R	I	G	H	T
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		U				C		O				A	
A	M	P	L	E			H	A	G	G	A	R	D
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E	N	T	R	Y			E	C	H	I	D	N	A

Did you know?

The shortest Oscar ceremony ever was the first, held in 1929; it lasted only about 15 minutes as all the winners had been announced three months earlier.

The longest Oscar awards ceremony was in 2000, running for 4 hours and 16 minutes – beating a previous record by 16 minutes.

Bob Hope has hosted the Oscars 18 times; Billy Crystal is in second place with 8 times.

Tom Hanks is the youngest recipient of the Academy's Lifetime Achievement Award, which he received in 2002 at age 45.

Kate Winslet is the only actress to receive four Oscar nominations before reaching the age of 30.

Gone with the Wind, at 3 hours and 56 minutes, was the longest film to have won a Best Picture Oscar; it was also the first film in color to win Best Picture.

Henry Fonda was first nominated for a Best Actor Oscar in 1941 for his role in *The Grapes of Wrath* but had to wait 41 years before he finally achieved a win in 1982 for his role in *On Golden Pond*. At 76, he is the oldest actor yet to have received the Best Actor award.

The oldest actress to win an Oscar is Jessica Tandy – at 81 she won the Best Actress Oscar in 1990 for her performance in *Driving Miss Daisy*.

Anthony Quinn's performance as painter Paul Gauguin in *Lust for Life* (1956) is the shortest ever to win a Best Supporting Actor Academy Award, his second Oscar. He was on screen for only 8 minutes. (He won a similar award in 1952 playing opposite Marlon Brando in Elia Kazan's *Viva Zapata!*)

The shortest-ever winning performance for Best Supporting Actress belongs to Beatrice Straight, who won an Oscar in 1976 for her 5 minutes 40 seconds appearance as devastated wife Louise Schumacher in *Network*. Dame Judi Dench won an Oscar in 1998 for less than 8 minutes of screen time playing Queen Elizabeth I in *Shakespeare in Love*.

The shortest-ever Best Actor Oscar-winning performance was awarded to Sir Anthony Hopkins in 1992, having appeared for less than 16 minutes of screen time as Dr Hannibal "The Cannibal" Lecter in *The Silence of the Lambs*.

The fewest lines spoken by an Oscar-winning actress won Patty Duke a Best Actress in a Supporting Role portraying the deaf and blind Helen Keller in the 1962 film *The Miracle Worker*. In the role she speaks only one word in the last scene: "Wah-wah" (for "water").

The films with the most Oscar wins are *Ben-Hur*, *Titanic* and *Lord of the Rings: The Return of the King*, each winning 11 Oscars from 12, 14 and 11 nominations respectively.

William Wyler has directed more actors to Academy Award success than any other, with 34 nominations and 14 wins.

Jack Nicholson leads the Best Actor Academy Award category with wins from 11 nominations, followed by Laurence Olivier, nominated 10 times and receiving one Best Actor award, and then Spencer Tracy with nine nominations resulting in two awards.

Meryl Streep had more Best Actress nominations than any other actress; 13 in total, leading to 2 awards. Katharine Hepburn received 12 nominations and won 4 Academy Awards.

Shirley Temple is the youngest performer to receive an Academy Award; in 1934 she received a Special Award when she was only five years old.

Groucho Marx was the oldest Academy Award winner – in 1973 he received a Honorary Award at the age of 83.

The first posthumous Oscar winner was Sidney Howard, for the screenplay of *Gone with the Wind*.

Mutiny on The Bounty (1935) was the only film to have had three nominees for Best Actor Oscars (Charles Laughton, Clark Gable and Franchot Tone) but won only the Best Picture award.

The only tie for Best Actor was between Wallace Beery for *The Champ* and Fredric March for *Dr Jekyll and Mr Hyde*, in 1932.

The only films to win Best Picture and Best Song are *Gigi*, *Going My Way* and *Titanic*.

The only animated film to have won a Best Picture Oscar was Disney's *Beauty and the Beast*, in 1991.

In 1937 Disney won a special Oscar for the first full-length animation: "Snow White and the Seven Dwarfs."

Oscar families:

Two families have three generations of Oscar winners in their ranks:

The Huston family:

Walter Huston won Best Supporting Actor for his role in *The Treasure of Sierra Madre*; John Huston won Best Director, *The Treasure of Sierra Madre* in 1948, and Anjelica Huston won Best Supporting Actress for her role in *Prizzi's Honor* in 1985. The Hustons remain the only grandfather, father and daughter to have won Oscars.

The Coppola family:

Carmine Coppola won Best Original Dramatic Score, *The Godfather* in 1974; Francis Ford Coppola won Best Original Screenplay for *Patron* (1970), Best Adapted Screenplay, *The Godfather* (1970), Best Picture, Best Director and Best Original Screenplay, *The Godfather: Part II* (1974), and Sofia Coppola's *Lost in Translation* won for Best Original Screenplay in 2004; Nicholas Cage, Francis Ford Coppola's nephew, won Best Actor for his role in *Leaving Las Vegas*, in 1995.

The Minnelli family:

Liza Minnelli is the only Oscar winner with two Oscar winning parents: her mother Judy Garland, received a honorary Oscar as Outstanding Juvenile Performer for *The Wizard of Oz* and her father, Vincente Minnelli, won Best Director for Best Picture, *Gigi* (1958).

The Epstein family:

The only twins to win Oscars are Julius J Epstein and Philip G Epstein, who shared the Best Screenplay awards with Howard Koch for *Casablanca* (1942).