



January 2011

THE DERBY FIBRO

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Happy New Year

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Message from the Chairperson

Hi Fibro friends,

Happy New Year! Hope you all had a good Christmas, my goodness didn't it come and go so quickly? Have you made any new years resolutions? Mine is to try and be more focused. I know 'to try' doesn't sound very positive, but lets not expect miracles here. I think it works better when we have friends or family to motivate us, or we could work together as a group and motivate each other.

Its not easy during the dark winter months, trust me I understand, as these last couple of months have been a struggle for me too, but the last thing I want to do is let you all down, but trying to help people helps keeps me distracted from the tiredness and painful days I have. But I wouldn't change anything for the world. So work with me and I can help you too.

But; we could start off with working on one day a week adding a task (it doesn't have to be anything big) and increase it to another task to two days the following week, or until we feel well enough and confident to increase it.

Trying a new hobby or an exercise? You don't need to join a gym to do this.

The website will be changing soon that's why it hasn't been updated lately. But we will keep you informed on the progress. We would like your support in distributing some new posters around your local areas, so others may benefit the support you have been offered. There will be more activities going on throughout the year so watch out for the next newsletter.

*Don't forget; **the Awareness Day Thursday May 12th. And the Awareness Week in September.***

Jackie x

Meeting Dates 2011

THERE ARE NO MEETINGS IN AUGUST

Thursday

February 10th

March 10th

April 14th

May 12th

June 9th

July 14th

August..No meeting..

September 8th

October 13th

November 10th

December 8th

10.30am – 12.30pm

Saturday

January 22nd

February 26th

March 26th

April 23rd

May 28th

June 25th

July 23rd

August..No meeting..

September 24th

October 29th

November TBC

December 17th

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

Website: www.derbyfibro.co.uk

45 Magellan Way, Derby, DE24 1AD

Forthcoming Church Events

| SPEAKERS | | | Regular Events | |
|----------------------|--------|--|---|--|
| January | | | 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 |
| Sun 16 th | 6.15pm | Ken Sharpe | | |
| Mon 17 th | 2.30pm | John & Olga Carrington | | |
| Sun 23 rd | 6.15pm | Sue Powell | | |
| Mon 24 th | 2.30pm | Stuart Hamilton | | |
| Sun 30 th | 6.15pm | Joy & Glen Frost | | |
| Mon 31 st | 2.30pm | Margaret Brown | | |
| February | | | | |
| Sun 6 th | 6.15pm | David Bruton / Tamworth / OSNU / President SNU | | |
| Mon 7 th | 2.30pm | Nora Watson | | |
| Sun 13 th | 6.15pm | Darren Brittain | | |
| Mon 14 th | 2.30pm | Tim Smith | | |

SPECIAL EVENTS

Saturday 12th March

Private Readings and Healing Day

10.00am – 3.00pm

For More Information

18 Charnwood Street, Derby. DE1 2GU.

Tel: **01332 386 204.**

www.snu-emdc.org.uk/charnwood

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

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.

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.

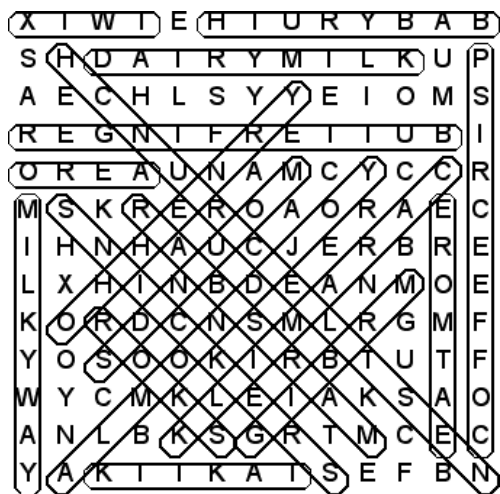
Example:



$$6 + 6 = 12$$



November Answer



| | | | | | | |
|---|---|---|---|---|---|---|
| 6 | | | | | | 3 |
| | | 5 | 9 | 8 | | 4 |
| | 1 | | 6 | | 9 | |
| | 8 | | | 5 | | 3 |
| 9 | | | 3 | | 2 | 7 |
| | | 1 | 4 | | | |
| | | | 2 | | 8 | |
| 5 | | 4 | | | | |
| | | | | 3 | | 1 |

Did you know?

- In 1894, Lord Kelvin predicted that radio had no future; he also predicted that heavier-than-air flying machines were impossible.
- The word “sneaker” was coined by Henry McKinney, an advertising agent for N.W. Ayer & Son.
- Charles Macintosh invented the waterproof coat, the Mackintosh, in 1823.
- Air-filled tyres were used on bicycles before they were used on motorcars.
- The paperclip was invented by Norwegian Johann Vaaler.
- Music was sent down a telephone line for the first time in 1876, the year the phone was invented.
- Optical fiber was invented in 1966 by two British scientists called Charles Kao and George Hockham working for the British company Standard Telecommunication.
- Joseph Niepce developed the world’s first photographic image in 1827.
- The videophone was invented by Bell Laboratories in 1927.
- The very first projection of an image on a screen was made by a German priest. In 1646, Athanasius Kircher used a candle or oil lamp to project hand-painted images onto a white screen. Modern projectors emit more than a thousand Lumens!
- The first neon sign was made in 1923 for a Packard dealership.
- The first vending machine was invented by Hero of Alexandria in the first century. When a coin was dropped into a slot, its weight would pull a cork out of a spigot and the machine would dispense a trickle of holy water.
- The can opener was invented 48 years after cans were introduced.
- The hair perm was invented in 1906 by Karl Ludwig Nessler of Germany.
- Leonardo da Vinci never built the inventions he designed.
- Traffic lights were used before the advent of the motorcar.
- The Monopoly game was invented by Charles Darrow in 1933. He sold the rights to George Parker in 1935, then aged 58. Parker invented more than 100 games.

- One hour before Alexander Graham Bell registered his patent for the telephone in 1876, Elisha Gray patented his design. After years of litigation, the patent went to Bell.
- Thomas Edison filed 1,093 patents, including those for the light bulb, electric railways and the movie camera. When he died in 1931, he held 34 patents for the telephone, 141 for batteries, 150 for the telegraph and 389 patents for electric light and power.
- The first fax process was patented in 1843.
- Count Alessandro Volta invented the first battery in the 18th century.
- During the 1860s, George Leclanche developed the dry-cell battery, the basis for modern batteries.
- In 1894 Thomas Edison and W K L Dickson introduced the first film camera.
- In 1895 French brothers Auguste and Louis Lumiere demonstrated a projector system in Paris. In 1907 they screened the first public movie.
- The first electronic mail, or “email”, was sent in 1972 by Ray Tomlinson. It was also his idea to use the @ sign to separate the name of the user from the name of the computer.
- Queen Elizabeth of Britain sent her first email in 1976.