



May 2011

THE DERBY FIBRO

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This is National Fibromyalgia Awareness Day

Forced labour scheme begins

**Fibromyalgia: What New
Research Means for You**

Affective Self Awareness

**Yoga Can Counteract Fibromyalgia,
Study Suggests**

Plus all the regulars

Message from the Chairperson

Hi Fibro friends, Well, I'll start off on a positive theme.

Today (Thursday 12th May) is National Fibromyalgia Awareness Day, and we will be celebrating our awareness with a coffee morning at The Cathedral Coffee Shop, on Iron Gate, Derby.

The Deputy Mayor of Derby will be joining us; this will give us the chance to talk to her about raising awareness in and around the city. Word of mouth will take it further afield.

Doug has been trying to keep up to date with information regarding benefits, and how the Government is trying to make people with ME and CFS go to work, though it doesn't mention FMS we do come under that category.

We had an awareness day Saturday 16th April in the Eagle Centre Market, and made £45 on the tombola.

We would like to say thank you to Lisa Hodgson for her help on the day, support is important to us/me.

We have many more awareness days coming up in June, and we would appreciate any support and help in any way, even handing out leaflets about the awareness days are a big help.

Well I hope to see you at these open awareness days especially as the weather is being kind to us at the moment, so it feels nicer to go out into the sunshine.

Take care all of you.

Best wishes

Jackie x

Disclaimer: The information given in this document does not necessarily imply endorsement by The Committee Members of Derby Fibromyalgia Support Group. The Committee Members or the Group cannot be held responsible for omissions and / or errors of detail in any information that is exchanged in a discussion session - whether it is in a formal or informal situation, delivered to the body of the meeting by a visiting speaker or produced in a printed document.

Any information or recommendation of a medical or legal nature must always be discussed with a qualified professional

Meeting Dates 2011

THERE ARE NO MEETINGS IN AUGUST

Thursday

June 9th

July 14th

August No meeting..

September 8th

October 13th

November 10th

December 8th

10.30am – 12.30pm

Saturday

May 28th

June 25th

July 23rd

August No meeting..

September 24th

October 29th

November 26th

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	
May			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 15 th	6.15pm	Emily Baker		
Mon 16 th	2.30pm	Jenny Hawksbee		
Sun 22 nd	6.15pm	Joy & Glen Frost		
Mon 23 rd	2.30pm	John & Olga		
Sun 29 th	6.15pm	Lillian & Norman Patterson		
Mon 30 th		Bank Holiday Closed		
June				
Sun 5 th	6.15pm	Ted Lawrence		
Mon 6 th	2.30pm	Nora Watson		

SPECIAL EVENTS

**Saturday 14th May
&
Saturday 30th May**

**Private Readings
£12.00**

10.00am - 1.00pm

**Supper
With
Spirit**

**Saturday 11th June
7.00pm**

**Book in advance
£12**

For More Information

18 Charnwood Street, Derby. DE1 2GU.
Tel: **01332 386 204.**
www.snu-emdc.org.uk/charnwood

Forced labour scheme begins

5 May 2011

A new 'forced labour' scheme which may affect sick and disabled claimants who are refused employment and support allowance was rolled out across the country at the end of April. The sanctions for those who fail to take part are amongst the most draconian ever introduced into the benefits system.

Mandatory work activity (MWA) is aimed at those jobseekers allowance claimants who, in the judgement of the DWP "have little recent experience of employment. This group has little or no understanding of what behaviours are required to obtain and keep work."

Whilst it is claimed that this scheme is only aimed at those who make no genuine effort to gain employment, the fear is that the net will be set much more widely and that people with mental health conditions, learning difficulties or even conditions like ME/CFS may find themselves being forced onto MWA.

Claimants forced onto MWA will have to work for a maximum of 30 hours a week for four weeks. They will receive no extra payments in return for their work, not even help with childcare costs. There is no limit to the number of times a claimant can be forced to participate in the scheme.

Anyone who fails, without good cause, to take part in an MWA placement when ordered to do so faces having their JSA stopped for 13 weeks for a first offence and 26 weeks for a second offence. Even if they re-engage with MWA, the sanction will not be lifted and the best they can hope for during the sanction period is hardship payments.

It is not yet known what work claimants will be forced to do on MWA, except that the government say it will 'deliver a contribution to the local community', which sounds ominously like picking up litter, removing graffiti and clearing wasteland. It is also not known which charities or other agencies are willing to provide the placements onto which claimants will be forced.

The organisations that are running the scheme, however, are known. They have been named as:

South East JHP Group
South West Rehab Group
London Seetec
East of England Seetec
East Midlands Ingeus
West Midlands ESG

North West JHP Group
Yorks & Humber BEST
North East Ingeus
Scotland JHP Group
Wales Rehab Group

It is also not known how many claimants will be forced onto MWA. The DWP had a fund of £8 million for a minimum of 10,000 placements on the scheme, working out at £800 per place. But bidders had to say how many more places they could provide for the same budget, in order to win contracts. It is believed that the successful bidders were prepared to offer double or even quadruple the number of places for the same price – so just £400 or £200 per placement.

Payment is based on a 100% start fee, however, so that even if someone drops out of the scheme after just one day, the provider still gets the full payment.

Benefits and Work would be very interested to hear from anyone who knows of a charity or other organisation which has agreed to provide work placements for MWA.

Fibromyalgia: What New Research Means for You

01. March, 2011

By Linda Melone, Special to Lifescript

Not even doctors completely understand fibromyalgia. But new research has uncovered better diagnosis and treatment. Read on to learn how the latest fibromyalgia discoveries can help you...

Fibromyalgia is frustrating for doctors and patients alike; the condition is hard to diagnose and treat – and many physicians don't even believe it's real.

But new research on brain chemistry, better diagnosis methods and mind-based therapies, such as cognitive behaviour therapy, are changing doctors' attitudes and offering renewed hope for relief among patients.

"Not only are we doing a better job at educating physicians in how to diagnose fibromyalgia, but new research [also] is helping us better understand" the disorder's effects on the body, says Stuart Silverman, M.D., a clinical professor in medicine and rheumatology at UCLA.

The studies "give credibility to fibromyalgia as a real syndrome," he says.

Researchers are also uncovering new ways to reduce the intensity of symptoms and cope with the ones you've got.

If you have fibromyalgia, here's how the latest research can help.

You can learn to reduce pain.

What research shows:

A mind-body therapy called "affective self-awareness" may offer relief, according to a 2010 Providence Hospital study published in the *Journal of General Internal Medicine*.

In the study, 45 women with fibromyalgia learned techniques – such as mindfulness meditation and writing about their feelings – to recognize and deal with emotions that could exacerbate pain.

Affective Self-Awareness

A small clinical trial has found that one type of mind-body therapy can offer relief to sufferers of fibromyalgia. The research study included 45 female fibromyalgia patients who were taught a technique known as "affective self-awareness." The researchers discovered that the participants receiving this therapy experienced a significant reduction in pain over the course of a six month period.

A total of 46% of the study participants were found to have 30% or greater pain reduction when pain levels were measured according to a standard pain scale. The rest of the participants had been placed on a waiting list to have the therapy and these women served as a control group to the others. The control group experienced no such reduction in pain.

Unfruitful Search

The search for effective therapies for fibromyalgia has been long and difficult and not very fruitful. The researchers of this latest study believe that this is due to the fact that the various treatments don't take into account pain triggers such as emotions and mental distress. Still, the study author, Dr. Howard Schubiner of Southfield, Michigan's St. John [Health/Providence Hospital and Medical Centres](#) says it's important not to give the misimpression that fibromyalgia is all in the patient's head. Schubiner says that the pain is quite real but that there is a brain connection linking pain to emotions. Emotions can trigger "learned nerve pathways" that generate the pain response.

Expressive Writing

Affective self-awareness techniques involve educating the patient about the link between emotions and pain. The patients are taught to express their emotions in writing so that they might learn which emotions bring on the pain. They also learn mindfulness meditation. If the pain has prevented the patient from exercising, the patient will be given gentle encouragement to get back in the saddle.

Schubiner's six-month study was the first clinical trial on affective self-awareness as a therapy for fibromyalgia. Schubiner and his colleagues have applied for funds to perform a larger trial so as to compare affective self-awareness with cognitive behavioural therapy ([CBT](#)) which is known to generate positive benefits for fibromyalgia patients through a similar mechanism of empowering the patient toward good health. The main difference between affective self-awareness and CBT is that the subjects are requested to "directly engage" their emotions while CBT involves the substitution of positive for negative thoughts. The other difference is more practical: most [healthcare](#) providers are not offering affective self-awareness to their patients for pain management.

Yoga Can Counteract Fibromyalgia, Study Suggests



Science Daily (Oct. 14, 2010) — According to new research conducted at Oregon Health & Science University, yoga exercises may have the power to combat fibromyalgia -- a medical disorder characterized by chronic widespread pain.

"Previous research suggests that the most successful treatment for fibromyalgia involves a combination of medications, physical exercise and development of coping skills," said James Carson, Ph.D., a clinical health psychologist and an assistant professor of anaesthesiology and perioperative medicine in the

OHSU School of Medicine. "Here, we specifically focused on yoga to determine whether it should be considered as a prescribed treatment and the extent to which it can be successful."

In this study, researchers enrolled 53 female study subjects previously diagnosed with fibromyalgia. The women were randomly assigned to two research groups. The first group participated in an eight-week yoga program, which included gentle poses, meditation, breathing exercises and group discussions. The second group of women -- the control group -- received standard medication treatments for fibromyalgia.

Following completion of the yoga program, researchers assessed each study subject using questionnaires and physical tests. The results were then compared with testing results obtained prior to the yoga classes. The members of the control group underwent the same evaluations. In addition, each participant in the yoga group was urged to keep a daily diary to personally assess their condition throughout the entire program.

Comparison of the data for the two groups revealed that yoga appears to assist in combating a number of serious fibromyalgia symptoms, including pain, fatigue, stiffness, poor sleep, depression, poor memory, anxiety and poor balance. All of these improvements were shown to be not only statistically but also clinically significant, meaning the changes were large enough to have a practical impact on daily functioning. For example, pain was reduced in the yoga group by an average of 24 percent, fatigue by 30 percent and depression by 42 percent.

"One likely reason for the apparent success of this study therapy was the strong commitment shown by the study subjects. Attendance at the classes was good as was most participants' willingness to practice yoga while at home," added Carson. "Based on the results of this research, we strongly believe that further study of this potential therapy is warranted."

As an outcome of this study and Carson's previous research showing yoga can be helpful with cancer-related pain, next June the OHSU Department of Anaesthesiology and Perioperative Medicine will be sponsoring a training course for U.S. and Canadian yoga teachers who want to build their skills for working with individuals who have chronic pain.

About fibromyalgia

Fibromyalgia affects between 11 million and 15 million Americans. The annual costs for health care for these patients have been estimated at \$20 billion. The cause of fibromyalgia is currently unknown, but it is believed that genetics and physical/emotional stress may play a role.

This research was supported by a grant from the Oregon Health & Science University Medical Research Foundation and resources supplied by the Fibromyalgia Information Foundation.

Try These



Chicken and spring onion stir-fry

Less than 15 minutes to cook? Tasty? Healthier than a takeaway? This quick and easy chicken stir-fry ticks all of the boxes and is a must for tonight's dinner



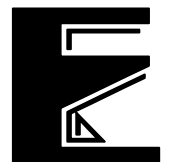
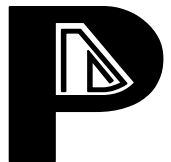
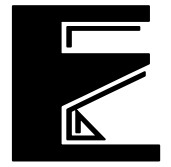
Serves 4 people
Prep time 5 mins
15 mins to cook

Ingredients

- 1tbsp oil, for frying
- 400g chicken breast, cut into strips
- 1 bunch spring onions, trimmed and cut into 2.5cm lengths
- 1 green pepper, de-seeded and sliced
- 2 sachets oyster and spring onion stir-fry sauce

Method

1. Heat the oil in a wok until hot. Add the chicken and cook until tender.
2. Add the vegetables and stir fry for 2-3 mins until they start to colour a little.
3. Add the oyster and spring onion stir-fry sauce, cook for 30 secs and toss to coat. Serve over egg noodles or rice.



Chocolate fingers

Makes 16
Prep time 10 mins
Ready 5 Mins (no bake)



Ingredients

- 60g (2oz) butter
- 1/2 -1 tsp ground cinnamon
- 3 tbsp golden syrup
- 200g bar dark chocolate
- 250g (8oz) crushed plain biscuits

Method

1. Put the butter, cinnamon, syrup and chocolate, broken into pieces, in a large pan. Heat gently until melted.
2. Stir in the biscuits. Mix well and spread into an 18cm (7in) square tin, lined with Bake well paper. Chill until firm, and then cut into fingers.



Puzzle page

In this puzzle each letter of the alphabet has been given a different numerical value between 1 and 26. Four numbers have already been entered in the solution area.

Most of the remaining letters have an arithmetical clue shown below them which equates to the numerical value of the letter. Use the clues and your reasoning powers to match each letter with its correct numerical value.

Symbols:

(+) Plus (-) Minus (/) Divided by (x) Multiplied by (>) More than (<) Less than

A	B	C	D	E	F	G	H	I	J	K	L	M
HxW	Q-T	>Y	T-L			I+J	F/N	E+N	K+T		H-E	Q+E
				2						4		

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	>Q	E+U	C-W	ExS	L+N	F-N	L+J		<N		G+L	>D
6										20		

1	14
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

April's Answers			
Month	Villain	Lair	Destination
January	Worn Girl	Cellar	Bank
February	Bunny Man	Cave	Television Studio
March	Badger Woman	Coal Mine	House of Commons
May	Mole Boy	Quarry	Museum
June	Digger Man	Bunker	Jeweller's Shop

Did you know?

British Money

Since 1971, the monetary system of Great Britain is based on the decimal system. The basic unit of British currency (currency of the United Kingdom and the Crown Dependencies) is the pound, which is divided into one hundred pence. (abbreviated as p).



The official full name pound sterling (*plural*: pounds sterling) is used mainly in formal language and also to distinguish the currency used within the United Kingdom from others that have the same name. (GBP = Great British Pound)

As a unit of currency, the term pound originates from the value of one pound Tower weight of high purity silver known as sterling silver. Sterling silver is an alloy of silver containing 92.5% pure silver and 7.5% other metals, usually copper. The word *sterling* is believed to come from the Old Norman French *esterlin* (meaning *little star*) transformed in *stiere* in Old English (*strong, firm, immovable*).

The currency sign is the pound sign, originally £ with two cross-bars, then later more commonly £ with a single cross-bar. The pound sign derives from the '£sd' pronounced, and sometimes written as 'LSD'. The abbreviation comes from *librae, solidi, denarii* (*Libra* was the basic Roman unit of weight; the *solidus* and *denarius* were Roman coins). '£sd' was the popular name for the pre-decimal currencies pounds, shillings, pence of the Britain and other countries.

The coins in circulation: 1 penny, 2 pence, 5 pence, 10 pence, 20 pence, 50 pence, 1 pound, 2 pounds.

The notes (paper money) in circulation: £5, £10, £20, £50, and £100.

Scottish £1 notes are still in circulation in Scotland. The Channel Islands and the Isle of Man have some different coins and notes from the mainland but the monetary system is the same.

Writing and Saying Amounts of Money

When we write amounts of money in figures, the pound symbol £ is always shown in front of the figures. For example: '*three hundred pounds*' --- > '£300'.

If an amount of money consists only of pence, we put the letter 'p' after the figures. For example: 20p is often pronounced "*twenty pee*" rather than "*twenty pence*". The singular of pence is "*penny*".

If an amount of money consists of both pounds and pence, we write the pound symbol and separate the pounds and the pence with a full stop. We do not write 'p' after the pence. For example: '*six pounds fifty pence*' --- > '£6.50'. When saying aloud an amount of money that consists of pounds and pence, we do not usually say the word 'pence'. For example: '£6.50' -- > '*six pounds fifty*'.

Note also that we say 2 pounds, 5 pounds, 10 pounds, etc. for amounts of money and 2 pound coin, 5 pound note, 10 pound note, etc. for a piece of money (coins and notes).

Old British Money

Prior to decimalization in 1971 Britain used a system of pounds, shillings and pence. ('£sd' or 'LSD'). The smallest unit of currency was a penny, the plural of which was pence (*or pennies*). There were 12 pence in a shilling and 20 shillings in a pound. The pound came in the form of a paper bill, called a note, or a gold coin, called a sovereign.

1 farthing (the lowest value coin) = 1/4 penny

A ha'penny (Half penny - a copper coin) = 1/2 penny (pronounced "heipni")

1 penny (a copper coin) = one of the basic units (1d)

Threepence or Thruppenny Bit = 3 pence (pronounced "thrupence")

Sixpence (a silver coin also called a 'tanner') = 6 pence

1 shilling = 12 pence (1s)

1 florin (a silver coin that numismatists regard as one of the most beautiful medieval English coins) = 2 shillings

A half-crown = 2 shillings and 6 pence

1 crown = 5 shillings = 1/4 pound

1 pound = 20 shillings = 240 pence (£1)

1 sovereign = a gold coin with a face value of one pound (about .24 ounces of 22 carat gold)

Farthings were not produced after 1956 and were withdrawn in 1960, because of inflation. In preparation for decimalisation, the ha'penny was withdrawn in 1969, with the half-crown being withdrawn the year after.

A penny was often called a copper after the metal it was minted from.

Pound coins were not minted before the 19th century – the silver equivalent of the pound circulated in shillings and crowns.

A guinea (first issued on February 6th, 1663) was sometimes used as a unit of account. A guinea was a gold coin, originally made of gold from the Guinea coast of Africa, worth 21 shillings (or one pound and 1 shilling) in old British money. A guinea was considered a more gentlemanly amount than £1. A gentleman paid his tailor in shillings, but his barrister in guineas.

One shilling is now equal to five (new) pence making a guinea worth one pound and five pence in today's currency (£1.05).



Slang Terms for British Money

The slang term for a pound or a number of pounds sterling is 'quid' or 'nicker' and there are other slang terms for various amounts of money. The slang money expression 'quid' seems first to have appeared in late 1600's England, probably derived from the Latin '*quid pro quo*' - '*something exchanged for something else*'. The term 'nicker' is probably connected to the use of nickel in the minting of coins.

The old slang term for a shilling was 'bob' and for a guinea - 'yellow-boy'.

Other slang terms: Fiver = £5, Lady Godiva (Cockney rhyming slang for a *fiver*) = £5, Tenner = £10, Pony = £25, Half a ton = £50, Ton = £100, Monkey = £500, Grand = £1000.

