



September 2011

# THE DERBY FIBRO

**N  
e  
w  
s  
l  
e  
t  
t  
e  
r**

New Group Telephone Number

**0844 887 2434**

New Group Email Address

**[derbyfibro@btinternet.com](mailto:derbyfibro@btinternet.com)**

-----  
**400,000 could lose DLA, alliance  
claims**

**Job Benefits To Be Cut For Rule  
Breakers**

**Fibromyalgia in children and  
teenagers**

# Message from Jackie

*Hi Fibro friends,*

*This week is National Fibromyalgia/CFS/ME week.*

*Well, haven't we had a nice summer! I've heard how folk move abroad for the warm weather, well I went to Turkey for a week, and after the first day, I woke up, and was able to get out of bed; quite easily. And realised I had no aches and pains! It was a wonderful feeling, I felt the change though when the weather changed and it was quite windy one day.*

*Then I came home!!! And oh boy cant I tell winter is on its way!  
So this is the time of year when we need to look after ourselves, take a vitamin and mineral supplement, keep warm, and try and eat healthily.*

*What have you all been doing during the summer? Come along to the group and share your stories with us.*

*Do you have any ideas or experience of fundraising or have any ideas what we can do to raise money for FMAUK, we need to raise awareness and money to go towards research to help us fight this awful disease.*

*"All for One and One for All"*

*We'll soon be booking our Christmas dinner.*

*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

*October 13<sup>th</sup>*

*November 10<sup>th</sup>*

*December 8<sup>th</sup>*

*10.30am – 12.30pm*

## Saturday

*September 24<sup>th</sup>*

*October 29<sup>th</sup>*

*November 26<sup>th</sup>*

*December 17<sup>th</sup>*

*2.00pm – 4.00pm*

Admission  
£2.50

Free Car Park at Back of Church  
Off Melbourne Street, DE1 2GF  
Enter gate on the right after the last  
terraced house

### Contact Jackie on:

0844 887 2434 or Text: 07973285571

Email: [derbyfibro@btinternet.com](mailto:derbyfibro@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>September</b>			<b>Open Circle</b> Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday Of Each Month  <b>7.30pm</b>  No Admission After 7.35pm	<b>Healing Services</b>  Thursdays  <b>2.00pm – 3.30pm</b>
Sun 11 <sup>th</sup>	6.15pm	Angela Farrell		
Mon 12 <sup>th</sup>	2.30pm	Emily Baker		
Sun 18 <sup>th</sup>	6.15pm	Ronnie Kelly		
Mon 19 <sup>th</sup>	2.30pm	Dawn Price		
Sun 25 <sup>th</sup>	6.15pm	Pat Collett		
Mon 26 <sup>th</sup>	2.30pm	Tim Smith		
<b>October</b>				
Sun 2 <sup>nd</sup>	6.15pm	Stephen & Shirley Francis		
Mon 3 <sup>rd</sup>	2.30pm	John & Olga		
Sun 9 <sup>th</sup>	6.15pm	Sue Powell		
Mon 10 <sup>th</sup>	2.30pm	June Berks		

### SPECIAL EVENTS

## September

**Saturday 10<sup>th</sup>**

10.00am – 3.00pm  
 Private Reading  
 And  
 Healing

**Wednesday 21<sup>st</sup>**

7.00pm  
 An evening of  
 Mediumship  
 with  
 Cathy Grindy

## October

**Saturday 8<sup>th</sup>**

7.00pm  
 Supper  
 With  
 Spirit

**Saturday 22<sup>nd</sup>**

10.00am – 1.00pm  
 Private  
 Reading

For More Information

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

# 400,000 could lose DLA, alliance claims

Ian Macrae



Nearly half a million disabled people could lose their Disability Living Allowance according to a leading disability rights charity.

Using direct analysis of Government figures published as part of the Comprehensive Spending Review (CSR), Disability Alliance calculates that 400,000 people would be taken off the benefit by the implementation of new assessment procedures.

In addition, the charity believes that thousands more would have to lose their entitlement to out of work benefits if Government savings targets of £2 billion are to be met.

Meanwhile, other charities reacted negatively to announcements contained in the Government's Welfare Reform white paper published in November.

Richard Hawkes, Chief Executive of Scope (the charity which publishes Disability Now) said: "The fact remains that disabled people who are able to work, who want to work – are still unlikely to find work because there are so few jobs available.

"This white paper does not address the state of the employment market today, nor take into consideration the reality of people's lives.

"And worryingly, it plans to introduce a 'regime of sanctions for those that don't play by the rules'."

Chief Executive of mental health charity Rethink, Paul Jenkins, also expressed concern about the emphasis on getting people back to work and the means by which they'll be assessed.

"The proposed conditions attached to Job Seeker's Allowance will add to the worries of those who already fear they will be wrongly assessed as fit to work under the new benefits test.

"It is now even more essential that benefits assessments really reflect people's ability to work in the long-term. Mental illness affects people differently from day to day, and if someone is wrongly found to be fit for work, and put on Job Seeker's Allowance, they could now be forced to do inappropriate work or lose their benefits. Job centre Plus staff tell us that they don't have mental illness expertise, yet they will decide who to send on these work programmes."

David Congdon, Head of Campaigns and Policy at Mencap focused on the likely impact on people with learning difficulties of proposals to time limit unemployment benefits.

"We are very concerned that punitive measures such as benefit withdrawal will adversely impact people with a learning disability. Failure to find employment does not necessarily reflect an 'unwillingness to cooperate', but is more likely to be as a result of employer prejudice and a lack of support.

"On average it takes more than a year for someone with a learning disability to be 'work ready' and find employment.

"There must be a more flexible and personalised approach to helping people into the job market rather than this one size fits all approach."

# Job Benefits To Be Cut For Rule Breakers

**Controversial welfare reforms that could lead to some claimants losing their benefit entitlement for up to three years have been unveiled.**

The Welfare Reform White Paper will see all state benefits replaced by a single Universal Credit and a "three strikes rule" implemented.

There will be three key offences: refusing a job, failing to apply for a position when told to do so by a job seeker advisor or failing to turn up for a placement interview.

If claimants break one of these rules once their benefit will be stopped for three months. If they do it again the punishment is doubled to six months.

And if an offence is committed three times then benefits will be cut for three years.

It means job seekers would be forced to join month-long community placement programmes of 30 hours per week.

Work schemes would include collecting litter, gardening or renovating vandalised buildings. The reforms were crafted by Work and Pensions Secretary Iain Duncan Smith.

## Welfare Reforms

Claimants could lose their benefits if they:

1. Refuse a job
2. Fail to apply for a position
3. Fail to turn up for a placement interview.

He told Sky News the changes would create a contract between the unemployed and the taxpayer.



"Your contract is: if you're unemployed, work with us, do what you have to do to look for work, apply for work, and take work.

If you do not, there will be a series of different sanctions that say, look, you're not helping, you are not working with us.

The taxpayer has a right, out of fairness, that if they are spending that money they get something back.

Something back is that you take work when work is available."

Mr Duncan Smith said the changes would simplify the benefits system and make work more appealing.

"We will introduce a universal credit which will make sure that work always pays.

We will create a work programme around you and if you have been out of work for a long time we will help you with your problems to get you work-ready and into work."

Our reforms will effectively remove the artificial disincentives created by existing rules about the numbers of hours people have to work. It must always be worth working, even for a few hours a week

- Michael Stringer, a 50-year-old marketing manager from the Midlands, has been receiving Income Support, Invalidity Benefit and Disability Living Allowance since suffering a stroke in 2006.

He walks with the aid of crutches and suffers from a heart defect and memory loss.

He is worried that if his medical assessment deems him fit to join a work placement scheme and he is physically unable to carry out the work then he could lose his benefits.

"On the day of my medical test or assessment I could be having a good day," he said.

"That means I would be deemed fit for work and would risk losing my benefit if I couldn't. I don't think the Government has thought this through at all."

- Lone parent Heather Howarth is a graduate who did voluntary work at The Big Issue magazine, teaching IT and English.

She is looking for a permanent job where she lives in Liverpool.

The mother-of-two thinks forcing job seekers into demeaning work is counter productive.



"I've done my voluntary work. I'm putting work into finding work," she said.

"I can understand why they think some people might benefit from these work schemes. But there are hundreds of reasons why people are unemployed.

"Making someone pick up litter from the streets isn't going to build up their self-confidence."

### **Charities also expressed concern about the new scheme.**

Oxfam's director of UK Poverty, Kate Wareing, said: "Changes to the benefits system proposed today will expose people to the risk of destitution.

"Removing benefits and leaving people with no income will result in extreme hardship for them and their families.

"This sanction, and the proposals to force people to do unpaid work are based on stigma.

"Most people receiving benefits do want to work, and punishing them as if they are criminals repaying a debt to society is not a fair way to treat someone entitled to support."

Dr Adam Marshall, director of policy at the British Chambers of Commerce (BCC), welcomed the changes but said red tape could hamper efforts to create the new jobs required.

"Ministers need to remember that welfare reform cannot be delivered in isolation from other policy changes. If we are to make 2011 a year for growth, concerted action is also needed to strip away regulation, fix the planning system, and ensure businesses have access to the finance needed to underpin growth."

Turning Point's chief executive Lord Victor Adebawale said: "The new system needs to be simple to use, but sophisticated in its understanding of individuals' needs and motivations.

"Few governments plan for suffering - but the test is what they do if it occurs."

# Fibromyalgia in children and teenagers

Usually it's easy to find out what is making children sick. Common childhood conditions such as strep throat and ear infections are simple to diagnose with a throat swab or doctor's examination.

Yet when children complain of vague symptoms such as fatigue, achiness and difficulty sleeping, they could be experiencing any one of a number of common illnesses. One condition that's easy to overlook in children and teenagers is fibromyalgia, which causes pain in the muscles and soft tissues surrounding the joints.

Fibromyalgia can be hard to spot in children because there are no tests to diagnose it, and because it's much more common in adults. Most of the time fibromyalgia affects women over age 18. Even so, between 1% and 7% of children are thought to have fibromyalgia or similar conditions.

Fibromyalgia is part of a group of conditions collectively known as musculoskeletal pain syndrome (MSPS). In children fibromyalgia is called juvenile primary fibromyalgia syndrome (JPFS or JP-FMS). If a child also has arthritis or another disease related to the fibromyalgia, it's called juvenile secondary fibromyalgia syndrome. Here's how to spot the symptoms of fibromyalgia in teens and children, and what to do if you suspect your child has it.

## Fibromyalgia in teenagers and children: What causes it?

No one really knows what causes fibromyalgia. The condition tends to run in families, although no gene has been discovered yet. Researchers have linked fibromyalgia to a number of other health conditions, including immune, endocrine, psychological and biochemical problems.

Just as fibromyalgia in adults is more likely to affect women, child and teen fibromyalgia occurs more often in girls than in boys. Most girls with the condition are diagnosed between the ages of 13 and 15.

## Symptoms of fibromyalgia in children and teenagers

One of the main symptoms of child fibromyalgia is sore spots on the muscles. These spots hurt when pressure is put on them, which is why they are called "tender points."

To find these points the doctor will press with his or her thumb on 18 areas that tend to be painful in people with fibromyalgia. Children who have fibromyalgia will feel tenderness in at least five of these spots. They'll also have been experiencing aches and pains for at least three months.

The soreness can start in just one part of the body, but eventually it can affect other areas. Children with fibromyalgia have described the pain in many different ways including stiffness, tightness, tenderness, burning or aching.

Other symptoms of fibromyalgia in teens and children include:

- Fatigue
- Difficulty sleeping and waking up tired
- Anxiety and depression
- Tummy ache
- Headaches
- Difficulty remembering
- Dizziness
- Restless legs while sleeping

One of the many reasons why teen fibromyalgia is so frustrating is that the symptoms compound one another. For example, the pain of fibromyalgia makes it difficult to sleep. When children cannot sleep, they feel more tired during the day. Being tired makes the pain feel more severe. The symptoms become a cycle that is difficult for children to escape.

Fibromyalgia can be so debilitating that it causes many children with the condition to miss school an average of three days each month. Having fibromyalgia can also be socially isolating. Teens with fibromyalgia can have trouble making friends and may feel like they're unpopular because of their condition.

# Try These

## Chicken chow mein

### Ingredients

- 150g/5oz dried yellow shi wheat flour noodles, or medium egg noodles
- dash toasted sesame oil
- 300g/11oz skinless chicken breast fillets, sliced into strips
- dash dark soy sauce
- 1 tsp five-spice powder
- 1 tsp chilli sauce (optional)
- 1 tbsp corn flour
- 1-2 tbsp groundnut oil
- 1 red pepper, de-seeded and finely sliced
- 150g/5oz bean sprouts
- 1 large spring onion, sliced lengthways
- 2 tbsp light soy sauce
- freshly ground black pepper



### Preparation method

- Cook the noodles in a pan of boiling water for 2-3 minutes until al dente, or according to packet instructions. Drain, then rinse under cold running water and drain again. Drizzle with a dash of sesame oil and toss through to prevent the noodles from sticking to each other.
- Place the chicken strips in a bowl and season with a dash of dark soy sauce, the five-spice powder and chilli sauce, if using. Mix well, then lightly dust the chicken strips with the cornflour.
- Heat a wok until smoking and add the groundnut oil, then add the chicken and stir fry for 3-4 minutes, or until the chicken is golden-brown and cooked through.
- Add the red pepper and stir fry for one minute, then add the bean sprouts and spring onion and stir fry for 30 seconds. Stir in the cooked noodles and season with the light soy sauce, a dash of sesame oil and freshly ground black pepper.
- Pile the noodles onto a serving plate and serve immediately

## Apple and Blackberry Pie

### Ingredients

- 500g (1lb 2oz) shortcrust pastry
- 2 large cooking apples, peeled and cut into small chunks
- 150g (5oz) blackberries
- Juice of 1 lemon
- 2tbsp caster sugar
- 1tsp cinnamon
- 6 cloves
- 1 egg, beaten
- 2tbsp demerara sugar

### Method

1. Roll out the pastry and cut a circle about 30cm (12in) round. Place on a baking sheet.
2. Mix the apples and blackberries with the lemon juice, sugar, cinnamon and cloves. Spoon into the centre of the pastry circle.
3. Bring up the edges of the pastry around the fruit, but don't cover it completely. Brush the outside of the pastry with beaten egg and press sugar all over it.
4. Bake at 200°C (400°F, gas mark 6) for 30-40 mins until golden brown and the fruit is cooked. Serve with lots of cream.



# Puzzle page

## July's Answers

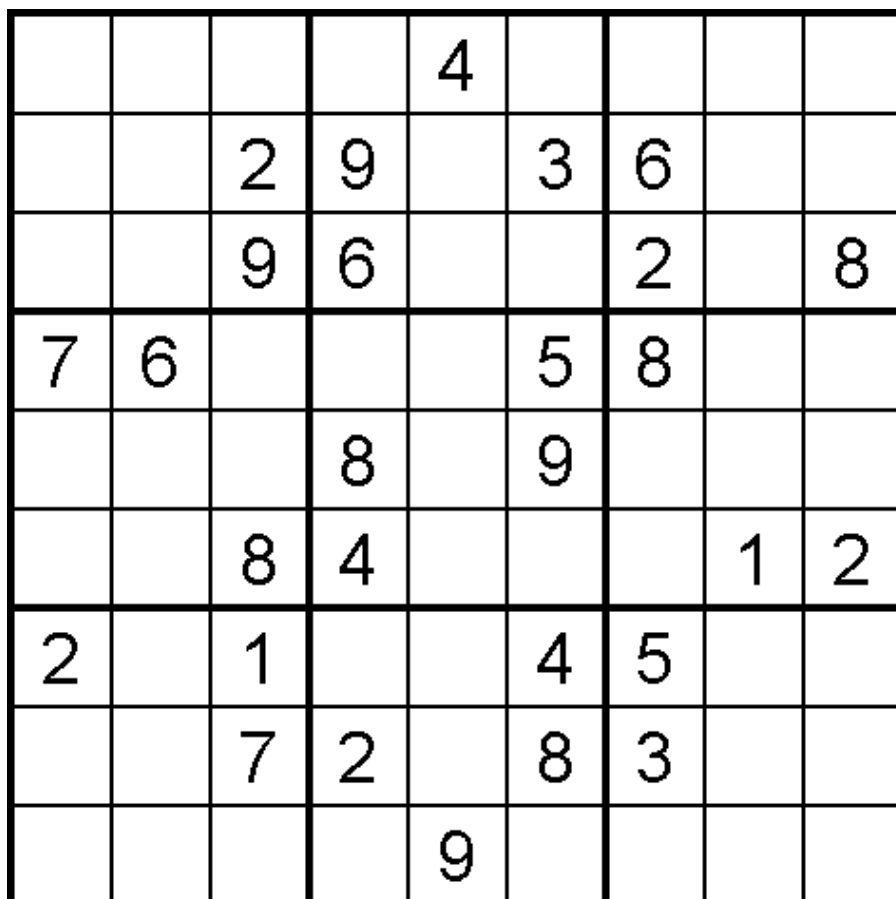
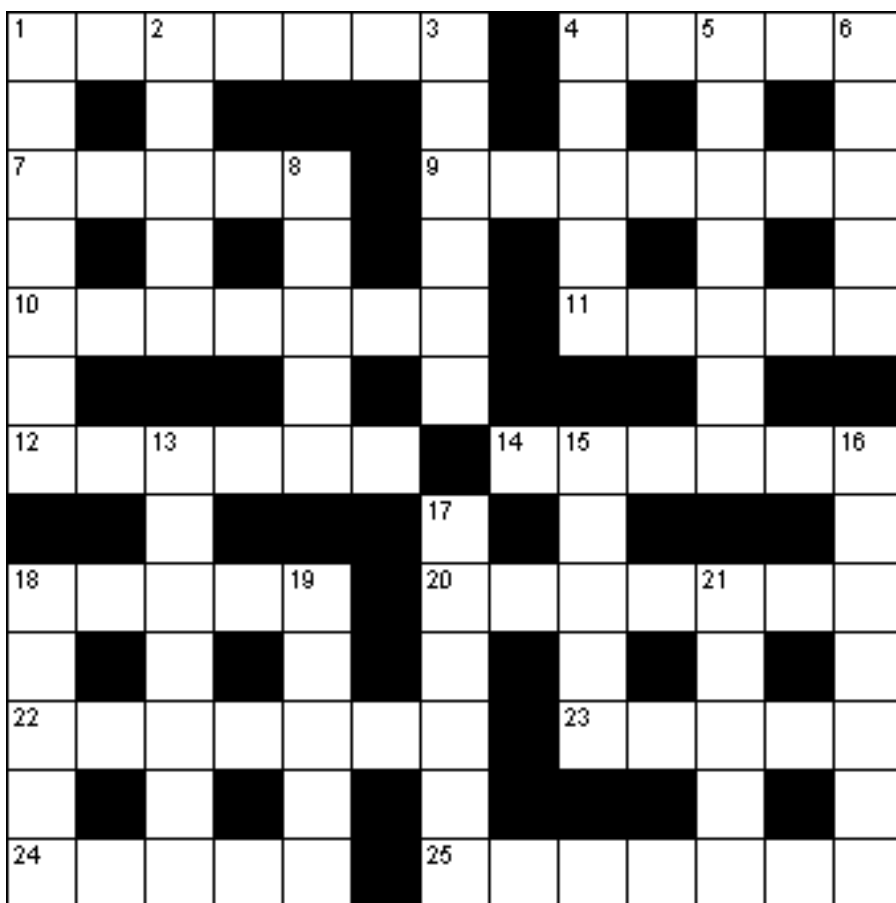
6	4	8	2	1	9	3	5	7
3	2	1	6	7	5	4	9	8
7	9	5	3	4	8	2	6	1
2	8	3	1	9	6	5	7	4
1	5	7	4	3	2	8	4	9
9	6	4	5	8	7	1	2	3
5	3	9	7	2	1	4	8	6
4	7	2	8	6	3	9	1	5
8	1	6	9	5	4	7	3	2

### Across

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

### Down

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgment (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)



# DID YOU KNOW?

These place names were selected as some of them sounded unusual, some sounded interesting, some just sounded funny and some a little rude. It is up to you to decide which is which!

All can be found on Ordinance Survey Maps.

- **Ae**, near Dumfries. The shortest place name in Britain.
- **America**, near Ely, Cambridgeshire.
- **Beer**, near Seaton, Devon.
- **Blackadder**, near Berwick upon Tweed.
- **Chemistry**, near Whitchurch, Shropshire.
- **Cockup Bottom**, near Bassenthwaite, Cumbria.
- **Dungy Head**, near West Lulworth, Dorset.
- **Durdle Door**, near West Lulworth, Dorset.
- **Easter Kinkell**, near Dingwall, Ross and Cromarty.
- **Elephant and Castle**, South London.
- **Flash**, near Buxton, Derbyshire. Claims to be the highest village in England.
- **Four Throws**, near Sandhurst, Kent.
- **Great Cockup**, (mountain) near Bassenthwaite, Cumbria.
- **Great Snoring**, near Walsingham, Norfolk.
- **Halfpenny**, near Kendal, Cumbria.
- **Hen Poo**, near Duns, west of Berwick-upon-Tweed. (name of lake)
- **Idle**, near Bradford. (Idle Working Men's Club?)
- **Inkpen**, near Newbury, Berkshire.
- **Jingle Street**, near Monmouth, Monmouthshire.
- **Jump**, Barnsley, South Yorkshire.
- **Kittybrewster**, Aberdeen.
- **Knockdown**, near Malmsbury, Wiltshire.
- **Land of Nod**, near Grayshott, Hampshire.
- **Loose**, near Maidstone, Kent. (The place to find Loose women?)
- **Mousehole**, near Penzance, Cornwall.
- **Mudford Sock**, near Yeovil.
- **Nether Wallop**, near Andover.
- **No Man's Land**, near Wadebridge, Cornwall (also one near Looe).
- **Oh Me Edge**, near Byreness, Northumberland.
- **Once Brewed**, near Haltwhistle, Northumberland.
- **Pity Me**, north of Durham.
- **Pratt's Bottom**, near Farnborough.
- **Quaking Houses**, near Stanley, Durham.
- **Queen Camel**, near Yeovil, Somerset.
- **Rest and Be Thankful**, Argyll and Bute.
- **Rotten Bottom**, Tweeddale, Borders.
- **Sandy Balls**, near Fordingbridge, Hampshire.
- **Sticker**, near St. Austell, Cornwall.
- **Titty Ho**, Raunds, Northamptonshire.
- **Tongue of Gangsta**, Mainland of Orkney.
- **Ugley**, near Bishop's Stortford. (Home of the Ugley Women's Institute?)
- **Upperup**, near Cirencester, Gloucestershire.
- **Vobster**, near Frome, Somerset.
- **Washaway**, near Bodmin, Cornwall.
- **Wheelbarrow Town**, near Folkestone, Kent.
- **Yarkhill**, east of Hereford.
- **Yazor**, near Hereford.
- **Zeal Monachorum**, north-west of Exeter.

