

# FIBRO NEWS



FMA UK: Contact details

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**Meetings are held the last Wednesday of each month**

**10.30 – 12.30 at the Folk Hall, Portishead**

**£1.50 per session**

### Group Charges

Group membership is £10 per annum. Each member receives a monthly newsletter by post. When attending meetings a fee of £1.50 is made to cover refreshments, a raffle and hall hire. Books can be borrowed for a returnable deposit of £1.

## North Somerset Fibromyalgia Support Group

June 2008

Issue No75

### Chairman

Mrs Betty Farron

Tel 0845 345 2304

**Newsletter Co-ordinator** Shirley Lake

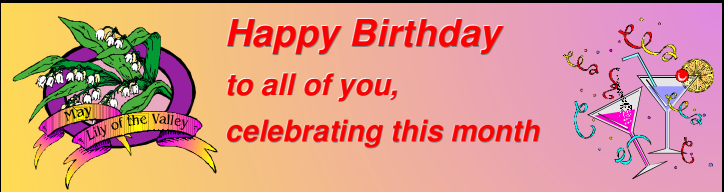
**Newsletter Facilitator** Richard Sparkes

**Website** [www.nsomfibromyalgia.pwp.blueyonder.co.uk](http://www.nsomfibromyalgia.pwp.blueyonder.co.uk)



### 2008 DIARY DATES

Date	Topic	Speaker
25th June	Hypnotherapy	Jackie Fisher
30th July	Group time forum	All of us
27th August	Group time forum	All of us



### Minutes of May meeting

Betty welcomed on behalf of the group, three new members who had visited the Fibromyalgia Awareness stand at Cribbs Causeway in May. Yvonne Nicholson lives in Clevedon and Alison Parry and Sharon Sweet hail from Bristol.

We then had twenty-five minute in depth discussion about the summer outing. Jean Young had discovered a great deal of information about the narrow boat trips from Bristol harbour, including half-day trips to Bees Tea Gardens, which had great possibilities. Accessibility for disabled passengers, toilet facilities, car parking and cost seemed to fit the bill for many members. Jean will have further information for us at the June meeting. Thanks for all your efforts and research Jean, is very much appreciated.

Betty reminded us that our June meeting would include a visit from Hypnotherapist, Jackie Fisher, who will enlighten us to the benefits of this therapy. Some members of the group have already use hypnotherapy in the past and found it to be very helpful for pain relief and stress.

Betty and Norman (as this newsletter goes to print) are enjoying the wonders of Canada for the whole of the month of June, starting with the flight to Toronto, then by train to (the wonderful one with the viewing area in the roof) across to Vancouver, followed by a final week in Vancouver Island. What a fabulous holiday for them both and well deserved too! We look forward to hearing all about it on their return.

During second coffee break the question, was raised whether it might be a good idea to have a second awareness day after the success of the earlier one.

Members followed this with a short discussion about individual Fibro symptoms, allergies, sensitivities and medications. Also on the line were visits to GPs, self-management, exercise on a regular basis and generally finding out what suits the individual.

Betty keeps a few Buddy lists if you would like one. Also Richard has the master list and if anyone wants their name to be added, contact him. This is a good way of keeping in touch and getting to know others, when you feel like a chat.

A Mr Sanders, a resident of the Castel Methodist Home in Guernsey wrote this about three years ago.  
It always makes me smile when I read it.

## A song for every speed

An old man drove down the motorway one morning

At 30 MPH singing "Morning has broken"

At 40 MPH he sang, "There is a green hill far away"

At 50 MPH he sang "Oh happy day".

At 60 MPH he sang, "I'm a stranger here, heaven is my home"

At 70 MPH he sang, "I am coming Lord".

At 80 mph he sang "nearer my God to Thee".

At 90 mph he sang, "Yes we'll gather at the river".

## Carols Potting Demonstration

Our very own Carol Clague **Gardener Extraordinaire!**



Entertained and instructed us on the planting up of a summer container. Using a large glazed terracotta pot with some crocks in the bottom, Carol added a mixture of multipurpose compost, a little John Innes, moisture retaining granules and some pot feed granules and then proceeded to make a very professional job look simple!! Carol used a mix of plants - mauve petunias, a

deep salmon geranium, lilac and purple verbena, mixed Bacopa and mixed lobelia - and the final result was a beautiful planter that will grow and give pleasure throughout the summer months. Carol answered questions during the demo and after about different aspects of gardening including those pesky vine weevils, lily beetles and greenfly larvae and generated hoots of laughter about ways of ridding the garden of those nightmare slugs and snails!! Someone purchased her masterpiece and took it home. The plant stall did extremely well, with donations and sales amounting to £22.88 this year. There are obviously a lot of garden lovers in our group.



We all showed our appreciation with a good applause.

Averil will be on tea/coffee duty this month and needs a helper as Nicky who was down to help will be chairing the meeting, so-



**HELP! A VOLUNTEER FOR THIS MONTHS TEA DUTY PLEASE?**

The July meeting is to be a **'Show and Tell'** session.

Would you please bring a sample of your hobby and show the rest of our group?

It was very successful last year and amazing what people can do, so don't be shy, you don't have to do a talk if you don't want to, just let us see something that you've made or taken part in.

**Basically - What's Your Hobby ?**

