

FIBRO NEWS



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North Somerset Fibromyalgia Support Group

July 2008

Issue 76

Chair

Mrs Betty Farron

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Newsletter Co-ordinator

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2008 DIARY DATES

Date	Topic	Speaker
30th July	Group Hobbies	all
27th August	Group time forum	all
24th September	TBA	



Betty and Julia will be on tea duty
on 30th July

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.

June Meeting

Our June meeting was chaired by Nicky, stepping in for Betty. Tricia met and greeted everyone with a smile as we came through the door. No one was put out, either by the missing library, or the lack of a microphone.

Several of our members were not able to join us, but messages had been received from Carol, Edith, Ingrid, Kathy Fowler, Jean, Richard (who had flu and chest infection) and Louise, who had a hospital appointment.

Nicky read out details from a leaflet sent in by Ingrid concerning a new community based coffee and teahouse in Clevedon. It is known as The Barn in Great Western Way. By all accounts, it is having some success.

Sally Davis, one of our core members has not been able to attend our meetings for some time now, due to a debilitating stroke. She has always been spoken of with great affection; she remains in contact through occasional visitors and our newsletter. She also appreciates a letter or a card to lighten a dark day. We have her address if you like to get involved.

We also missed Richard with his camcorder but I know he has been going through a bit of a bad spell at the moment. He is the one who types my scribble for our newsletters, so I hope he's feeling better and I'll keep the minutes short.

It is belting down with rain today, all day, as I write this so I will share this bit of nonsense with you, just six days before St Swithins day.

St Swithins day, if it do rain, for forty days it will remain
St Swithins day, an it be fair, for forty days t'will rain nae mair
and

All the tears St Swithins can cry
St Bartholomew's mantle wipes them dry

24th August St Bartholomew's day

JULY MEETING - HOBBIES

Have you got a hobby that you love? Is it something that you would like to show our group? Just bring along a sample (or several) of something you've made, photo's of something you do or take part in and display it (or them!) for everyone to gaze at in wonder!! Last time we did this, people were delighted to see so many different hobbies and interests shown.

Happy Birthday

to all of you
who are celebrating this
month



Wendy, a friend of Julia

is holding a fund raising event for **FMA UK** on
Bank Holiday Monday in WSM.

If anyone would like to donate any items or plants etc which could be sold.

Please bring these to the group meeting in July.

Many thanks Betty



Jackie Fisher
DHP, LHS, LAPH

We then welcomed Jackie Fisher from The Walnut Grove Clinic who talked to us about her colourful background of caring for a wide age range, (5-45 yrs) with challenging behaviour problems. She reached “burn out” and gave up her job, re-evaluated her life, moved and took up a new job in teaching. This took her again into contact with challenging behaviour, but she was able to use the skill she had learned to use creative imagery relaxation, the conscious mind and analytical positivity to reach the feel good factor. Waking feeling grungy, having had poor sleep pattern and awareness of pain, can alter with a smile, a shout or a choice of music.

The need is to find a focus point by putting the survival of the mind in charge for the rest of the day. Anger, anxiety, depression are the opt out clauses of our “fight, or flight mechanism. These are hormone controlled and need looking after.

Hypnotherapy works with the sub conscious mind, which is a library of experiences and subsequent responses from birth, for example a mouse initiating a childhood fear, causing raised fear in adulthood but sometimes getting it wrong.

Hypnotherapy gives us tools to help control thoughts and feelings leading to self talk control. Imagine a genie saying, “Your wish is my command” Don’t let the genie govern how you feel. Take control of your pain focus. Imagine, turning down the heat control on the oven and with practice, the pain you are experiencing will lessen.

Positive thoughts can be encouraged by finger and thumb touch of ones ear or hair — helpful in stressful situations.

Hypnotherapy can deal with irrational fears like fear of jellyfish, spiders and the like. Also the fear of flying, negative habits such as smoking or weight gain.

The subconscious cannot differentiate between truth and non-truth and one of the many tools is distancing yourself from a non truth and discovering how to turn around “I don’t want” into “I want”.

Athletes use this focus in training and competitions, Tiger Woods and the marathon competitors do the same.

Members were by this time very much in tune with Jackie and several sub conscious reactions to life events surfaced and were dealt with in a positive manner. Some were quite common, even experienced by Jackie herself, others not, but her empathy and understanding were quite tangible.

She finished with two maxims. Imagine a tape depicting events that have felt raw. Watch it objectively, rewind and watch again and again in your mind until the rawness disappears. The second was “If you don’t like it where you are-change it”.

Jackie leaflet is more comprehensive and can be picked up at the Walnut Grove Clinic in Slade Road, Portishead or the Wells Road Osteopathic Practice in Knowle, where she practices. Her work is also in demand from GPs, family and School services.

What is HYPNOTHERAPY?

Hypnotherapy is an effective way of changing unwanted patterns of behaviour and negative thought processes.

Hypnosis is a natural state of relaxation and concentration, and allows for negative perceptions and beliefs held in the subconscious mind to be altered or amended, as these can be so self limiting and hold you back from positive changes and progress. With Hypnotherapy, you stay fully in control. You do not become unconscious or fall asleep and you are totally aware of everything around you. You can only accept suggestions that are in accord with your own values and you can not be made to do anything against your will.

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Web: www.walnutgroveclinic.com

Wells Road Osteopathic Practice
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Knowle
Bristol BS4 2PH
Tel : 0117 9710221
[Www.jackiefisherhypnotherapy.co.uk](http://www.jackiefisherhypnotherapy.co.uk)

A couple go for a meal at a Chinese restaurant and order the 'Chicken Surprise.'

The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams back down.

'Good grief, did you see that?' she asks her husband.

He hasn't, so she asks him to look in the pot. He reaches for it and again the lid rises, and he sees two little eyes looking around before it slams down. Rather perturbed, he calls the waiter over, explains what is happening, and demands an explanation.

'Please sir,' says the waiter, 'what you order?'

The husband replies, 'Chicken Surprise.'

'Ah! So sorry,' says the waiter, 'I bring you Peeking Duck!'

We need everyone to write to their M E P 's to get enough signatures

To make this become effective.

Below is a sample letter you can use.

On the last page is a list of MEPs in our area.

Dear

[Declaration on Fibromyalgia to European Parliament September 2008](#)

The European Network of Fibromyalgia Associations (ENFA), of which Fibromyalgia Association UK is a member, is supporting this declaration to ensure that each European country makes plans for the diagnosis and treatment of Fibromyalgia. We are not prepared to let millions of people go through life in constant pain.

The Fibromyalgia Global Impact Survey Final Report (55 pages) as presented at the European League Against Rheumatism (EULAR) Meeting in Paris on 12th June 2008, details the responses from health professionals and patients about diagnosis, treatment and impact on the quality of life

This survey clearly shows that, in the European countries that took part, including the UK, there is a need for greater understanding of Fibromyalgia among health professionals so that timely diagnosis is made and treatment given.

The delays in making a diagnosis impact on the individual, the family, the workplace, the wider community and have a financial impact on the health services and benefit budgets. (as per survey results).








The number of people with Fibromyalgia is significant throughout Europe and yet its recognition and treatment is haphazard and inconsistent. No guidelines at national or European level exist, so local health providers have no benchmark for the management of the disorder.

Please sign the declaration when it is presented in September so that the millions of people throughout Europe with Fibromyalgia can receive the help they need.

Thank you for your support

Yours sincerely,

MEPs in SOUTH WEST - Bristol, Gloucestershire, Somerset, Dorset, Wiltshire, Devon and Cornwall.

<p>Mr Neil Parish</p> 	<p>Con</p>	<p>9c Mill Park Industrial Estate White Cross Road Woodbury Salterton Exeter Devon EX5 1EL</p>	<p>Committee on Agriculture and Rural Development (Chair) <i>Committee on Fisheries</i></p>
<p>Mr Graham Booth</p> 	<p>UKIP</p>	<p>UKIP Unit 1 King Charles Business Park Old Newton Road Heathfield Newton Abbot Devon TQ12 6UT</p>	<p>Committee on International Trade <i>Committee on Constitutional Affairs</i></p>
<p>Mr Graham Watson</p> 	<p>Lib Dem</p>	<p>Bagehot's Foundry Beard's Yard, Bow Street Langport Somerset TA10 9PS</p>	<p>Conference of Presidents</p>
<p>Dr Caroline Jackson</p> 	<p>Con</p>	<p>New House Hanney Road Southmoor Abingdon OX13 5HR</p>	<p>Committee on the Environment, Public Health and Food Safety <i>Committee on Transport and Tourism</i></p>
<p>Mr Glyn Ford</p> 	<p>Lab</p>	<p>Belle Vue Centre 6 Belle Vue Road Cinderford Gloucestershire GL14 2AB</p>	<p>Subcommittee on Security and Defence Committee on International Trade Committee on Petitions <i>Committee on Foreign Affairs</i></p>
<p>Mr Roger Knapman</p> 	<p>UKIP</p>	<p>Office of Roger Knapman MEP Mill Lodge Great Torrington Devon Ex38 8PH</p>	<p>Committee on Civil Liberties, Justice and Home Affairs</p>
<p>Mr Giles Chichester</p> 	<p>Con</p>	<p>Longridge West Hill Ottery St Mary Devon EX11 1UX</p>	<p>Committee on Industry, Research and Energy Temporary Committee on Climate Change <i>Committee on the Internal Market and Consumer Protection</i></p>