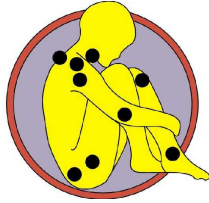


FIBRO NEWS



JANUARY 2009

ISSUE NO 82

FMA UK: Contact details

Registered Charity No.1042582

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Tel 0870 752 5118

Website <http://www.fibromyalgia-associationuk.org>

Email fmuk@hotmail.com

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

Chair Mrs Betty Farron

Tel 0845 345 2304 **E Mail** swfibro@yahoo.co.uk

Newsletter Co-ordinator Mrs Shirley Lake

Newsletter Facilitator Richard Sparkes

E Mail richardsparkes@blueyonder.co.uk

Treasurer Julia

Tel 0845 345 6024 **E Mail** joomac@live.co.uk

Website www.nsomfibromyalgia.pwp.blueyonder.co.uk

Meetings are held the last Wednesday of each month

10.30 – 12.30 at the Folk Hall, Portishead

£1.50 per session

DIARY DATES 2009

Date	Topic	Speaker
January 28th	Tips on coping with FM	All
February 25th	Avon Fire and Rescue	Aileen Saunders
March 25th	Craft session for Easter	All
April 29th	AGM followed by DIAL	Jill from WSM



Our **Christmas party** went well with 20 plus members arriving to share in all the goodies. The event kicked off with our annual table decoration demo by Carole and very soon the tables were full of beautiful arrangements to be taken home and enjoyed by family and friends. Mine is still blooming as I type this on the 1st of January 2009!!

Our usual Secret Santa is growing in popularity and everyone enjoyed choosing a gift - did you squeeze the parcels as you rummaged for yours? I didn't as Nicky chose one on my behalf when I was in the kitchen with Betty and yes, I did wait until Christmas morning to open it, unlike some others who shall remain nameless!!! Jenny brought crafts for sale and is still raising money for the group with her wonderful handmade gifts. (Talking crafts, we shall be making Easter style crafts at the March meeting, get your thinking caps on please - or should that be bonnets? Groan!!!!) Nicky brought a seasonal quiz for everyone to take part in and I noticed a lot of fibro fog in the room when it came to trying to remember the names of cakes!!

Lunch was plentiful and yummy with second helpings for those with elastic waistbands and then I remembered to bring in the desserts and double cream....oops nearly forgot! We then all congregated in the back area of the hall to watch the sing a long version of Mama Mia! and it was great to not have to hum when we couldn't remember the words! A fair few of us drooled over Pierce Brosnan even though he can't sing for toffee!! Thanks to Yvonne for supplying her DVD for the occasion and also to Norman for carrying the big TV set and player from home. Thanks also to everyone who helped with setting up, washing up and putting away, collecting cups, plates etc, putting back chairs at the end of the meeting and helping to carry out everything to the cars, its always very much appreciated.

It's been good to see the support group growing in numbers and strength during 2008 and I'd like to wish all of you, my fibro friends and their families, an extremely good and healthy 2009

and in the words of Betty..... **"Lang may your lum reek!!"** **Julia**

