

The video of a front room fire vividly demonstrated the speed of a fire starting on a sofa cushion:-

- 60 secs – tall thin flame, cushion and back of sofa
- 90 secs – smoke alarm goes off, bigger flame, lots of smoke
- 1.55 mins – smoke right across the ceiling
- 2.08 mins – smoke curled down to door frame
- 2.27 mins – smoke now lethal and hot gases cause flashover
- 2.50 – 3.17 mins – whole room in flames



Suggestions for staying safe:

Modern settees and chairs are match and cigarette resistant, thanks to new manufacturing methods. (Your bed is still 100% vulnerable.) Many lives have been saved as a result.

Candles and tea lights should be kept in a safe place, never placed on a plastic base when lit and always extinguished before leaving the room.

Do not leave electrical items such as dishwashers or tumble driers in operation when you are not around and throw out that deep fat fryer.

Have smoke alarms fitted, one per floor – a MUST.

Keep an ABC rated dry powder extinguisher handy – perhaps in the kitchen

Internal doors will hold back fire for a time.

New build houses now must have staircases opening on to an outside door.

Second biggest cause of fires are irons, hairdryers or similar.

Always switch off appliances before going to bed. If you have your TV on standby, switch it off at power point. Close all downstairs doors before going to bed.

Set up a plan of action for the occupants of the house or flat and make sure everyone knows what to do in event of fire. This will vary depending on circumstances but it is important to have that plan.

Change the batteries in your smoke detector alarms every 12 months.

Change the head of the smoke alarm every 10 years.

Any problems, ask for help from your local fire prevention officer.

Betty thanked David for his riveting talk, and resolved never to leave her tumble dryer unattended again.

Richard supplied a few more A3 and A4 posters for display in suitable venues, and also brought a further supply of A5 white envelopes for sale at discounted prices. If you want any envelopes contact me before a meeting so I can bring them along for you.

Raffle was won by Wendy.

THE ANNUAL GENERAL MEETING

Will be held
on

WEDNESDAY 29TH APRIL 2009 AT 10.00AM

Current Committee officers are as follows

Chair/Secretary	Betty Farron
Vice Chair	Nickie Hickey (standing down)
Treasurer	Julia Mc Couaig/Nickie Hickey
Committee Member	Averil Mc Manus

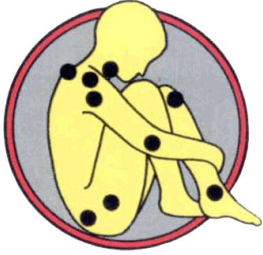
A nomination form for 2009/10 is attached with the newsletter



Flora London Marathon 26th April **Paul Swanton** is a seasoned marathon runner and this year is running for FMA UK on behalf of a close friend who has fibromyalgia and understands the impact it has on his friend's life. To sponsor Paul for this event you can donate on his page at www.justgiving.com/paulswanton . We thank Paul for raising awareness of fibromyalgia by his participation in the London Marathon.



Diary dates for 2009		
April 29th	AGM followed by Disability Information & Advice Line	Jill from WSM
May 27th	Growing tips and Plant Sale	Yvonne
June 24 th	Pamper Session 10.00am to 13.00	All
July 29 th	Antiques Road show	Jean Hemming
Aug 26 th	Group Time	All
Sept 30 th	Energy Efficiency	Kim Herivel
Oct 28 th	Arthritis Care	Greg Whale
Nov 25 th	Craft Session for Christmas	Julia
Dec 23rd	Christmas Party	All



North Somerset Fibromyalgia Support Group

Vice-Chair – Nickie Hickey, 14, Oldville Avenue, Clevedon BS21 6HG

Tel: 01275 874737

To all members of North Somerset Fibromyalgia Support Group

THE ANNUAL GENERAL MEETING WILL BE HELD

ON WEDNESDAY 29TH APRIL 2009 AT 10.00AM

AT THE FOLK HALL, HIGH STREET, PORTISHEAD.

Members are invited to nominate individuals for the following:

CHAIR

VICE CHAIR

SECRETARY

TREASURER

I wish to nominate (name of nominee) _____
for (position) _____

Proposed by _____ (signature)

Seconded by _____ (signature)

Forms may be sent to Nickie or brought to the meeting.
(Please do not send to Betty as she will be away, raising FM awareness at a health professional conference).