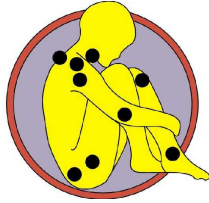


# FIBRO NEWS



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FMA UK: Contact details

Registered Charity No.1042582

FMA UK. PO Box 206, Stourbridge, West Midlands, DY9 8YL

Tel 0845 3452322 helpline 10.00 am to 4.00 pm week days

Website <http://www.fmauk.org>

Email [fmauk@hotmail.com](mailto:fmauk@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.



**Happy Birthday**

*to all of you,*

*who are celebrating this month*

## North Somerset Fibromyalgia Support Group

**Chair Mrs Betty Farron**

**Tel** 0845 345 2304 **E Mail** [swfibro@yahoo.co.uk](mailto:swfibro@yahoo.co.uk)

**Newsletter Co-ordinator Mrs Shirley Lake**

**Newsletter Facilitator Richard Sparkes**

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**Website** [www.nsomfibromyalgia.pwp.blueyonder.co.uk](http://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
April 29th	AGM followed by	Jill from WSM
May 27th	Growing tips and plant sale	Yvonne
June 24th	Pamper Session	all

## March Meeting

Apologies from Diane, Shirley, Alison, Sue Betterton and Wendy.

**Edith**, kindly offered to be responsible to send cards out to our members who cannot attend through illness.

**Betty** alerted us to a useful free publication called "The Pain Toolkit" written by Pete Moore. Further copies have been ordered for the Library.

Next month is our **AGM**, can we have all nomination forms completed.

Annual subscriptions of £10 for a full year are now due.

**Tea Rota**. This is not complete so can we please have volunteers and also please add your phone no on the date you are due to help.

## International Fibromyalgia Awareness Day 12th May 2009

The FMAUK is raising awareness by attending a **coffee morning at the Houses of Parliament in Westminster**.

They are having one for MPs and anyone with fibromyalgia at Portcullis House in Westminster. This is where many MPs have their offices and meeting rooms.

Last year we provided postcards for people to send to their MPs inviting them to the coffee morning and this was very successful in attracting more MPs to join the All Party Parliamentary Group on Fibromyalgia. Yvonne, together with Betty and Norman will be attending.

**St Monica's Trust** in Westbury-on-Trym have a Hydro therapy pool available for hire at £50 for 3 people.

**Richard** asked if anyone had heard how Louise was getting on, as she had been very ill for some time now. Nickie volunteered to call and see her after the meeting.

## **Easter Craft Session**

*Myself (Julia) and Edith took last months craft session and showed how to make simple Easter cards and also cards for any occasion. No photo's available of our successes as the cards made were sent straight off to group members who were unwell and not able to make the meeting!! I hope you're all feeling much better this month?*

*This time, I used a craft magazine article to show just how easy it is to make a card even without the particular (often pricey!) bits and bobs that they normally suggest you obtain to be able to produce one like theirs but I used their instructions to produce my own version and if you use wrapping paper, bits from other cards you've received and so on, you can make a really lovely card.*

*Keep your glues etc upright, well sealed and away from heat and they'll last for years. I find Anita's range of glues very good and perfect for lots of crafts so a good investment. Straying away from the card idea shown in the magazine, I made a simple cross from a leopard skin print card, it was really just two pieces of card forming the cross. I later added daffodils and grass cut from card and paper and gave it to a friend. Edith made samples of cards using materials from her own collection of crafty bits and was able to show and advise members just how to achieve their own versions.*

*We hope you enjoyed the session and there's another craft month booked for November 2009 so if you fancy a change of craft or have your own ideas you'd like to try just get in touch with me either at meetings, by email or phone. **Julia.***

### **Charity Events Raising funds**

#### **12th July the Annual Raft Race at Portishead Lake.**

Our group is building a raft, thanks to the efforts of Julia's husband Simon who is a soldier in the Army.

TA soldiers at 266 Battery in Bristol (via Simon's work contacts) are using the event (on our behalf to raise fibromyalgia awareness and maybe some fundraising and they will have a recruitment stand on the day) as an exercise and building raft/s on Saturday then entering the races on Sunday 12th July 09.



Further information can be found on the Raft Race website [www.portisheadrafttrace.co.uk](http://www.portisheadrafttrace.co.uk)

### **SOME POSSIBLE GOOD NEWS THAT COULD HELP SOME OF OUR MEMBERS!**

#### **Review of NHS prescription charges that will consider options for implementing exemption from the charging arrangements for people with long term conditions**

##### **Terms of reference**

The Prescription Charges Review will consider how to implement the Government's commitment to exempt patients with long-term conditions (LTCs) from prescription charges over the next few years following the exemption for cancer patients, which will be introduced in 2009.

The Review will engage with patients and their representatives, clinicians, the public, healthcare organizations and other interested groups to ensure the widest range of views contribute to its findings.

It will consider:

- how to define the range of long term conditions affecting patients that should be exempted from prescription charges;
- how exemption from charging can best be phased in, with due regard to:
  - what is in the best interests of patients
  - the potential impact on the wider health care system
  - implications for existing policies on management of long term conditions
  - implications for public expenditure

The review will report to the Minister for Public Health and the Secretary of State for Health in Summer 2009.