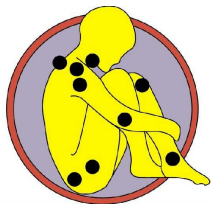


# FIBRO NEWS



SEPT 2009

ISSUE NO 90

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.

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

## 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**

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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**

## DIARY DATES 2009

Date	Topic	Speaker
30/09/09	Energy Efficiency	Kim Hervivel
28/10/09	Arthritis Care	Greg Whale
25/11/09	Xmas Craft Session	Julia

## Happy Birthday

*to all of you, who are celebrating this month*

## August Meeting

The reception room at Portishead was set out like a Cafe with small tables, each adorned with a pretty cloth and a vase of flowers as we set about our first “bevi” and Betty opened the meeting.

There were apologies from Dawn, Trish, Nicky, Maureen and Carol. There was also good news that Sally was on her way home from hospital that day.

Thanks were expressed to Averil for entertaining us at her home where we all enjoyed a great barbeque under blue skies and sunshine.

Julia also was thanked for her commitment to the Portishead Raft Race which will bring some financial benefit to our Group, and for the presentation folder of great photos taken at the event.

Betty and Wendy would be pleased to have any plants for the Tabletop Sale for Fibromyalgia UK at Weston.

A timetable was passed around the room for volunteers to fill in a slot where they could help at The Mall on 10th Sept. We shall be giving out information as part of National awareness week.

A course will be held in Thornbury, run by Arthritis Care, called Challenging Your Condition and will be attended by a few members.

Nicky's son Jordan, is performing in the musical “Cocobana” in Clevedon and several of us took advertising cards to promote the event.

On display was a copy of the new booklet from FMA UK “Children and Young People with Fibromyalgia” for which our group made a donation last year.

With the Government looking into moving benefits like Attendance Allowance and Disability Living Allowance finances into the care of Social Services there is a petition which can be found on the Benefits and Work website for those who wish to sign it.

Julia suggested forming a Craft group to make some Christmas presents like notebooks with collaged covers etc. If you are interested, look out for reasonably priced notebooks with hard spines.

Remember to recycle [Inkjet cartridges and old mobile phones for FMA UK](#) in the special envelopes.

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The rest of our meeting took a form of "Speed Dating" or was supposed to, so that we would move from table to table. I think we only managed one move from our tables and chattered so enthusiastically that there was no time to pull all the results

together at the end. The idea was to discuss and add our thoughts, discoveries, and helpful hints along the foggy trail of FM.

I managed to grab two sheets of comments, the others disappeared. The contents of these I will endeavour to record for you.

One sheet was headed "Comments"! No swearing please! A good start so here we go.

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Several members recalled familial links to FM and possible links to the involvement of the **hormonal glands**.

Frustration with **G Ps** who maintain that FM is the cause of all ills, have no faith in the Expert Patient Programme, and offer little support or interest to patients after diagnosis of FM leaving them to their own devices.

**Pain Pain Pain.** Myofascial pain and Temporal Mandibular pain which occurs in connection with FM. Exhaustion and poor sleep.

These headings led on to discussions of medication and herbal/vitamin supplements that help, and covered a wide range taken by members, including Paracetamol, Co Dydramol, Morphine, Duloxetine and (Amitriptyline-not popular) Also Vit D, Q10, and Brandy and dry Ginger!

It shows that FM sufferers have to work hard at discovering what works for them, and at the same time, try and be aware of all the unnatural chemicals that can affect our daily lives. A remark was made that intermittent pain control often doesn't work, and needs to be regular for some sufferers.

**Alternative therapies**, again frowned upon by many GPs. can provide some relief from the physical symptoms of FMA, seemed to be well tolerated by most.

Exercise is paramount in keeping muscles and joints flexible and strong but needs to be increased gradually. If done too quickly it can cause more pain.

The Go For Life Programme operated by North Somerset Council raised the question of those with FM exercising in a hydrotherapy pool where there would be warm water and expert physiotherapy supervision.

This can be through simple creature comforts, a mattress topper, memory foam pillows, a soft cuddly blanket to wrap around aching shoulders, or importantly being involved in some absorbing hobby, or voluntary work of some kind which can be tailored to cope with good days and bad days, and take you out amongst other people. Our discussions revealed a volunteer who helps with transporting the needy in Clevedon, two Hospice shop helpers, and a primary school volunteer.

All the above can have a calming effect on the intensity of the pain with which we cope, and sitting about or lying in bed can have the opposite effect, although I had to personally admit to the occasional "wallow".

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Four other items that arose from the "Speed Dating" discussions, were

1. Is there a possibility for an EPP to be set up for the Group?
2. An Individual Care Plan for every patient should be in place" by 2010.
3. Those on the net are asked to "[Google](#)", or, preferably use "[Everyclick](#)" to search out Tim Farron MP as a possible good guy for FM.
4. Liam Fox is also interested in FM we have heard.

There must be many other hints and ideas expressed but I was unable to get all the notes. We will have to do this again some time. We had fun and got to speak with members we had only previously smiled at across the room.

The hydrotherapy pool suggestion grabbed one of our members and set off a rapid chain of events. I have to report that a small number of us were able to journey to Leigh Court and fill a vacant slot in the Freeways Trust pool, to be assessed and signed up, after which we had a supervised gentle exercise session of some 30 minutes in gloriously warm water.

Did we enjoy that time? I can tell you we were falling about with laughter and porpoising around, weightless and free of a lot of our pain. It was just marvellous. A report of this adventure will be shared at our next meeting.

THIS FRIEND, IS FOR YOU ! YOU CAN'T ESCAPE IT, I HAVE BEEN TRYING FOR YEARS, BUT CANT REMEMBER WHERE TO START.....

READ ON

## AAADD- KNOW THE SYMPTOMS..???

*Thank goodness there's a name for this disorder.*

*Somehow I feel better, even though I have it!!*

Recently, I was diagnosed with A.A.A.D.D. -

### **Age Activated Attention Deficit Disorder.**

This is how it manifests itself: I decide to water my garden.

As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

As I head towards the garage, I notice mail on the porch table that I picked up from the post man earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the recycling box under the table, and notice that the recycling box is full.

So, I decide to put the bills back on the table and take out the recycling first.

But then I think, since I'm going to be near the post-box when I take out the recycling paper anyway, I may as well pay the bills first.

I take my cheque book off the table, and notice that there is only one cheque left.

My extra cheques are in my desk in the study, so I go inside the house to my desk where

I find the cup of coffee I'd been drinking.

I'm going to look for my cheques, but first I need to push the coffee aside so that I don't accidentally knock it over.

The coffee is getting cold, and I decide to make another cup.

As I head toward the kitchen with the cold coffee, a vase of flowers on the worktop catches my eye - the flowers need water.

I put the coffee on the worktop and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I put the glasses back down on the worktop, fill a container with water and suddenly spot the TV remote control. Someone left it on the kitchen table.

I realise that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I put the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

The car isn't washed

The bills aren't paid

There is a cold cup of coffee sitting on the counter

The flowers don't have enough water,

There is still only 1 cheque in my cheque book,

I can't find the remote,

I can't find my glasses,

And I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

Do me a favour. Forward this message to everyone you know, Because I don't remember who the hell I've sent it to.

Don't laugh - if this isn't you yet, **your day is coming!!**

**Thanks to Averil for submitting**

## QUIZ NIGHT - THE BARN, CLEVEDON

Friday November 27th - 7pm until 10pm

*Yvonne has booked The Barn for a fantastic Quiz night - bring friends and/or partners to take part in the fun! There will be teams of four or six so if you can make up those numbers yourself, great, if not, don't miss out, let either Yvonne or myself (Julia) know and we will link you up with others.*

*There's a charge of £2.50 each person and refreshments will be available at a minimal charge. You can also 'bring your own' booze if you prefer!*

*This event is open to anyone and places are going fairly quickly and are limited - eight teams already booked - so please let us know soon, either on 0845 3456024 (Julia) 01275 876626 (Yvonne) or email [joomac@live.co.uk](mailto:joomac@live.co.uk) using the words 'Quiz night' in the title (or I'll delete you unread!!) and of course at group meetings.*

*A great evening is planned with lots of laughter and great company so get your*

## **Bristol Half Marathon.**

Scott Speed, Dawn's son successfully completed the and raise £140 for FMA UK. Well done Scott and thank you for your support.



## **Cribbs Causeway Shopping Mall**

At our stand at the we had over 50 new enquirers, showing interest in fibromyalgia and the local support groups.

## **Weird stuff...!**

Only great minds can read this

**This is weird, but interesting!**

**fi yuo cna raed tihs, yuo hvae a sgtrane mnid too**

**Cna yuo raed tihs? Olny 55 plepoe out of 100 can.**

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