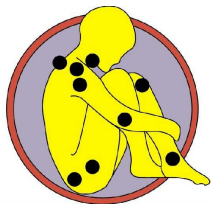


# FIBRO NEWS



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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.

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

*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

**Treasurer** Mrs Nickie Hickey

**E Mail** [mailto:hickeynicola@yahoo.co.uk](mailto:mailto:hickeynicola@yahoo.co.uk)

**Membership Secretary** Julia McCouaig

**Deputy Treasurer** Tel no 0845 345 6024

**Newsletter Facilitator** Richard Sparkes

**E Mail** [richardsparkes@blueyonder.co.uk](mailto:richardsparkes@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
28th Oct	Arthritis Care	Greg Whale
25th Nov	Xmas Craft Session	Julia
23rd Dec	Christmas Party	All

## September Meeting

**Kim Herivel** visited us from **North Somerset Housing Renewals** Team and gave a very professional talk on ways of using energy in our homes in the most efficient way, thereby cutting our CO2 emissions and usually saving substantial sums of money.

The interest raised within the Group brought forth many questions and somewhat interrupted Kim's flow of words, but being totally in control of her subject and having a happy and friendly disposition, it turned into a discussion with questions and answers and discoveries made by members about their own homes.

It covered topics like Keeping warm in winter; getting the best from Economy 7; how to deal with condensation; fuel debt; fuel switching and energy suppliers; getting more from storage heaters; and energy efficiency for landlords.

A number of booklets and leaflets have been left in the care of our library for reference. Kim's contact tel no is 01934 426686 or [Kimherivel@n-somerset.gov.uk](mailto:Kimherivel@n-somerset.gov.uk), or contact the Housing Renewals Team, Adult Social Services and Housing, North Somerset Council, Somerset House, Oxford Street, Weston super Mare, BS23 1TG.

The small group of Water Babies attending the Freeways Hydrotherapy pool for physiotherapy guided exercises have discovered that the effort of getting there on a weekly basis is reaping some benefit for each one of us. Each exercises within their own capacity, the camaraderie is very tangible, and we all have a good laugh, releasing those elusive endorphins.

Tentative talks have begun to possibly set up another session, as several more of our members have expressed an interest in joining. At our next meeting there will be an opportunity to put your name down if you want to benefit from this therapy and the Happy Half Hour it generates, but in order to keep the individual cost down to a minimum sensible level, we have to commit to regular attendance, so that each class has five to seven participants. We may be able to set up a "Bush Telegraph" system, so that someone who cannot attend their usual session for some good reason can find a substitute to fill that place, perhaps someone unable to get into a regular class, or another who feels like doing two in one week! Each session is 30 minutes, 20 of which is for gentle stretching and core muscle strengthening, in near body heat, and then 10 minutes of free swim, or sit and laugh in the Jacuzzi!

## Continued

For myself (Shirley), I used to belong to the Nailsea Grey Seals, ( not an Olympic team but a group of disabled or older -55 plus members) but I had to give up because of the water temperature, the vertical steps to get in and out just killing my feet, the hand rails wrecking my shoulders, and the very wet tiles which made walking with a stick some what dangerous.

The Freeways pool in contrast has super steps, handrails and changing facilities, to makes us all feel just that little bit important.

The Instructors are friendly and understanding, finding ways around individual movement problems.

## **QUIZ NIGHT at THE BARN, CLEVEDON**

**Friday 27th November**



**7.30 pm start**

Have you booked your place yet? Yvonne and Julia have been taking bookings from everywhere and there are now only a few tickets left out of 80 so if you want a great night out then just ask!

Weston S Mare group have booked 5 tables (20 people) so we need to get our group numbers up for the competition!! It's an open quiz so anyone can come along but we do need to know beforehand so we can cater for everyone and the 'callers' know how many to print for! Tickets are £2.50 per person - 4 people per team.

**TEA, COFFEE & NIBBLES AVAILABLE & REMEMBER YOU CAN BRING YOUR OWN WINE OR BEER (and glasses!)**

***Please support this event everyone - we are still raising money for our group projector and the Quiz night fundraising should enable us to go ahead and purchase one ready for the new year. If you can't make the evening, please buy some raffle tickets, there's really good prizes to be won! See Yvonne or Julia.***

*The projector will enable us to use DVD's and the internet for exercise's suitable for us all to learn how to stretch and move ourselves. We intend to have approximately 10 minutes of each meeting dedicated to exercise for fibromyalgia so if you have any ideas or information that you think might help, please let a committee member know. This is obviously not an obligatory part of the meetings and if you don't feel up to taking part then please don't worry, we will all understand - no pressure.*



**So.....Quiz Night is on Nov 27<sup>th</sup>, you can always use FIBRO FOG as an excuse for not knowing the answers!! Just make sure you don't forget to come along!!**