

Worthing area fibromyalgia group



Issue 1

December 2009

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**The Worthing meeting is to be
relaunched on
Tuesday 19th January 2010
6.30pm for 7pm at Ferring Baptist
Church, Greystoke Rd, Ferring**



Welcome to the first newsletter of the Worthing area Fibromyalgia Network. I hope you enjoyed the Christmas meal.

I am pleased to announce that we have found a new venue to hold our monthly meetings. I know there are a lot of fibro sufferers out there and it is good to come together to share our experiences and feelings. Although I am not a sufferer of fibromyalgia, I live with someone who does and it is good to talk to other partners who live with a sufferer.

The meeting has a new style instead of speakers it will be more of a social event. We will have more of a discussion about issues relating to fibro, play games, have competitions and most importantly have fun.

HELP NEEDED!!

We still need volunteers to help with various tasks at the meetings. If you think you could help please speak to Nichola on Tel: 07966534377 or send her a message, Email Youandme1@sky.com

Lets not forget the library, raffle and refreshments these will still continue as they have been successful. Nichola will update us on the news and changes in the fibro world at the start of every evening.

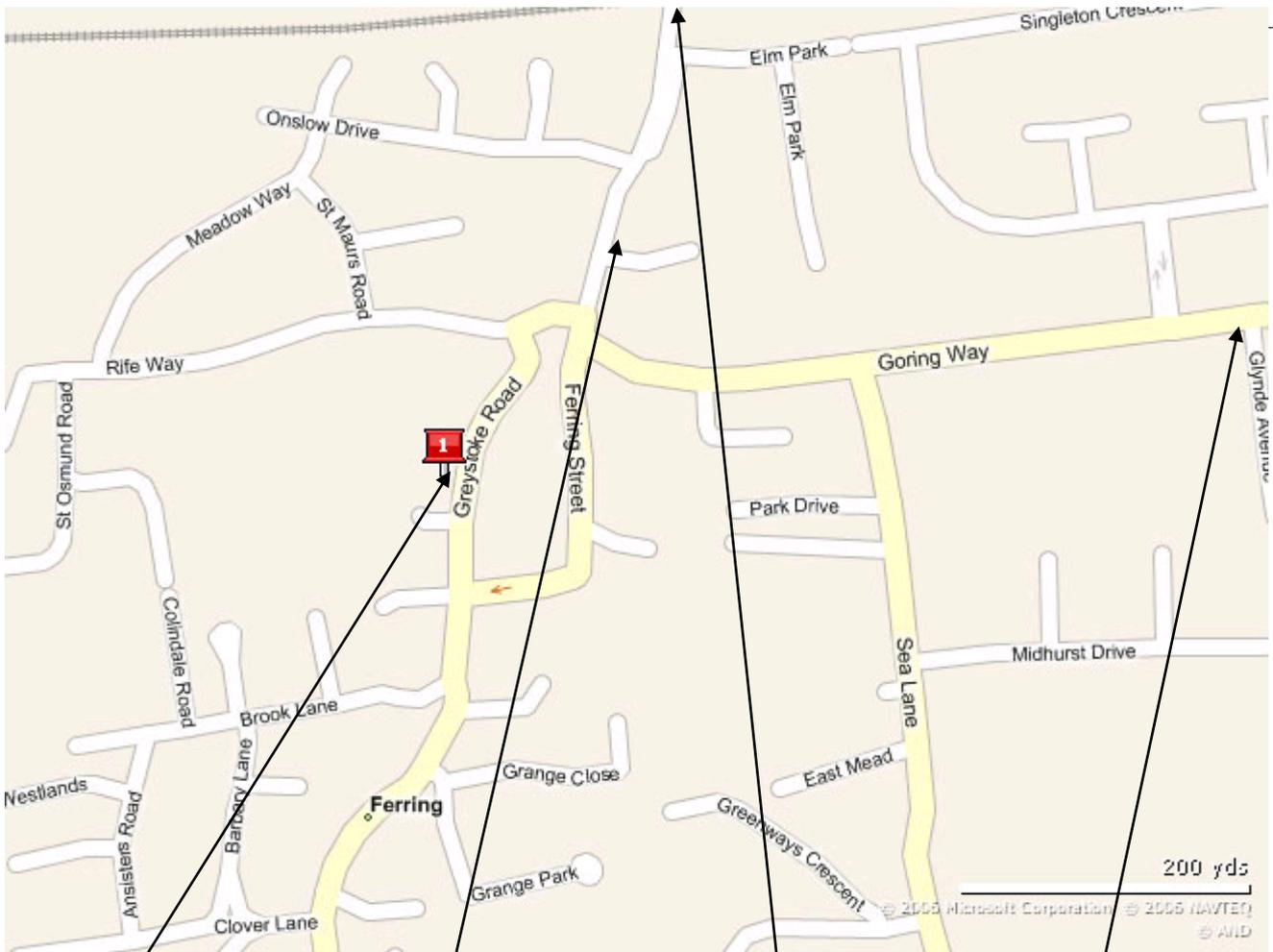
For the first nights games hour, we will be having a quiz to get the ball rolling, a chance to have fun and socialize with fellow fibro sufferers.

Although there is no formal entrance fee, donations are welcomed to cover the cost of heating, gas and electric at the new venue, although the hire is free. Tea and coffee cost 75p to cover costs and raise money for our much valued group.

Look forward to seeing you there on the 19th

If you have any messages for the newsletter please let Simon know either via email at simon10pq@sky.com or 07806 808862 by the first Tuesday of the month, for the current months issue.

How to go our new meeting venue



Ferring Baptist Church is here.... Ample Parking in the Car Park or in Greystoke Road

Ferring Shops

Come across Railway crossing (just off the map) into Ferring Street. If entering Ferring from A259.

Access from Goring roundabout near to railway station

Coming from A259

Head along the A259 towards Rustington and take either of the two turnings on the left into Ferring, continue along the road until you reach the level crossing, go over the level crossing and proceed into Ferring village (Ferring Street) until you reach the green on the right then turn right into Rife Way (also signposted South Ferring) and immediately left in Greystoke Road, the church and car park is on the right past The Rifers youth centre.

Coming from Goring

From the Goring Bridge roundabout (by Tesco Express) head towards Ferring along Goring Way, at the end of Goring Way turn right then immediately left, then take the first left. Ferring Baptist Church is on the right past The Rifers Youth Centre.



**Look forward
to seeing you there**