

# Worthing Area Fibro Group



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**Website:** <http://www.fmswaws.org/> We would like to announce our very own website is now up and running. It will be refreshed and worked on as we go along. Please take a look, read the information and if you have any comments positive or negative please pass them on to me using my email address [youandme1@sky.com](mailto:youandme1@sky.com) We also have our own Facebook, for anyone who would like to chat to other sufferers, which is 'Worthing & surrounding area Fibromyalgia Support Group'. Once you are in Facebook put in at the left hand top corner 'Fibro' and you will see a drop down menu amongst the other sites you will see our Logo, just press on it.



**The Summer Party** was a great success on August 2<sup>nd</sup> at Wiston Tea Rooms. You can find photo's on our website on our Facebook. There were about 20 people there from Horsham, Brighton & Worthing groups. It was very enjoyable and a very picturesque place. We'll arrange another one in the future.

## Book Review:



One of our members Nicole McGinlay sent me details of a book which looks really interesting. It is called Fibromyalgia-Simple Relief through Movement.

Written by Stacie Bigelow.

You can find the details on [www.prohealth.com](http://www.prohealth.com)

While the idea of exercise may be laughable to most fibro patients, especially when you are having a flare-up, there are solutions to be found through simple movement. It helps to explain why movement is important, what movements can be performed and can help Fibro sufferers, how to perform and how they will help the FM patient. Here is one example: before you resign yourself to pain and inactivity ask yourself 'has anyone told me how to use movement to ease my pain'? Have I ever been given suggestions for Fibromyalgia? If your answer is 'No' you're not alone. Whether you are an exercise veteran or consider changing the TV channels as a work out, there is hope. Stacie goes on to say by the time you have finished the book they go on to manage their fibro. Figure out what movements are helpful not to mention the movement to avoid. As well as ways to reduce the pain.

**Medical Box:** Written by Debbie Pidd Each month we will give you a information on a different drug, that is used by some Fibromyalgia sufferers. This month it will be Acupam. **Acupam** is a medicine that belongs to a group called analgesics commonly known as pain killers and relievers. The active substance Nefopam Hydrochloride interrupts the messages being sent to your brain, it also acts in your brain to stop pain messages being felt. This means that Acupam does not stop the pain from happening but you will not be able to feel the pain as much. Acupam is used to relieve acute and chronic pain ( for example pain after an operation dental pain or muscle & joint pain or pain caused in cancer.



**Multiply Personality Disorder:** This subject was touched on at our last meeting. If you would like to read more there will be information put on our website. Connection with Fibro & MPD appear to be the muscle spasm. Muscle cramps hurt and they block the flow of blood in to the muscle. Muscle needs energy to relax and not contract, blood flow needs to be increased and the cause treated. **Depression.** It does not matter if depression was there before during or after Fibromyalgia. The MPD causes depression and anger. All of which contribute to the muscle spasm and the pain of fibromyalgia. Is there a link between Fibro and MPD? If you have Fibromyalgia syndrome you will not get MPD. This is a wide and complex condition, if you have any worries please speak to your doctor.



**Looking at grief at another angle. Journeys:** I was reading in a magazine an article about grief. As I read it I realised that every experience we encounter is an opportunity for growth, even when the outlook seems gloomy but once it clears it reveals a brighter future. It felt as if we were pushed into a different life without a thought about our existing one. We were pulled away not getting the chance to grief for what we had lost. What was it exactly we had lost? how I can explain to you about my life before Fibro? What was I interested in, how I was a mother a wife an individual? Making decisions bringing up my children, knowing what to do next, going to Parent evenings and sports days. Holidaying abroad, cycling, walking, laughing, and joking, while running our pub. This is not meant as a sad story I do not look at my life in that way. It is a story of new beginnings for each and every one of us. I suddenly found myself thinking back to a painful and terribly hard beginning of my Fibromyalgia journey. As I thought, it became clear to me, that my experiences led me to where I am now. I became an Advanced Holistic Practitioner, I studied to be a Counsellor. My interests then were still on diet and the human body but nothing more. If it wasn't for Fibro I would have never trained in doing the things I have, and gone throw a multitude of experiences, it has led me to supporting fellow sufferers, learning more about our body and this syndrome. Meeting people that have inspired me and being able to bring together you all to help each of us to live with fibro.

## Invitation:

I invite you to go back on your journey and see what it has brought you, what qualities and subjects you are aware of which didn't interest you before? How has your life changed? Please try to look at your positive experiences and how it has changed your path. Maybe you would like to share it with us. Would you like to talk to us about your fibro journey and how it has changed your life? Please let me know if you would like to talk in the meeting or and put it on your website.

Send me an email [youandme1@sky.com](mailto:youandme1@sky.com)



## Regular Vitamins:

An important aspect of anyone's health and well being is a steady and regular intake of vitamins that helps the body to fight against illness and also helps keep the body's natural functions in good working order. This is especially important in the case of someone suffering from Fibromyalgia or M.E (Myalgic Encephalomyelitis) as the body can sometimes feel very run down even when the mind of the sufferer is fighting fit. One aspect of vitamin intake that is very important is the right diet. Dietary considerations for anyone who is ill are something that should be taken seriously and no more so when that individual has difficulty with muscular function and joint pain.

**Important sources of vitamins in an everyday diet are; Fruit, Vegetables, Fish, Meat.** Where possible you should try and eat as much of the above as you can as part of your regular daily food intake without going over the top. Certain foods such as meat and vegetables in too large a quantity can cause indigestion and other digestive problems. As part of your vitamin intake you should be looking to take onboard equal amounts of Vitamin A, B and C— Studies have shown that sufferers of Fibromyalgia and M.E (Myalgic Encephalomyelitis) often show a need to increase their vitamin intake and should do so either in the form of the aforementioned food stuffs or as vitamin supplements taken orally. Vitamins and minerals are important to help the body fight against infection and also to help the muscles and joints in their own fight against the onslaught of Fibromyalgia. However because both Fibromyalgia and M.E (Myalgic Encephalomyelitis) can be debilitating and often leave the sufferer in a position where they have to spend a lot of their time without exercise a balanced diet is necessary to ensure that their weight does not spiral out of control. Many sufferers find that their weight will increase as their mobility becomes less and less. Creating a diet plan - with the aid of your doctor or dietician at your doctor's bequest - is an ideal way to ensure that not only do you eat healthy but you eat the foods which are going to give the body all the natural vitamins and minerals it needs. Still bearing in mind to manage Fibro you will benefit from exercise as well.



**Royal Jelly:** A regular intake of Royal Jelly is a good way to help your immune system if you are a sufferer of Fibromyalgia or M.E (Myalgic Encephalomyelitis). Royal Jelly is a mixture of minerals, vitamins, nectar and natural sugars and has been linked to improvements in mental awareness as well as a reduction in skin problems such as eczema and acne (two skin problems which are synonymous with both Fibromyalgia and M.E sufferers). As always, before embarking on any course of vitamins or supplements one should contact one's doctor and make sure that there will not be any complications such as allergies.

**Our meetings:** We try to be informative, supportive; we have a lot of laughter and getting to know other sufferers. I give a talk and a discussion time where we all get involved. Ghennet is our Resident Holistic Practitioner offers mini treatments throughout the meeting in a private room for a minimum charge.

We ask for donations at the door which goes to the upkeep of the group. A break is taken during the evening and you have a chance to talk with others while you have a tea or coffee. We also have a cake competition where 2 or 3 different people each month make the same dish, then it is judged by someone I pick out from the group. The winner gets a full Holistic Treatment. We have a great Library with CD as well as books. Raffle and information table. We give support on each stage of Fibro, counselling, hope, laughter a social life & information. If you have any ideas that you would like to see at your group meeting and within your support network then please email me with your ideas. Email: [youandme1@sky.com](mailto:youandme1@sky.com)

**Help:** We are looking for members to help with raising awareness and funds for your group. It is not hard and you do not need to spend masses of time on it.

I will send you a letter already written out for you to give to your local business's, pub, club or sports venue, you can send them by email & hand deliver. Could you ask your local business's friends and family for unwanted gifts, gifts that can be used for a raffle. Please email me or phone me.

Email: [youandme1@sky.com](mailto:youandme1@sky.com)

Tel: 01903691723 or Mob 07796653477

**Raising funds for your group:**

Does anyone like to raise money for your group. Please get in touch with me. My details are below. There are several events you can hold without being stressful like having all your friends round for coffee and asking for donations, opening your garden to the public, asking your local businesses if they would like to offer a free item to go towards your raffle. If you would but do not know how to, don't fear I have an information pack which can be sent to you to get you started.

**Our Future Dates for your meetings are;**

17<sup>th</sup> August, .....21<sup>st</sup> September,.....19<sup>th</sup> October, .....16<sup>th</sup> November, December to be arranged—Watch this space!

**Internet: Download Newsletter:**

If you are on the internet you can download previous copies of the monthly newsletter via [www.fmswaws.org](http://www.fmswaws.org)

Our Main Charity email: [www.fms-sas.co.uk](http://www.fms-sas.co.uk) If you wish to join the Fibromyalgia Surrey and Sussex Group & receive weekly information email: [webmistress@fms-sas.co.uk](mailto:webmistress@fms-sas.co.uk)

**Contacts:** Organiser of our Group & Author of your Newsletter: Nichola Bond Mob :07796653477. Also used as a **Help Line. New Help No. Coming soon.** Email: [youandme1@sky.com](mailto:youandme1@sky.com) Game Master & Newsletter: Simon Stuart: 07806 808862 Email: [simon10pg@sky.com](mailto:simon10pg@sky.com)

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**Disclaimer:**

Information in this newsletter does not necessarily infer endorsement by the Worthing & surrounding area West Sussex Fibromyalgia Support Group.

Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.