

Worthing Area Fibro Group



January 2011 Written and Produced by Nichola Bond,

What Support do you need from family & Friends?

18th January 2011

The first meeting of the year is for your family, friends, carer's, work colleagues, all professionals and anyone you know that has Fibromyalgia Syndrome or interested to know. We will be talking about 'What is Fibromyalgia? What does it do to a sufferer? What support do you need not just from the NHS and Private sector but from your family and friends? This is your opportunity to bring them to your local support group and find out. This is an open event. Included in this Newsletter there is a poster for you to give to your Doctors, Dentist, Newsagents, School, Nursery and anyone or any where you wish to give to. Fibromyalgia can be a syndrome that is not generally known. When you are diagnosed most people have no idea what it is, so we need to educate the people especially your family. It can be an invisible syndrome which is difficult for others to appreciate what you are going through.

I hope my determination is your determination to help others understand what it is to live with Fibro and to get the much needed support we all need. Word of mouth advertising, in all places is needed. Let the people know they are not alone there is support out there for them. Some sufferers feel that they do not want to burden their family and friends and suffer in silence, this can lead to a lonely painful life. Any support can give such a positive aspect on living with Fibromyalgia.

What's New..... Regular Coffee Morning



Or tea or maybe a cold drink what ever you fancy. This is an opportunity to meet others and gain knowledge on how others cope with fibro. It is open to family, friends or carers. It will be the last Monday of the month. From 10.30am to 12.30pm. We will have our information table out with membership leaflets and lots of new health knowledge but most of all support.

For details of venue please call Nichola on 08448872394 or email:

beauty_within_15@hotmail.co.uk

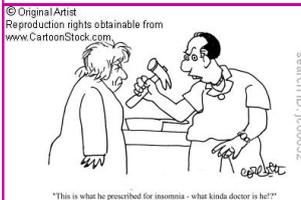
Christmas Lunch enjoyed by all.

Great time had by all, the food and service was excellent at the Durrington David Lloyd Centre. A year has gone by so fast and what progress we have made. Congratulations to all that support the group and help to run it. It is great that we can support each other in all the challenges we go through, we open our doors to all fibromites and their carers, family and friends. We believe that the support we give doesn't just go on fibromites but the whole family unites

In our first year we had a great website created which is updated, we have a fundraiser to help me, we have regular Holistic Therapist each month at our evening group and we have a regular coffee morning each month.



Medical Box: Zimovane (Zopiclone) Sleeping Tablet



This tablet is also marketed under the name Zileze. It is a hypnotic (sleeping drug) used for short-term treatment of insomnia., it possesses no anti-anxiety properties. Therefore, it may be suitable in dosages from 3.75 to 7.5mg. for cases of insomnia that are not accompanied by anxiety. Intended for occasional use only. Side effects: Don't be unduly alarmed. All drugs cause side

effects for (some) patients. Some can feel daytime drowsiness, which normally diminishes after the first few days of treatment, and a bitter taste in the mouth. Persistent morning drowsiness or impaired co-ordination are signs of excessive dose. Dependence can develop after as little as one week of continuous use. If you fall asleep without having taken a dose and wake some time later, do not take the missed dose. Patients who have been taking this drug for longer than 7 days should consult their doctor before withdrawing treatment.

Peppermint Herb: The peppermint herb is a hybrid of water mint and spearmint and was first discovered in 1750 in London, England.



Commonly used for digestive assistance, peppermint (*Mentha piperita*) as an oil can be used topically or ingested.

Peppermint is commonly used to soothe gastrointestinal tract by relaxing the muscles in the intestinal wall. It increases the saliva, which increases swallowing making it possible to improve appetite, relieve cramps, and reduce pain associated with conditions such as irritable bowel syndrome, nausea, or motion sickness.

Peppermint has also been used to reduce muscle spasms associated with endoscopy, colonoscopy and barium enemas.

When taken orally as tea or tablets, peppermint is also used for relieving respiratory conditions such as colds, coughing, acute respiratory difficulties, and for bacteria, fungal, and viral infections. It may be inhaled as oil for soothing irritated nasal passages from allergies and can be rubbed on the chest for comfort and relief of other respiratory discomfort.

Dosage and Administration:

As a tea soak 1 tea spoon of dried leaf in 5 or 6 ounces of boiling water for 10-15 min. Remove solid particles. Drink one cup up to 4 times a day.

As an oil it can be rubbed on the chest or inhaled for respiratory assistance.

In capsule form it is recommended to use one or two 0.2ml or 3 times a day, 2 hours before eating or as a suppository for muscle cramping. For lozenges, follow the directions on the package.

Disability living allowance for people with mental health problems

Getting to know what benefits you task however reading up on the to the CAB Citizens advice Bureau do not have a computer take a trip



will be able to help you.

are entitled to can be a daunting right information and going along will take all the worry away. If you to your local library where they

This factsheet is a basic introduction to disability living allowance (DLA) for people with mental health problems. You can find out more about the rules for DLA in Disability Alliance's Disability Rights Handbook, available to buy at www.disabilityalliance.org/drh35.htm.

If you want help with claiming see DLA/AA - a guide to making a claim available to order at www.disabilityalliance.org/claimaadla.htm.

Disability living allowance (DLA) is a benefit for people with disabilities, and is aimed both at people who need help looking after themselves and at people who find it difficult to walk or get around. You can qualify for DLA whether or not you actually have someone helping you.

This checklist is designed to help claimants and advisors have a better understanding of how someone with mental health problems can qualify for both the care and mobility components of DLA.

General points

1. It is important to explore any physical health problems as well as mental health ones.
2. Remember that a belief may be true to a client even if it seems bizarre to others. So the person can honestly say that they are being followed, or are turning into a cat or that people can read their mind, if that is their reality.
3. Nature of the illness. "*Nervous Disorder*" is often the term used on medical certificates issued by the GP, and is useful if the person needs prompting when being asked questions about the nature of their disability.
4. Supporting statements are vital - especially to distinguish "idleness" from lack of motivation and to validate the claimant's view of reality. These can be drawn from a wide range of people, from carer through to Community Psychiatric Nurse.
5. The more relevant information you provide on the claim form the more chance you have of "getting it right first time", which will enable the Disability Benefits Centre to make an award and thus avoid the need to appeal. The decision maker only knows what you tell them and can only go for supporting evidence from the GP or people you have named on the form; the clearer the picture, the more obvious it will be for the decision maker. Remember, a decision maker will have to process up to 15 - 20 claims per day and so a well constructed claim form will enable them to come to a decision more rapidly. Given that people with mental health problems may have high anxiety levels, avoiding the lengthy appeals process is particularly important.
6. Loss of motivation and distraction cause very many real problems; think carefully how the mental illness affects the client's day-to-day life. Does memory loss or side effects from drugs make life difficult?

Most people can provide all the information needed themselves; however, in a minority of cases the form will have to be filled out on the claimant's behalf.

There is more information on these fact sheets which are easy to find once you go onto the website.

www.disabilityalliance.org/drh35.htm



The best way off advertising is word of mouth

Please give the poster attached to your
Doctors and Dentists .

Pop them in your bag or and car. The more people know about it the more people we reach. Take one into your dentist, doctor, vets, chemists any shops, offices, health clinics private and NHS. Beauty parlours, nail studios, garage, gyms, your local butchers, tell your vegetable man and Nurseries both kinds, mums and babies groups, swimming pools the list is endless.....

Think that anyone can be diagnosed so anyone can go to any place. You can help by telling and giving out the invitations. You are helping yourself as well as other sufferers. We need the general public to get to know what Fibro is and how it affects us. They may know someone that needs help and support god forbid they might be diagnosed themselves.





**Do you suffer with
Fibromyalgia Syndrome?
Do you care for a
Fibromyalgia sufferer?**

Would you like to speak to a fellow sufferer, who lives in your area, for support and to learn more about the illness?

If so,

Worthing and surrounding area Fibromyalgia support
group meet

At

Ferring Baptist church hall
Greystoke road
Ferring, W Sussex
BN12 5JL

We meet

**Every third Tuesday of the month
Doors open at 6.30/7pm start to 9.15pm**

We have a regular coffee morning

Every last Monday of the month
10.30am to 12.30pm

Phone information and help line for venue

Information and Help Line

Tel: 08448872394

Email: beauty_within_15@hotmail.co.uk

Website: www.fmswaws.org

Meetings

Ferring Baptist Church Hall
Greystoke Road
Ferring BN12 5JL

Every third Tuesday of the Month.
Doors open 6.30pm start 7pm to 9.15pm

2011 Dates

18th January. Awareness meeting

15th February

15th March

19th April

17th May

21st June

19th July

16th August

20th September

18th October

15th November

Raising funds and awareness for your group:



We are looking for volunteers who will be happy to be involved with some fundraising for the group.

Group and Help Line No: 08448872394- Email: beauty_within_15@hotmail.co.uk

Advertise:

We are looking for anyone with a business or event who would like to advertise in our newsletter for a small charge.

Please get in touch with Nichola

Tel: 08448872394

Internet:

Download Newsletter:

If you are on the internet you can download previous copies of the monthly newsletter via www.fmswaws.org Membership leaflets are available at each meeting. Please ask for information packs.

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Our Main Charity email:
Fibromyalgia Sussex and Surrey Support
www.fms-sas.co.uk

Last Monday in every month is our regular

Coffee Morning

10.30am to 12.30pm

Dates

31st January . 28th February. 28th March.

25th April. 30th May. 27th June. 25th July.

29th August. 26th September. 31st October.

28th November.

Call Help Line for information on venue.

Ideas.....

If you have anything you would like to see at our meetings please email me

Email

Beauty_within_15@hotmail.co.uk

We are always open to suggestions.

Contacts:

Organiser of our Group, Co Leader & Author of your Newsletter:

Nichola Bond Tel No: 07796653477 Email: beauty_within_15@hotmail.co.uk

Help and information Line. 08448872394

Game Master & Co Leader: Simon Stuart: 07806 808862 Email: simon10pq@sky.com

Webmaster: Pete MacKean 01903739596 Email: petemackean@sky.com

Fundraiser: Christine Brunton.....

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.