

Worthing Area Fibro Group Newsletter

January Edition 2013



Happy and Healthy New Year.



Lets start with a positive outlook for not just our health but for everything in our life. Feeling positive helps to raise your endorphins and happiness follows which will create a better outlook. Keeping the positives is down to you read something to lift your mood each day. Positive affirmations help too.

New newsletter format. 2013 brings exciting things. Life has been hard for many people, so bringing us all together each month is not just educational and sociable it's laughter that helps us to feel better. Talking to others and just being with others who understand what you are going through creates a sense of fulfillment.

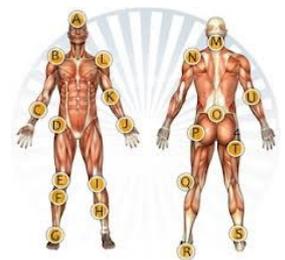
So every other month we have a speaker and a social time to have a chat with them about there chosen subject. On the other months we will have a workshop environment for all of us to get involved. To learn skills to help us cope at home and work. I

f you have any idea's you would like to see or have a go at please let us know. Remember this group is to give you support. Volunteers work hard to bring this together for you.

January Speaker

Cranial Osteopath.

Luke Savage has been a cranial Osteopath for some years now and works in the Worthing Leisure Centre Shaftsbury Avenue. Tel: 0800 840 3838 Worthing Osteopathic Clinic like other Osteopaths have to be registered with the [General Osteopathic Council \(GOsC\)](#).



I treat a wide range of patients with prompt, reliable and professional service. Osteopathy is an established recognised system of diagnosis and treatment, which lays its main emphasis on the structural and functional integrity of the body. It is distinctive by the fact that it recognises that much of the pain and disability which we suffer stems from abnormalities in the function of the body's structure as well as damage caused to it by disease. Both structural and cranial osteopathy can be used to treat a variety of conditions. Worthing Osteopathic Clinic has been established since 1993 and I have been there since August 2004. The clinic has developed an excellent reputation across the Worthing area, based on my commitment to quality treatment.

Call Worthing Osteopathic Clinic today, via my Contact page, for more information on the full range of services and see what I can do for you.

Group news.

From January the group will be offering one to one's at the meetings. If you need something answered or talk about we will endeavour to help.

There are many situations that you can find yourself in by talking we can give you the support you need or put you in touch with someone who can.

We do write letters to support your case for an example: in moving home, getting a diagnoses, getting sent to a particular specialist. Benefit information.

On arriving at the meeting please put your name down on a time sheet. All you need to do is come to the signing in table at your allotted time. Look forward to helping you.

Christmas Meal 2012

Each year a group of us meet for a Christmas meal and share a laugh and a joke. We had a wonderful time at the Toby Carvery. It is always nice to enjoy food and drink amongst old and new friends. Long may that last.



2013 FIBROMYALGIA 4th National CONFERENCE April 26/29

Chichester Park Hotel, West Sussex this is a fantastic opportunity to mix with top specialists from all over the world who come and give talks on FMS, ME, giving us up to date research and information. Over the weekend you get to talk to others who are in the same boat, going through fibro pain and fog. Make new friends while feeling at ease as we all know how we are feeling.

Excellent food, drink service, spa and rooms. Bring your other half or a friend, entertainment laid on is really good in raising the mood and if you can dance there is a dance floor to boogie on down.

There are not many rooms left so please get in touch with Simon:

fibrocon@follyfogsfibro.org

Website [http// follyfogsfibro.org](http://follyfogsfibro.org)

Neck Pain and Tingling in the Arms - What's the Connection?

Neck pain, numbness and tingling in the arms may sometimes simply be due to acute nerve compression from sitting, standing or lying in the same position for a



protracted period of time. These abnormal sensations may be described as pins and needles or paraesthesia and are normally short-lived as the compressed nerve 'wakes up.' However, where the symptoms become chronic and weakness and atrophy of the muscles occurs over time it signifies a more serious neurological issue that may be connected to a spinal abnormality or spinal cord injury.

Neck injuries can also cause numbness, weakness, paraesthesia or abnormal sensation in the head, arms, neck, chest, or even below the site of injury if it is severe. Where pressure is put on the spinal cord from a herniated disc or sudden back trauma it is important to try to relieve that pressure as soon as possible so as to reduce the risk of permanent spinal cord damage and spreading paralysis, pain or weakness. Other Causes of Neck Pain and Arm Tingling, Other causes of numbness and tingling in the arms include: Localized pressure on nerves from enlarged blood vessels, tumors, scar tissue or infection. Shingles (herpes zoster infection). Ischaemia, from diabetes, cardiovascular disease or extreme cold. Multiple sclerosis. Thoracic Outlet Syndrome . Brachial plexopathy. A mini-stroke. Raynaud's disease. Thyroid disease. Mineral (electrolyte) imbalance or insufficiency. Vitamin B12 deficiency. Neurotoxin damage. Given the vast number of possible causes of neck pain, numbness and weakness it is vital that such symptoms are investigated and the real underlying cause isolated.

Information sites:

www.freedomfromme.co.uk free info pack with DVD from cam award clinic.

www.airnergy-oxygen-therapy.com New therapy device for CFS.

www.healthspan.co.uk/Energex Natural Fatigue relief with Guarana Ginseng and Vitamin B.

Cortisol treatment, FMS & CFS chronicfatigue.about.com are cortisol safe?

Suffering fro extreme exhaustion get safe and effective treatment

www.cfidshealth.com/treatment

Drugs as CFS and FMS just as CFS / FMS effects everyone differently so do the medications used to treat it, it is essential you work closely with your doctor or specialist. Chronicfatigue.about.com/od/treatingfmscfs/a/cfsdrugs.htm

We meet
every third Tuesday of
the month.

At

Ferring Baptist church
Hall
Greystoke road Ferring
BN12 5JL

Dates for meetings

January 15th

February 19th

March 19th

April 16th

May 21st

June 18th

July 16th

August 20th

September 17th

October 15th

November 19th

**No December
meeting.**

**Xmas Party to be
arranged.**

Copies of the Newsletter's are available on our
website to download or and copy out.

www.fmswaws.org

Helpline: 08448872394

Help

We are a group run by volunteers most with FMS/CFS and other medical conditions. We are dedicated to give support to each person that comes through our doors.

We are always looking for volunteers to help with the running of the meetings once a month. Please speak to anyone at the meeting if you would like to help.

Fundraising

We are always grateful to all who raise much needed funds to keep the group going. If you want to do your bit to help here are some idea's: Coffee get together donations at the door, or a charge for coffee and a biscuit. Open your garden offer refreshments to go towards the group.

Garage sale. Darts match payment to be involved.

Raffle at any event. Run a marathon.

Cake competition. Cycling race.

Sponsored swim. Bungee jump.

Parachute jump. Sky dive.

Spiritual Readings and Healing available please call Helpline.

Holistic therapies available at each meeting, please ask on arrival at meetings.

Simon Co Leader Tel: 07806 808862

email simon10pj@sky.com

Nichola Co Leader Tel: Helpline number

email beauty_within_15@hotmail.co.uk

Christine Administrator Tel: 07905189163

email fibroworthing.chris@hotmail.co.uk

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

Disclaimer: Information in this newsletter does not necessary infer endorsement by the Worthing and surrounding area fibromyalgia syndrome support group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.