

Worthing & Surrounding Area's Fibro Support Group

May Edition 2013



What a great time we had at the 2013 conference. The group sponsored a race at the race night evening and how funny were the racing pigs. It was so good to be surrounded by people from all over the world all in the same boat. We had people from our group go this year, it was great, informative information, socially we all had a laugh well looked after and fantastic food. Well done Simon you did a great job at the conference. We even won some medals and certificates. I will bring them to the meeting plus my very glam paper hat. Carina well 'what a mover on the floor' I'll say nothing about the chocolates wink wink. I think Debbie had shares in the raffle prizes. The spa was soooooo gooooooood too. For those who missed out put your name down for next year it's got to be done. Dr Kevin White came again this year, so passionate about helping us, he also won a few medals on the dance floor.



Holistic therapies at the meetings:

From **May** all who want to book with Ghennet our holistic therapist, has to be booked a month in advance or by phone before meeting. Ring this number 01903 205699 to book.

Next meeting 21st May:

Breaking the ice. We have a very important and informative talk about a variety of counselling. Who needs it, why, what does it do for FMS/ME/Lupus and Arthritis sufferers. Lesty will be giving us a look into the variety of counselling that is offered to people who are in pain mentally and physically. I still remembered the time when I thought 'no that's not for me' and I am not ashamed to admit that over the last 40 years I have been to some form of counselling. The benefit I got was life changing and so needed. It is unfortunate that there are still some in the world that feel it's a load of rubbish. All I have to say is don't knock it until you have tried it and given it time to work. It is always important in life to experience most things and gain knowledge. We are delicate yet robust beings with capabilities beyond our own understanding until we learn and find out for ourselves we have no say. You can do so much more than what you think. Take a good look at yourself, ask yourself what is it you want from life now that is realistic to your needs. How can I find a way to move forward. Mental torment governs some of your physical pain, once that is removed you can feel less pain and have a clearer mind. Grab it when you can.



You are NOT your Illness!



Chronic pain has a way of radically changing a person's life; even those with strong self-esteem and coping skills struggle (yep, even me!). Healthy self-esteem enables us to accept, respect, trust and believe in ourselves. Chronic pain can take that away from us: for some, the most difficult blow comes when you can no longer do things connected to your identity (loss of a job, not being able to participate in sports or hobbies, not being able to spend time with friends); for others, using a cane or walker or having to use a handicapped placard is devastating. It's a vicious cycle. Pain increases negative emotions such as anger and depression. Anger,

supposedly, is a necessary stage of the healing process; and anger has no limits - Underneath all that anger is pain, YOUR pain...MY pain. It is natural to feel deserted and abandoned; However, an increase in our negative emotions and other added stressors causes an increase in our pain. Pain distorts our overall perception of our life, our contributions and past accomplishments.

Crystal healing: This is written by one of our members Kirsty Greene. Continued from April ED. The most stimulating and energetic crystals are those with bright strong colours such as such as deep red garnet, golden amber or golden-yellow topaz, these stones can encourage energy. For an increase in practical motivation crystals like tiger's eye and dark citrine are ideal.

Green is a healing colour and many green crystals can be used to help reduce mental and nervous stress.

Rose quartz can be used for cleansing and refreshing the emotions. Opal promotes emotional balance and stability. Amethyst works on hormone production, balancing emotional highs and lows. It can also help you to feel less scattered and more in control. Amethyst can relieve stress by reducing mental burdens and helping you to focus on realistic goals. Amber can be used to neutralize a negative state of mind and to balance any underlying emotional and endocrine imbalance.

Clear Quartz is considered to be the most versatile, cleansing and programmable stone in the mineral kingdom. Quartz is considered to have a natural tendency for harmony and so carrying or wearing one is believed to be beneficial and protective. A stone that might help is Green Tourmaline, as some use it specifically for nervous system issues (which are a possible cause for fibromyalgia). It is considered to be a great stone for self-healing and is thought to aid the flow of healing energy through the body. Simply place the Green Tourmaline on the affected area(s). Quartz especially can absorb negative energies from use. And if you wear any type of crystal, you should clean it on a regular basis.



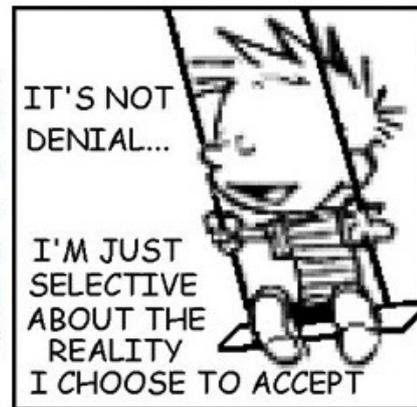
Learning to Live With the Loss of YOU:

There are 5 stages that make up the framework that allows us to live with loss: denial, anger, bargaining, depression and acceptance. They are tools to help us frame and identify what we may be feeling. They can also be applied our grief over the loss of our 'old' selves.

These tools are not stations on a [train line](#). Not everyone goes through all of them or in a prescribed order. Have you been to any of these places? Stuck at one?

Denial

This stage of grieving helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming. This is where we sit on the couch, in pyjamas, until bed time. Life makes no sense. We are in a state of shock, denial, numbed to everything. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings of grief. It is nature's way of letting in only as much as we can handle.



May the 12th is Fibromyalgia awareness day. If you would like to raise funds for your support group, have a coffee morning, or a sponsored walk, make things to sell like 'jewellery, knitting or cards' and sell them to your family and friends. Bring money raised to June meeting. Have a great time and a laugh. Enjoy yourself.

Useful information sites: There are apps that can be put on various phones for a variety of health conditions, which can be read when your in the car waiting for someone, waiting for an appointment, or just bored to get up to speed with your condition and gain knowledge. Try a diet that will help your pain, tiredness, flatulence, pain in your tummy & gut. Even apps about your body learn about who you are what your made up off, it's very interesting.

Free Books and useful site.

www.fibromyalgia-support.net/book

Learn with the loss. More info belonging to article above.

<http://fibromodem.com>

Benefit information

www.direct.gov.uk/benefits telephone number 08457313233

Pensions

www.direct.gov.uk/pensions

Arthritis research uk

www.arthritisresearchuk.org

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.

Simon Co Leader Tel: 07806 808862

Email: simon10pq@sky.com

Tel: Helpline number 08448 872394

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.