

# Worthing & Surrounding Area's Fibro/ME Support Group



*June Edition 2013*

On behalf of all the volunteers we would like to ask your thoughts on the group. We put together the contents from what you have told us you want to see and be involved in. The time has come to ask again. This is very important because the group is for you. We are in our fourth year and we have not had a repeat of subject or speaker but this does not mean we don't have to as we are aware of new members coming in all the time.

Do you want more speakers? What speakers would you like? Do you want activities? Do you want a workshop? Do you want social time to speak with others in the same boat?

Do you want a dedicated time for family and friends to come and learn more about what you have to live with each day and how they can help you? Do you want one to one's?



**Support  
GROUP**

Let us know email on [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com) or let us know at the June meeting please.

We want to support you so we need to know what support you want and need. Thank you

## Holistic therapies at the meetings:

All bookings have to be made by phone in advance. Next meeting 18th June

Ring Ghennet our therapist 01903 205699 to book. Otherwise you will be disappointed night.

**Need Help:** All those budding people out there that would love to write something for your groups newsletter. We are in need of more input. Any story you feel other fibromites need to know about send it to [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com) we like your fibro story too please.

## Next meeting 18th June:

Talk by Christine on the journey of the Rheumatology department, this is one of the first steps when waiting or just diagnosed. This is an important part as you can learn what to expect, what to ask, what the specialists will ask you, what it all means and so much more.

Christine has been through and to lots of specialists and has a wealth of knowledge. Come and support her and have a great evening amongst friends and people who understand what you are going through.

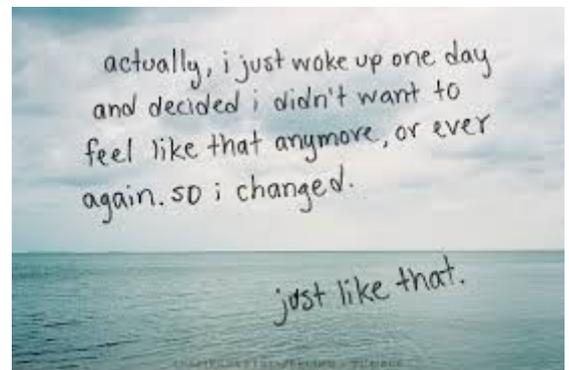
Social time at 8pm refreshment break.

Please remember if you wish to see Ghennet our therapist on the night call her in advance to book. Tel: [01903 205699](tel:01903205699)

**Change:** "Watch your thoughts they become words. Watch your words; they become actions, what your actions; they become habits. What your habits; they become character. Watch your character; it become destiny." by Lao Tze

Change; What does that mean to you? I would like to give you an idea that should help you in your life's journey. Change can be done in all areas of your life if you want it. Some find it harder than others. Some find they need help to do it, some just hear a few words that can change things for the better.

We can get wrapped up in our health challenges and it become to define who we are. Some can loss the happy go lucky in you and will find it hard to get back. We spend a lot of time trying to get back to where we were before our life changed because of our health. I believe we don't have to find what we had before we have got to find what we have and am now. accepting life has moved on can be a difficult decision for some and painful but it is only you that can make a difference to you. Do you want to feel happy, do you want to feel you have achieved something positive well you can.



Continues pain can banish those happy and positive thoughts you had, it can drag you down a path so far you feel you can not get out of it. Some need help to lift them out slowly. Some try to create a happier life living with pain. It is possible. You are the only person that has control over what you think, so what to do? What do you have in life to help you improve your daily living feeling happier and more positive? Make a list it could be 'my children', 'my husband or partner', 'my animals', it could be 'I don't want to feel miserable anymore'.

What ever it is, help yourself to the thoughts of being happier for 'you'. Having the desire to change is the first step because it begins on a journey for answers. We need to understand first to make way for happier thoughts, so embarking on this journey may be painful emotionally but will help you to be strong and stand up for you, to you.

Once a day stop yourself from 'criticising' 'judging' 'attacking' or acting out behaviourally when a negative emotion or uneasiness is triggered within you. Focus on your thoughts, emotions and actions, as you encounter people, things and circumstances that trigger those negative thoughts and feelings in you. When those come up catch yourself before you act in a angry way or frustrated, take a breath. Make a conscious effort to change your thought process from a negative to a positive. You will notice a shift in yourself in your perspective and your outlook. You will also see a change in the people around you. Do this everyday. to be continued.....

**Hobby Gallery:** Why don't you try an activity to fill the day and take your mind of your health. You will find it will help. **Drawing, painting, knitting, crochet, card making,** art and craft, **jewellery making, sewing, embroidery, tapestry, sculpting, flower pressing** and scrape book creating, writing, **poems,** reading, anything that you like doing even if its for a short time in the day, you will start to look forward to doing it and it's rewarding. Most of all you are distracted by from your pain.



Something to laugh about.....

**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.

Welcome to Your Happiness Toolkit! [www.startofhappiness.com/happinesstoolkit](http://www.startofhappiness.com/happinesstoolkit)

Want to feeling Better [www.moodscope.com](http://www.moodscope.com) <http://happyrambles.com>

<http://www.startofhappiness.com>

Food: <http://articles.healthrealizations.com/FoodsForFibromyalgia/>

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, emailed or pick up a copy at our meetings.

[www.fmswaws.org](http://www.fmswaws.org) Email: [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com)

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 ideas: 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.

Do you want a Spiritual Reading and or Healing

Call Tel: 08448872394

Simon Co Leader Tel: 07806 808862

Email: [simon10pq@sky.com](mailto:simon10pq@sky.com)

Nichola Co Leader Tel: Helpline number 08448 872394

email [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com)

Christine Administrator Tel: 07905189163

email [fibroworthing.chris@hotmail.co.uk](mailto:fibroworthing.chris@hotmail.co.uk)

Pete MacKean Webmaster: 01903739596 Email: [petemackean@sky.com](mailto: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.