

Worthing & Surrounding Area's Fibro Support Group

July Edition 2013



Next Meeting 16th July: We have a local lady coming to give a talk on how Yoga can help us and she will be showing us some moves which will be adapted to everyone. She has several clients that have Fibro and understands the complexity of it. Please come and support, talk to others and learn something new.

We are starting a craft session in **August** which will be fun and creative, **September** magnetic jewellery affordable and very nice, time to get presents for loved ones and yourself. I am thinking of organising a well being session for November meeting as it's the last of the year. Let me know if your interested please. I will need to book some therapists.

Help:

The group is going through some changes and we need your help. To run the group and be able to give the right support there are some small but important jobs that need to be covered. We are asking for several volunteers to do one job each. We need help with web surfing to add our group details, finding speakers and booking them which will be 6 a year. We need someone to also investigate how to advertise the group not just in news papers, radio, TV and windows but with other local groups and write up articles for advertising.

We desperately need more articles to be sent to keep the newsletter exciting and knowledgeable. There are always things you will read or are told so please send them to us. I am sure you have so much knowledge you have collected along the way and it is so satisfying to write it down and see it printed and shared. All you have to do in your own time is write a half side of A4 paper and send it to the group before the last day of the month, each month. We are looking forward to receiving your articles.

We need someone who knows about the doctors surgeries and specialists, how they work what they specialise in the NHS and Private Sector. We are looking for someone to produce a list of doctors there contacts and if they are Fibro friendly, this is important as many sufferers ask about this.

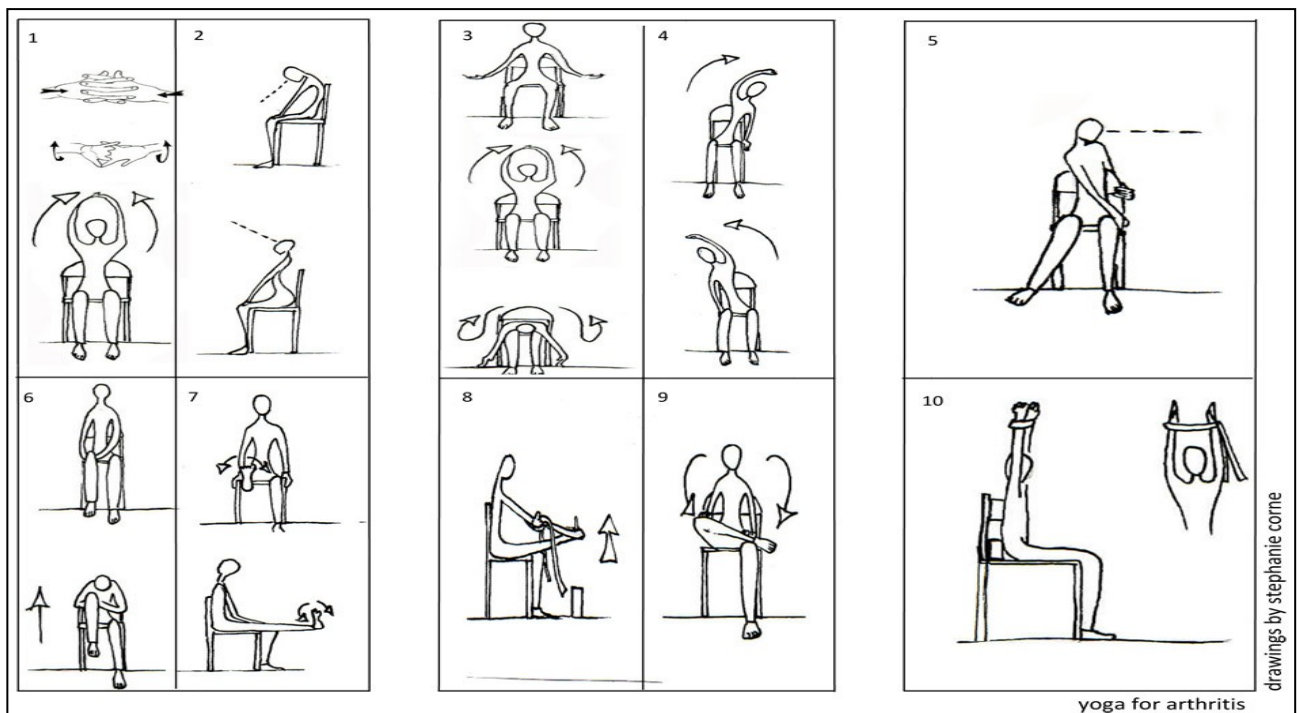
Do you fancy talking to others in the same boat? You can do it when you choose too. The Help Line needs someone who can talk to others give them information about the group. It is very rewarding to talk to others who are in the same boat. It is very easy to set up and you can choose your own times we just need to know them so we can advertise the times. Please contact us by email, if you can help with this.

Please give this information some thought and get in touch. Maybe you have a relative that would like to get involved. Email fibromyalgiawaws@gmail.com



Chair yoga:

Yoga is a holistic practice, as it combines body, breath, and intellect, to create harmony within the body. Yoga can be a low impact exercise, and can be used for therapeutic purposes. Studies have shown that yoga can help with back pain, stress and depression. Yoga can be performed in a multiple of different positions, but this article is concentrating on chair yoga. Chair yoga can be beneficial for those of us who are unable to perform yoga standing or laying down, due to a disability, such as fibromyalgia. Chair yoga can be of benefit for people who experience carpel tunnel syndrome; anxiety; chronic fatigue; arthritis; vertigo; multiple sclerosis and chronic pain. Chair yoga can offer a safe, and controlled approach to wellness.



From Kirsty Louise Green

Thank you for your Help:

We have already had a member who will house the Library and bring it along each month. Another member going to get involved with the newsletter and will get involved with craft evenings at the meetings and she has found a relative who will design our new leaflets.

All these little jobs can be done in your own time during the month, just email back to the group to keep us in the loop each time you do something. They won't take long and sometimes once they are done all you need to do is update it once a year.

So please keep the group going and feel as though you are doing something for not just yourself but for other Fibro, ME and Lupus sufferers.

We are always open to your ideas to improve the group, we can not give you what you want if you don't tell us.

Action for Deafness: There are awareness training courses that your family and friends can attend if you have someone you know that's close to you. There are more and more people having problems with deafness and there is help out there. There are shops in town you can go to for advice and devices for the TV. An example of this is that the noise level is turned down but can still be heard by the hard of hearing and so much more. Website www.actionfordeafness.org.uk

Hypoglycaemia & Fibromyalgia This means low blood sugar. It is a name often used to suggest a disease but it is only symptoms of an illness. It is a syndrome with many complaints that would be better defined by the term 'Carbohydrate intolerance'. It is expressed by the inability to use certain carbohydrate loads effectively without adverse consequences. Sugar and complex carbohydrates evoke a rise in blood sugar that trigger insulin release from the pancreas. This hormones facilitates carbohydrate utilisation or storage in various parts of the body. The liver converts excess sugar to fatty acids that are packaged into triglycerides that are transported to fats cells for storage. In hypoglycaemia, insulin cut off is either inadequate, release excessive or action insufficiently terminated by counter hormones. A system-wide disturbance is created that results in one of the endocrine fatigue syndromes we call hypoglycaemia. There are diets to follow if you suffer with this, which many do not realise they do. It is yours to control, if you follow a diet to control it. If you stop it comes back. More info www.fibromyalgiatreatment.com type in Hypoglycaemia.

Useful information sites:

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

Yoga information

laurastaton.com/treatments/chair-yoga/arthritis/

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.

Spiritual and Oracle Readings and Healing available DO you
want to move forward and learn about your ability in a circle
environment

Email: brightlightcircle@gmail.com

Fibro group email: fibromyalgiawaws@gmail.com

Simon Co Leader Tel: 07806 808862

Email: simon10pq@sky.com

Nichola Co Leader 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.