

Worthing & Surrounding Area's Fibro/ME Support Group



January Edition 2015 Written by Nichola edited by Simon

Letter from the group:

A brand new year has started and how quick the last year has passed. It has become very clear with life in general that positive thinking, feeling happier and living in the moment has a powerful outlook. When you are living with health challenges you have to work on it that bit harder. I can't remember the true meaning of having no pain but I do know that feeling happier and more relaxed has a positive effect on my pain levels.



We are the only ones that can create a happier day living in the moment as things always change. However we as human beings tend to worry, sometimes over nothing which can create more pain. No one else can change things and ourselves except ourselves. We are in charge of what we think and do no one else.

There seems to be more people being diagnosed with FMS/CFS. Some are still working or even going back to work once they have got a pain plan in place, it may be something different career wise but it's a start. Of course everyone is at a different place in life and with their health pathway. It takes discipline, determination, patience, the willingness to make lifestyle changes and a large dose of attitude adjustment. Life is different than I imagined I would have at this point. But I am mentally stronger and happier. Through sixteen years of trauma, depression, not wanting to carry on, being embarrassed to have a conversation with people who do not have FMS/CFS because of forgetting what I wanted to say or couldn't find the next word to explain what was being said. I lived in my own bubble not wanting to go out. After a lot of varied therapies I decided that I either live with this condition and be happy or continue to feel depressed and stopping myself and the people around me from enjoying each day.

Meditation has helped, pacing and writing lists. Following the spoon theory helps as a tool to get through your day without hurting yourself and going down.

This years newsletter is full of exciting information revamped and energised. We hope you all enjoy reading it and would love to hear your story or information you think others would benefit from. Just send it to fibromyalgiawaws@gmail.com

The Support Group is here for you. We look forward to seeing you on March 17th 2015. Take last page and put on your fridge or notice boards, it has all the details for the year.

Speaker for 17th March: Local Nutritionalist Jenny Hargreaves will be giving us an insight into what we eat can help us improve our FMS/ME/CFS and health in general. Article written by Jenny on page 3.

Changes in the group for 2015: Ferring Baptist Church Hall, Greystoke Road
Ferring W Sussex BN12 5JL . Doors open at 6.30pm start 7pm -9.30pm.



17th March, 16th June, 20th October, Plus xmas meal to be arranged.

There will be a charge at the door of **£3.50** which works out at £10.50 for the year with free refreshments and newsletter.

Meals out: 17th February, 19th May, 15th September to local places will be in Newsletters, website and Facebook. Please phone 08448 872394 to book your place.

Please text or phone Nichola if you want to go to meal.

Once a month Coffee Meetings will stay the same: The last Wednesday of each month. 29th Jan, 25th Feb, 25th March, 29th April, 27th May, 24th June, 29th July, 26th August, 30th September, 28th October, 25th November. No December meeting xmas meal will be arranged.



Newsletter 2015: These will be sent out on end of Jan, April, July, Oct, and special in an email for details of xmas meal in Dec. One to one support: If you have a personal issue you need to get answered book in for a one to one at our meetings and we will endeavour to help you. You can also email if you prefer on the group email or fibroworthing.chris@hotmail.co.uk

Library Books and CD's: All books and CD's are £2.50 to hire between each meeting. We ask politely to return them once finished or post them to us, call helpline for address, there is no answer machine so keep phoning if not answered first time. There will be some books on sale too if you wish to purchase.



Useful Website:

Medical information

MedicineNet.com

Meditation information

www.windhorsemeditation.co.uk

Nutritional advice

www.nutritionscience.co.uk

Health Advice Q & A

www.bbc.co.uk/programmes/trustmeimadoctor

The ins and outs of Garlic

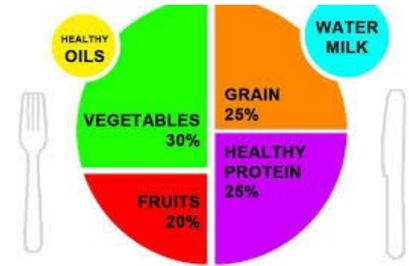
www.allicinfacts.com

Garlic: Allicin is an enzyme is a broad-spectrum of anti-bacterial activity in garlic. Research also showed that Allicin is responsible for lipid-lowering, anti-blood coagulation, anti-hypertension, anticancer, antioxidant and antimicrobial effects. When preparing garlic do not crush only cut as crushing destroys the Allicin.

Watermelon: Health Benefits, risks & nutrition facts. Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of **lycopene**, antioxidants and amino acids. There's even a modest amount of potassium.

WHAT IS YOUR STORY?

No matter which health condition we have, it does not occur at random. It occurs as a result of a sequence of events. We are all part of this universe which has its own rhythm, just like our body. Just as we now recognise the need to recycle and save the planet, as we see the symptoms and results of our excesses, so it is with our body. We tend to exploit it until it tells us to stop or it stops itself. We do not take time to nourish ourselves with healthy food, healthy environments and often focus only on the NOW. In other words, we allow ourselves to run on empty.



If you take blood from a worrier or pessimist you will find more pro-inflammatory cytokines than someone who is more laid back. These cytokines travel throughout the blood and tissues, undermining the health of every cell of the body, causing inflammation. This then undermines the health or integrity of the cell wall and it becomes leaky. The cell membrane is like a barrier which allows certain nutrients in and attempts to keep the 'unwanted out'. It can only perform this function well, when it is strong. If it is leaky, neither glucose nor other nutrients can get in efficiently, resulting in a deficiency in protein production and a loss of energy.

However it is not only the mind that can influence the health of the body. Our environment also affects how our cells work. For example, the flame retardant in our pillows and mattresses affects thyroid function, as does the compound BPA found in many plastics. In fact most products made from petroleum will have a negative, hormone-like effect on our cells. Conversely insufficient sunlight on our skin can lead to Vitamin D deficiency, which is one of the most potent anti-inflammatory 'hormone-like' vitamins known to man. These effects can result in inflammation, which damages the essential energy-producing mitochondria in our cells, causing them to malfunction. One potential by-product of inefficient energy production in the mitochondria is free radicals (Reactive Oxygen Species), which increase inflammation in the muscles, contributing to pain.

Food is another vitally important factor that cannot be overlooked, as what we eat has a direct impact on inflammation levels. One of the many underlying factors of both CFS/ME and Fibromyalgia is nutrient deficiency, which includes insufficient anti-oxidant levels, essential for the body's repair mechanisms and overall reduction of inflammation. Public health messages would have us believe that all we need to counteract this is '5-a-day'. This implies that we are all the same, which is not correct. We have biochemical individuality based on our genes, environment, lifestyle, personality-type and stress levels, to name but a few. This individuality defines *YOUR* story.

Nutrition Therapy applies the principles of Functional Medicine, which consider all factors which impact health. It offers a highly individualised approach through dietary changes, nutritive supplemental programmes and lifestyle adaptation best suited to your individual needs and circumstances. So what is your story?

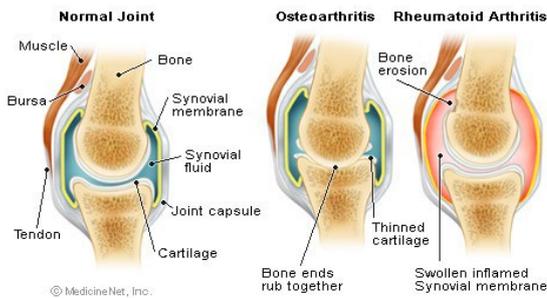
Jenny Hargreaves

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Osteoarthritis—OA:



Normal and Arthritic Joints

In this article, we discuss a condition that many FMS sufferers live with, there are many similarities to FMS and at times difficult to differentiate between them. It is not Repetitive Strain Injuries (RSI), but they share some common symptoms and compounded by RSI, and may be mistaken for RSI, at least at the beginning. We should also point out that if you have unexplained musculoskeletal pain including diffuse bone, joint, or

muscle pain, there can be many sources of the pain. A diagnosis from a medical professional is helpful in ruling out potential serious reasons for the pain which can have similar symptoms such as Lyme disease, rheumatic fever, hepatitis, Paget's disease, sickle cell anaemia, or bone cancer. If you believe you are suffering from either osteoarthritis or fibromyalgia, you can find info on our website plus many others and NHS Choices.

Frequently overlooked diagnoses. Dietary, climactic, and emotional conditions can manifest as diffuse joint, bone or musculoskeletal pain due in large part to inflammation. Gluten intolerance, and other dietary intolerances can lead to inflammation and a variety of physical manifestations.

OA definitely compounds the problems of RSI. OA was once considered the result of "wear and tear" to the joints, however research now shows that it can also be hereditary. OA develops when your body progressively loses cartilage at the ends of bones in a joint or in the spine. Cartilage is spongy and filled with synovial fluid which lubricates the joints as they move. The water content of cartilage increases, the protein of the cartilage degenerates, and the cartilage starts to wear away, eventually causing bone to scrape against bone, triggering inflammation in the tissues surrounding the joints. Inflammation of the cartilage can stimulate new bone outgrowths or spurs called Osteophytes. Ligaments and tendons supporting the joints become loose and the surrounding muscles grow weak, cracking, crunching, and creaking of the joint can occur. Using the joint causes aches, pain and stiffness that wasn't there in younger days.

Primary osteoarthritis is due to ageing and hereditary factors. Secondary osteoarthritis is brought on by other factors including obesity, repeated trauma, surgery on the joint, abnormal joints at birth, gout, diabetes, or growth hormone disorders. Obesity is the second most powerful risk factor for osteoarthritis of the knees after ageing. Every extra pound you carry can have the impact of three pounds of pressure on your knees and hips as you move. Over 50% of all the cases of OA of the knee and 25% of the cases of OA of the hip are linked to excess weight. Gout and pseudo-gout are build up of crystals in the joints that cause inflammation. In a few cases, both types of crystals can occur in the joints. In the case of gout, the crystals are monosodiumurate which form in some people who have too high a level of uric acid in the blood. In the case of pseudo-gout, the crystals are calcium pyrophosphate. Damage to the joints can begin at the age of 20 if someone participates in high impact sports like football, soccer, tennis, basketball, and high-impact aerobics. Hereditary predisposition to cartilage deterioration, that make the effects of running unclear. If joint pain and inflammation follow periods of running, damage may be occurring and another form of exercise may be wiser to reduce the risk of developing OA.

Osteoarthritis cont: If you're overweight, have played contact sports, and you're getting older, the likelihood of developing OA are going to be high. The most common symptom of osteoarthritis is pain in the joint after repetitive use or after periods of inactivity, such as sitting for periods of time. Joint pain is usually worse later in the day. OA can affect the hands, feet, hips, knees, neck and spine. OA of the feet and hands may have genetic origin, with numerous female members of one family developing it. OA is not related to rheumatoid arthritis or other types of arthritis. Diagnosis of osteoarthritis is made by determining if symptoms are present: cracking and popping, inflammation of joints, reduced range of motion, pain and tenderness when joints are moved or pressed on. X-rays of the affected joints will show reduced space within joints, wear at ends of the bones and/or bone spurs.

Treatment: Evidence of osteoarthritis in humans dates back to 4500 B.C. and has been referred to as the most common ailment of prehistoric people. This ailment has been around for a very long time, so attempted treatments abound from copper bracelets to prescription steroid injections. Basic treatment that aims at improving biomechanics, injury prevention, weight control, strengthening and low impact exercises should always be the first line of defence. Learning more about how to care for the joints, participating in physical therapy and wearing supportive devices can be helpful. Treatment consists of attempting to aid the ailing joints through strengthening, support, reduction of inflammation, and prevention of further damage to the cartilage, and secondarily to reduce pain.

Diet - Nutrition - dietary factors play a significant role in the prevention or the advancement cartilage and joint deterioration. Rather than resorting to drugs, especially non steroidal anti-inflammatory drugs (NSAIDS) with serious adverse side-effects in long-term use, nutrition, functional foods, and nutraceuticals could provide a significant alternative because they are devoid of adverse effects. Drinking plenty of water every day helps to lubricate joints also taking Omega-3 fish oil. Gluten free diet. Diallyl disulfide found in Garlic is very good plus sulforaphane in broccoli. Non-citrus fruits and alliums (garlic, onions, leeks) are beneficial.

Medicines: Drugs - Acetaminophen, or Tylenol, may help relieve pain, but it does not relieve inflammation. Nonsteroidal anti-inflammatory drugs (NSAIDs) can be effective for short-term relief of inflammation and pain, but may cause moderate to severe irritation of the stomach and intestines (GI), even ulcers and bleeding. These over-the-counter or prescription-strength drugs include ibuprofen, aspirin, and naproxen.

Glucosamine and Chondroitin: Promote formation and repair of cartilage, while Chondroitin is believed to increase water retention and elasticity in cartilage and to inhibit enzymes that break down cartilage. **SAMe (S-adenosylmethionine)** is a naturally occurring compound that is found in almost every tissue and fluid in the body. In **ginger, turmeric, and galangal** there are natural COX-2 inhibitors are found in ginger and turmeric. Turmeric formulation called Meriva.

Holistic Therapies: Acupuncture, reflexology, Indian Head massage are all affective in pain relief. It improve function pain and the whole body in general.

Osteoarthritis Cont: Exercise - Physical therapy, regular non-impact exercise, stretching, strength training, aerobic or endurance exercise, and tai chi are all extremely important in treatment of OA. It encourages the production and flow of lubricating joint fluids, builds muscle strength, helps weight control, improves flexibility and joint movement, and eases pain in joints. Cycling, swimming and water aerobics are great non-impact activities. Yoga is very useful for the whole body mind and spirit.

Capsaicin. Found in hot peppers is capsaicin and research shows it reduces pain sensation if used as a topical cream. It doesn't damage any body tissues. It releases the chemical in the body called Substance P, normally released when tissues are damaged.

Pycnogenol. An extract from the bark of the French maritime pine tree, was very successful in improving performance of people walking on a treadmill, decreased the use of other drugs, decreased gastrointestinal complications, reduced treatment costs, and significantly reduced foot oedema. On a treadmill walking distance and use of anti-inflammatory drugs during research some people received a placebo drug. More research is needed to replicate these findings and gain status as a potential treatment, but the findings are quite promising.

Copper bracelets, magnets, work with our natural electrical protection around our body which balances our body reducing pain.

Supports: Wearing lightweight elastic wraps or supports can be quite helpful and reduce pain. Wearing shock absorbing insoles, shoes, or orthopaedic shoes can help in daily activities and during exercise.

Lifestyle modification/assistive devices:

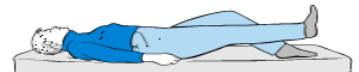
Pacing— Resting at regular intervals during the day. Only do what is necessary so not to over do things with your body, changing the way you do things, meditation to reduce stress on painful joints. Tens machines, "arthritis aids" are all helpful.

Weather and Climate: Interestingly, moving to a warm climate does not appear to help. An additional factor may be that when temperatures drop, blood flows toward your core and away from your extremities and reduced blood flow in the muscles will make the joints stiffer and more painful. Cold wet, rainy weather can affect mood and decrease the threshold for pain perception.

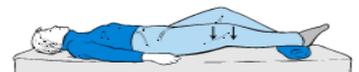
Riverford Organic veg and fruit plus other foods: Enjoy chemical free fresh produce, they deliver to your door. You can go on their website or phone. If you have a regular order from them each week please tell them you have been recommended by Nichola Bond, as I am a customer of theirs and will receive a credit on my order. I was recommended by another FMS member, even though I had been thinking about getting organic for a long time and new about river ford for some years, I am so pleased I took the plunge. I can taste what veg and fruit are suppose to taste like.



1. Straight-leg raise: sitting



2. Straight-leg raise: lying



3. Muscle stretch

Health news: [NICE \(National Institute for Clinical Excellence\)](#) are concerned that we are going to have an epidemic vitamin D deficiency, due to the low levels of sunlight during winter months. They suggest that people who are most at risk are children and babies; pregnant women; people with darker skin; over 65's; people who get little exposure to the sun; and people who are housebound. Vitamin D is measured by a simple blood test, and NICE advise that supplements are sold at the recommended dose of 10 micrograms a day for adults

Why Meditate:

Stress Reduction:

Meditation reduces stress better than anything else. Not only does the practice of meditation give you some "down time" to rest physically and mentally. It also has a very direct effect on your entire nervous system by reducing your body's production of stress related chemicals like cortisol, and increasing the production of mood enhancing chemicals like serotonin.

Improves Health:

It will improve your health by strengthening your immune system, reducing your blood pressure and lowering cholesterol levels. Meditation is often of particular interest to people who are diagnosed with a chronic or potentially life threatening illness. People with serious medical conditions like cancer will sometimes turn to meditation as a means to enhance the process of healing and recovery.

While meditation should never be used as a substitute for proper medical care, in some cases it can lead to medical breakthroughs and healing even when traditional medical treatments have been unsuccessful. Of course, you do not have to be terminally ill to benefit from the healing effects of meditation!

Even if you have just come down with a case of flu, meditation will enhance the function of your immune system and help to you to rest most deeply, leading to a speedier recovery. Meditation also happens to be a wonderful way to alleviate headaches and to prevent them from reoccurring.

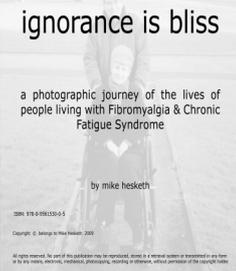
Improved Sleep:

Sleep is a totally natural human function, and it's something we need every day. But if you have a busy mind or if you are stressed then you may find that your sleep is not as restorative as it should be. Meditation dramatically improves the quality of your sleep and it is one of the most powerful natural treatments for insomnia. A great reason to meditate.

Meditation techniques:

1. Be comfortable, in a quiet place where you can relax. Try in a stable position, or lie if you are comfortable in this way.
2. Become present and totally aware of your surroundings and your body. Does anywhere hurt? What are your thoughts?
3. Focus on your breaths: Take long and deep breaths, and feel the breath travel through your body and what your body is doing when you inhale and exhale.
4. Take notice of how every part in your body feels, start at your toes and work your way up. If your thoughts wander, re focus them on your breathing.
5. Practice!

Ebook available: 1. **Ignorance is Bliss:** These books are useful not just for yourself but for family and friends to understand what you are truly going through.



2. **Fibro Log Ebook:** Many things can affect your pain. These may include stress, daily activities, sleep, and even weather. This log can help you track the everyday things that have an impact on your pain. When you understand what makes your pain worse, you can begin to work on ways to reduce or deal with your pain "triggers." The more you know about how your body reacts, the more you can be in control. And being in better control can help you be less afraid and better able to manage your pain. We encourage you to fill out a chart at the end of each day or several times a week. You can then take this log to your health care provider visits. It can help you talk more openly with your health care provider so that together you can find ways to improve your quality of life and get back to doing the things that matter to you most. Over a period of time, you might be able to see certain patterns that will provide clues on daily activities or situations that you can change to help you better manage or reduce your pain. To use the log, simply circle the number on the line that best indicates your status. Please email fibromyalgiawaws@gmail.com if you would like to receive any of these book.

The Difference Between Depression and Anxiety:

People often group depression and anxiety together. It's true that you may be depressed *and* anxious, but they're not synonymous disorders. **Depression** is characterised by extreme, chronic sadness. You might say you're depressed after a particularly bad day at work but actual depression is much more significant. People handle depression in their own way. Maybe you cry or lash out in anger. You may spend most days in bed or excessively eat in response to your pain. Whatever the reason, what's most important is recognising the change in your behaviour. If you find yourself thinking, "I never used to feel this way. My life used to be better," then talk to your doctor or therapist. **Anxiety**, on the other hand, is known for its consuming feelings of panic, fear, and excessive worry. You may feel like your heart is racing, so much in fact that you may confuse your anxiety with a heart problem.

The Fibromyalgia Connection: To help understand how fibromyalgia relates to depression and anxiety and to see the differences between depression and anxiety. Compare some of the symptoms in the table below. Note: the symbols denote symptoms most commonly associated with the disorder (i.e., it's possible to experience less sleep than normal if you have depression, but it's more common that you will sleep more than usual).

Symptom	Fibromyalgia	Depression	Anxiety
Aggression or anger	x	x	
Appetite changes	x	x	x
Helplessness	x	x	x
Panic or fear			x
Less sleep	x		x
More sleep		x	
Trouble concentrating	x		

Advice to a New Patient:

What are the most important things to remember in coping with Chronic Fatigue Syndrome or Fibromyalgia?

Accept Your Illness—your illness is real, physical, and long-term. Getting it was not your fault. While you should accept that your illness is long-term, you should also be hopeful because there is much you can do to improve your life. Rather than fighting your condition, be compassionate toward yourself as someone with a serious illness. Acceptance lifts a lot of



emotions and puts you on a path of being kinder to yourself and live for the day. Accepting you have a chronic illness opens the start of a new life, plan your life around your illness, your life starts to improve. One seems to live a life that hope that the condition will go away but once accepting, educating yourself living for the day life can be more stable and happier. There is an element of mourning your old life and accepting the new life, finding new hobbies and interests.

Live within the Limits of the Illness: Adjusting your activity level to the limits imposed by the illness is one of the most helpful coping strategies you can use. The idea is that we have less energy than before. If we try to do too much, we usually trigger an intensification of symptoms that forces us to rest. In contrast to living life on this roller coaster, we can gain some stability if we learn to live within our limits. Learn to listen to your body and respect its needs. Pace yourself throughout the day. Set priorities each day, it is ok to leave some jobs for another day. It is essential to preserve our energies for activities that help us get better. This becomes most difficult when we hate to disappoint special people in our lives. It is important to remember that if we do one thing, we can't do another." Be kind to yourself.

Get Support: Get support and help, have understanding people around you seek out support from others in the same boat. Be realistic in your expectations.

Keep a Positive Focus: Value and take care of yourself. You have a choice in every situation. You can be defeated by it or learn and grow from it.

Educate Yourself: Seek out information and options about the illness. Experiment to find what works in your individual situation.

Rest Daily: Pacing, put regular periods of rest into your day, regardless of how you feel. It is important to take scheduled rests, lying down with your eyes closed in a quiet place. This may be able to prevent flare-ups or reduce their intensity. Such rests can help lower symptom levels and increase a sense of control.

Other themes: Exercise and avoiding stress, hydrotherapy, freeing yourself of unhelpful emotional baggage, forgiveness opens you to a free mind and calmer body thus less pain. Create a good relationship with your doctor, if you are not happy change your doctor.

Summary: Self-management, positive mind, happy thoughts and laughter hopeful attitude.

The Importance of Sleep When You Have Fibromyalgia:

The value of sleep goes beyond simply giving you a rest. It has significant psychological and biochemical importance. A few reasons your body needs a good night's sleep include: Sleep allows the body to repair damaged tissues. Dreaming promotes good physical and mental health. Some essential hormones growth hormone for instance are secreted during sleep or shortly before waking. You concentrate better and are less fatigued with a good nights sleep. Lack of quality rest can induce what's sometimes called the fibro fog (the inability to focus and concentrate due to fibromyalgias extreme fatigue). Many researchers believe fibromyalgia sufferers don't get enough deep sleep. Basically, sleep researchers have identified three types of sleep light sleep (stages 1 and 2), deep sleep (stages 3 and 4), and rapid eye movement (REM) sleep. If you don't spend enough time in deep sleep, your body lessens the production of important hormones. Decreased production of such hormones may increase pain in people with fibromyalgia. Similarly, if you don't experience enough REM sleep, your body may produce less cortisol (though the hormone, which controls blood pressure and blood sugar, may be released at any time during sleep). People with fibromyalgia may have low levels of cortisol, which contributes to their excessive fatigue.

7 Tips to Help Achieve Better Sleep

1. **Anti-depressants.** Some people find that low doses of tricyclic anti-depressants help achieve a deeper sleep. The drugs make people feel tired and then fall asleep. Talk to your doctor about possible side effects.
2. **Don't watch TV or browse the Internet on your computer immediately before going to bed.** These activities boost electrical activity in the brain, making it harder to fall asleep.
3. **Get more exercise.** Your pain and fatigue may keep you from exercising, but light exercise may help you get a more restorative sleep.
4. **Herbal supplements.** Valerian, kava kava, and melatonin are alternative medications that have helped some people fall asleep. Valerian helps with insomnia, kava kava also treats insomnia, in addition to stress and anxiety, and melatonin helps reset your body's natural rhythm, making it easier to fall asleep.

Mattress selection. If you're not sleeping on a bed that encourages a good night's sleep, you might be in the market for a new mattress. There are a variety of mattresses available that may make a big difference in your quality of sleep.

1. **Prescription sleep remedies.** There are a variety of FDA-approved drugs specifically for sleep disorders, including Zolpidem (Ambient) and Eszopiclone (Lunesta).
2. **Simulate the breathing of deep sleep.** This may "trick" your body into sleeping by taking slow deep breaths that mimic those of the deeper sleep stages. You'll feel relaxed and better able to fall asleep.
3. If you're experiencing sleep problems, talk to your doctor. Together you will determine the best treatment options to give you the quality sleep you need to help curb your fibromyalgia symptoms.

WORDSEARCH

Crafts and Hobbies: WRITING, POETRY, READING, CRAFTS, MUSIC, GARDENING, SINGING, FILMS, TELEVISION, COOKING .

E	E	U	C	L	P	O	E	T	R	Y	U	N	F	A		
Z	S	I	N	G	I	N	G	V	C	N	E	F	K	F		
C	O	O	K	I	N	G	E	E	B	A	V	A	K	A		
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K	A	E	M	F	S	T	F	A	R	C	X	G	K	T		
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E	R	D	Z	Y	N	F	S	G	N	I	T	I	R	W		
J	J	G	H	U	U	R	U	N	N	Y	X	P	P	D		

We are always looking for new ideas so if you have information please send to fibromyalgiawaws@gmail.com

Or if there are any subjects you would like to read in the newsletter please email us.

Energy Drinks are bad for your heart.

If you have an muscular injury and swelling use an ice pack.

If you have a long term injury use a hot pack.

Doors of the 3 evening meetings of the year at 6.30pm to 9.30pm:
 Ferring Baptist Church Hall, Greystoke Road, Ferring, West Sussex. BN12 5JL

2015 Calendar

January	February 17th	March 17th	April	May 19 th	June 16th
Newsletter Goes out in last week .	Meal Out George Toby Carvery 39 Goring road, Worthing BN12 4AS Tel No:01903 247226 No Evening Meeting	Evening Meeting. 6.30pm to 9.30 £3.50 at door Free Refreshments.	Newsletter Goes out in last week. No meeting.	Meal Out North Star Littlehampton road. Durrington BN13 1QY Telephone 01903247973 No Evening Meeting	Evening Meeting. 6.30pm to 9.30 £3.50 at door Free Refreshments.
July	August	September	October 20 st	November	December
Newsletter Goes out in last week. No meeting.	No Meeting	Meal Out George Toby Carvery 39 Goring road, Worthing BN12 4AS Tel No:01903 247226 No Evening Meeting	Evening Meeting. 6.30pm to 9.30 £3.50 at door Free Refreshments.	No Meeting	Xmas Meal: To be ar- ranged.

Copies of the Newsletter are available on our website to download, emailed or pick up a hard copy at our meetings.

www.fmswaws.org

email: fibromyalgiawaws@gmail.com

Helpline: 08448 872394

Call Tel: 08448 872394

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 each meeting. Please speak to anyone at the meeting if you would like to help.

Coffee Mornings once a month

Jan—29th Feb -25th
 Mar 25th Apr -29th
 May 27th Jun -24th
 July 29th Aug 26th
 Sep 30th Oct 28th
 Nov 25th. We don't
 meet in December



12 Middy for approx.
2hrs at

Lime's Café. St Paul's Church, Chapel Road,
 Worthing nearly opposite the main .
 Worthing Post Office

Changes	Facebook	Website Telephone
You will be informed of any changes throughout the year	Worthing & West Sussex Fibromyalgia Support Group	www.fmswaws.org Helpline 08448 872394

Simon Stuart Co Leader	Nichola Bond Co Leader	Christine Brunton Administrator	Pete MacKean Webmaster
Tel: 07806 808862 email: simon10pq@sky.com	Tel: Helpline Number 08448 872394 email: fibromyalgiawaws@gmail.com	Tel: 07934 640814 email: fibrowor- thing.chris@hotmail.co.uk	Tel: 01903 739596 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.