



Worthing & West Sussex Fibromyalgia, CFS/ME Support Group Newsletter

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Details of all meetings:

12 midday to 2pm

St Paul's Arts Centre,
55b Chapel Road, Worthing,
BN11 1EE opposite the main
Post Office.



Jan 27th	July 27th
Feb 24th	Aug 31st
March 30th	Sep 28th
April 27th	Oct 26th
May 25th	Nov 30th
June 29th	Dec 28th

Founder and Co Leader Letter from Nichola

Welcome to our new modern newsletter. We don't just have our day time meeting once a month but also we have get together time.

Our very own Christine who is my right hand woman with running the group and has also been a peer mentor for Mind (a Mental Health Charity) and has become Co Leader. She will be running several get together's for Fibro / CFS /ME Time to Talk.

To encourage talking about how we feel and how our day to day life effects you and maybe the ones around you. Talking to others that are going through the same or similar things in life can create a positive effect on us. Meeting others is fun but the best part about meeting others going through the same challenges as we do with FMS, ME, CFS creates a sense of not feeling alone.

We put all the information on our Facebook account, so interact with others and keep connected.

A big thank you to two of our long time members, Michele and Kirsty for their continuous support in helping with the group.

Would you like to write an article for the newsletter? We are looking for someone to research benefits information! Please get in touch soon.

Christine's Thought's.

There is not such a thing as bad weather, just the wrong clothing!!!

Let me explain. In the summer we wear t-shirts and shorts and enjoy the sunshine and the vitamin D boost, however the sun has damaging effects too, like sunburn, heat stroke and even skin cancer. In the winter we dread going out in case we get cold or wet. And that's the thing, most people don't know about the layering of clothes. Rather than wearing a t-shirt with a jumper over, you should be wearing a vest top, then a t-shirt, a shirt and then a jumper and for the bottoms you wear tights or leggings under your trackies or jeans and two pairs of socks. Then I hope you have a waterproof coat and boots and then you are ready for a bit of fun in the rain with your friends or children. It's such fun jumping in puddles no matter what age!! You then come home, put all the clothes in the machine to spin to get the worse of the rain off to save having dripping clothes everywhere. You can always do this with your coat even if it says dry clean only, putting it on a spin is certainly not damaging your coat anymore than letting it drip for days!! If this dreary grey weather really gets to your mood, buy yourself a SAD lamp. Seasonal Affective Disorder is not just limited to those who suffer with depression, I think most of the UK suffer with SAD at some point in their lives as starting your day and finishing in the dark is quite miserable, but if you can, plan fun things to do whatever the weather, just make sure you are dressed suitably. You wouldn't sunbathe without putting on sunscreen!!! C xx

Support information

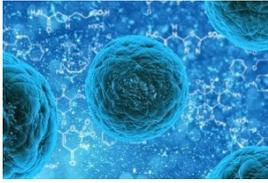
www.fmswaws.org Email: fibromyalgiawaws@gmail.com

Helpline: 08448 872394 (12-5 Mon — Thurs)

Chris Tel: 07934 640814 (after 12 noon) Email: fibroworthing.chris@hotmail.co.uk

Facebook: [Worthing & West Sussex Fibromyalgia Support Group](#)

Your Cells Are Listening: How Talking To Your Body Can Help You Heal



"Every part of your body has its own consciousness or its own soul." These transformative words, spoken by indigenous medicine women.

Can my body hear me? Can I talk to it to gain its cooperation in healing this condition? The human body has many secrets to be given up to scientists and re-

search. However we do know that our body remembers trauma and so pain. It is said that PTSD affects more people than known and one needs to go back into the lives to see many events that can cause this condition. It is said that even if you seek professional guidance if you go through an event that is traumatic in the future it can bring back memories. Sorting out any emotional difficulties seems to be the way forward. Meditation

and mindfulness CBT are many methods available. We all strive the desire to be happy and contented, to be loved and to love. How can we live a life with those desires when we have silent memories locked away inside us effecting our inner body with out maybe realising. Food for thought, don't you think. We all do to much in our lives and many stresses are put on us. However we are the only ones that can change this.

A Source of Infections - Read What is Hidden in Your Dish Sponges -

About 90 percent of sponges for washing dishes in households contain a high concentration of bacteria, and 10 percent of them are not advisable for use, due to health reasons or diseases that they could expand. It is a fact that the sponge for washing dishes is the home of numerous bacteria. Based on their research, sponges for washing dishes contain six times more bacteria than the door handles of the bathrooms, which are a major source of illnesses and diseases. Sponges are a heaven for bacteria because they are constantly wet, and it is

an excellent environment for them. In order to avoid these risks which sponges for dishwashing can cause, follow these tips: After each time you wash the dishes, rinse the sponge with some hot water, and wash it with antibacterial detergent every two days.

Change the sponge every two weeks. You can keep it longer if you wash it at a temperature higher than 60 degrees in the dishwashing machine. When you clean the working surfaces, instead of a sponge, use antibacterial wipes.

Neurologists claim that every time you resist acting on your anger, you're actually rewiring your brain to be calmer and more loving.



Transport assistance for the disabled.

Rail Service are now far more accessible than they were. It is best to book assistance in advance so that we can ensure that any help you may need is provided. In particular, we would recommend that you book assistance if you: Have a mobility or other disability that means you find getting on and off trains difficult; Are a wheelchair user (on most services you will need to use a boarding ramp and, on some services

reserve a wheelchair space on the train service you wish to use); Are a mobility scooter user (there are restrictions on different train operators which need to be checked, a boarding ramp will be required and possibly a reservation for the space onboard). Have a sight impairment and need guiding around a station or help boarding and alighting from your train;

Have difficulty walking long distances - at some stations we can provide a station wheelchair or, at some larger stations, access to an electric buggy. We recommend that you book help 24 hours before you travel.

Please look up this link for more information.

www.nationalrail.co.uk/stations_destinations/disabled_passengers.aspx

EFT Emotional Freedom Technique

What is the Emotional Freedom Technique?

The Emotional Freedom Technique, or EFT, is the psychological acupressure technique. Emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way. Using our meridians and our energy in our aura which is around all living beings. Tapping frees the emotional ties we have which have a negative effect on our mind, body and soul. Try EFT over several weeks nothing is easy and a quick fix. It's a life time change if you want to it.

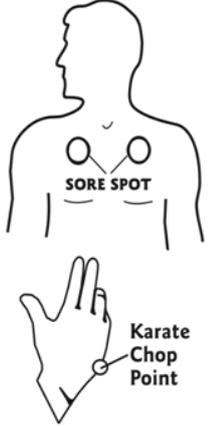
EFT™ TAPPING PROCEDURE (The Basic Recipe)

#1...The Setup

1) Repeat 3X
Even though I have this _____ (problem) _____
I deeply & completely accept myself.

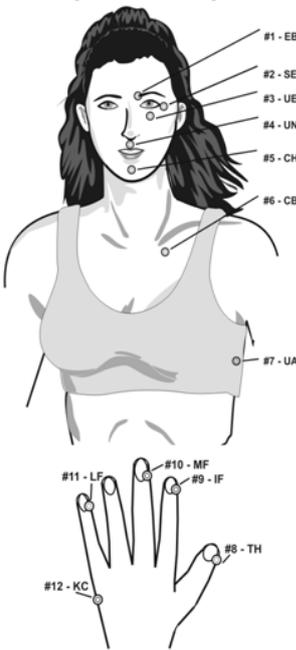
2) While continuously rubbing the "Sore Spot" or tapping the "Karate Chop" point.

The Sore Spot/ Karate Chop Point



#2...The Sequence

Tap about 5X on each point



#3...The 9 Gamut



Perform 9 actions while tapping the GAMUT POINT continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

#4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping, change the setup language to "Even though I STILL have SOME OF this problem..." and use "REMAINING problem" as a reminder phrase.

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www.benefitsandwork.co.uk

"Guides you can Trust"

This is a great website to assist you if you have to fill in any of the Department of Work and Pensions (DWP) forms to claim your benefits. Some of it you can enjoy without costing, but I totally suggest you sign up and usually there is a discount available, as the information is invaluable should you need to dispute your claims etc! Take a look and make your own opinion! You can sign up to receive regular emails as well.

CEA Card

Cinema card to allow a carer to go into cinema for free when you are purchasing a full priced ticket. You can apply online or by post, you need a photo passport size and copy of proof of disability. DLA, AA, PIP, AFIP and blind persons registration are the benefits accepted. The fee for a year is £6, but if you go to the cinema regularly with a friend it is well worth the yearly charge.

Ode to a Pill

Little pill here in my hand
I wonder how you understand
Just what to do or where to go
To stop the ache that hurts me so.

Within your content lies relief
You work alone in disbelief.
You sink in regions there below
As down my throat you quickly go!
But what I wonder, little pill
Is how you know where I am ill
And just how do you really know
Exactly where you have to go?

I have a headache, that is true
My broken ribs need attention too!
So how can anything so small
End my aches in no time at all?

Do you work alone or hire a crew
To do the good things that you do?
I'm counting on you mighty strong
To get to there, where you belong.

Don't let me down, please do not shirk
To do your undercover work.
So down my throat, be on your way
And end my aches for another day.
Don't take a wrong turn is my plea...
I can't take another 'til after three.

Message in a Bottle



It is a fact that most Fridges provides will survive a Fire and Emergency Services and Doctors will look for that enables "The Message in a Bottle" to help people to put de- them if needed. The paperwork is tails of Medical inside with a sticker to be placed Conditions, medi- in the inside the window of your

cation and Next of Kin into a plastic front door. container that is then put into the Fridge.

Crafts - Cross Words—Word Search

COLOUR Therapy

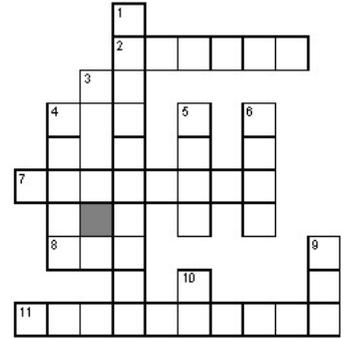


Colour therapy has become very popular, try it, as you colour in the pictures it helps to take your mind of any other challenges you have and pain. It is very rewarding.

"The Works" in Worthing which has moved to Montague Street sells these sorts of books and coloured pencils at a reasonable price, but I have seen these books available in Asda and Tesco's and they come in all sorts of designs and patterns for you to choose from. C xx

Colour, Breathe, Relax and Enjoy!

Summer Words



bogglesworld.com

Across

- 2. The month at the end of summer.
- 3. The book is ___ the table.
- 7. The time when you don't go to school.
- 8. How's the weather in summer?
- 11. A big fruit you eat in summer.

Down

- 1. What do you make at the beach?
- 4. You go to the _____ in summer.
- 5. What do you do at the beach?
- 6. The month at the beginning of summer.
- 9. A machine that makes you cool?
- 10. I ___ swimming.



www.bogglesworldesl.com

Unscramble that Word!

Unscramble the letters to make a Halloween word

LOOK



unscramble

ervlamp



shgto



ppminuk



hacna
rnoc



rspdle

rainbow write

Just Wild About Teaching

Disclaimer:

Information in this newsletter does not necessary infer endorsement by the Worthing and West Sussex Fibromyalgia & CFS/ME Support Group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.