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Beth Urmston

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INSIDE THIS MONTHS ISSUE:

The magazine that has something for everyone

S.A.D - Seasonal Affective Disorder

Lady Gaga's Fibromyalgia Diagnosis



Aims of the Magazine

An aid to those who have been diagnosed with Fibromyalgia (FM) Chronic Fatigue Syndrome (CFS) and Myalgic Encephalopathy (ME) who need support and guidance to help them come to terms with their lifelong debilitating condition.

To help their families, friends, colleagues etc. to understand and be able to offer their own level of support.

As a tool to assist the medical profession when dealing with patients who have presented regularly over a 6 month period or more with unexplained pains which could be FM, or those who have already been diagnosed.

As an outlet for FMCFS/ME sufferers to share their experiences.

A way to raise awareness and educate the general public of the many symptoms and issues that make up these similar but different conditions.

To work toward fundraising for research, we all want the same thing:

A CURE!

PUBLISHER'S STATEMENT

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Thank You

Thank you to everyone who has contributed to this months magazine.

Contributors:

Elyse Runacre – Features Editor

Beth Urmston - Features Editor

Beverley Barnett – Copy Editor

Plus Guest contributions



To all our regular contributors, our wonderful readers and everyone who has done anything to raise awareness in whatever way they were able this month and especially to those who donated.

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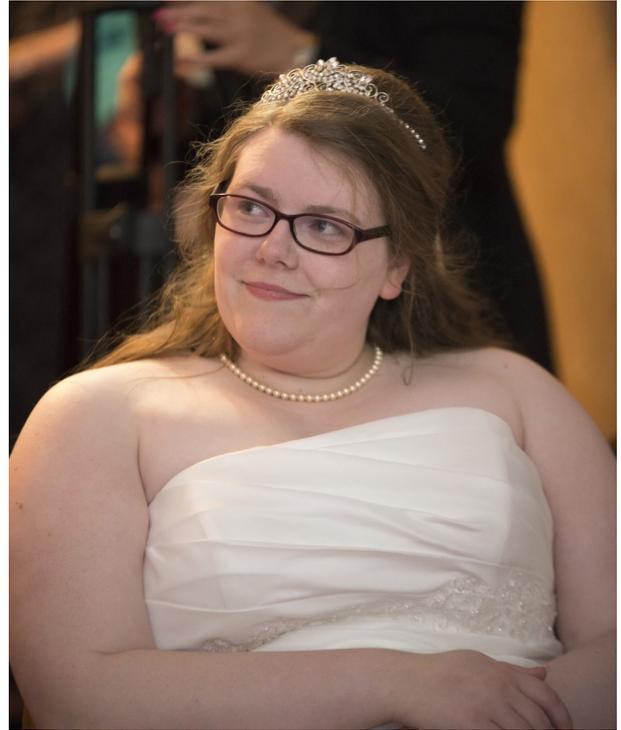
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Message from The Editor

Hello,

This is my first issue flying solo, I've stepped in for Beth, who as you may know is taking about 12 months off to focus on other things to do with the charity. I have to thank all the team who have helped to get this magazine ready by sending in articles etc. There is a whole group of people who each play their own individual part in producing the magazine.

I have been interviewed for you all to get to know me and you can read it on page 7



I want to remind you all that this is YOUR magazine, written for sufferers, by sufferers. If there is anything you'd like us to cover or to write about then just drop me a line to Lullabybunny1@aol.com (Subject Fibro flare)

This is our last issue of 2017 so I would like to wish all our readers a very Merry Christmas and a Happy New Year from everyone at Fibro Flare. Our next issue will be released on 2nd January.

Sara-Louise X

Getting to know you...



Sara-Louise Williams – Editor

As many of you already know our Founder and Editor, Beth Urmston is stepping down as editor for a year to concentrate on other areas of the magazines/charity work. In the meantime, Sara-Louise Williams will be standing in for Beth.

Beth and Sara-Louise first met on an online support group, 4 years ago. Beth mentioned wanting to start up a magazine and the rest is history. Sara-Louise worked alongside Beth and other members of the team to help set up the magazine and contributed to our very first issue in May 2014 (and

subsequent issues) by writing and sourcing articles.

As one of the Trustees, Sara-Louise helps to come up with fundraising to cover the running costs of the magazine & charity etc. and vital funding for research. Part of this role is not only to decide where these funds go but also ensuring that the decisions made will benefit our readers and those lovely, generous people who donate. Raising awareness is so important, if we the patients aren't interested in doing it then no-one else will either. No-one knows our conditions like we do after all. When we share our stories via magazine articles, support groups etc. it helps those who are newly diagnosed and our fellow warriors. Who better to give support to each other than us? We all need to know that we are not alone.

Luckily for us, Sara-Louise loves the work that she does. Her passion stems from her wanting to make a difference to fellow sufferers by giving us a platform for our voices to be heard. Our conditions are invisible but we are NOT. Sara-Louise wanted to shape something and to feel proud of it and think `I helped to do that`.

The magazine started off with a handful of readers and now has 4,000+.

In the early days, Beth and Sara-Louise used to alternate the role of Editor each month and she is looking forward to getting stuck in again.

Working on the magazine in her various roles gives her a sense of purpose, pride and self-worth. Mainly it makes her feel useful. It is also a good way of distracting her mind from her symptoms.

In 2000, Sara-Louise started to feel very ill with the symptoms of Fibromyalgia. In 2006, she saw her health deteriorate further with the onset of M.E. However, it wasn't until 2010 that Sara-Louise was finally diagnosed with both conditions, which have left her unable to work in paid employment. Instead she uses her precious energy and time helping to raise both awareness and funds for research into these awful conditions.

When the Rheumatologist gave Sara-Louise her diagnosis she wasn't shocked as she had told her GP that she thought she had FM. Although being told at the age of 20 that there's nothing that they can do and that you will never get better is a horrible feeling, even though she already knew. To actually hear those words really hurt.

Pain and Fatigue are her worst symptoms however, Sara-Louise has problems with her speech (a symptom that cannot be hidden) at times and it is this which causes her the greatest distress. Recently, Sara-Louise attended a pain clinic which she found to be useless and although she does take some basic prescribed medications, her GP is reluctant to prescribe anything else yet due to her age. If she takes them now and then builds up a tolerance to them, then in years to come she'll be left with no options.

In the past Sara-Louise has been left housebound by her conditions and during this time she found on-line support groups to be a life-line. At times when her speech is bad and it is too painful to listen these groups became invaluable and were a great tool for socialising. Although Sara-Louise is not housebound at the moment she doesn't go out very often.

Listening to music is Sara-Louise's favourite way to relax. Music from the 60's is at the top but she enjoys everything from Beethoven to Bon Jovi.

Fortunately, Sara-Louise has a great support network at home. Her wife, sister and friends all understand (to the best of their abilities) how her conditions affect her daily life and her Mum (a nurse) has a lot of empathy and understanding.

Interviewed by Elyse Runacre

Do you see interesting articles that you think may help other sufferers?

Do you think you hold the best recipe for a natural remedy?

Send us your articles, or website links, recipes etc to Lullabybunny1@aol.com and we may feature them in the next edition of Flare Magazine.



Fibro Flow

By Elyse Runacre

By following these two routines regularly, you will help to reduce lower back pain.

PLEASE NOTE: Before starting any new flexibility routine you should always consult with your Doctor.

1: Lay on the floor face down. Arms flat on the floor, palms down but bent at the elbow with your elbows pointing backwards and your hands pointing forwards (diagram 1).

Gently raise your top half off the floor, stretching out your lower back and releasing the tension. (diagram 2).



Hold for 10 seconds, then lower your body back to the starting position. Repeat 10 times.

2. Still laying on the floor face down, place your arms in front of you. Crossed over and rest your head on them (diagram 1).

Now gently raise your legs off the floor and hold for 10 seconds (diagram 2)



Then return to the starting position. Repeat 10 times.

SAD - Seasonal Affective Disorder

By Elyse Runacre

People experience the same symptoms that are associated with those depression, as they do when they have this disorder. Except that it occurs at a certain time of year. Usually starting in autumn and improving in the spring.

The severity of the symptoms and the impact on daily life varies from person to person.

Symptoms of Depression-

- Persistent low mood
- Feeling of irritability
- Tearfulness
- Loss of interest/pleasure in everyday activities
- Low self esteem
- Less sociable
- Feeling stressed/anxious
- Reduced sex drive
- Feeling worthless, guilty and despairing

Other symptoms-

These symptoms may also be experienced along with the symptoms of depression

- Feeling lethargic (lack of energy)
- Sleeping for longer than normal and finding it harder to get up in the morning
- Difficulty concentrating
- Less active than normal
- Increased appetite- some crave foods such as carbohydrates, resulting in weight gain

If you have experienced these symptoms, please make an appointment to see your GP.

Whilst the exact cause of SAD is still unknown, it is believed to be associated with a reduction of exposure to sunlight during the shorter days of autumn and winter. The hormones; Serotonin and Melatonin are produced in a part of the brain called the `hypothalamus`. It is thought that the lack of sunlight may stop this part of the brain from working properly. Decreasing serotonin levels and increasing the levels of melatonin.

Serotonin is a hormone that affects your mood, appetite and sleep. Low serotonin levels are linked to feelings of depression. Whereas the hormone Melatonin makes you feel sleepy.

There are a range of treatments for this condition, such as:

- CBT- cognitive behaviour therapy.
- Lifestyle changes- more exercise, getting as much sunlight as possible, managing stress levels
- Light therapy
- Counselling
- Antidepressants

Ways to help yourself:

- Try and make both your home and work environments as light and airy as possible.
- Whenever possible go for walks i.e.; during your breaks at work.
- Exercise regularly and outdoors in the sunlight.
- Avoid stressful situations
- Sit near a window when you are indoors
- Eat a healthy balanced diet

For some sufferers, light therapy considerably improves their mood. A special lamp called a light box simulates the sunlight that is missed during the autumn and winter months. These are not available on the NHS. They can be purchased from internet sites such as-

www.stressnomore.co.uk

www.amazon.co.uk

www.sad.org.uk

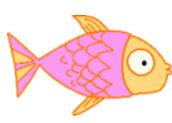
www.maplin.co.uk

to name a few. There are a wide range of styles/designs available. Prices vary from around £30 to £150. Make sure that the light has been medically approved for the treatment of SAD. The seasonal affective disorder association can provide you with a list of recommended manufacturers.

Sitting by these lamps for 30 minutes a day (in the morning) has been found to be very beneficial in the short term. Meaning that the condition may still return the following year.

Light boxes are NOT suitable for everyone. If you have an eye condition/damage that makes you sensitive to light or are taking medications (herbal remedies such as St. Johns Wort) that increase your sensitivity to light please discuss using the light box with your GP before purchasing one.

Dawn simulating alarm clocks are also beneficial for some people. These alarm clocks gradually light up your bedroom. These are priced between £20 to £100 and come in a variety of styles. Some also have dawn sound effects. They are also available at the websites listed above.



ANIMAL MAGIC - Celebrating our scaly, furry and feathered friends

By Jacinta Howells

When I moved into my own place some years ago, I felt a bit lonely so I decided to get a kitten to keep me company. I now have 4 beautiful cats, 3 females and 1 male. The eldest who`s 9 years old is called Binx, then there`s Star who`s 8, next is Beau he`s 7 and finally Fae and she`s 6. All four came from family homes when they were 8 week old kittens. I decided not to let them breed.

Recently Binx had a large lump on the side of her neck, which the vets diagnosed as an infection and thankfully after a course of antibiotics cleared the infection.

Growing up we had both dogs and cats. I love dogs they are so loyal.



My mum allowed her dogs to have a litter and the runt of the litter was very weak and so tiny. The vet gave her a shot of something to perk her up but advised that her only chance was if we started to hand rear her and that wasn`t a guarantee. I took over the task of hand rearing her and luckily day by day she grew stronger. Once she was well enough to go to a new home my mum surprised me by saying that I could keep her. I was delighted after all we had been through together I couldn`t let her go. I named her Bella and she is now a healthy 3 year old Cavalier King Charles Spaniel.

Bella is very laid back, intuitive, loving and excitable when the moment calls for it. In fact she's so happy she even won an award for `waggiest tail` at the Mitcheldean Mutts dog show in 2015. She's so clever that I didn`t feel the need to take her to a puppy training class, so I trained her myself.

My daughter is only 2, but she loves all of our pets and even helps me feed them. She can't say Bella yet so she calls her Bear which is adorable. They love chasing each other and are always playing together.

I have Fibromyalgia, CFS and Mental Health Problems and I firmly believe that my pets help me to deal with these conditions. Not only do they help me to deal with my pain, they help with my mental health too. Bella knows when I`m having a bad day and will lay with or on me and go to sleep. They have a very calming affect. I would like to get another dog but not yet.

Managing our Pain through Distraction

By Elyse Runacre

For many people with chronic pain (regardless of the cause of that pain) distraction is one of the most effective ways of managing our pain. That distraction has many different forms.

Distraction is so much more than just a pain reliever. It also improves our mental health and sense of wellbeing, by making us feel `normal` and more like our `old selves`. It can give us a sense of achievement as well as giving us a connection with the world outside of our pain. Distraction is my favourite option in my constant battle against both my physical and mental pain. It is always my first choice and for me is a great way of battling my depression. Although as many of you already know when we`re having a bad day with our mental health nothing really works.

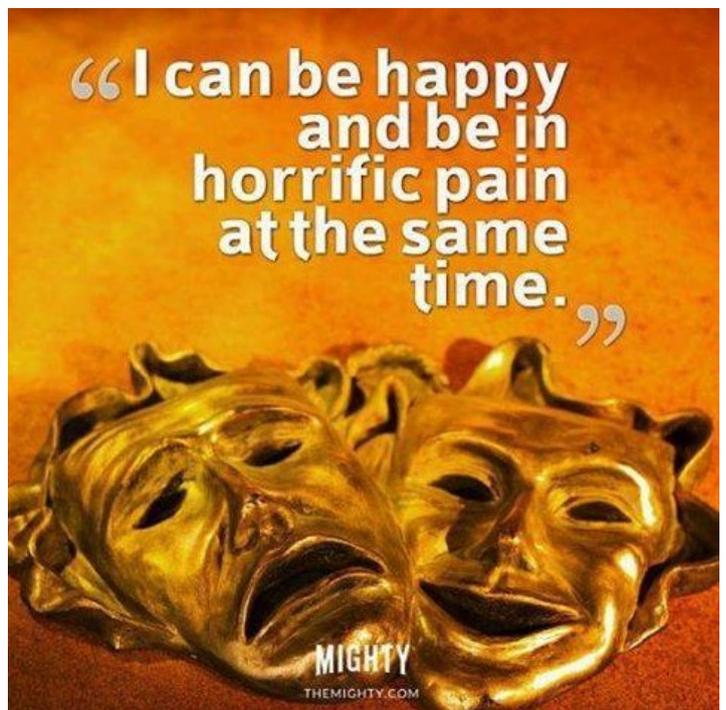
I ran a poll on our Facebook group to see which distractions you use. Thank you to everyone who responded.

Here are the results for distractions that received 5 or more ticks-

Reading	52	Knitting	10
TV	44	Jigsaw Puzzles	10
Colouring	30	Baking	9
Facebook	26	Cross Stitch	9
Music	17	Gaming	7
Crochet	15	Paper Crafts	7
Word Puzzles	12	Painting	5
Pets	12	Learning something new	5
Meditation	10		

Here are the distractions that scored less than 5-

- Quilting
- line dancing
- Golf
- Walking
- Chatting
- Gardening
- Jewellery making
- Self-hypnosis
- online shopping (I`m sure there`s a lot more of us that do this)
- surfing the internet
- Gymnastics
- Calligraphy
- rug making
- bible journaling
- journal making
- air dry clay modelling
- painting walls
- Working
- Sudoku
- Embroidery
- Researching
- Sewing



Amazing, no-one listed HOUSEWORK (lol)!!

Poetry Corner

Keeping It Real

Every morning she wakes with a hurt in her middle
Laying alone in her thoughts working out this sad riddle
How does she feel, a mind check running over
Her limbs are all moving just pain and sadness to cover
Gets out of bed with tears in her eyes
In the bathroom she looks at her sad mirrored eyes.

A phone call, a door ring, smile fixed on her face
Spends days helping everyone's lives sad and misplaced
Nobody asks "how are you, are you well ?"
No matter or purpose as she'll never tell
Telling the truth has lost all her friends
How do you talk about things you can't mend ?

It's boring and sucks all the joy out of life
Who wants to spend hours hearing your strife
The symptoms and pain are hell bent to stay
There is no conversation, no magic away
On the outside a funny bright radiant being
On the inside people wouldn't know what they're seeing.

This worker, this useful intelligent soul
feels like her purpose has sunk in a hole
All the world will see a radiant pretence and display
Go ahead and ask her, she tell you "I'm fine I'm ok".

Claire Vieyra

Have We All Gone Gaga?

By Beth Urmston

Despite the myth that fibromyalgia is all in your head it might still appear that we have all gone a little gaga of late. Of course I'm referring to Lady Gaga, stating publicly that she has been diagnosed with fibromyalgia.



My viewpoint is that this can be both good and bad. People will make comparisons, wrongly so. "Well she can do X, Y or Z, why can't you?"

Obviously we know how wrong it is to make comparisons, just as other illnesses such as cancer and diabetes have different stages so does fibromyalgia (see the 6 Stages of Fibromyalgia article on page 25).

Perhaps as Lady Gaga herself states, the money allows her better treatments – who else has a therapist on hand 24/7 or can

have a heat and ice therapy room installed in their homes? It would appear that when she visits the hospital she is listened to and her care plan certainly exceeds the experience I and nearly every fibro patient I have spoken to has experienced – we are more likely to be treated as a junkie looking for a quick fix.

If anything Lady G's wealth proves that with the right treatments in place we too could achieve more, we could possibly stay in worker longer, how wonderful would that be for us, with the added bonus that we would still be contributing to the state with our taxes paid instead of having to rely on benefits (a term I very much disagree with, but that's a rant for another day)!

Lady G's fans have been supportive, they believed her straight away – how is it celebrities are so believed when most of us have had to endure the disbelief and ridicule for centuries?

So when the comparisons start ask the comparer what stage you are at and what stage they think Lady G is at, or point out that maybe, just maybe, if you had access to same level of treatments/therapies you too would be able to do more. And if they still don't understand perhaps you should compare them to a koala (currently believed to be the dumbest animal on earth).

Arts and Crafts

By Sara-Louise Williams

Decoupage Baubles

You will need:

Paper Mache Baubles or cheap old baubles

PVA Glue

Paint brush

Tissue Paper

Method:

1. Tear paper into stripes or squares
2. If the bauble has a removable top, take it out and keep it safe
3. Paint a section of the bauble and stick the paper over it
4. Paint over it again and repeat till bauble is covered.
5. Give it one last coat and leave to dry, hang it on a coat hanger or something similar so it doesn't stick to anything.
6. Find the top of the bauble and pop it back in.
7. Sit back and admire your beautiful decorations.



Crafty Corner



Showcasing your hobbies, arts & crafts



I first used a disposable camera when I was 8 years old, this continued through my teenage years. Anything and everything was photographed – flowers, friends, family etc... 9 years ago, I got my first smart phone and I would use that to take my pictures.

But it wasn't until I was 34 years old that I really got into photography. One day in August 2013, my partner (who worked for DSG – pc world/curry's) took me to Curry`s, plonked me in front of a lovely gentleman (who worked there) and said `right get a decent camera, for the value of £500`. With that he promptly walked off to look at TV`s!! This was my first SLR camera. When I asked him about it later he said `that he had had a bonus from work and after seeing a particular photograph that I had taken, he had decided that he was going to get me camera no matter what. From that moment, my passion for photography has bloomed.

My camera is a Panasonic Lumix DMC GF6. Luckily I have been able to get various lenses from other makes that fit my camera with an adaption ring. Due to my Fibromyalgia, my hands shake so I use a tripod & timer. My next purchase will be a shutter button, so that I can line up my shots, stand back and click the shutter release once I'm happy with the shot. Using a timer doesn't guarantee that I'll end up with a shot that I'm happy with. I'm also thinking of buying a mini light studio, it contains lights and backgrounds in various colours which will help with my macro work.

Simply put I love photography because it gives me the chance to capture the essence of what nature has to offer and to relive memories of days gone by. My favourite thing is Macro photography, which allows me to get up close and personal with flowers, plants, bugs and anything else that stays still long enough for me to get close. I never get bored of photographing my "rescued panther army"; my cats all of which are black and all rescued.



One of my macro shots taken in my back garden

I am self-taught. Whenever I get a new lens I just go out and play around with it until I work out how to use it. Just doing it rather than watching someone else doing it is the best way for me to learn. At some point I do want to do an online course on camera techniques and editing as I have a lot to learn on those subjects.



Swan at Colwick Park.

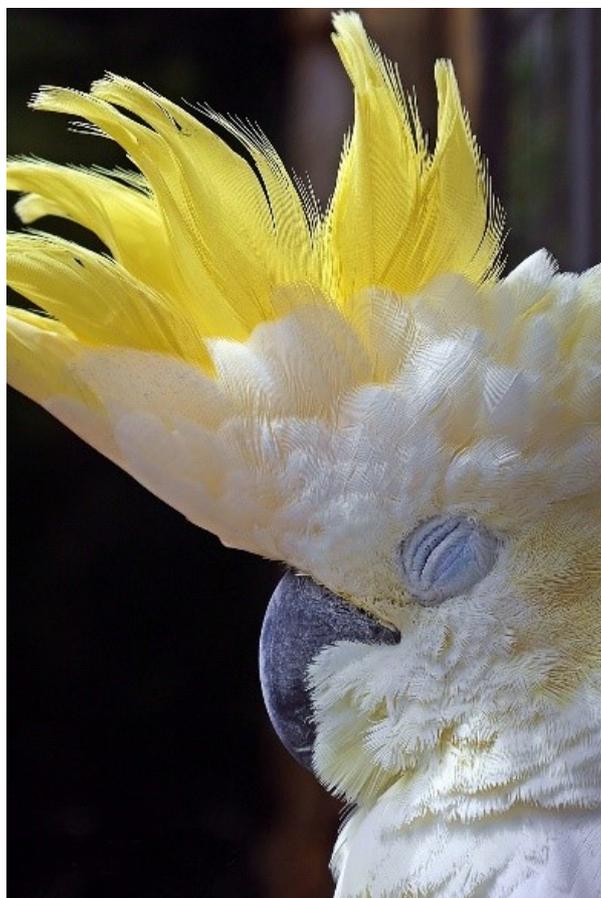
My favourite place to go with my camera is Colwick Park, in Nottingham. As it has everything there that you could possibly ask for – water, trees, plants, people, boats, flowers etc. it`s a relaxing place to be, no matter which time of year that I go. However, having said that a lot of my pictures have been taken in my back garden.

With so many ways to take photographs these days it makes it so much easier for disabled people like me to get out and about and photograph whatever `speaks to you` .

When I edit my photographs on my computer, I use a user-friendly programme called `PhotoScape` . This programme is FREE and very easy to use, for beginners. On my phone I have a couple of apps – Photo Editor Pro & Colour Pop.

The latter is brilliant to work with as it gives you the tools to turn your picture to black & white. You can then highlight the parts of the picture that you wish to make POP using colour. I was told about Colour pop by a lovely lady on one of the photography groups on Facebook that I belong to.

I like to enter competitions that are run by sites such as – Gurushots and Viewbug. I did win a summer selection award which was stage 2 of the competition. You can imagine my excitement and delight at being selected by published photographers. Unfortunately, I didn't win



the overall competition. But it was great to be recognised.

Nature is my biggest inspiration. From the sky to the ground, nature paints us a magnificent picture every day. We as humans have the privilege of seeing it in all its glory. Being able to look at a scene and soak in all the elements in that moment. Then being able to use my camera to capture it makes me very happy.

Trying to choose a favourite photograph out of my collection is a tough one. But if I had to pick just one I`d have to go with the one of the sleeping cockatoo. He was such a diva. He kept me waiting for about 20 minutes before he would even look at me, despite me offering peanuts to him. When he finally did look at me, he sort of flounced and then promptly went to sleep. He just made me smile and every time I look at the picture I can't help but smile.

Want to imagine what Fibromyalgia is like?

First, catch the flu
and then get a bad sunburn all over
your body. Next, put on tight
fitting clothes and take a tumble
down a flight of stairs. Stay
awake for 36 hours straight. Randomly
stick your fingers & toes
into light sockets. Consume beans
& prunes and suffer the consequences.

Bang head against wall
ten times. Put jaw in a vise
and pull hard. Sit in a car &
have someone crash into the back
of it. Tie cinder blocks to
your ankles, and throw on several
heavy wet wool blankets and
walk around. Turn on both a heater
and fan to high and alternately
stand in front of one then
the other. Spin around fast and then stop.

Enjoy your symptoms.



GOING BANANAS

What is mum`s favourite Christmas carol?

Silent night!

What do you get when you cross a snowman with a vampire?

Frostbite!

What is a cow`s favourite day?

Moo year`s day.

Who isn`t hungry on Christmas day?

The Turkey – he`s already stuffed!

Who was the drummer in the Christmas band?

The Turkey- he has drumsticks.

What always comes at the end of Christmas?

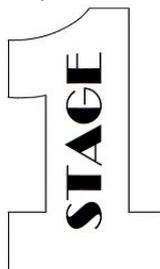
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The different stages of Fibromyalgia



A lot of us have come together on this site and others because we all have one thing in common, FIBROMYALGIA (FIBRO-MY-ALGIA). Sometime in our past, recent or further, we have been told we have fibromyalgia. Fibromyalgia is a syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues and BLAH BLAH BLAH you know the rest, we live it every day, we are more than a diagnosis, and we should not all be lumped together as a whole, there should be stages, and this is why:



Stage 1 Fibromyalgia should be for those that have recently been finding out that they are experiencing more pain and fatigue than before, you're not sure what is going on but you hurt and your tired more than normal. You can still go to work, you can still make it through your day, but you know something isn't right so it's something you're going to bring up at your next routine doctors visit.

Stage 2 You are in pain a lot, sometimes taking an Advil or ibuprofen or what have you, you get a little relief, you have already been diagnosed with fibromyalgia, and you have accepted the fact this is something you are going to have to live with, you feel a lot of pain and you are exhausted almost every day, but for the most part you keep going and hold down a job, can still go to events, spend time with your friends and loved ones and have somewhat of a good time.

Stage 3 You are in constant pain, you are constantly tired, more often than not you question yourself, whether you will be able to function normally anymore. You are thinking about maybe reducing hours or not working because you no longer have the energy you once had. You get home from work and all you can do is rest. Friends call and you have to turn down the invites. You have no energy left and you have to rest up just to be able to work again tomorrow. In this stage, you start to feel more alone and more and more people are beginning to think you whine an awful lot. And this stage can last a long time, years even.

Stage 4 You are in pain all the time, good days are few and far between. You are calling into work sick more than you even make it in. You're in bed a good portion of your day and when you do have a good day you take advantage of it, and do as much as you can, all the things you have left in the past weeks you cram into your day, knowing tomorrow you will be paying for it, possibly even up to a month! But you do it anyway, because you finally feel good enough to do SOMETHING! By this time your friends make plans without you, they already know your excuses and are 99% positive you will say no, so they don't even bother to ask anymore. Your family begins to think you are using fibromyalgia as an excuse to not do things, because stages 1-3 you were able to do some of those things even with fibromyalgia, now you can't so OBVIOUSLY you are using your diagnosis to get out of everything. You feel alone, isolated, worried, emotional, sad, and well, did I mention you feel alone? This stage can last years as well.

Stage 5 You have already been let go or have quit your job. You are asking questions about permanent disability and how long it takes. Hoping a majority of people will say 3-6 months tops. But instead your fearful of the horror stories about everyone being denied and it taking years for most. You are struggling to make ends meet, maybe you moved someone in to help or moved in with someone to save. You spend a lot of your day in bed although you still take advantage of that one good day once in a while. You are sore, very sore, you cry a lot, you feel like a prisoner in your own skin. By this time you have already explained to your friends that it still feels good to be invited even if you don't go. They invite you to a few things the next week and then things go right back to the usual laying in bed crying, feeling alone, feeling abandoned, misunderstood and you have found that the only people that you can relate to are other people who have been diagnosed with fibromyalgia. What a good feeling -not so alone anymore - and you wish that your friends and family could see what its really about. This stage can also last for years.

Stage 6

Stage 6 (The final stage) - You may or may not still be waiting on disability. Fibromyalgia is now a way of living, most of your friends are those living with fibromyalgia themselves. Everything you do takes your precious energy simple daily tasks you took for granted in earlier stages, going to the bathroom, washing your hair, taking a shower, getting dressed, tying your shoes. Even your everyday jewellery irritates your skin. No energy or desire to put on "your face" before going out. No energy to curl or straighten your hair. With all the medication you are on or have tried, you are dealing with those side effects as well as living with fibromyalgia. You now have Netflix or Hulu because going to the movies happens very rarely, very, very rarely and you are human and still enjoy some normal things, like watching TV. You try to stay current on any news regarding fibromyalgia, in hopes they are closer to finding a cure. Most of your friends are not around anymore, they have things to do and you? Well you need to rest, because you just vacuumed! It's easy to feel overwhelmed at this stage, because things are piling up around you - bills, laundry, dishes etc. You do a little every day you push yourself so you don't feel like your day was wasted in bed. You feel guilty, very guilty. You can no longer pull your weight in the house. Your kids, spouse or family member get things for you more than ever, tissues, something cold to drink, meals, blankets etc. They try to do it in a nice manner but you still feel like a burden, you can't remember anything .. even important dates, birthdays, anniversaries, school events etc.

Not only can you no longer remember s***, when you start to say something and mid-sentence you've forgotten what planet you even live on, let alone what it was you were going to say (thank God for the few people that do pay attention and can tell us what we were talking about to begin with). Also you know more about fibromyalgia in this stage than your own doctor and basically laugh when trying a new medication - same drill as before and same results. Nothing helps 100% you're not even sure it's working at all, but you keep going. At this point you know who really understands and who can't care less. Even your so called close family members that claim to care, you know the truth and you show extra love to those that get it because after all, other than your fibro friends they are all you have left. You may see a stage here you are currently in. Some things may not be exact give or take but I know one thing for sure - fibromyalgia isn't the same for all of us. Just because you can work and I can't doesn't mean I wouldn't love too, or I am lazy it could simply mean I am in a different stage than you are which is most likely the case. It's not fair to assume you are better or can handle more pain because you still have a social life, our hearts ache with pain that fibromyalgia has stolen that from us. We want it back so bad we live for our good days, and we support each other through the bad. Please do not judge others before knowing their journey. It's not your responsibility to decide what stage someone else is in. We are fighting the same battle. We all want the same cure. We need to try to stay positive to help others through the bad days, so they will return the favour when we have our bad days. Love goes a long way don't be afraid to love someone with fibromyalgia we have some of the biggest hearts, because, we of all people know exactly what it's like to be misunderstood.

Chronic Pain Awareness
www.facebook.com/survivingchronicpain



Pain Level	Activity Level
HIGH PAIN	UNABLE TO DO ALL ACTIVITIES
MODERATE PAIN	ABLE TO DO MANY ACTIVITIES WITH FREQUENT BREAKS
LOW PAIN	ABLE TO DO MANY ACTIVITIES

www.survivingchronicpain.com

Pain levels can change as quickly as the lights changing on a traffic light for someone with chronic pain.

One minute they can be smiling and active and within the next minute be in excruciating pain.

Check out our Online Store

www.fibro-flare-shop.myshopwired.com/



Fibro Flare Magazine Shop sells many products to help raise some much needed funds for research and awareness.

Plus much more

Did You Know?

Our leaflets have been taken by The Royal Bath Hospital and the University Hospital, Southend.

Q. Where does your money go?

A. Every item bought contributes to our awareness/research funds enabling us to do even more to help the fibromyalgia community.

Donations are always welcome and can be sent via our online shop also.

T-shirts and Hoodies can be found at: <https://teespring.com/stores/fibro-flare-clothing-store>



Various sizes and colours available.

Does CBD oil work for chronic pain management?

Last reviewed Wed 20 September 2017

By Jon Johnson

Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT

While many people use cannabidiol oil to relieve pain, more scientific research is needed to be certain it can be safely used. Understanding cannabidiol can help overcome the stigma associated with it.

Some people experience side effects when taking cannabidiol (CBD) oil and there are other things to consider before using CBD oil for pain.

In this article, we look at how CBD oil works and how it can be used to relieve chronic pain.

Contents of this article:

- [CBD in the body](#)
- [What is CBD oil?](#)
- [Benefits of CBD oil for pain](#)
- [Side effects of CBD oil](#)
- [Other considerations for CBD oil](#)
- [Takeaway message](#)

CBD in the body



CBD oil is usually extracted from industrial hemp.

Cannabidiol, or CBD, is one of over 60 compounds called cannabinoids. Cannabinoids are found in many plants but are most commonly linked to cannabis.

Unlike other cannabinoids such as tetrahydrocannabinol (THC), CBD does not produce a euphoric "high" or psychoactive effect. This is because CBD does not affect the same receptors as THC.

The human body has an endocannabinoid system (ECS) that receives and translates signals it receives from cannabinoids in the body. The body produces some cannabinoids on its own, which are called endocannabinoids. The ECS helps regulate functions such as sleep, immune-system responses, and pain.

THC produces a "high" feeling by affecting the brain's endocannabinoid receptors. This activates the brain's reward system, producing pleasure chemicals such as dopamine.

CBD is an entirely different compound, and its effects are very complex. It is not psychoactive, meaning it does not produce a "high" or change a person's state of mind. Instead, it influences the body to use its own endocannabinoids more effectively.

According to one study posted to *Neurotherapeutics*, this is because CBD itself does very little to the ECS. Instead, it activates or inhibits other compounds in the endocannabinoid system.

For instance, CBD stops the body from absorbing anandamide, one compound associ-

ated with regulating pain. Increased levels of anandamide in the bloodstream may reduce the amount of pain a person feels.

Cannabidiol may also limit inflammation in the brain and nervous system, which may help people experiencing pain, insomnia, and certain immune-system responses.

What is CBD oil?

There are different levels of compounds found in the natural hemp or cannabis plant. CBD levels vary depending on how the plant is bred. Most CBD oil comes from industrial hemp, which usually has a higher CBD content than marijuana.

Makers of CBD oil use different methods to extract the compound. The extract is then added to a carrier oil and called CBD oil. CBD oil comes in many different strengths and is used in various ways. It is best to discuss CBD oil with a qualified health care practitioner before using it.

CBD oil with a qualified health care practitioner before using it.

Benefits of CBD oil for pain

CBD oil has been traditionally used for thousands of years to treat various types of pain, but it has only recently begun to be studied again by the medical community. Here are some of the potential benefits of CBD oil:

Arthritis pain



CBD oil is popular for easing pain associated with arthritis.

A study in the *European Journal of Pain* used an animal model to see if CBD could help people with arthritis manage their pain. Researchers applied a topical gel containing CBD to rats with arthritis for 4 days.

Their research noted a significant drop in inflammation and signs of pain, without additional side effects.

People using CBD oil for arthritis may find relief from their pain, but more human studies need to be done to confirm these findings.

Multiple sclerosis

Multiple sclerosis (MS) is an autoimmune disease that affects the entire body through the nerves and brain.

Muscle spasms are one of the most common symptoms of MS. These spasms can be so great they cause constant pain in some people.

One report found that short-term use of CBD oil could reduce the levels of spasticity a person feels. The results are modest, but many people reported a reduction in symptoms. More human studies are needed to verify these results.

Chronic pain

The same report studied CBD use for general chronic pain. Researchers compiled the results of multiple systematic reviews covering dozens of trials and studies. Their research concluded that there is substantial evidence that cannabis is an effective treatment for chronic pain in adults.

A separate study in the *Journal of Experimental Medicine* supports these results. The research suggests pain and inflammation can be reduced through CBD use.

They also found that subjects were not likely to build up a tolerance to the effects of CBD, so they would not need to continually increase their dose. Researchers noted cannabinoids such as CBD could be a helpful new treatment for people with chronic pain.

Side effects of CBD oil

CBD oil is well tolerated in most people, but there are some potential side effects. According to a review in *Cannabis and Cannabinoid Research*, the most common side effects include:

- tiredness
- diarrhoea
- changes in appetite
- weight gain or weight loss



Using CBD oil with other medications may make those medications more or less effective. People who are considering using CBD oil should discuss this with their doctors. Doctors will want to monitor the person for any changes and make adjustments accordingly.

The review also noted there are some aspects of CBD that have yet to be studied, such as the long-term effects of CBD use on hormones. Other long-term studies will be helpful in determining any side effects CBD has on the body over time.

CBD and other cannabinoids may also put the user at risk for lung problems. One study in *Frontiers in Pharmacology*, suggested cannabinoids' anti-inflammatory effect may reduce inflammation too much.

A large reduction in inflammation could diminish the lungs' defence system, increasing the risk of infection.

Other considerations for CBD oil

Almost all research on CBD oil and pain comes from adult use. CBD oil is not recommended for use in children, as there is little research on the effects of CBD oil on a child's developing brain. It is also not recommended for pregnant or breast-feeding women.

Takeaway message

While many studies have suggested CBD oil is helpful for pain, more research is needed, especially long-term studies with human subjects.

However, CBD oil does show a lot of potential for pain relief. If anecdotal evidence is to be believed, it can be used to help manage chronic pain in many cases.

CBD oil is especially promising due to its lack of intoxicating effects and a possible lower potential for side effects than many other pain medications. A person should discuss CBD oil with their doctor before starting to use it.

<https://www.medicalnewstoday.com/>

****NB** Until more research and education is carried out in the UK it is unlikely a GP would be likely to recommend using CBD Oil and many are of the belief that patients are referring to cannabis.

For further help and advice check out <https://www.facebook.com/groups/CBDusersUK/>

N:rem

sleep system

Thank you for becoming an N:rem Affiliate

We are thrilled to welcome you to the N:rem family as one of our Affiliates!

When one of your audience purchases an N:rem mattress with your unique voucher code you will receive £30. The customer too will receive £30 off their order.

The N:rem Affiliate Scheme will launch 8th August 2016

Add in this code at check out to get £30 off your order :



FIBROFLARE

Information on the N:rem Mattress



- 3 different densities of deep reflex foam tablets in firm, medium and soft.
- Ideal for chronic pain sufferers to provide comfort for painful areas and support where needed
- 40mm Viscoool foam comfort layer with an open pored structure to regulate body temperature
- Each reflex foam tablet is easily interchanged in the comfort of your own home

- Personally tailored options on each side of the bed allows you and your partner to have individual set ups
- 2,000 springs for added comfort and bounce
- Natural cotton cover aiding a cool night's sleep
- Both the quilted cover, viscoool layer and foam tablets can be easily removed for cleaning



[Find out more information
on the N:rem Mattress](#)

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You are an N:rem Affiliate*



In The Kitchen

With Sara-Louise Williams

This is the recipe we've used in our family for many years. My nanna made about 60 Christmas cakes each year for all the family and friends, up until her death in 2003. I now carry on with this tradition though on a much smaller scale!

Ingredients

	1/3 level tsp mixed spice
22oz/625g mixed fruit (currants and raisins)	1/3 level tsp ground cinnamon
2oz/57g mixed peel	7oz/199g Stork
3oz/85g Glace cherries	3 large eggs (beaten)
1oz/28g ground almonds	2 tbsp. of port/brandy/rum
7oz/199g plain flour (sifted)	2 tbsp. of black Treacle
7oz/199g dark brown sugar	

Method

1. Heat the oven to 150C/300F/Gas mark 2. Grease a 20cm/7inch round or an 18cm/6inch square cake tin and line the bottom and sides with baking parchment.
2. Sieve the flour, mixed spice and cinnamon into a bowl.
3. Cream the butter and the sugar in a large mixing bowl and then mix in the treacle until light and fluffy.
4. Mix the eggs a little at a time into the mixture and fold in half the flour mixture.
5. Fold in the remaining flour mixture until well mixed and then mix in the brandy, dried fruit, mixed peel, glace cherries and the almonds.
6. Turn the mixture into the prepared tin and make a slight dip in the centre.

7. Bake in the oven for about 2hr 45 mins and then test with a skewer. If not ready bake for up to another hour testing every 20 minutes until the skewer comes out clean.
8. Remove from the oven and leave to cool in the tin for 15 minutes.
9. Turn out on to a wire rack and leave to cool.
10. Once cool, make a few holes in the cake with a skewer and pour over 3-4 tbsp. of brandy. Let the brandy soak into the cake.
11. Store the cake wrapped in foil and in an airtight tin or plastic container and feed with 2-3 tbsp. of chosen alcohol, every 2-3 weeks until ready to ice.

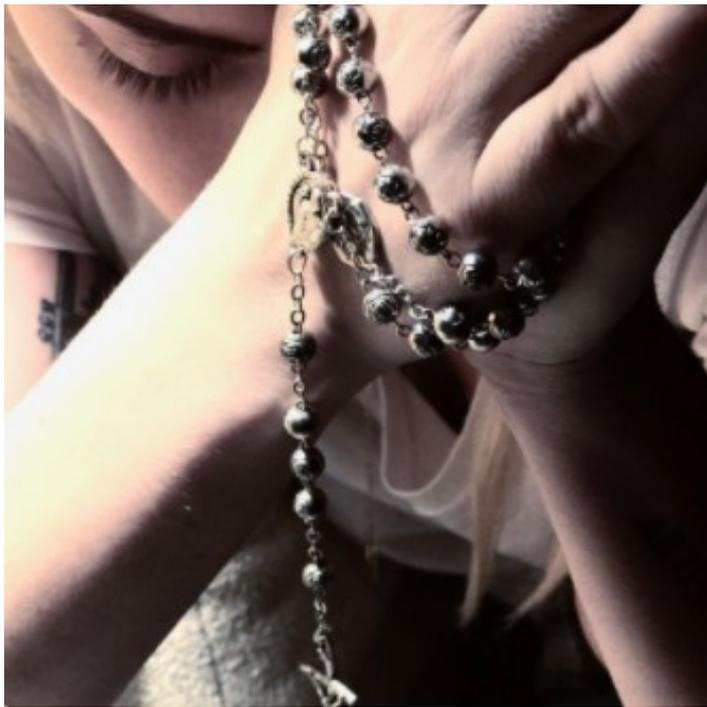


Picture taken from BBC Good Food

Lady Gaga Responds to People Who Think She's 'Making Up' Her Chronic Pain

By Erin Migdol for The Mighty

Just four days after cancelling a performance at Rock in Rio in Brazil due to chronic pain caused by fibromyalgia, Lady Gaga announced that she is also postponing the six-week European leg of her Joanne World Tour. In a lengthy Twitter post last night, she responded to those who have questioned her illness and the effect it's had on her performances.



Gaga posted a photo of herself holding rosary beads and a statement about the tour postponement, along with a note explaining that she's been "searching for years" to get to the bottom of "complicated and difficult to

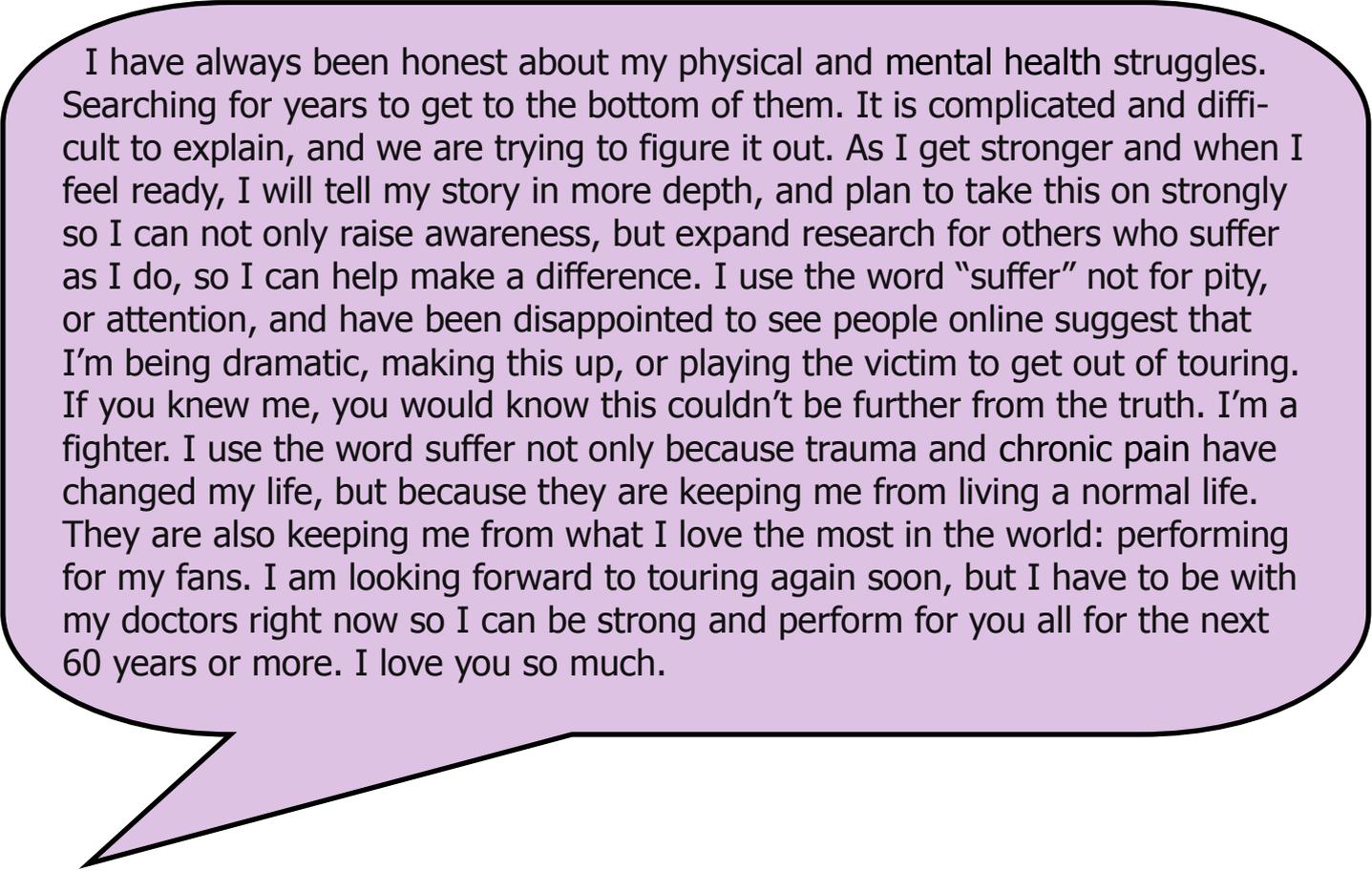
explain" physical and mental health struggles. She said as she gets stronger and feels ready, she plans to tell her story in more depth and "take this on strongly" so she can raise awareness and expand research for others who suffer as she does.

"I use the word 'suffer' not for pity, or attention, and have been disappointed to see people online suggest that I'm being dramatic, making this up, or playing the victim to get out of touring. If you knew me, you would know this couldn't be further from the truth," Gaga wrote. "I'm a fighter. I use the word suffer not only because trauma and chronic pain have changed my life, but because they are keeping me from living a normal life. They are also keeping me from what I love the most in the world: performing for my fans."

She said she's looking forward to touring again soon, but has to be with her doctors now so she can "perform for you all for the next 60 years or more."

The European leg of Gaga's tour was scheduled to begin on September 21 in Barcelona and conclude on October 28 in Koln, Germany. According to the statement, Gaga plans to spend the next seven weeks working with doctors to heal from her physical pain and "past traumas that still affect her daily life, and result in severe physical pain in her body." The second North American leg of the tour is scheduled to continue as planned and the cancelled European shows will be rescheduled. Gaga's Netflix documentary, which will show her experience with fibromyalgia, begins streaming on September 22.

Read Gaga's full response below:



I have always been honest about my physical and mental health struggles. Searching for years to get to the bottom of them. It is complicated and difficult to explain, and we are trying to figure it out. As I get stronger and when I feel ready, I will tell my story in more depth, and plan to take this on strongly so I can not only raise awareness, but expand research for others who suffer as I do, so I can help make a difference. I use the word "suffer" not for pity, or attention, and have been disappointed to see people online suggest that I'm being dramatic, making this up, or playing the victim to get out of touring. If you knew me, you would know this couldn't be further from the truth. I'm a fighter. I use the word suffer not only because trauma and chronic pain have changed my life, but because they are keeping me from living a normal life. They are also keeping me from what I love the most in the world: performing for my fans. I am looking forward to touring again soon, but I have to be with my doctors right now so I can be strong and perform for you all for the next 60 years or more. I love you so much.



Sjogren's Syndrome and Fibromyalgia

<http://www.fibromyalgiatreating.com>

Having fibromyalgia puts you at risk of developing a lot of other different conditions. And one of the most dangerous of these conditions has to be autoimmune disease. A large percentage of people who suffer from fibromyalgia develop some form of autoimmune disease. That includes a condition called Sjogren's syndrome that attacks the mucous membrane and can lead to permanent damage over time.

The mucus membrane is the delicate tissue that lines the respiratory system and many other organs, and damage to that tissue can be very dangerous. So, what exactly is Sjogren's syndrome? What's the link between it and fibromyalgia? And what can you do to treat it?

Sjogren's Syndrome: Autoimmune Disease That Damages The Mucous Membrane

Sjogren's syndrome is a form of autoimmune disease. And an autoimmune disease is essentially a condition where the body's immune system begins to attack your own tissue. Your immune system is made up of different cells that perform different functions. The antibodies are the cells that attack foreign bacteria and viruses and destroy them and they are an important part of what keeps you healthy.

But when you suffer from an autoimmune disease, these antibodies instead begin to attack your own cells, which destroys them over time and leads to inflammation. And there are many different kinds of autoim-

mune disease such as lupus, or psoriasis. These conditions all have the same root cause, and so the distinction between autoimmune disease is really based on the type of damage that they cause. In the case of Sjogren's syndrome, the disease damages the mucous membrane.

The mucous membrane is a type of tissue that lines the eyes, mouth, and a respiratory system where it secretes mucus that keeps your body functioning. And when you have Sjogren's syndrome, antibodies damage this membrane resulting in a variety of unpleasant symptoms.

The symptoms vary based on where the damage is occurring and how far it has progressed. But generally, Sjogren's causes the eyes or mouth to stop producing moisture which results in dry or scratchy eyes that feel like there's grit or sand in them and a chronic dry feeling in the mouth that can make it hard to eat or speak.

But Sjogren's can also cause symptoms in the body, leading to swollen or painful joints, skin rashes or dry skin, and even vaginal dryness or a persistent cough.

These symptoms are caused by the inflammation of the mucous membrane. Over time, the inflammation damages and even destroys the tissue. And while we don't know what exactly causes Sjogren's syndrome or other autoimmune diseases, we do know that having fibromyalgia is a significant risk factor.

Sjogren's Syndrome And Fibromyalgia

There seems to be a definite link between autoimmune disease and fibromyalgia. People who suffer from fibromyalgia also much more likely to develop some form of autoimmunity. For many years, this fact has led doctors to speculate that fibromyalgia itself may be an autoimmune disease.

But the evidence doesn't quite support that. To start, people with fibromyalgia lack the elevated levels of antibodies in the blood that people with autoimmune diseases usually have. And the condition doesn't cause the sort of systemic tissue inflammation that usually accompanies these diseases.

Instead, the link may be psychological. We know that chronic stress is one of the most significant factors when it comes to the likelihood of developing autoimmune disease. And there are few conditions as stressful as fibromyalgia. It's possible that the chronic stress of fibromyalgia simply makes you more susceptible to developing these conditions.

How Can You Treat It?

The good news is that Sjogren's syndrome is very treatable. In fact, there are a number of different effective medications that doctors prescribe for the condition.

The first is basic, over-the-counter NSAIDs, or non-steroidal anti-inflammatory drugs like aspirin or ibuprofen. These drugs not only help with the pain caused by Sjogren's syndrome, they also help fight the damaging inflammation by blocking the production of a specific enzyme your body makes that contributes to inflammation.

In addition, doctors often prescribe something called a corticosteroid. Corticosteroid is a hormone that your body naturally produces to fight inflammation. But synthetic corticosteroids can help your body's natural anti-inflammatory response and are available in many different forms.

Finally, immunosuppressants are commonly used to treat Sjogren's syndrome. Essentially, they work by lowering the activity of your immune system so that it isn't strong enough to attack your body.

Sjögren's Syndrome
(show-grins)
is an
invisible illness

Those with Sjögren's might
look healthy,
but what they are feeling is...

- arthritis
- extreme fatigue
- fiery joint pain
- dry, burning eyes
- eye infections
- painfully dry mouth
- oral infections
- dental decay
- sinus infections
- bronchitis
- difficulty speaking
- digestive disorders
- dry skin
- brain fog

©What IF Gourmet, 2014.

Easy Fundraiser

Do You Shop Online?

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising a free donation for Fibro Flare Awareness Group?

There are nearly 3,000 retailers on board ready to make a donation, including Amazon, John Lewis, Aviva, Thetrainline and Sainsbury's – it doesn't cost you a penny extra!

It's really simple, all you have to do is:

1. Join
Head to <https://www.easyfundraising.org.uk/causes/fibroflareawarenessgroup/> and sign up for free.

2. Shop
Every time you shop online, go to easyfundraising first, pick the retailer you want and start shopping.

3. Raise
After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

There are no catches or hidden charges and Fibro Flare Awareness Group will be really grateful for your donations.

Thank you for your support.



Think
shopping,
think **easyfundraising**





Fibro Community

The link below is to a world map of others who have fibromyalgia. Add your name and location, find others near you. Local support can go a long way to alleviating isolation. It gives more chance of a meet up, if only occasionally and a local fibro friend who will understand.

There are several local groups listed at the back of the magazine, but there is a need for many more to be set up. If you would like to form a local support group – and this could be just for a coffee and a chat then contact Beth Urmston, fibroflaremag1@outlook.com.

It's a great way to help yourself whilst helping others and can give extra meaning to your life. Why not make a New Year's resolution to at least give it a try.

<https://www.diseasemaps.org/en/fibromyalgia/join-the-map/>

Fibromyalgia Map | Join

Map Satellite

Enter your location:

Example: *Park Ave, 10028 NY*

Find

Step 1/3: Select your location

By Beth Urmston

Making a Complaint

If you think you have been treated unfairly, or been disrespected there are a few avenues open to making a complaint. The following is taken from the NHS website:

There is a simple two-stage process for complaints about NHS services.

Your NHS complaint: what to do first

Every NHS organisation has a [complaints procedure](#). If you want to complain about an NHS service – such as a hospital, GP or dentist – ask the service for a copy of their complaints procedure, which will explain what you need to do.

You may choose to make a complaint in writing, by email or by speaking to them. If you speak to them, they may be able to resolve your concerns without you having to go through the formal complaints process.

This is called a local resolution. It aims to resolve complaints quickly, and most cases are resolved at this stage. However, if you don't feel comfortable raising your concerns directly (or your problem wasn't resolved) and you would still like to make a formal complaint, follow the [NHS complaints process](#).

You may make a complaint to either the organisation that provided your healthcare or the organisation that commissioned that NHS service. The commissioning body will be either the local [clinical commissioning group \(CCG\)](#) for hospital care, or NHS England for GP, dental, pharmacy and optical services.

Time limit for NHS complaints

You should make your complaint as soon as possible. The time limit for a complaint is normally:

- 12 months from the date the event happened, or
- 12 months from the date you first became aware of it

Patient Advice and Liaison Services (PALS)

You can get help and advice from Patient Advice and Liaison Services (PALS), whose officers are available in most hospitals. They offer confidential advice, support and information on health-related matters to patients, their families and their carers.

NHS Complaints Independent Advocacy Service

Individual local authorities have a legal duty to organise independent advocacy services to provide support for people who are making, or thinking of making, a complaint about their NHS care or treatment. Find details for [your local council](#) on the GOV.UK website

Contact your local [PALS](#), complaints manager or local authority for information about how this service is provided in your area.

Citizens Advice Bureau

You can also get advice and support from your local Citizens Advice Bureau if you want to complain about the NHS, social services or local authorities. See their website for information on [how to get advice from the Citizens Advice Bureau](#).

Other options for making a complaint

If you feel too uncomfortable to complain to the service provider directly, you can make a complaint to the commissioner of the services instead. NHS services are commissioned, planned and paid for by either NHS England or clinical commissioning groups (CCGs).

If you're unhappy with the response to your complaint after trying a local resolution, another option is to complain to the [Parliamentary and Health Service Ombudsman](#). The ombudsman carries out independent investigations into complaints about government departments, their agencies and the NHS. You can call the ombudsman's complaints helpline on 0345 015 4033 or see their website for more information about [contacting the ombudsman](#).

You can also raise your concerns by contacting regulatory bodies, such as the [Care Quality Commission](#).

For more information, see [about NHS complaints](#).

<http://www.nhs.uk/chq/pages/1084.aspx?categoryid=68>



disabledviewuk@yahoo.com

@disabledviewuk

DisabledViewUk was set up out of a group discussion between Caregiver's and Disabled People who were and still are concerned about the many systemic failings in our Society to date.

There are far too many Issues that are affecting the wellbeing of Disabled People and Caregivers, with a proper consultation in place, a lot of safeguards could be reached and established to prevent the many of the Issues being experienced currently.

3 major key factors have come to light and this was the grounds for the foundation of DisabledViewUk.

- Independent Disability Commission
- Positive Pathway Programme
- National Support group for Disabled People, Caregivers and Advocates

DisabledViewUk provides: Crisis support, member enquiry support, welfare advice support, we also contact Government departments, Agency and Charities when required. We have supported members in highlighting their cases, raising them when required too parliamentary level. To date we have had 100% positive outcome on every case we have supported.

We have consulted on Government consultation at local and national level.

As National Group DisabledViewUk is growing in membership every day.

We are speaking out against the reforms as they stand, due to the systemic, on-going and fundamental failings. We are requesting a reconsideration of policies involved.

Our main objective for 2016 is the foundation of The Independent Disability Commission, we are preparing draft document and calling for a National a consultation and discussion. We are non-political group looking to encompass the views of Disabled People, Caregivers, Charities, National Government, Local Government Bodies, all Political Parties, Employment Sectors, Health Sector, NHS, wellbeing and Social Care Agencies within the UK.

To provide a Positive National Platform in Addressing, Establishing and Supporting the Rights of Disabled People and Caregivers.

Warm Home Discount Scheme

Extra help with gas and electricity bills during the winter months for pensioners and other vulnerable people from the Warm Home Discount Scheme.

<https://www.citizensadvice.org.uk/consumer/energy-supply/help-if-you-re-older-disabled-or-on-a-low-income/warm-home-discount-scheme/>

It has been confirmed the Warm Home Discount has been extended until 2021, with a yearly review. Applications for the core group should begin in July, the broader group in October.

Also, the discount is applied to your electricity account, not gas. If you have a pre-payment meter, you will be sent a voucher to use to top up. Occasionally, the shop will put £70 on each but they aren't supposed to.

Core Group = Pensioners. They are automatically getting paid each year, they check the data with DWP. Only when they have been paid, do applications open for the broader.

Broader Group = low income, DLA, PIP, children). Broader group funding is limited so it's first come, first served - and each energy supplier will have their own criteria.

Each energy supplier has its own criteria for the broader group. Anyone needing clarification should contact their own energy (electricity) supplier.

Help for people on a low income - the Social Fund and other welfare schemes

Information on community care grants, budgeting loans and crisis loans, and maternity grants, funeral payments and cold weather payments.

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/help-for-people-on-a-low-income-the-social-fund-and-other-welfare-schemes/>

Groups

Groups we are affiliated to who help and support us:

Dubbo Fibromyalgia Support Group -
<https://www.facebook.com/DubboFibromyalgiaSupportGroup/?fref=ts>

Fibro Family – You’re Not Alone –
<https://www.facebook.com/groups/1645989475667771/>

Fibro Social Club UK –
<https://www.facebook.com/groups/760266097417614/?fref=ts>

Fibro Support UK –
<https://www.facebook.com/groups/818013851580139/>

Fibromyalgia Awareness and Advocacy, Ireland -<https://www.facebook.com/groups/fmawarenessadvocacy/>

Fibromyalgia Meet Up and Support, Leicester
<https://www.facebook.com/Fibromyalgia-Meet-Ups-and-Support-Leicestershire-907503995937440/?fref=ts>

Folly Pogs Fibromyalgia Research
<http://www.fibromyaliasoutheast.org.uk/index.html>
<https://www.facebook.com/FollyPogsFibroResearchUk/?fref=ts>

Hope 4 ME and Fibro, N. Ireland –
<https://www.facebook.com/groups/newryandmourne.me.fms/>

Juvenile Fibromyalgia Group –
<https://www.facebook.com/groups/JuvenileFibromyalgiaUKSupport/>

Sophie’s ME Awareness Campaign –
<https://www.facebook.com/groups/851991271478504/>

FIBRO FLARE MEET UP GROUP
Don’t forget to check out our new group – putting you in touch with others in your area. <https://www.facebook.com/fibromeetup>

Blogs

Donna Gregory Burch - <http://fedupwithfatigue.com>

Sally K Burch - <http://sallyjustme.blogspot.co.uk>



Important Notice

By Beth Urmston

We have a bank account where you can transfer funds using online banking. This means you do not have to use PayPal and will net us more of your donations as we will not have to pay their fees.

Donate or pay for goods direct to the bank – when you pay £5 we will receive £5.

Donate or pay for goods via PayPal – when you pay £5 we receive an average of £4.63.

Our accounts are handled by Kate Lis who is a volunteer.

For bank account details please contact Beth Urmston

When making payments please add your initial and surname (e.g. B Urmston) in the reference.

NB: This only applies to UK donations and payments. Overseas members should continue to use PayPal as bank charges for transfers from overseas cost approximately £25 per transaction.

To ensure we remain safe and legal we will in future request that all PayPal payments for Goods/Services are dealt with as such.

We will have to forego approximately 5% of contributions but we hope to still be able to make the most of every penny we do receive.

If you would like more information or help when making payments please contact Beth and she will be happy to guide you through the process.

Our PayPal account is fibroflaremag1@outlook.com

Remember to use Goods/Services when making payments.

The PayPal logo is displayed in a large, blue, italicized font with a trademark symbol.



To all our regular contributors, our wonderful readers and everyone who has done anything to raise awareness in whatever way they were able this month and especially to those who donated.

Disclaimer

The information provided within the magazine is for information and should not be used as an alternative to seeking the advice of a medical professional.

In case of emergency call:

UK: 999. For out of hours advice, ring 111.

USA: 911.

EUROPE: 112. This emergency number applies to all European countries.

Links to other sites are provided for information only and do not constitute endorsements of those sites or any of the content or opinions provided therein.

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Readers should always consult with their medical practitioner regarding their own specific health issues.

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E&OE

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