

CHRONIC PAIN SUPPORT GROUP

Issue 6

Run for Patients by Patients

Summer 2012

Welcome to our Summer Newsletter

News from the Secretary—Linda Reid



With the summer months approaching, I trust I find you well and that you enjoyed your bank holiday. What a shame about the rain— I hope you managed to keep dry whatever you did. and that it didn't spoil your enjoyment? Let's hope we see some warmer weather coming our way soon.

Firstly, I'd like to thank you for completing and sending back your questionnaires. We are very grateful for the feedback, and appreciate your honesty. We really want the group to be what you want it to be, and to meet your expectations. Reading through these has given us a sense of what you expect from the group and some ideas as to how to move forward incorporating your suggestions. We were very pleased to see that the majority of you were happy with the group, how it is run, the speakers etc., and that you felt we were fulfilling the requirements that we set out back in 2009. This is great news – thanks! We have also received positive comments on our newsletter – so a huge thanks to Lorraine, who works so hard at putting this together. We are very grateful for the speaker suggestions, which we will do our best to fulfil in 2013/14. We have taken on board all the comments, and will over time endeavour to include your suggestions. However, this questionnaire is not the only time we need your feedback! We welcome it at any time. So please come and talk to us – let us know what we are doing right and of course any improvements you feel we could make.

2012 SURVEY RESULTS

A total of 33% of the members returned a completed questionnaire.

81.81% attend and 72.72% benefit

Meetings are friendly, warm and welcoming.

Meeting people in the same situation.

Sharing friendships and feeling less isolated.

Every part of the meeting is extremely useful.

Pete's Free Interactive Pain Toolkit Workshop is not long away, and thanks for those of you who have signed up, I am sure we are in for an informative but fun day. Having spoken recently to the brains behind Lifepsychol, the evaluation tool, we have asked you to complete this before and after the workshop - this will help Pete assess the effectiveness of the workshop. At the May meeting I will be able to show you how easy the Lifepsychol system is to use and what the screens look like. For those of you who have signed up to the workshop, I will be emailing you your ID's very soon along with a user guide to help you get started. I will also be available on the phone should you have any difficulties.

2013 GROUP MEETING DATES

Friday 25th January

Friday 22nd March

Friday 24th May

Friday 26th July

Friday 27th September

Friday 22nd November

We were very sorry that the Fibromyalgia Physiotherapist postponed his talk for our May meeting. However, in 2013 we hope to have an expert patient from the local Fibromyalgia group come in to talk to us about the condition, and more importantly, coping with the condition day to day. We are also contacting local specialist physiotherapists and holistic therapists to come and speak to us at future meetings.

One of the suggestions that came up is that you'd like to meet up socially in the summer – so we'd like to ask for a volunteer/volunteers to organise this – if you feel this is something you'd like and have time to do, please let me know— we'd be very appreciative for any help in this.

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This is a great and enjoyable way of getting together away from the education centre and catching up in a more relaxed and fun way, so please do come forward to help if you are able!

As already mentioned, we have fixed the dates for 2013 – which I know simply doesn't seem possible— you can find these on the last page of the newsletter. As we assign speakers to the dates, we will keep you informed on the website and by email/post. We look forward to putting together a diverse and interesting list of speakers together for the upcoming year, which we hope you will find both useful and informative.

I wish you well and look forward to seeing you at our meetings during the year at the Education Centre, West Suffolk Hospital, usually on a Friday from 2-4pm.

2012 SURVEY RESULTS

95.45% commented

Newsletter helps to stay connected.

Very useful for keeping in touch.

Very good, well laid out, Informative and helpful.

40.9% have seen the website

The website is a lifeline for all those in need.

The website is easy to navigate.

NEWS FROM THE CHAIR—LYNDA SEBBAGE

LETTING OTHERS KNOW!

How did you find out about our Chronic Pain Support Group? Was it because someone told you about us or did you read about it somewhere? Often it's by word of mouth - people like to be recommended by others who have first-hand experience (and this form of publicity is free publicity!) Getting ourselves known is vitally important if we are to attract new members. But it can be difficult and slow, especially as we are just a small group without an advertising budget, which is where YOU come in! Can you help extend our message?



One way of letting others into the secret about our group is to ask your local church magazine editor whether they would be willing to run an article about us from time to time. Some villages have a village magazine which may well be looking for ideas and ways to fill their spaces - do you know of any? Here in my local village of Lavenham, I am hoping that next month the local publication will publish our poster which details our meeting information, and because we are reliant upon their goodwill, I have informed them that we haven't any advertising budget and so have politely asked if they will run it without a fee. They can always say 'no'! The way I see it is that we **are** actually offering something for the community.

So can we ask you to help us pass the message on? If you could find out about your local publications and then send a copy of our poster to their editor with a request that they print our details that would be such a help. You can download our poster from the web site or if you prefer, just find out the details of the publication and pass it to us to follow up. Let's not keep ourselves to ourselves!!

Thank you.



HERE COMES SUMMER

Colour exploding in the gardens, birds singing in the trees
Sun breaking through the clouds, lighter days welcome thee
The sound of bees a buzzing, grass to mow and seeds to sow
The trees are rustling in the breeze, bows bent down low
Close your eyes and take a breath, the sounds and smells abundant
Summer is on its way, winter, even spring now redundant!



Wishing you all a summer of happy hours of pleasure and happy moments to treasure

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MBST

Magnetic Resonance Therapy is an innovative procedure that acts precisely on that part of the body dealing with generation of body signals that stimulate regeneration. MBST comprises of a highly sophisticated treatment unit that generates electromagnetic fields. These act on specific tissue cells and thus stimulate cell metabolism and regenerative processes. In contrast to most other treatment forms, MBST actually targets the underlying causes of disease rather than their symptoms. It focuses on the cause, it is not invasive, it is pain free, it has no side effects, it can be used on skin, bone and cartilage. It is not used on patients with HIV, leukaemia, pacemakers, defibrillators or insulin pumps or are pregnant. The treatment is totally safe and pain free. Unfortunately this treatment is not available on the NHS but can be obtained privately.

MARION VENABLES (pictured) completed a course of 9 one hour magnetic treatments MBST at Ann Clare Physiotherapy at Tinwell near Stamford, Lincs. Her treatment appears to be working well at the moment and within such early days but can take up to 10 weeks to feel real benefit. Having been under the hospital for back problems for 12 years and now told that all her leg pain is actually due to the hip. Amazed with the non invasive treatment together with no medications and no side effects. Marion says they are working hard at the moment to go through with all of the NICE regulations to then hopefully get it accepted on the NHS.

Marion's treatment consisted of a physio assessment @ £55, laying on an open bed for 1 hour per day for 7 consecutive days at £100 for each hour. She required 9 for herself as she has 3rd degree hip problems, 2 of the days at 2 x 1 hour at 8am + 9pm (must have 12 hour gap), 6 week and 6 month reviews. Family run business and all very accommodating.

Ann Clare was the first to introduce MBST into the UK in July 2007. In November 2011 opened the first dedicated Cell Regeneration Centre and now provides a range of MBST therapy treatments. A technology from Germany that has successfully been used to treat patients. MBST is applied using machines that apply a magnetic field around the affected area. It works by encouraging the body to regenerate body tissue back to its healthy state. Specifically it regenerates cartilage which increase joint mobility and reduces pain. The success rate is remarkable and lives have been transformed. For a free consultation contact Ann Clare on 01780 238084 or visit www.clarehousephysio.co.uk. Thank you Marion for sharing this with the group. Do you have a story to tell or something you would like to share with the group? if so, please let us know.



NEWS FROM THE GROUP IN BRIEF

In Memory of Howard Layman



Grace Layman informed us of the unfortunate and very sad loss of her husband Howard in February. Howard was a member of the group, so on behalf of the group, we sent our condolences and we also acknowledged her wish for his name to be removed from our mailing list.

Two other members have also asked for their names to be removed from the mailing list. If a member wishes to be removed at any time, please could you let us know and include your reason. Your feedback is very important to us.

Wanted: Jars with screw top lids for home made produce. Any types of jars will be acceptable except ones with plastic lids. If you do have any Lorraine would love to hear from you.

USEFUL LINKS: www.getselfhelp.co.uk www.arthritiscare.org.uk www.fibromyalgia-associationuk.org

USEFUL BOOKS: Living with Fibromyalgia by Christine Craggs-Hinton (Sheldon Press 2000)

USEFUL BOOKLETS: visit www.arthritisresearchuk.org to download booklets and leaflets

A big thank you to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

Bringing People Together



Lorraine Ayling
Tel: 01284 701652

Next meeting 20 July

Lorraine's Apple & Walnut Cake Recipe

- 1 large cooking apple
- 1oz walnuts
- 6oz castor sugar
- 6oz soft margarine
- 8oz SR flour
- 1 rounded teaspoon mixed spice
- 3 eggs
- 1 tablespoon milk
- 1oz demerara sugar

1. Prepare a cool oven 325F,160C,gas mark 3. Grease 7" round cake tin, line base with baking parchment.
2. Peel and core apple. Cut 6 thin slices and place in a bowl of cold water. Chop remainder and roughly chop walnuts.
3. Place sugar, margarine, flour, mixed spice, eggs and milk into a mixing bowl. Mix together with a wooden spoon, then beat for 2-3 minutes (or1-2 minutes if using an electric mixer) until mixture is smooth and glossy.
4. Fold chopped apple and walnuts into cake mixture with a metal spoon. Place mixture in prepared tin, leveling top with the back of a metal spoon. Drain reserved apple slices and arrange in a ring around top of cake. Sprinkle top with demerara sugar.
5. Bake in centre of oven for 1hr 20 minutes. Test by pressing with fingers if cooked, cake will spring back and have begun to shrink from side of tin. Leave in tin for 15 minutes to cool then turn out onto a wire rack and leave until cold.

If you have a recipe you would like to share with the group, please speak to or email it to Lorraine.



SUMMER STALL: 22ND JULY 2012

AT BELLEVUE PARK, SUDBURY

Time: 11am to 5pm

The group are having a stall again this year at this popular event and we are looking for **volunteer helpers** and **contributions** to help us make this event a big success.

For the adults we will be selling books, bric a brac, home made produce and crafts, puzzles.

For the children we are doing a lucky dip for boys and girls, guess the name of the doll, guess how many sweets in the jar and selling some toys.

We need your support. If you have any items you would like to donate, make or bake to help raise funds for the group or have an hour to spare to volunteer to help, please contact Lorraine on 01284 701652 or email lorraine@aylingonline.com.



2012 SURVEY RESULTS

40.9% gave speakers suggestions

Speakers are interesting and knowledgeable.

Some were thin on composition

50% expectations were met

Very much so.

More social interaction needed.

9% thought we could improve

On timing and member numbers

An amazing job. Well done!

50% recommended the group

59% spoke to GP

40.9% gave suggestions

All these % are out of the 33%

Thank you for helping us to help you. Your feedback is always welcomed.



YOGA UPDATE

It is with regret that we have had to turn down Carole Baker's offer of a Yoga class for members of the group due to the lack of interest. A big thank you to her for taking an interest and giving up her time to help and encourage us to take up yoga.



NEWSLETTER

We **need** your contributions and your continuing support in this area, after all the **GROUP** is about you!

A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website www.chronicpainsupportgroup.co.uk

Bringing People Together



Lorraine Ayling
Tel: 01284 701652
Email: lorraine@aylingonline.com

Next meeting 20 July
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