

## News Flash

### **New Worthing Support Group 19<sup>th</sup> January 2010**

Went fantastically. New & Old members enjoyed a discussion time. Got to meet other sufferers and sharing their story.

**We shared 2 Banoffee Pies** that were made for our food competition.

Debbie Pidd and Nichola Bond participated and Nichola won this month.

The prize is a Reflexology treatment donated by 'You & Me' Nichola Bond and colleague Ghennet Baughen's Company.

### **Next month Tuesday 16<sup>th</sup> February 2010. We have 3 new people.**

Loraine Jackson, Simon Stuart and Stacy James, who are making a **Carrot Cake**. Looking forward to that. I pick someone from the group to judge them.

We had a **Quiz** which we all loved, there was a lot of laughter and jokes, it cheered everyone up. By the time we left we were on high spirits.

### **We are offering 15 minutes Holistic Therapy for just £5.00 throughout the evening.**

I wanted to give sufferers a chance to experience and enjoy the feeling of relaxation and emotional upliftment.

In the past people could not afford a full priced treatment at around £30 upwards.

My Colleague & I own our company 'You & Me'. **We have priced our treatments at a level which is affordable for all. You could save throughout the month.** As I suffer with Fibromyalgia I know how our therapies have helped me and wanted to give that opportunity to others.

To Book a time during the meeting please speak to my colleague 'Ghennet' in the reception where you first come in, she will have a list for you to add your name to. Please pay on arrival.

**Our new 'News Letter'** is filled with lots of information please download it from our website. If you know of anyone who would like to have a copy please call me Nichola 07796653477 & I will make arrangements to send it to you. \*

Next month we will have information about the questions that were answered and spoken about as a group. If you have anything you would like to share please contact me or Simon. Email's on the news letter.

### **'I would like to say 'Thank you' to all the helpers from Tuesday's evening.'**

I am looking forward to the next meeting & to see lots of our long standing members as well as new ones.

From Nichola Bond  
Organiser & Co Editor.

\*January Newsletter is here [www.fms-sas.co.uk/PDF/WorthingFibroNews1001.pdf](http://www.fms-sas.co.uk/PDF/WorthingFibroNews1001.pdf)