



IPSWICH  
SUPPORT GROUP

**NEWSLETTER      MARCH 2007**

What lovely sunny weather for our March meeting although, not surprisingly for this month, the wind was quite strong.

It was a real joy to meet members who had not been to previous meetings – we always have a different combination of people. Sadly, I forgot the camera this time!

We had 7 members present but a total of 11 people. The informal arrangement allowing some to arrive later and others to leave early worked very well.

Nigel and Hazel were there with baby Rachael who kept them both on their toes. What a little darling.

Mary Powell came along for the first time all the way from South Woodham Ferrers. Mary told me she would have been before but is always so busy 'doing' things, she forgets to come along. Mary was pleased to meet with Alan and Wendy Bond as she holidays near to where they live. Wendy has kindly offered for us to have a Summer meeting in her garden again this year and many members have expressed their delight at this. The last time Wendy entertained us, not many people were able to make it so hopefully next time we can agree a suitable date. Having said that, several people were unable to make it last time due to accidents so it is difficult to predict. We shall have to consider this again in the Summer.

Sheila Blackburn was looking really good and has progressed well following her accident. Her husband Dave made his usual cheery contribution to the meeting and was a welcome help with handing out teas and coffees.

Sandra Gordon joined us for the first time, travelling all the way from Walberswick – that's as far in the opposite direction as South Woodham Ferrers is for Mary so it was once again agreed that the Holiday Inn Copdock is a good meeting point for the widespread area covered by our group.

Diana Knight was able to come along for the final time before opening her tea shop – I did mention Diana's tea shop in last month's newsletter and Diana has emphasised that she does not have disabled facilities. Although she has tried very hard to provide this, regulations and unrealistic costs have prevented her from achieving this goal.

Amit Roy was to have joined us with his wife Sylvia but very disappointingly the Tesco petrol fiasco conspired against them. Fingers crossed for next month Amit.

Once again I would like to say thank you to all those who have contacted me this month - always appreciated.

If you are **unable** to join the meetings, perhaps you would like to send me a **few notes about yourself** that I can include in the newsletter. **Beatrice has done this** and I will attach her notes.

Our next meeting will be

**Saturday 14<sup>th</sup> April 2pm at the holiday Inn, Copdock**

Thanks as always to Nigel for posting newsletters to those without e-mail.

I hope you all have a pleasant Easter and look forward to seeing as many as possible at the next meeting. :o)

Blessings to you all

All good wishes, Patsy Riggs

## **BEATRICE BENNET**

Beatrice lives in Derbyshire and unable to get to a group meeting. She is obviously very welcome to our group distribution list. As a contribution, Beatrice has given me her profile or case study.

My name is Beatrice Bennett – I am 70 years old and I first started with symptoms in 1994 - feeling very tired with muscle pain, difficulty walking and keeping balance.

I was sent to a rheumatologist who diagnosed ME and Fibromyalgia

[Fibromyalgia Syndrome is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown] .

After a few falls, my doctor referred me to a neurologist who said I had neuritis – similar to MS.

[Neuritis is one of the serious nervous disorders. It refers to an inflammation of the nerves, involving a single nerve or a series of nerves. At times, several different groups of nerves in various parts of the body may be involved. This condition is known as polyneuritis. It is also known as polyneuropathy, for strictly speaking, the condition is not an inflammation, but a change in the state of the nerves resulting in weakness, loss of the reflexes and changes of sensation.]

I was transferred to a different neurologist when the other left and he diagnosed Gluten Ataxia. I have been on a gluten free diet for approximately 3 years - although it has helped with digestion, my balance and coordination remain the same.

Many thanks to Beatrice – who is going to be next? Please e-mail or post your notes to me. Alternatively, of course, you could hand them to me at one of our meetings.

As mentioned in my last newsletter, I am more than happy for anyone to address the group if they have a particular subject they would like to discuss. No advance warning is necessary just let me know when you arrive on day.

Nigel has promised to let us have pictures of baby Rachael to put in our album.