

## Fibromyalgia Support

### Comes to the Wychwoods

FMS is a chronic condition of widespread pain, fatigue and sleep problems. It is not life threatening but it can restrict lifestyle. It is thought that between 1% and 2% of the population suffer from FMS, although many may be undiagnosed. It is not well recognised and is difficult to diagnose. There are no blood tests or X-rays that reveal abnormalities. Sufferers can be in great pain while looking completely normal.

I am a sufferer of FMS and I have decided to start a Support Group in Oxfordshire as none existed in the county. The Group will function under the auspices of the Fibromyalgia Association UK (FMA,) which is a registered charity and a national organisation with more than 100 groups and a national help line. It aims to raise the awareness of FMS in the UK and to help sufferers, see [www.fmauk.org](http://www.fmauk.org) As I live in Milton-under-Wychwood, I decided to start close to home and then



widen the membership throughout the county with cluster groups. However there is no fixed geographical limit to prospective members. Sufferers, carers and anyone interested in helping the Support Group is welcome to join and/or come to the meetings. We already have members from Oxford, Bicester and other areas of the county.

The main aim of the group is to provide mutual support to sufferers, from others who understand their pain and lack of energy. We will not be offering miracle cures but just being able to talk to a friend who has experienced FMS, can help us feel better. We run the group based on what the members wish to do. The meetings are held on the **third Thursday** of each month from 11am to 1pm at Stonecroft, Frog Lane, M-u-W. If you would like more information, please ring me on: 01993 830629 after 6pm and weekends or email me at [fmachippy@sdmack60.plus.com](mailto:fmachippy@sdmack60.plus.com)  
**Diana MackKay**

## Watercolours of Countryside and Gardens

This year has brought the launch of a website for my work. I hope it will be a means of people seeing my full range of prints, including lots of new ones, and them being readily available without having to wait for an exhibition or an appointment to visit me.

If you are able to visit, my next exhibition will be on **Thursday 4<sup>th</sup> June** and **Tuesday 9<sup>th</sup> June**, open 10.30am to 5pm each day and on **Saturday 6<sup>th</sup> June** from 10.30am to 7pm and **Sunday 7<sup>th</sup>**

**June** from 1pm to 7pm. The exhibition is at Lower Slaughter Village Hall. This year the special garden I am featuring is Cerney House Garden, a beautiful romantic Cotswold garden. (Well worth a visit at this time of year, in particular, when the roses are out). If you can't make it and want to see some originals do give me a ring on : 01993 830153 to arrange a visit, or enjoy a browse on the website.  
**Dorothy Pavey**  
[www.dorothypavey.co.uk](http://www.dorothypavey.co.uk)