



Living Well
North Tyneside
Supporting Health and Wellbeing

Newcastle Fibromyalgia Support Group

The Newcastle Fibromyalgia Support Group provides help, advice, friendship and, support for people in and around Newcastle who suffer from or have relatives that suffer from, Fibromyalgia, which is a chronic condition of widespread pain and profound fatigue.

The group, which has been running for 16 years, hosts in-person meetings on the 3rd Monday of every month (excluding January) from 12.30pm to 2.30pm at the Oxford Centre in Longbenton.

We also offer a craft therapy session on the 4th Thursday of the month, also at the Oxford Centre from 11.30am to 1.30pm, as well as informal coffee and natter meet-ups at various cafes and bars at least once a month.

Meetings sometimes feature guest speakers, who come to talk about issues involved with Fibromyalgia. The next speaker is from the Newcastle Specialist Continence Service who is coming to speak about bladder issues on the 17 April 2023.

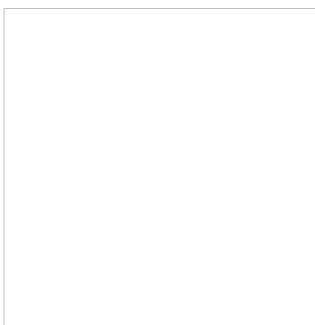
The group is self-funded and raises funds through tombolas, raffles, and small subs from the members at the physical meetings.

You can find out more about the group via their website www.NCLFibroSupport.co.uk, and they also have a large Facebook group you can join [via this link](#). To get in touch, please contact NCLFibroGroup@outlook.com or 07513 273603

What is Fibromyalgia?

Fibromyalgia is a chronic condition of widespread pain and profound fatigue. The pain tends to be felt as diffuse aching or burning, often described as head to toe. It may be worse at some times than at others. It may also change location, usually becoming more severe in parts of the body that are used most.

The fatigue ranges from feeling tired, to the exhaustion of a flu-like illness. It may come and go and people can suddenly feel drained of all energy – as if someone just “pulled the plug”. Fibromyalgia Syndrome (fibromyalgia for short) is a common illness. In fact, it is as common as rheumatoid arthritis and can even be more painful. People with mild to moderate cases of fibromyalgia are sometimes able to live a normal life, given the appropriate treatment. But if symptoms are severe, however, people may not be able to hold down a paying job or enjoy much of a social life.





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@NewcastleFibromyalgiaSupportGroup



Last Updated - 31st March 2023

Services

Support Group Meeting

Events

No Events

Activities

No Activities
