



## ASK BRIAN

Brian Barr is a solicitor at Brian Barr Solicitors who specialises in representing fibromyalgia sufferers with accident and insurance claims.

Dear Brian

I was aged 40 and a full time Medical Secretary when I was involved in an accident. Liability has been admitted. I suffered what was called a soft tissue injury and shortly after the accident developed Fibromyalgia. I need help with household tasks like washing and hoovering and I have not been able to work since the accident. What compensation will I get?

Phyllis

Dear Phyllis

The starting point will be damages for your pain and suffering. There are judicial guidelines that give a bracket of £31,000.00 - £46,300.00 for the majority of Fibromyalgia cases where there are serious persistent symptoms. That figure can be dwarfed, however, by financial claims. You have not worked since the accident and we will be able to calculate your past loss of earnings and your likely loss of earnings in the future. We will also look at a claim for loss of pension and past and future expenses, including the expense of medical treatment to improve your condition.

You are receiving domestic help and we can calculate that based on the hours of help that you have needed so far and those that you are likely to need in the future.

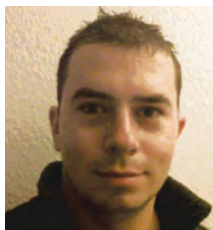
There may also be other claims such as the need for single storey accommodation, but the ones I have mentioned are the most common for Fibromyalgia sufferers.

Regards

Brian

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## THE FIBROMYALGIA EXERCISE COLUMN



### Finding Motivation by David Jenkin

One of the major things that stops people from undertaking exercise and active living is the lack of motivation. I have often heard people state that their head is willing but their body is

not, but for many people it is the exact opposite – their body is capable of activity but the individual cannot find the mindset for it. This month's column looks at some of the main reasons why people lack motivation and examines ways in which these can be overcome.

#### Negative Self-comparison

I see this one an awful lot. People often look at other people that they know, and even people that they do not, and hold the belief (rightly or wrongly) that they will never reach the same ability levels as them, and ask themselves why they should bother. I always remind people in this position that actually you are your own person with your own journey, your own agenda. It is far more productive to focus on where you are now, and where you want to go, and disregard where other people are at on their journeys

#### Tiredness

If you lack motivation because you are physically tired, then often something as simple as changing your diet can help. A low-GI diet (wholemeal products, most vegetables) can help manage your energy levels over the day. There may be other reasons why you are physically tired, and if in doubt visit your GP. If you are feeling mentally tired, then a good place to start is with sleep management, and whether this having an effect on your motivation levels

#### Too much effort

You might wish to exercise but once you convince yourself that you need to move furniture, get changed, need to shower after, find equipment and many other things, you might put it off – usually to tomorrow. The best way to overcome this is to try and simplify as many of these things as possible. Find an exercise like walking that doesn't involve moving furniture, finding equipment and can be done more leisurely to begin with rather than more intense exercise that gets you feeling hot and sweaty

Martin Westby and I have recently co-authored a Self-Help Exercise Guide that includes a whole section on how to do establish this consistency effectively. To order a copy please follow the following web link:

<http://tinyurl.com/o9s6bw8>

Or alternatively you can email the magazine at [office@UKFibromyalgia.com](mailto:office@UKFibromyalgia.com)

or myself on [davidjenkin@hotmail.com](mailto:davidjenkin@hotmail.com)

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