



Happy Healthy 2010

Lorne Street Closure

I am sure many of you will be aware by now if you have seen the Scottish News on TV or read the local Newspapers that Glasgow City Council are making cut backs on their spending and have earmarked Lorne Street Community Centre for closure.

The Centre is proposed to close on the 31 March 2010 but there have been lots of protests from the user groups against the closure. We have been in this position before with the proposed closure of the St Francis Centre in the Gorbals 3 years ago and is the reason we moved to Lorne St in the first place.

We need to have the security of a regular meeting place that doesn't change. Because we are a national group people come along from all areas of Scotland and if they have been newly diagnosed we have no way of contacting them of a change of venue if they want to attend a meeting. This is very important as more and more people are getting diagnosed every day. Our literature which is printed in advance needs to have the correct up to date information.

When we were informed of the closure of Lorne St in December the only alternative we were given was to go back to the St Francis Centre in the Gorbals which does not entirely meet our needs and is not easily accessible to lots of people. There are not a lot of venues in Glasgow that are suitable for our group. So we were very pleased when we contacted The Long Term Conditions Alliance Scotland (LTCAS) and they were able to offer us some rooms for use in their building in Bath Street Glasgow.

It is very well situated and central for everyone coming into Glasgow. There are lots of buses stop outside of the building, Charing Cross Rail Station is just behind it, it has access to both ends of the M8 Motorway and there are lots of on street parking bays in Elmbank St, & Crescent and India St where you can park for free with your Blue Badge. There is also a single yellow line in front and across from the building where you can also use your Blue Badge But we have left the best till last because we are a small charity we can use the rooms free of charge and they supply the Tea and Coffee as well which will save the group around £700 per year. An offer which I am sure you will

agree is too good to miss.

We have enclosed a map of the area and the dates of the meetings taking place. You will see that we will continue to hold our meetings at Lorne St on the 12 February & 12 March 2010 but our first meeting at LTCAS will be on the 3rd Friday of the month the 16 April 2010 after that we will continue to hold our meetings on the 2nd Friday of the month.

We Hope everyone will support us in this venture and we look forward to seeing you all there.

SPECIAL THANKS

We would like to thank everyone for all their contributions to the group. This includes money and time. They are too many to mention personally and we don't want to offend anyone by forgetting to mention them. All the help we receive is very much appreciated by the Committee and we don't know how we would manage without it. The group is what you make it remember it is **Your Group** and its success depends on your support.

Fibro Friends COMMITTEE

Elected at AGM 12 June 2009

Anne McDonald Honorary President

Irene Logan Secretary

Yvonne Green Chairperson

Ellen Armstrong Vice.Chairperson

Maureen McGinty Treasurer

Rena Smyth Helpline

Hazel Young Library

Lawreen Wigton Library

Janet McEwan Elected officially

We would also like to welcome 2 new Committee members Manjula Math and Deborah Cobain. Unfortunately Maureen had to resign for family health reasons. We thank her and wish her well.

SUBSCRIPTION

The Membership is Due by 1st May

The membership will continue as £8 single & £12 joint until the AGM on 11 June 2010 and will then be increased to £10 single & £16 joint as agreed at the AGM in 2009. We ask you to renew your membership to avoid being removed from our list and to continue to receive newsletters and make use of facilities such as the library. A membership renewal form is enclosed.

MEMBERSHIP CARDS

Everyone should be in receipt of a membership card if they have paid their subscription. If you have not received one please let us know as they are now required for borrowing from the Library

FONDRAISING

Unfortunately we did not hold many fundraising events this year. We attended the Gorbals Fair and a few people raised funds on our behalf. Betty Mallon held a Social Night, Lynda Martos had a Table Top Sale and Anthony Masserton did a sponsored walk of Ben Nevis again. We would really like to thank them for their support. Well Done! If you have any suggestions for fundraising or know anyone who is willing to fundraise on our behalf please speak to someone on the committee.

LIBRARY

We hope to continue as well with

the Library at our new premises at LTCAS but we will have to slim it down considerably as we don't have anywhere to store the books at present. We will probably clear some of the back issues of magazines and some of the older books. If you are interested in anything please speak to one of the Library staff and they will let you know if it is available.

MEETING DATES 2010

Lorne Street

Friday 12 February 12-2.30pm
(speaker Gerry Meikle talk Hypnotherapy)

Friday 12 March 12-2.30pm
(speaker Maureen Ryan Bowen Therapy)

LTCAS Venlaw Building

Friday 16 April 12-2.30pm
(speaker Barbel Cunningham talk on Aromatherapy)

Friday 14 May 12-2.30pm
Friday 11 June 12-2.30pm AGM
Friday 9 July 12-2.30pm
Friday 13 August 12-2.30pm
Friday 10 September 12-2.30pm
Friday 8 October 12-2.30pm
Friday 12 November 12-2.30pm
Friday 3 December ?

Christmas Lunch

We hope everyone enjoyed the Christmas Lunch as we certainly did. It does involve a lot of work for everyone involved but it is well worth it on the day. I would personally like to thank all of the committee for all the hard work they put in not only to the lunch but for the whole year. I would especially like to thank Yvonne who did a tremendous amount to

make sure everything went well and of course our many volunteers who help out at most events throughout the year. It does not go unnoticed. I would also like to thank Maureen for continuing to work on the accounts above and beyond and wish Joe a continuing recovery and last but not least the Caterer. If anyone feels they would like to contribute to the running of the group Please let us know. We would be very grateful.

We have printed some photos of the lunch on the next page. I hope you enjoy. Sorry they are a bit dark
Kind Regards Irene Logan.

DISCLAIMER

This newsletter is produced for information only. The information contained does not necessarily reflect the views of Fibromyalgia Friends Scotland or its committee, nor does it necessarily infer endorsement by us. It must be understood that people react differently to medications and treatments. Always consult your GP before trying anything mentioned in the newsletter. We reserve the right to edit any material submitted for publication.

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