

**Fibromyalgia Friends Scotland**

**PO Box 5236**

**East Kilbride**

**Glasgow G74 3YF**

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**Meetings**

**Meetings are held on the 2<sup>nd</sup> Friday of the month at**

**LTCAS, Venlaw Building**

**349 Bath Street**

**Glasgow G2 4AA**

**From 12 noon – 2.30pm**

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**Helpline**

**Rena Smyth 0141-561-9280**

**Administration Irene Logan 01355-903363**

**e-mail**

**[fibroscot95@bluevonder.co.uk](mailto:fibroscot95@bluevonder.co.uk)**

**website**

**[www.fibroscot.btik.co](http://www.fibroscot.btik.co)**

**[or www.fibroscot.co.uk](http://www.fibroscot.co.uk)**

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**Please remember that the phonenumber is manned by a sufferer.**

**Try to call between 11am – 4pm Monday – Thursday**

**Please be patient and leave a message**

**We will get back to you**

**Fibromyalgia Friends Scotland**  
**Meeting Dates 2010.**  
**LTCAS, Venlaw Building**  
**349 Bath St, Glasgow.**

**No meeting held in January 2009**

Friday 16 April 2010 12 – 2.30pm

Friday 14 May 2010 12 – 2.30pm

**AGM Friday 11 June 2010 12 – 2.30pm**

Friday 9 July 2010 12 – 2.30pm

Friday 13 August 2010 12 – 2.30pm

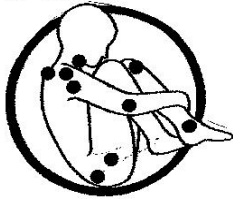
Friday 10 September 2010 12 – 2.30pm

Friday 8 October 2010 12 – 2.30pm

Friday 12 November 2008 12 – 2.30pm

**Friday 3 December ?**

These dates are booked at LTCAS, Venlaw Building, 349 Bath St, Glasgow. G2 4AA  
If there are any changes you will be notified in advance. Please contact the helpline 0141-561-9280  
if you have any queries or write to Fibromyalgia Friends Scotland, PO Box 5236,  
East Kilbride, Glasgow G74 3YF



**Fibromyalgia Friends Scotland**  
**PO Box 5236**  
**East Kilbride, Glasgow G74 3YF**  
Tel/Fax 01355-903363/0141-561-9280  
e-mail [fibroscot95@blueyonder.co.uk](mailto:fibroscot95@blueyonder.co.uk)  
website [www.fibroscot.btik.com](http://www.fibroscot.btik.com)

Dear Friend

Fibromyalgia Friends Scotland was first set up in October 1995 in order to provide help, information, advice and support to those suffering from Fibromyalgia or interested in the condition. We have regular meetings once a month and produce a Newsletter every quarter. If you have been diagnosed with Fibromyalgia we would ask you to come along to our meeting or contact us. If you have not yet been diagnosed as having Fibromyalgia but suspect this is what you have. We suggest that you take the enclosed leaflet

“What is Fibromyalgia”

to your Doctor and ask whether they think this is what you might have. We say ask, as Fibromyalgia is often secondary to another illness that may need other treatment. Although you may think you have Fibromyalgia the symptoms are very similar to many other illnesses. Please do not presume you have Fibromyalgia until you have been diagnosed. If your doctor thinks that you may have this illness you should ask to be referred to a Rheumatologist. Unfortunately, this may take some time, as there are usually very long waiting lists, please be patient.

If you have not been diagnosed we will still be very happy for you to attend the meetings and receive information.

We have enclosed some information we hope you find helpful, and you will realise that you are not alone in trying to cope with Fibromyalgia. Please write, e-mail or ring the helpline for any advice or help that you need.

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The annual membership fee is £8 single, or £12 per couple.

If you wish to receive further information and regular Newsletters, please complete this form and the gift aid declaration if appropriate and return them, with your cheque/postal order made payable to “**Fibromyalgia Friends Scotland**”, in the envelope provided. All donations are gratefully received.

Mr/Mrs/Miss/Ms-----

(BLOCK CAPITALS PLEASE)

Address-----  
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Post Code-----

Telephone-----

We would like to thank you for your support – it is greatly appreciated.

## Gift Aid Declaration



Fibromyalgia Friends Scotland  
(Recognised Scottish Charity No. SCO 025268)  
PO Box 5236  
East Kilbride Glasgow G74 3YF

### Details of Donor

Title.....Forename(s).....Surname.....

Address.....

.....

.....Post Code.....

### I request that the above charity treat

(tick relevant  
Box/boxes)

- The enclosed membership subscription
- The enclosed donation of £.....
- All donations/subscriptions I make from the date of this declaration until I notify you  
Otherwise as Gift Aid Donations

Signature..... Date of Declaration...../...../.....

Please cut and retain for future reference ✂.....

### Notes

1. You must pay an amount of income tax and /or capital gains tax at least equal to the tax that the charity reclaims on your donation in the tax year. (currently 28p for each £1 you give)
2. You can cancel this declaration at any time by notifying Fibromyalgia Friends Scotland.
3. If in future your circumstances change and you no longer pay tax on your income and /or capital gains tax that Fibromyalgia Friends Scotland reclaims, you can cancel your declaration. (See note 1)
4. If you pay tax at the higher rate you can claim further tax relief in your Self Assessment Tax Return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask Fibromyalgia Friends Scotland. Or ask your local tax office for leaflet IR65.
6. Please notify Fibromyalgia Friends Scotland if you change your name or address.

Please retain this section of the form for future reference complete the Gift Aid Declaration form and return it with your donation or membership to:- Fibromyalgia Friends Scotland, PO Box 5236, East Kilbride, Glasgow G74 3YF

**Thank you for your support.**

## Fibromyalgia Friends Scotland

PO Box 5236  
East Kilbride  
Glasgow G74 3YF  
Phone 01355-903363  
Fax 01355-903363  
fibroskot95@blueyonder.co.uk

Dear Friend,

We received a grant from "Awards for All" to get the following books reprinted in the U.K. The books are "Coping with Fibromyalgia" by Beth Ediger, "Treating Fibromyalgia" by Beth Ediger and "Fibromyalgia Fighting Back" by Bev Spencer.

They are now available for sale. Copies cost £5 per book plus p.p. of 80p for one book, £1.30 p.p. for two books or you can purchase all 3 books for £12 plus p.p. of £1.50. Support Groups placing a bulk order please contact Fibromyalgia Friends Scotland for postal costs. If you decide to purchase any of the books could you please fill out the slip at the bottom of the page and return it with your cheque or postal order to :- Fibromyalgia Friends Scotland, PO Box 5236, East Kilbride, Glasgow G74 3YF

Sincerely,

Irene Logan Secretary

Please Print

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Name.....

Address.....

.....Post Code.....

Phone No.....

Coping With Fibromyalgia	Qty ( ) Price £5 each +p.p. 80p	.....
Treating Fibromyalgia	Qty ( ) Price £5 each +p.p. 80p	.....
Fibromyalgia Fighting Back	Qty ( ) Price £5 each +p.p. 80p P.P. for 2 books £1.30	.....
Pack of 3 books	Qty ( ) Price £12 + p. p. £1.50	.....
	Total cost	.....