



Fibromyalgia Friends Scotland

Tel · 0844 887 2440 Email - info@fibros Scot.co.uk

Newsletter – April 2013

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As International Fibromyalgia Awareness day approaches (12 May) we hope you can help spread the word about this very debilitating condition. We know this has been an especially difficult time for some of our Members in terms of their own health and that of family members too, and we want you to know that we are here for you.

Since the beginning of the year we have had some very interesting and well received speakers:

Mary Campbell speaking about Packapouch - a hands-free carrier designed to reduce bending and twisting movements, which is evenly supported over both shoulders in a wrap-around style which allows it to sit comfortably, and allows the contents to be secure and easy to reach;

Robert Hinds, Welfare Rights Officer from Glasgow City Council (apologies for the typo in the last newsletter which showed the wrong organisation) speaking about the introduction of Personal Independence Payment (PIP) which started to replace Disability Living Allowance (DLA) from 8 April 2013 for those aged 16 to 64 with a long-term health condition or disability, which is assessment based, and not based on your condition but how your condition affects you;

and **Prof. Martijn Steultjens**, Professor of Musculoskeletal Health (Glasgow Caledonian University), talking about his research work which includes Fibromyalgia; the Professor sent some research paperwork which is available – let us know if you'd like a copy...

We have: ♦ “Positional Cervical Spinal Cord Compression and Fibromyalgia...”, ♦ “Cognitive Behaviour Therapy, Exercise or both for treating Chronic Widespread Pain”, ♦ “Comparative Efficacy of Pharmacological and Non-Pharmacological Interventions in Fibromyalgia...”.

Included inside also is the Group's grant funding letter from Scottish Government for 2013-14 (Pg. 3).

Join us for the next meeting! Dr. Joanna McParland from Glasgow Caledonian University will be coming to talk about her research on Fibromyalgia.

Remember to renew your membership! Payment should be made by May 2013 (forms/ envelopes are enclosed; you cannot vote at an AGM unless your membership is paid).

As always, contributions to/ comments/ suggestions about the Newsletter are very welcome! The Editor

Contact us:

Helpline: 0844-887-2440
Mon and Thurs 11am - 4pm
Online: Web - www.fibros Scot.co.uk
Forum - forum.fibros Scot.co.uk
Email - info@fibros Scot.co.uk
We are also on [Facebook](https://www.facebook.com/fibros Scot)

Mail:

Fibromyalgia Friends Scotland,
c/o The ALLIANCE, Venlaw Building,
349 Bath street, Glasgow G2 4AA
Tel: 0845-887-2440 or 0141-561-9280

Officers & Committee Members:

Chairperson.....Anne McDonald
Committee Advisor/.....Irene Logan
Secretary
Treasurer.....Lisa Elliot
Helpline.....Rena Smyth
Registration.....Kim Miller
Raffle.....Margaret MacDonald
Library.....Lawreen Wigton
Committee.....Hazel Young
Committee.....John Russell
Committee.....Karen Elliot
Committee.....Jacqueline McCallum

Fibromyalgia Friends Scotland Meeting Dates 2013

Venue: c/o The Alliance, Venlaw Building,
349 Bath Street, Glasgow, G2 4AA

January – no meeting	
Friday 8 February	12-2.30pm
Friday 8 March	12-2.30pm
Friday 12 April	12-2.30pm
Friday 10 May	12-2.30pm
Friday 14 June	12-2.30pm
Friday 12 July	12-2.30pm
Friday 9 August	12-2.30pm
Friday 13 September	12-2.30pm
Friday 11 October	12-2.30pm
Friday 8 November	12-2.30pm
Friday 6 December	12 noon Christmas lunch

Meetings held on 2nd Friday of the month unless otherwise stated.
Any changes will be notified in advance.

News

International Awareness Day – 12 May 2013

It's said that this day was chosen as International myalgic encephalomyelitis/ chronic fatigue syndrome (ME/CFS) Awareness Day to commemorate the life of the famous nurse, Florence Nightingale (her birthday), who suffered from an ME/CFS-like illness from her early 30s. The ME/CFS Awareness Day is recognized on May 12th each year, May 12th -18th is awareness week, and the whole of May is awareness month. As time went by, support for the awareness day grew. These awareness events now also recognize fibromyalgia (FM), multiple chemical sensitivities (MCS) and Gulf war syndrome (GWS).

Why not help spread the word and raise the profile of Fibromyalgia? Wear a 'Fibromyalgia Friends Scotland' ribbon or t-shirt, hand in a poster to your local hospital, talk to family and friends, support any locally-organised events.

Membership

Membership forms (and envelope) are enclosed for completion by all members. Please remember to pay your membership by May 2013 - single membership is £10 and joint £16.

Would you like to get involved?

Contact a Committee Member if you would like to help support the Group in a practical way. (contact details on front page, or speak to a Member at one of our meetings).

The Quality Unit
Planning and Quality Division

T: 0131 244 5999
E: Rachael.Dunk@scotland.gsi.gov.uk



Irene Logan
Fibromyalgia Friends Scotland
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Venlaw Building,
349 Bath street
Glasgow
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fibrosco95@blueyonder.co.uk



26 March 2013

Dear Ms Logan,

GRANT APPLICATION UNDER SECTION 16B OF THE NHS (SCOTLAND) ACT 1978, AS AMENDED – ADDITIONAL FUNDING

I am writing to you in connection with your recent application for a grant under Section 16B of the National Health Service (Scotland) Act 1978, which is currently being considered. We have identified a limited amount of end of year funding from the long term conditions programme funding and are pleased to be able to offer an award from programme funding to support the work identified in your grant application.

The amount of funding we can offer from the long term conditions programme funding is as follows:

2013 - 2014 £3,000

This award is in addition to any award made under the Section 16B Grant scheme. This funding will not be available for 2014/2015 or 2015/16. It is standard practice to make payments direct to an organisation's bank; payment has been made to the bank details below:

Organisation	Fibromyalgia Friends Scotland
Name and Address of Bank	Bank of Scotland – 167-201 Argyle street, Glasgow G2 8BU
Sort Code	80-11-80
Account Number	00274609

As is the case with your Grant Application under Section 16B of the National Health Service (Scotland) Act, we will need to be able to demonstrate to the Scottish Parliament that your organisation's work is effective and is providing value for money. Consequently, it is crucial the work is rigorously evaluated in terms of quality as well as quantity. We require a simple mid-year progress report against the objectives outlined in section 2 of the application, and a final report at the end of the grant period (April 2014). These should be sent to the policy team which lead the assessment of your application (Long Term Conditions) and emailed to Margaret.Syme@scotland.gsi.gov.uk and if you are successful for 16B funding copied to:

section16bhealthgrants@scotland.gsi.gov.uk

Rachael Dunk
Clinical Priorities Team

Members Section

Goods For Sale

As you can see from our Awareness stand we have several promotional items for sale which all contributes to raising Funds for the group.

We have:

- Trolley Keyrings @ £1 each
- Fridge Magnets @ £1 each
- Pens @ £1 each
- Enamel Badges @ £1.60 each
- Awareness Ribbons @ 50p each

We also have awareness bands, enamel logo charms for mobile phone or handbag from FMAUK and are waiting on some fibro ducks



Useful Sources of Information:

Other Fibromyalgia Support



Fibromyalgia Association UK - www.fmauk.org Helpline 0844-887-2444
Maurice S. Clarke Fibromyalgia Support UK mailtosupport@fibromyalgia-support.net
Website www.fibromyalgia-support.net
FibroAction www.fibroaction.org
Fibroduck Foundation www.fibroduckfoundation.com – Committed to funding Fibromyalgia research.
Northern Ireland – www.fmsni.org.uk

Other Scottish Fibromyalgia Support Groups

Aberdeen & District ADFM - e-mail: adfm@rocketmail.com tel: Kelly Willox 01651-869304
Meetings last Saturday of month 11am at Aboyne Terrace Sheltered Housing complex, Garthdee, Aberdeen AB15 7DZ

Alva & Clackmannanshire Fibromyalgia Group - contact Veronica Deans e-mail: vanda69@talktalk.net

Dundee Tayside Angus & Perthshire - www.tapfm.co.uk e-mail: tapfm@btopenworld.com
Meetings 1st Saturday of month 11am - 1pm Ninewells Hospital Lecture Theatre, Promenade level 7, Dundee

East Lothian FM Support Group - contact Eve Clark tel: 0844 887 2368 e-mail: eveclark50@gmail.com

Edinburgh Helpline no meetings - e-mail: ELFS@hotmail.com tel: Margaret Anne Elder 0844-887-2380 or Anne Harrison 0844-887-2428

Elgin Moray Firth Support Group - e-mail: Teasy45@aol.com tel: 01343 552554 Rena Teasdale or 01343 842024 Janette Smith.
Meetings 2nd Wednesday of month Moray Resource Centre Maisondieu Rd, Elgin

Falkirk & Stirling Support Group - tel: Joyce Wells, Chairperson

e-mail: falkirkfibro@yahoo.co.uk Meetings last Monday of month 11am – 1pm Dundas Resource Centre, Oxgang Rd, Grangemouth

Fife FM Support Group - e-mail: catherinefibro@hotmail.co.uk tel: 0845 345 3248

Meetings last Saturday of month 11am – 1pm St Andrews Community Hospital, Largo Rd, St Andrews, Fife KY16 8AR

Glasgow Fibromyalgia Friends Scotland - website: www.fibroscot.co.uk e-mail:

info@fibroscot.co.uk tel: helpline 0844-887-2440 Meetings 2nd Friday of month 12noon – 2.30pm c/o The ALLIANCE, Venlaw Building, 349 Bath St, Glasgow G2 4AA

Inverness ME, FM, CFS Support Group - tel: 01463 238533 e-mail: glenesk28@hotmail.co.uk

Meetings 1st Wednesday of month except January 1-3 pm Chieftain Hotel, Millburn, Inverness IV2 3PS

Montrose Angus & Mearns AM-FM tel: Monday & Friday 5-7pm 0844-887-2389

e-mail: am-fm@hotmail.co.uk Meetings 1st Friday of month 2-4pm the Links Health Centre Marine Avenue, Montrose, Angus

Paisley, Inverclyde FM Network - tel: 0844-887-2369 website - www.paisleyfm.org

e-mail: fibroinfo@paisleyfm.org Meetings 3rd Monday of month 1.00pm - 3.00/3.30pm at: St Mirins Cathedral House (Parish Halls), Ince St Paisley PA1 1HR

Port William FM Group - John Dunlop e-mail: jcdunlop@gmail.com

West Lothian/ Livingston FM Support Group - tel: Sheila Keppie 0844-887-2388

e-mail: sheilakeppie@hotmail.com Meetings 3rd Sunday of month 1:30pm-3:30pm at West Calder Community Education Centre, Dickson St., West Calder EH55 8DZ

website www.sites.google.com/site/wlfibromyalgia/meetings

-There are a few more Scottish groups we need to add when we verify the details.

Please notify us if any of the information is incorrect

Arthritis Care

There are 2 new informal support groups for people in Ayrshire living with any long term condition such as arthritis, heart disease, stroke, mental health conditions.

Kilmarnock group

Meets at the North West Area Centre, Western Road, 2 to 4pm on the 2nd Saturday of the month.

Irvine group

Meets at the Woodlands Centre, Kilwinning Road, 12pm to 2pm on the third Tuesday of the month.

If you want to know more call Katy Green at Arthritis Care on 0141 954 7776 or email

KatyG@arthritiscare.org.uk

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.