



Fibromyalgia Friends Scotland

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Newsletter – July 2012

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We have more new Members – welcome! Hope you can join us at our monthly meetings.

Fibromyalgia is recognised by DWP! This is recorded on the Westminster Government’s website:

Comment from Parliament [Hansard source: citation: HC Deb, 18 June 2012, c718W]

David Morris (Morecambe and Lunesdale, Conservative): To ask the Secretary of State for Work and Pensions whether he has considered recognising fibromyalgia in the benefits system.

Maria Miller (Parliamentary Under Secretary of State (Disabled People),

Work and Pensions; Basingstoke, Conservative): “The Department recognises fibromyalgia as a potentially significantly disabling condition. Where a clinical diagnosis of fibromyalgia has been made, full account will be taken of its disabling effects in determining eligibility for benefits”.

The AGM for 2011/12 has been postponed till further notice while the accounts are being finalised.

Robert Hinds from Welfare Rights provided an update at the meeting in May on the changes to the benefit system, in particular on Employment and Support Allowance (ESA), emphasizing the importance of appealing against any negative decision. He will be back in November to discuss changes to DLA.

Fibromyalgia Awareness Week falls on the first week of September and John Paul Murphy is taking part in the Strathclyde Park Triathlon on 2nd September to raise funds for the Group, so please support our awareness-raising and fund-raising efforts! (...more details on page 2).

If you have something to say or would like to share your experiences of fibromyalgia, let us know and we’ll include it in the Members section. Comments/suggestions about the Newsletter, are always very welcome too!

Hope to see you at the next meeting! The Editor

Contact us:

Helpline: 0844-887-2440
Mon and Thurs 11am - 4pm

Online:
Web - www.fibrosco.co.uk
Forum - forum.fibrosco.co.uk
Email - info@fibrosco.co.uk

Mail:
Fibromyalgia Friends Scotland,
c/o LTCAS, Venlaw Building, 349
Bath street, Glasgow G2 4AA

Officers & Committee Members:

Chairperson.....
Committee Advisor/.....Irene Logan
Secretary
Asst. Secretary.....
Treasurer.....Lisa Elliot
Sales.....Manjula Math
Helpline.....Rena Smyth
Library.....Lawreen Wigton
Library.....Hazel Young
Raffle.....Margaret McDonald
Registration.....Kim Miller

Fibromyalgia Friends Scotland Meeting Dates 2012

Venue: Long Term Conditions Alliance Scotland (LTCAS)
Venlaw Building, 349 Bath Street, Glasgow, G2 4AA

January – no meeting	
Friday 10 February	12-2.30pm
Friday 9 March	12-2.30pm
Friday 13 April	12-2.30pm
Friday 11 May	12-2.30pm
Friday 8 June	12-2.30pm
Friday 13 July	12-2.30pm
Friday 10 August	12-2.30pm
Friday 14 September	12-2.30pm
Friday 12 October	12-2.30pm
Friday 9 November	12-2.30pm
Friday 7 December	12 noon Christmas lunch

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

News

Fibromyalgia Awareness Week: 3-9 September

The Group will join other support groups throughout the country in trying to raise awareness of fibromyalgia – what it is, how it affects people, how sufferers cope, what support is available – and will be arranging to have leaflets and promotional items available at Braehead on 6 September. If you would like to help out, please contact the helpline on 0844-887-2440.

GE Strathclyde Park Triathlon

John Paul Murphy, partner of fibro sufferer Jacqueline McCallum, is taking part in the British Triathlon Super Series event taking place on 2nd September at the Commonwealth Games venue, Strathclyde Park, and is aiming to raise funds for Fibromyalgia Friends Scotland. So if you would like to sponsor him, please complete and return the enclosed sponsorship form. The race will start with the 1500m swim taking place in the waters of the Country Park Loch. The bike course – 38Km – will be over a challenging seven circuits of closed roads running adjacent to the Loch – with a few hills in there to keep things interesting. Finally, the run will be two laps of a flat, fast 5Km loop around the Loch. Good luck John Paul!

Gift Aid

The Gift Aid scheme applies to gifts of money by people who pay UK tax. Charities take your donation (which is money you've already paid tax on) and reclaim the basic rate tax from HM Revenue & Customs (HMRC) on its 'gross' equivalent i.e. the amount before basic rate tax was deducted. Basic rate tax is 20 per cent, so for example if you give £10 using Gift Aid, it's worth £12 to the charity. In order to make a Gift Aid donation, you need to make a Gift Aid declaration i.e. complete a simple form which covers every gift you make to the same charity for whatever period you choose, and can cover gifts you have already made and/ or gifts you may make in the future. We have enclosed a Gift Aid form if you would like to help the Group by enabling it to reclaim tax on membership fees or any donation you make to the Group. We need to update our information, so would be grateful if those who have already completed a Gift Aid form would be good enough to complete a new one.

Order online and help raise money for Fibromyalgia Friends Scotland!

The Group is now registered with www.easyfunding.org.uk which means you can order things online with one of their retailers (there are hundreds), their system makes a note of your purchase, collects the donation from the retailer and passes it to the Group as your chosen good cause.

How does it work?

- First Click on 'Find a cause' (<http://www.easyfundraising.org.uk/find-a-cause/>) and select the cause you wish to support e.g. **Fibromyalgia Friends Scotland**
- Fill out the quick form to register your details.
- Find the retailer you want to shop with from the list on their website e.g. Amazon, Asda Direct, B&Q, Boots, Clarks, Comet, Debenhams, Direct Line, Expedia, Halfords, Homebase, Hotels.com, House of Fraser, iTunes, John Lewis, M&S, PC World, Sainsbury's, Ticketmaster etc. etc.
- Click to visit the retailer, then shop as you normally would.
- The system makes a note of your purchase, collects the donation from the retailer and passes it to your chosen good cause. Your donation will be shown in your 'easyfundraising' account within 30 days.

Easy! It doesn't cost you anything extra and the Group gets a donation from the retailer!

Used Printer Cartridges

If you have any used print cartridges please bring them to a meeting. We can get funds from www.Recycle4charity.co.uk for them, or if you prefer, you can request an envelope to send them direct.

Virgin Money Giving

The Group has registered with 'Virgin Money Giving' who will now handle donations and gift aid to Fibromyalgia Friends Scotland donated through their website 'virginmoneygiving.com'. They will handle all the paperwork and deal with HMRC to make sure we are receiving any tax and donations we are entitled to. All you have to do is log onto the website and make your donation.

Items Missing from the Library

We are trying to update our library and have listed below the items which are missing. Could you please check at home and see if you have any books/ DVDs/ items belonging to the Group? We all know what we are like with Fibro Fog! If you have something, we would appreciate it if you can contact us and either bring it to a meeting, or we can make other arrangements for its return.

G46	FMS Supporter	Mark Pellegrino
G2	FM Up Close & Personal	Mark Pellegrino
G4c	FMS the Supporter	Mark Pellegrino
G10	FM Fatigue & You	Dr M Kelly
G13	The FM Advocate	DJ Starlanyl
G14	The First Year FM	C Marek
G15	The FM Relief Book	C Cunningham
G16	The Healing Diet	CC Hinton
G16a	The FM Healing Diet	CC Hinton
G32	CFS Healing Diet	CC Hinton
DVDs	Living with FM	
	Bowen Technique	John Wilks
	DRU Yoga	
Book	New Hope for people living with FM	Paul St Armand ?
G9a	From Fatigued to Fantastic	

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



Thoughts for the day...

The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity. - Francis Maitland Balfour, 1851-1882

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles. - Christopher Reeve, 1952-2004

To err is human; to forgive, infrequent. - Franklin P. Adams, 1881-1960

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. - Herm Albright, 1876-1944

Think of all the beauty still left around you and be happy. - Anne Frank, 1929-1945

The greatest mistake you can make in life is to be continually fearing you will make one. - Elbert Hubbard, 1856-1915

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances. - Martha Washington, 1732-1802

The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty. - Winston Churchill, 1874-1965, English Politician and Author

The only limit to our realization of tomorrow will be our doubts of today. - Franklin D. Roosevelt, 1882-1945, 32nd President of the United States

The most beautiful things in the world cannot be seen or even touched; they must be felt with the heart. - Helen Keller, 1880-1968, American Blind/Deaf Author and Lecturer

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it. - Mark Twain, 1835-1910, American Writer and Humorist

Library

Library items are available to view at the monthly meetings and include articles of interest as well as books.



Library Rules:

- You must be a member of Fibromyalgia Friends in order to borrow items;
- Your membership card (with name and number) must be shown;
- New members cannot borrow items until they have received their membership card;
- Items can be borrowed for one month only. If you wish to keep an item for longer, you must return it and take it out again;
- A deposit of between 50p and £10 (depending on the item) is required when borrowing items;
- If the item(s) is not returned the following month, a further deposit must be paid. If it is not returned within 2 months the deposit will be retained*;
- Members may place orders to purchase items but they must be paid for in advance;
- Members may also purchase photocopied material from the Library list using the Library order form;
- The material may be purchased on the day if available. If not, an order can be placed using the Library order form and paying the cost plus P&P;
- Written reminders will be sent for non-returned items.

*If any member is unable to return item(s) due to ill-health they should contact a Committee Member to discuss the matter.

Library – Information for Sale

A	Monograph	40p	A1	Spinal Cord Compression & FM	10p
B	Fibromyalgia Scotland (BMJ)	30p	B1	Physical Therapy for FM	20p
C	Please Try To Understand	30p	C1	FMS: A patient's Guide to Exercise	15p
D	So your Child Has Fibromyalgia	10p	D1	Advanced FMS: Dr Bennett	25p
E	Fibromyalgia: M A Duncan	10p	E1	Understanding Chronic Pain: Dr Bennett	25p
F	Conditions Occurring With FMS	2p	F1	Overview of FM For Newly Diagnosed	5p
G	FM Patients: How To Get Going Again	10p	G1	The Relaxation Response for FM	5p
H	DLA for Adults+		H1	Deep Relaxation Techniques for FM	10p
(a)	DLA Section 1}+		I1	Sexual Desire and FM	10p
(b)	DLA Section 2}+		J1	Fibromyalgia: Paul St Armand	10p
(c)	DLA Claiming}	Total £1	K1	Trigger Points of FM/MPS	25p
I	Notes on Benefit	10p	L1	Information Guide for FM Patients/Family	15p
J	Incapacity /Disability Appeals Letter	10p	M1	Principles Of Treating FMS	5p
L	Benefits on Retirement	30p	N1	Growth Hormone Deficiency In FM	25p
M	Treatment Most Effective for FMS	40p	O1	FMS: Dr John Tanner	10p
N	Tips For Coping with FMS & Insomnia	10p	P1	When it Hurts all Over	10p
O	Herbs that Help FM	5p	Q1	Chemical Imbalance Link To FM	5p
P	FM/Myofascial Pain: D Starlanyl	50p	R1	Problems of Multiples	5p
Q	Information On FM/MPS Trigger Points	30p	S1	The Concurrence of Lupus & FM	20p
R	FM: A Physician's Guide	25p	T1	FMS/MPS: A Guide for Relatives	10p
S	The Patient's Guide To FM	25p	U1	FM & Interstitial Cystitis	5p
T	What Your Health Team Should Know	20p	V1	FM & Migraine	5p
U	What Dentists Should Know	10p	W1	FM & Post-poliomyelitis	5p
V	Guidance On Surgery	5p	X1	About TMJ	15p
W	Opioids & Chronic Non-malignant pain	5p	Y1	Know Your Acid Reflux Disease	2p
X	FMS Diagnostic Criteria	5p	Z1	Questions & Answers About FM	10p
Y	At last Relief from CFS/FMS	35p			
Z	Flare-up Management	10p			

Useful Sources of Information:

Other Fibromyalgia Support Groups



Fibromyalgia Association UK - www.fmauk.org

...the UK Association established to provide information and support to sufferers and their families. In addition, the Association provides medical information for professionals and operates a national helpline.

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@btoopenworld.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@googlemail.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 LTCAS 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

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

Northern Ireland FM Group - www.fmsni.org.uk

Information for sufferers

Dr Tom Gilhooley - Essential Health Clinic - www.essentialhealthclinic.com

Devin Starlanyl - Fibromyalgia & Chronic Myofascial Pain Syndrome - www.sover.net/~devstar

Dr Jacob Teitelbaum - From Fatigue to Fantastic - www.youtube.com/watch?v=S49yg8DZnkk

Media Articles

Our website contains links to media articles featuring fibromyalgia: www.fibroscot.co.uk

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 second 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.