



# Fibromyalgia Friends Scotland

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

## Newsletter – October 2012

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Welcome to this autumn edition of our newsletter!

Sad news to begin with. One of our long-time members, Ann Harris, passed away in August. We received a donation of £226 from her husband Jim Harris; a collection was taken at the service at her request. We would like to pass on sincere condolences and very grateful thanks.

Our accounts have been accepted by OSCR and so we can go ahead with holding an Annual General Meeting. This will be first item of business at the November meeting, before Robert Hinds from Welfare Rights gives his talk on Personal Independence

Payments (PIP). Robert has been guest speaker a few times and his sessions always generate lots of questions and much discussion, so come along if you can and join in!

Thank you to our volunteers and fund-raisers for their efforts during Fibromyalgia Awareness Week in September. You'll find some photos on page 2.

Christmas is just around the corner so we need names of those attending the Christmas Buffet. Please complete the enclosed booking form and return it as soon as possible.

Dates for the 2013 meetings are listed on page 3. At the 1st meeting in February we will have Professor of Musculoskeletal Health, Prof Martiyn Steultiens, as a guest speaker. The Professor is working on research, which includes Fibromyalgia, at Glasgow Caledonian University, so come along, it should be a very interesting meeting!

If you would like to contribute to the newsletter, let a Committee member know and we can share your thoughts and experiences through 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.fibros Scot.co.uk](http://www.fibros Scot.co.uk)  
Forum - [forum.fibros Scot.co.uk](http://forum.fibros Scot.co.uk)  
Email - [info@fibros Scot.co.uk](mailto:info@fibros Scot.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
<b>Friday 9 November</b>	<b>12-2.30pm</b>
<b>Friday 7 December</b>	<b>12 noon Christmas lunch</b>

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**

Some volunteers attended Braehead on 6 September and did a wonderful job of helping raise awareness of fibromyalgia. This will be our last year at Braehead, and we will be looking for Fairs or charity events in the future where we can raise awareness and possibly raise some funds. If you have any ideas or suggestions please let a Committee



Member know. Meantime thank you to all the volunteers who helped during Awareness Week!

**GE Strathclyde Park Triathlon**

Congratulations John Paul Murphy!

Partner of fibro sufferer Jacqueline McCallum, John Paul took part in the British Triathlon Super Series event on 2nd September at Strathclyde Park - 1500m swim, 38Km cycle, and 10Km run around the Loch.



John Paul completed the duathlon, finishing in 2 hours 31 minutes!

He raised £410 for Fibromyalgia Friends Scotland, and £272 was collected from members.

Very well done John Paul, a wonderful achievement!



**Christmas is coming!**

The Christmas buffet lunch will be held in our usual meeting place in the Venlaw Building on Friday 7 December at 12 noon, so get the date in your diary if it isn't already there, and get the Christmas celebration season off to an early start!



Tickets are priced at £5 and a booking form is enclosed..

Please complete and return this as soon as possible, and certainly by 23 November 2012..

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**Fibromyalgia Friends Scotland Meeting Dates 2013**

The Alliance, Venlaw Building, 349 Bath St, Glasgow.

**No meeting held in January 2013**

Friday 8 February 2013 12 - 2.30 pm

Friday 8 March 2013 12 - 2.30 pm

Friday 12 April 2013 12 – 2.30 pm

Friday 10 May 2013 12 – 2.30 pm

Friday 14 June 2013 12 – 2.30 pm

Friday 12 July 2013 12 – 2.30 pm

Friday 9 August 2013 12 – 2.30 pm

Friday 13 September 2013 12 – 2.30 pm

Friday 11 October 2013 12 – 2.30 pm

Friday 8 November 2013 12 – 2.30 pm

**Friday 6 December 2013 12 noon Christmas Lunch**

These dates are booked at The Alliance, Venlaw Building, 349 Bath St, Glasgow. G2 4AA  
If there are any changes you will be notified in advance. Please contact the helpline 0844-887-2440  
if you have any queries or e-mail [info@fibros Scot.co.uk](mailto:info@fibros Scot.co.uk) or write to Fibromyalgia Friends Scotland,  
c/o The Alliance, Venlaw Building, 349 Bath St, Glasgow G2 4AA

Attending the first meeting in February, will be Professor of Musculoskeletal Health, Prof. Martiyn Steultiens, who is Dutch but working on research, including Fibromyalgia, at Caledonian University. Prof Steultiens will try to come along to the Christmas lunch and is looking forward to the February meeting.

## 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



### Thought for the day: The Tale of the Cracked Pot

There were two pots. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.' The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?

That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.'

Each of us has our own unique flaw...

But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

To all of my crackpot friends, have a great day and remember to smell the flowers, on your side of the path!

## 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

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

## Useful Sources of Information:

### Other Fibromyalgia Support Groups



Fibromyalgia Association UK - [www.fmauk.org](http://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](mailto: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](mailto:vanda69@talktalk.net)

Dundee Tayside Angus & Perthshire - [www.tapfm.co.uk](http://www.tapfm.co.uk) e-mail: [tapfm@btoopenworld.com](mailto:tapfm@btoopenworld.com)  
Meetings 1<sup>st</sup> 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](mailto:eveclark50@googlemail.com)

Edinburgh Helpline no meetings - e-mail: [ELFS@hotmail.com](mailto: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](mailto:Teasy45@aol.com) tel: 01343 552554 Rena Teasdale or 01343 842024 Janette Smith.  
Meetings 2<sup>nd</sup> Wednesday of month Moray Resource Centre Maisondieu Rd, Elgin

Falkirk & Stirling Support Group - tel: Joyce Wells, Chairperson  
e-mail: [falkirkfibro@yahoo.co.uk](mailto: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](mailto: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](http://www.fibroscot.co.uk) e-mail: [info@fibroscot.co.uk](mailto:info@fibroscot.co.uk) tel: helpline 0844-887-2440 Meetings 2<sup>nd</sup> 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](mailto:glenesk28@hotmail.co.uk)  
Meetings 1<sup>st</sup> 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](mailto:am-fm@hotmail.co.uk) Meetings 1<sup>st</sup> 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](http://www.paisleyfm.org)  
e-mail: [fibroinfo@paisleyfm.org](mailto: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](mailto:jcdunlop@gmail.com)

West Lothian/ Livingston FM Support Group - tel: Sheila Keppie 0844-887-2388  
e-mail: [sheilakeppie@hotmail.com](mailto:sheilakeppie@hotmail.com) Meetings 3<sup>rd</sup> 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](http://www.fmsni.org.uk)

### **Information for sufferers**

Dr Tom Gilhooley - Essential Health Clinic - [www.essentialhealthclinic.com](http://www.essentialhealthclinic.com)

Devin Starlanyl - Fibromyalgia & Chronic Myofascial Pain Syndrome - [www.sover.net/~devstar](http://www.sover.net/~devstar)

Dr Jacob Teitelbaum - From Fatigue to Fantastic - [www.youtube.com/watch?v=S49yg8DZnkk](http://www.youtube.com/watch?v=S49yg8DZnkk)

### **Media Articles**

Our website contains links to media articles featuring fibromyalgia: [www.fibroscot.co.uk](http://www.fibroscot.co.uk)

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### **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](mailto:KatyG@arthritiscare.org.uk)

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#### **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.