

AUGUST  
2010

*TAYSIDE ANGUS AND PERTHSHIRE  
FIBROMYALGIA SUPPORT GROUP*

## TAP FM NEWS

**Inside this issue:**

Dates for your Diary	3
Fibro Fog	4
Reader's Letters	5
Quiz	7
(David's) Article	8/9
D.I.S.I.P.	11
Library	12
Helpful Contacts	14 15/16

Hi everyone

Hope you are all coping with this extreme weather we have been having lately. As I am finishing off the newsletter the sun is shining and some of the kids are out playing in the park., don't know whether to put my summer clothes away yet, will give it another few days and see .

Most of you will know David Payne as he is a member of the group who also has Fibromyalgia.

The article that David has given for this Newsletter (pages 8/9) might at first give you the impression that this can't be about people with Fibromyalgia because we are in so much pain and tired most of the time, but I would just like to say, that in my opinion, after reading this article, that there could be some truth in this, it just depends on how we ourselves cope and the first thing we have to do is to accept that this is what we have, and we need to get motivated and enjoy the good things in life.

At the August meeting the speaker and her colleague gave a very interesting talk about personal safety and it was quite scary to find out how many people, men and women, are wary of walking in the street on their own, during the day or night for fear of being attacked and robbed or even worse.

If you are interested in the Self Management Course running in Perth ( page 11 ) phone Wendy or Leanne at D.I.S.I.P. Tel: 01738-440099 .

Hope to see you at the September meeting!!

*The Editor*



Recognised Scottish  
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# The Management Committee

## ( OFFICE BEARERS )

CHAIRPERSON - RICHARD STEVENSON      TEL: 01382-509566  
VICE-CHAIR - MAUREEN CRIGHTON      TEL: 01382-812730  
SECRETARY - LYNNE DOGGART      TEL: 01382-509566  
TREASURER - MARGARET SCOTT      TEL: 01382-805391

## MANAGEMENT COMMITTEE MEMBERS

Mary Stevenson      Information Contact /Group Leader  
Heather Gavin      Catering Manager  
Maureen Crighton      Fundraising Organiser  
Margaret Halliday      Fundraising Team / Awareness Organiser  
Isabel Wynne      Fundraising Team / Awareness Organiser  
Catherine Bennett      Information Table / Fundraising  
Morag Kelly      Forum / Catering  
Maria Cumming      Fundraising Team / Library  
Elaine Taylor      Fundraising Team / Library  
David Payne      Researcher  
Alan Scott      Tech Assistant

Group Meetings are held every First Saturday of the Month at Ninewells Hospital, Dundee.

**\* Monthly Meeting Dates For Your Diary \*  
2010**

January	No Meeting
6th February	
6th March	<b>A.G.M.</b>
3rd April	
1st May	
5th June	Bring / Buy and Ruth Brown - Therapist
3rd July	D.E.E.P Energy
7th August	Personal Safety—Lorraine Braithgow
4th September	Community/ Home Safety
2nd October	D.I.S.I.P. (Peter Hurley)
6th November	Xmas Bring / Buy
4th December	Member's Xmas Lunch

We are always looking for suggestions for Speakers for the group meetings next year. If any of the members know of any Speakers or any ideas please send, email, or phone the details to the Secretary,



# Fibro Fog

Dear Ed

I was filling in a form to register online our new puppy and had to put in details of her birth date, sex and colour. The next page to fill in was the owner's details of her age etc. and go on to the next page to finish her registration. I clicked on the 'continue' tab and was amazed when it came up in red ink, Sorry you have to be over 18 to register a dog.

When I went back to the previous page I noticed I had filled in my birth date as 13/09/2010. Thank goodness it was online and I was able to rectify it by changing it to 13/09/1946.

M.S.

Dear Ed

The other day as I was leaving the house to go shopping I thought I lost my car keys and couldn't find them anywhere.

My husband and myself were looking all over the house when my husband looked at me in a most exaggerated way and said "I thought you lost your car keys" when I said I had he looked at me and pointed to my hand "what's that in your hand then" Yes! you've guessed it, I hadn't realised my car keys were in my hand all the time!!

I won't tell you what my husband said to me!!

J.P.

I was rushing about to go for an appointment and was standing waiting in the bus shelter, when the lady next to me asked me if I knew I had three rollers at the front of my hair. I had been in such a hurry I had forgotten to take the rollers out. M. C.

*Dear Ed*

*I had a phone call a couple of weeks ago for an appointment in the town for last Thursday as I thought, and was asked to bring someone with me when I attended.*

*Hubby and I went into town to keep the appointment but when we got there my name wasn't on the computer. I told the receptionist that my appointment was made by telephone, Yes! She said but that's for next Thursday not today!!*



# Reader's Letters

Dear Ed

I would like to bring attention to the members and families who have a computer. Someone might phone to tell you that they are phoning on behalf of Microsoft and there is something wrong with your computer and they need your full details to sort it out. They also ask for your password but once they have your details they will have remote access to your computer and will be able to get in to your files and personal details and if you do online banking, will be able to access your accounts or credit card details, so be careful with these phone calls you receive and never give out your personal details to anyone who phones or comes to the door.

Dear Ed

For people who are having problems with restless legs at night, I have been using a detox gel which you can purchase on the net.

I find that it helps me when my legs are sore and feel uncomfortable, but I know that what is good for one may not be suitable for another as we are all individuals. If you have access online have a look at the website [www.sbcgels.co.uk](http://www.sbcgels.co.uk) to view more of their products.

Disclaimer: TAP FM does not endorse any form of treatment or product that members have tried and recommend.

Before discarding any clothes can you please cut off the buttons and hand them in to the group. The ladies who do knitting for the bring and buys etc. are looking for small buttons, especially buttons off babies clothes. men's shirts, ladies blouses, or any other small buttons all colours.

Dear Ed

Can you please pass on my thanks to my friends for the lovely flowers and card they gave me when I had my operation.

Many Thanks !

Joyce

If anyone else has any other ideas on helping to cope with your Fibromyalgia please send to the Editor so that it can be edited in the next newsletter.

*Cleaning Poem*

*I asked the Lord to tell me  
Why my house is such a mess.  
He asked if I'd been 'computering',  
And I had to answer 'yes.'*

*He said get off your big fat butt  
And tidy up the house.  
And so I started cleaning up...  
The smudges off my mouse.*

*I wiped and shined the topside.  
That really did the trick...  
I was just admiring my work.  
I didn't mean to 'click.'*

*But click, I did, and oops I found  
A real absorbing site.  
That I got SO way into it.  
I was into it all night.*

*Nothing's changed except my mouse  
It really has a shine.  
I guess my house will stay a mess...  
While I sit here on my behind.*

**A QUIZ FOR BRIGHT PEOPLE**

*This is a quiz for people who know everything! I found out in a hurry that I didn't.*

*These are not trick questions.*

*They are nine straight questions with nine straight answers..*

1. *Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.*
2. *What famous North American landmark is constantly moving backward?*
3. *Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year.  
What are the only two perennial vegetables?*
4. *What fruit has its seeds on the outside?*
5. *In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?*
6. *Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.*
7. *There are 14 punctuation marks in English grammar.  
Can you name at least half of them?*
8. *Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.*
9. *Name 6 or more things that you can wear on your feet beginning with the letter 'S.'*

## Fibromyalgia and a Happy Life

I know you are immediately thinking "I've got Fibromyalgia and I am to be happy about it?".

No - but with Fibromyalgia you can still enjoy so many aspects of a happy life.

"But how do I do that?" you ask. Well - let's look at a few ways that greater happiness can be achieved.

\* When you are feeling 'not too bad' grasp the moment and enjoy it. I have read that bad flare-ups usually occur on average once every month - that leaves quite a bit of time to do the things that you enjoy, even to a limited extent.

\* Be thankful for the hours, days or even weeks that you may feel 'not too bad'. Being thankful leads to a more positive attitude and that in itself lessens pain.

\* As said above, focus on the positive things in life, even when you are not feeling so great.

There are so many things in everyone's life which are good and positive.

\* When visiting the doctor ask him/her if there are any new therapies that may help you. Doctors do receive research material and they even read some of the literature in a spare moment. When talking to your doctor about Fibromyalgia you could ask him/her to find out about new medicines etc if he/she doesn't readily know at the time.

Doctor-Patient is very much a two way relationship when it comes to the knowledge of Fibromyalgia.

\* Enjoy the luxuries of life. Go out for coffee with a friend, go shopping for a treat (from a magazine to new clothes), go to a dance even though you don't feel able to dance most of the time, buy a choc-ice or even lie on your favourite couch and listen to some music of your choice.

(cont.)

\* But expect the "I'm not feeling at all great today" moments. They usually pass - everyone gets depressed from time to time. Again, your favourite couch is there for you to lie still and think positively.

\* Keep a stock of your favourite magazines and DVDs handy for the 'on the couch' moments. If you have grandchildren you could 'phone them from the couch and have a laugh.

We all laughed at the picture of Ricky, in the magazine, with his face painted on his grandson's birthday.

A small thing like that can make us feel so much better.

\* Look at your life from a different angle. An idea - get someone to move some furniture around or even decorate a room to accommodate the 'new you'.

Take up a new hobby from knitting (men included) to photography to painting ..... go on, give it a go.

\* With your Fibromyalgia you have got this far in life!

That is an achievement so think to yourself "long may I continue to try to seek happiness".

\* Writing/'phoning a friend or relative can result in you helping them - Yes, there is so much that you can do to help others, and that in itself makes you feel better.

Even chatting to a friend in need helps them.

So - all of us have so much that we can do, not only for our own happiness but for the benefit of others.

David. S. Payne

## Fibromyalgia Tattoo Sponsor

Hello there, my name is Lynne Gavin and I am having the fibromyalgia logo tattoo done, this will be on my right leg near my ankle.

I am a member of TAP FM, and I am hoping to raise sponsorship money for the group. The tattoo will be done on Friday 3rd September in my home, we will be taking photos and will post them on my facebook page if you want to have a look at them you can, no problem

I am hoping that some of the photos will be put into the newsletter.

If you would like to sponsor me, you can pick up a sponsor sheet at the next group meeting, where you will have a chance to see the finished tattoo. Thank you for your support

Lynne Gavin 😊

### **(NEVER GIVE UP NEVER GIVE IN)**

#### **Are you a Young Person trying to get on with Your Life With a Long-Term Condition ?**

There is a New Group in Perth which has been set up for  
Young People who have Long -Term Conditions .

We can have days out or nights out,

We can go out to the Cinema, Restaurants and even more,

**' LIFE CAN STILL BE FUN'**

**If you are interested, get in touch for more information,  
Call 01738-631121 Call or Text: Mobile 07877011719**

**Web: [www.nevergiveupnevergivein.bravehost.com](http://www.nevergiveupnevergivein.bravehost.com)**

**Email: [dvdaddicts@blueyonder.co.uk](mailto:dvdaddicts@blueyonder.co.uk)**

DISIP (Disability Information Service in Perthshire) is holding another Course entitled 'Long-term Conditions Self-Management Course and Peer Group Support'.

This course is designed for people who have been diagnosed with a long term health condition. If you are such a person then DISIP is inviting you to sign up for the next course which starts on Monday 23rd August. Indeed anyone with a long term condition who may wish to improve their Self Management skills, who may also be unaware of the resources available and who may benefit from peer support to come along and join us.

The course offers one-to-one sessions with trained staff in weekly information and skills building techniques covering topics such as Relaxation, Positive thinking, Pain management, Diet and exercise.

The course will run for 8 weeks from 2 - 4 pm at the Perth and Kinross Society for the Blind Centre in New Row in Perth.

The Course is Free!!.

For more information or to book your free place please contact Leanne or Wendy at DISIP

Tel: 01738-440099 Monday to Thursday  
between 10 am and 3 pm.

## **LIBRARY RULES**

The library is for the enjoyment of everyone and to ensure we know who has borrowed a book there are a few simple rules.

Your membership card must be used to take out a book

A reminder postcard will be sent with your newsletter

There will be a 50p charge per month if the book is not returned within the specified date.

### **Returning your Library Book!**

If you are unable to attend a meeting but you would like to return your Library book.

Please **do not send it to** Ninewells Hospital or leave it at the Reception Desk.

If you need to post anything please send to:

TAP FM Support Group,  
PO Box 10183, Dundee,  
DD4 8WT

*TAP FM Guestbook and Forum have been up and running since last year, but we need you to use it as much as you can.*

*You have to register first to be able to leave a message and enter the same code it gives you for security reasons.*

*It could take a day or two until you can post a message on the guestbook or forum, as your registration / message is passed to the webmaster who has to validate it.*

*Any problems please contact:*

*[webmaster@tapfm.co.uk](mailto:webmaster@tapfm.co.uk)*

**Book Review**

*If you have found a book or an information sheet helpful or useful then we would like to know.*

*Tell us what you think of it - good or bad. Sometimes it is a bit overwhelming with so many books to choose from to know where to start. Your recommendation could help someone find the right book and help them cope a bit better. Don't be shy!!*

*There are plenty of books to choose from in our Library!!*

*you can e-mail your review to*  
***enquiries@tapfm.co.uk***

*hand it to a committee member at one of the meetings.*

*You can also post it to The Secretary ( address on back page )*

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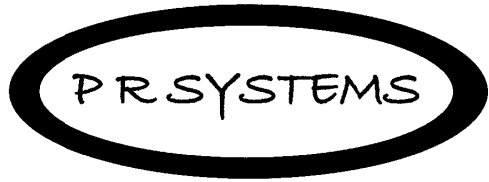
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### DUNDEE NORTH LAW CENTRE

If you are having any legal problems or worries and would like to obtain some advice or assistance

Call to make an Appointment. We can Help ,

Please Note NewTelephone—01382-307230

### D.I.S.I.P.

Disability Information Service in Perthshire

Tel: 01738 440099 / Fax 01738 687546

Email: disip@disip.org.uk

Website: www.disip.org.uk



## TAYSIDE ANGUS AND PERTSHIRE

CONTACT US:

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Email: [enquiries@tapfm.co.uk](mailto:enquiries@tapfm.co.uk)

Web: [www.tapfm.co.uk](http://www.tapfm.co.uk)

## Items For Sale

The items below are available for the benefit of our members, at the same time generate a small income to T.A.P. FM Support Group.

You can purchase them from the information desk at the meeting or they can be sent for an additional cost to cover postage.

### Help TAP FM

Logo Badges	-	£1.50p
Ribbons		50p
Car Stickers	-	75p
Trolley Coins		£1.00
Keyrings		£1.00

Buy your Badges Ribbons etc.  
and help support TAP FM

As well as helping promote  
Fibromyalgia Awareness

### Help for Yourself!

**Plug Mates** - 65p each  
to help pull out your electrical plugs

### Walking Stick "Frog" - £1.99

To hang it on the Table  
Walking Stick Loops -£1.99

### To hang on the Wrist

### 7 Day Pill Dispenser - £1

a helpful reminder if you've taken your  
pills or not!