

TAP FM News

International Awareness Week - - Monday 10th—Saturday 15th September 07



Due to unfortunate circumstances TAP FM will not be doing any awareness stands for the September Awareness Week this year.

However, if you would like to do your bit to help promote awareness wear your badge and ribbon so that when people ask you what it is, you will be able to tell them about Fibromyalgia or point them in the right direction to the support group.

TAP FM also have new leaflets and posters which need to be distributed into Doctors Surgeries, Dentists waiting rooms, Clinics and any where else we can get them.

There are posters with the group information which can be put up in surgeries, clinics, and notice boards any where we can get them.

Can you remember the first time you found out about the support group? How pleased you were to get some information? To find out you were not the only one in the world to have it?

You can help other people who do not know that there is a support group and there is a whole host of information that they can get to help them cope with their Fibromyalgia.

The best way to find out about this illness is to talk to other people who can relate to you and understands your difficulties trying to cope with Fibromyalgia.

Go on—Do your bit to Help!!

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The New Committee

Chairman	Richard Stevenson Tel: 01382 509566
Vice Chairperson	Mary Stevenson Tel: 01382 509566
Treasurer	Margaret Scott Tel: 01382 805391
Secretary	Lynne Gavin

Committee Members

Maureen Crighton
David Payne
Pam Shaw
Margaret Halliday
Heather Gavin
Duncan Haggart
Patricia Payne
Lynne Doggart
Janet McFarlane

“It is good when
new people come on
board”
“they bring with
them renewed
vigour and fresh
ideas”



Fibromyalgia Logo

Fundraising Committee:

Catherine Bennett
Joyce Peggie
Isobel Wynne
Morag Kelly
Colette Boland

Dates for your Diary

1st September—Monthly Meeting

Peter Kinghorn

If you have a question to ask,

Write it down to bring with you

8th—15th September—Awareness Week UK

15th September 2007

Scottish Fibromyalgia Conference

Ninewells Hospital, Dundee University

Theatre

10 am—4 pm

CANCELLED

Keep up to date
write the dates
in your diary lest
you forget

Saturday 6th October—Monthly Meeting

Speaker—Medical Student—Ryan

Saturday 3rd November—Monthly Meeting

Christmas Bring & Buy

Saturday—1st December—Monthly Meeting

Christmas Lunch

Sponsored Walk

We are constantly being reminded that keeping active would be beneficial for people with Fibromyalgia.

Walking is reported to be the simplest and best form of exercise as one can do it at a pace to suit.

The committee thought it would be a good idea to have a "Sponsored Walk" to raise funds for the Group.

This would be over a short distance, nothing too taxing for the members, their friends and family.

Where ever it is to be held, it would be nice to end where we could all have a well earned cup of tea.

The date has been arranged -

21st October 2007

"Sponsored
Walk"

to raise funds for
the Group.

Watch this space for more
information

New Group Starting

Edinburgh Support Group

1st Meeting

TAP FM
sends them
Best Wishes

Saturday 15th September 07

2.30pm—4.30pm

Holyrood Tearooms

"This will be the
1st meeting to
find out if there
is enough
interest"

Edinburgh

For More Information

Contact Lesley

Tel: 0131 448 2399

Quiz Night—Raises £400



"A Great Time
Was Had By ALL"



The Quiz Night in Lennon's on Wednesday 15th August 07 was a huge success with £400 raised for TAP FM Funds.

Thanks to Maureen and her Fundraising Team pictured above

Collecting Cans

Thanks must be expressed to the

Knitting Pin

In Albert Street

for collecting £10.50 in the can they keep on the counter.

Thanks to everyone who has donated their change.

It is amazing how every little amount adds up

“Can you put a collecting tin on Your Counter?”



Readers' Letters

Reader's Letters

Dear Ed

I have been a member for a few years and wondered why I didn't receive my monthly newsletter. When I phoned to enquired I was asked if I renewed my membership. Yes!! You've guessed it.

I had forgotten to renew my membership. The group is quite right to only send out newsletters to people who have renewed their membership as all paperwork costs money. The committee all do a good job and we would be lost without your support.

Many thanks!!

Reader's Letters/ cont

Dear Ed,

Thought I would write to say thank you for the newsletters, I enjoy reading them each month. It's a great way to keep in touch with what's going on at the group

Keep up the good work

Dear Editor,

I am so glad that I got the TAP FM Group details. I think I would have gone off my head but thanks to the help and support I have been given, I am able to cope better.

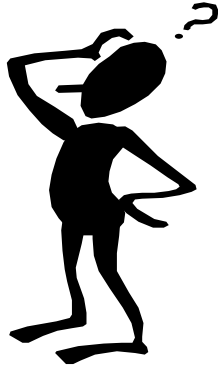
What a marvellous job the committee do in keeping the group running smoothly, Thanks to you all

Polymyalgia Rheumatica Support Group wish to inform TAP FM of two of their meetings coming up in September – and October. which could be of interest to some of the members

The speakers for the meetings will be 18th September - Penelope Fraser (Clinical Psychologist talking about pain management) and 16th November - Diane Stevenson - Physiotherapy relating to Rheumatic Conditions. The meetings are held on Tuesdays from 11am -12.00 anyone interested in going along to any of the meetings please

contact Mary 509566 for more information.

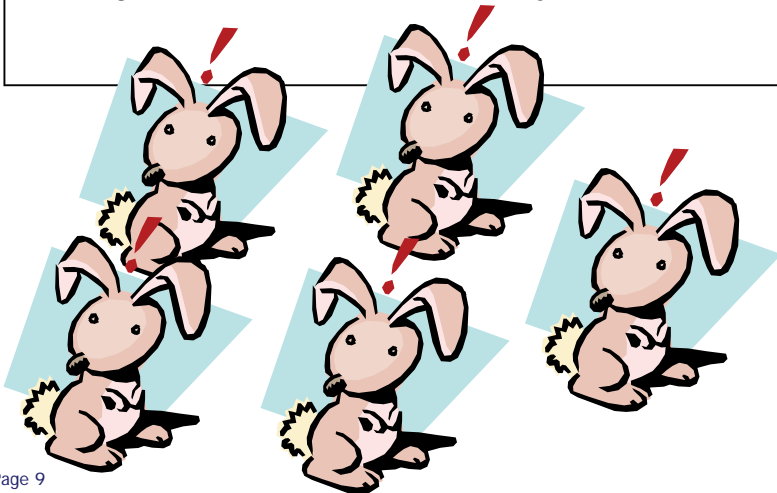
Fibro Fog



My friends and I were out for a meal and thought I would like to have the Ravioli. When the waiter came for the order I politely asked for the Rabbitolli

Without batting an eyelid, he asked if that was the one with the fluffy bunnies.

We laughed so much we could hardly eat our meal



Book Review

THE FIBROMYALGIA RELIEF HANDBOOK

Author—Chet Cunningham

This revealing book shows you how to get relief from Fibromyalgia symptoms such as chronic muscle pain, fatigue, memory or concentration problems, disturbed sleep problems, headaches, numbness and tingling, and sensitivity to cold, as .

You will find this book and many more in the TAP FM library at the groups monthly meetings

You will discover specific measures to deal with the “hurting all over,” tender spots, getting a good night’s sleep, and the other problems that fibromyalgia might be responsible for.

The book also reveals what foods help the condition, what you should know about the nutrients calcium and magnesium, and what to avoid at all costs. You will even discover the benefits of acupuncture, therapeutic massage, relaxation and meditation techniques — and much more.

The book gives you a full explanation of fibromyalgia — in plain English — and why so many people suffer from it.

This book is of vital importance to anyone suffering symptoms of fibromyalgia.



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 you miss a month—you need to pay an extra 50p

**“No Card
-No Book
One Card
-One Book”**

Book Review

If you have found a book or information sheet helpful or useful then we would like to know. Tell us what you think 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!!



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 to Ninewells Hosp or leave it with receptions because they do not pass them on.

If you need to post anything please send to

TAP FM Support Group
PO Box 10183
Dundee DD4 8WT

KIDDIE KARE

Safety Equipment for Children Under 5

Over 3 million people
require hospital treatment
for accidents that happen
in the home
Don't Let Your Child Join Them

For more information or
application form
Contact Mary Stevenson
Tel: 01382 509566

If you are on a Low Income
or Benefits
you may qualify for
Free Equipment

Advice Surgery

WELFARE RIGHTS
PERTH - TEL: 01738 476700
ANGUS - TEL: 01307 461460

**Money Advice
Support Team**
Dundee -Tel: 01382 432452
Fife - Tel: 01592 416379
Angus - Tel: 01575 575800

Citizen's Advice Bureau

Dundee Tel: 01382 227171
Forfar Tel: 01307 467097
Perth Tel: 01738 624301
Montrose Tel: 01674 673263
Arbroath Tel: 01241 870661
Cupar Tel: 01334 412485
Call for an appointment

Princess Trust
Tel: 01382 200422
For help and advice with benefit
forms etc.

Call for an appointment

Benefits Agency

Dundee Area
Tel: 01382 313419
Angus Area
Tel: 01241 446099
Montrose Area
Tel 01674 6776605
Perth Area
Tel: 01738 412000

Dundee North Law Centre
Tel: 01382 432458

If you have any legal
problems or worries and
would like to obtain advice
or assistance - we can help!
Call for an appointment!

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

Paul Reilly is TAP FM's new Webmaster who is now in charge of the website. The Guestbook is up and running again and Paul will monitor it to make sure there are no nuisance messages.

If you have internet access, why not visit the website and sign the Guestbook.

How to sign in: Click the link Sign Our Guestbook Click on post entry, enter your details. when you are asked to verify, type in the same code which is highlighted, then type your message and then submit.

PC & Laptop sales
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Phone/Fax - (01382) 522467
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Email - sales@prsystems.net

www.prsystems.net

Fibromyalgia Exercise DVDs



We now have the new exercise DVDs for Fibromyalgia which will be added to the library.

We hope to show a shortened version of one of the DVDs at the November Meeting.

Remember the Christmas Bring and Buy at the November meeting also.

Contact Us

TAP FM Support Group

PO Box 10183

Dundee

DD4 8WT

Tel: 0871 750 1710

email: tapfm@btopenworld.com

We're on the Web

www.tapfm.co.uk

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.

Items For Sale

Help TAP FM

TAP FM Pens - 50p

Logo Badges - £1.50

Ribbons - 50p

Car Stickers - 75p

*** Buy all 4 - £3 ***

Buy your Pens, Badges and Ribbons
and help support TAP FM

and 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

Trolley Coin Key Ring - £1

7 Day Pill Dispenser - £1

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