

Tayside Angus and Perthshire Fibromyalgia Support Group

TAP FM NEWS

NOVEMBER NEWSLETTER

Hello Everyone

Here we are again with Christmas approaching and shops crammed with people going about with worried faces wondering what they can buy for their families and friends. Why not just buy some vouchers and let them choose their own gifts, Vouchers for beauty therapy always go down well .

Start buying in your food early, so that you can get your meal prepared beforehand, and not be stuck in a hot kitchen, while everyone is enjoying themselves .

We always put ourselves under a lot of stress at this time of the year, and forget to make a point of having some ME time, where you can just relax, read your favourite book, listen to some soothing music, or just have a lovely soak in the bath, . There will be no December Newsletter as the Committee are having a well-deserve break and also preparing for Christmas. I know it is a bit early to send you Christmas greetings, but after the December meeting, the next one won't be until Saturday 2nd February 2008, so hope you all have A Happy Xmas!

And all get what you are wishing for!!



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The Committee Members

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

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

Committee Members

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



Fibromyalgia Logo

Fundraising Committee:

Catherine Bennett
Joyce Peggie
Isobel Wynne
Morag Kelly
Colette Boland

Dates for your Diary

1st December—Monthly Meeting
Members Christmas Lunch
COME ALONG AND JOIN IN THE FUN

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

Please Note:

THERE IS NO MONTHLY MEETING
JANUARY 2008

Saturday 2nd February 2008

This will be the First Monthly Meeting
of the year 2008



READERS LETTERS

Dear Ed,

I really enjoy the monthly meetings and the friendly atmosphere. The committee have worked really hard for the past seven years, to make this one of the best support groups I have known.

The reason I am writing is that I can't understand why the attendance has gone down for the past few months, and after speaking to several committee members found that they didn't know the reason either, In fact the members present at the meeting have been asking the same question.

The committee are thinking that maybe they should revamp the meetings, but they say they are getting no feedback as to what is wrong.

Anyway, I will still be going to the meetings as I have made a lot of friends there.

Here are some details for the Pain Association Meetings at Dundee/Angus/
Perth DUNDEE - Conference Centre, Kings Cross Hospital,
Monday 19th November 2pm - 4pm
Monday 17th December 2pm - 4pm
ARBROATH - Boardroom, Admin Building, Royal Infirmary
Monday 26th November 2pm - 4pm
PERTH - Seminar Room 4 (beside Steel Memorial Room) Royal Infirmary
Tuesday 6th November 2pm - 4pm
Tuesday 4th December 2pm - 4pm
www.chronicpaininfo.org



Fibro Fog!

Dear Ed

Thought you might consider the following for the 'Fibro Fog page'

After parking my car to do some shopping, I walked over to the ticket machine and tried to pay for the ticket with my credit card!

When I realised what I was doing I can assure you, I thought I had 'lost the plot.'

Down the town shopping the other day, I went into the store in the Overgate, and after about half-hour, found myself absolutely disorientated and lost in the big store. I spent most of the time going round in circles trying to find a way out again and started to panic, then I saw the escalator in the middle of the store. Seeing two side by side I went to go down one of them, but as I took a step forward to go down, I realised as I came face to face with other people on it that it was *going up not down*. As I was on the top level of the store I couldn't see any way out and had to ask an assistant who pointed me in the right direction for the escalator going down. My husband was waiting for me outside Boots and when I told him what happened he thought it really funny.! After all that I didn't even spend any money.

My husband was really happy about that!!!!!!!

CHRISTMAS WORD SEARCH

S	T	N	E	S	E	R	P	A	E
S	N	O	W	S	U	E	Y	N	K
L	A	Y	V	D	L	I	A	G	A
E	V	M	O	J	E	N	N	E	C
I	V	L	T	E	O	D	A	L	C
G	F	E	M	S	N	E	M	S	A
H	S	S	C	U	I	E	G	L	R
A	T	N	A	S	F	R	O	L	O
J	A	I	Y	L	L	O	H	E	L
C	R	T	E	L	B	U	A	B	S

- | | |
|-----------|----------|
| ANGELS | JESUS |
| BAUBLE | NOEL |
| BELLS | PRESENTS |
| CAKE | REINDEER |
| CAROLS | RUDOLF |
| CHRISTMAS | SANTA |
| ELF | SLEIGH |
| EVE | STAR |
| HOGMANAY | SNOW |
| HOLLY | STAR |
| IVY | TINSEL |

Here is something to help keep the brain ticking over.

One of our members Sue Cumming and her boys, designed this word search for this month's newsletter.

See how long it takes you to find all the words.

While working out the word search opposite, why not spoil yourself a bit by having a hot drink that will give you a warm glow all over your body

1 heaped scoop Nestlé AERO Hot Chocolate

Add Milk (or AERO Instant)

- **200ml hot milk (or hot water)**
- **1tbsp brandy**

Topping

- **Dark chocolate shavings**
- **Chocolate Florentines or petit fours (optional)**

Method

Make the AERO Hot Chocolate with hot milk (or hot water) in a large cup or mug according to the tin instructions. Stir in the brandy. Top with a few shavings of dark chocolate and serve immediately with a chocolate Florentine on the side.

M.S.

Pain Association Scotland Meeting
Kings Cross Hospital
Monday 19th November

Challenging Negative Beliefs and Self Talk

We all engage in an inner dialogue with ourselves. Sometimes we're aware of our inner dialogue, but at other times it's a sub-conscious activity where we can only really tell what we're saying to ourselves by examining our actions.

It is therefore useful to:

Try to discover what your beliefs are about yourself

Realise how they affect you and Rationalise them.

To Rationalise beliefs, you need to ask yourself some questions:

1. Where does this belief come from?
2. Is this belief helpful or unhelpful?
3. What evidence do I have for this belief?
4. Is there a mistake in my thinking or has someone else got it wrong? How could I change my thinking around these issues?

Hopefully you will begin to see that some of your negative beliefs about yourself don't make sense. However you may come to the conclusion that there are good reasons for having a negative belief about yourself! If this is the case it is worth thinking about ways of accepting and then freeing yourself to move on from your ties to the past.

Dealing with others

Being sensitive to what others say or think, or being sensitive to what you think they think, is exhausting and can lead us to feel less confident and do less. It therefore helps if we can adopt ways of trying to 'bounce negativity back'.

(continued)

A few useful approaches are:

Distraction – Find something else to take up your attention

Rationalisation: Are you being over sensitive - think about what you would say to a friend facing similar thoughts

They probably don't know what you know (ignorance)

They may be jumping to conclusions (faulty thinking)

Maybe they're transferring their fears and insecurities on to you (transference)

Maybe they have a vested interest in keeping you as you were (fear/reliance)

Self talk – say to yourself

'I know I'm ok'

'They don't know what I know'

'I'm not bovered!'

Reframing

Trying to think in terms of what you have achieved rather than what you haven't, e.g.

'I did well to exercise today' rather than 'I only managed a short walk and I used to do so much more'.

Summary: Confidence and self-esteem are vitally important to health and well being.

Poor health can knock your confidence and self-esteem.

It is important that you understand the mechanisms of confidence and self-esteem so that you can work at rebuilding them.

(continued)

Self-esteem and confidence (Pain Association Group Member)

I have learnt to put myself First - and my Illness second.

Long term illness can knock confidence and destroy self-esteem.
Some of the reasons for this may include:

Having to adapt to a more limited lifestyle

Problems with adapting to limitations and changes

Getting out of the habit of doing things

Changes in the way that other people see you

Changes in the way that you see yourself

A lot of time to think and reflect

Many people experience heightened levels of sensitivity to what others think. In this situation it is easy to take things too personally e.g. "you look fine" is often taken as a criticism. Sometimes it is meant as a criticism in which case it is important to find ways of not letting it affect you.

Although you may be experiencing physical limitations, it doesn't follow that you no longer count – you are still the same person underneath.

This is connected with the idea that you are who you are rather than what you do.

We can eventually deal with the beliefs of others, but before we do that, we have to deal with our beliefs about ourselves.

If you can re-build positive beliefs about yourself, what others think, or what others appear to think should not affect you so badly.

A major part of the problem boils down to the fact that criticism sticks, we remember it and take it personally; whereas compliments are rarely believed and quickly dismissed.

Pain Association Meeting (continued)

The following exercise is tricky but worthwhile because it asks you to identify good things about yourself. It would be easy for most people to list bad things, but the challenge here is to list good things! It might make you squirm, but it's worth trying!

Please try to write down 5 good things about yourself.

These could be personal achievements and/or characteristics.

- 1.
- 2.
- 3.
- 4.
- 5.

If possible why not add to your list as you go along.

Confidence and self-esteem are strongly connected to beliefs.

A good way of understanding low confidence and self-esteem is understand that many people experience a 'gap' between their ideal and their beliefs about themselves (self image).

Improving things involves making the ideal more realistic (moving it down) and improving your self image (moving it up).

It would be useful to discuss your ideal and where it comes from and then examine your beliefs about yourself to see if they're realistic.

With thanks to Phil Sizer for welcoming me into the meeting and making me feel like I was in a safe place to talk, Phil made the meeting very friendly and welcoming. It truly was a great place to feel safe and not judged by all.

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

Book Review

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

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!!

We are always looking for articles to edit in the newsletters.

LIBRARY AUDIT



PLEASE RETURN ANY LIBRARY BOOKS ETC
AT THE
DECEMBER GROUP
MEETING
THANK YOU!!

An Audit of the library will take place in December
All Library books etc. must be handed back to the to
the group by the December meeting.

If you are unable to come to the meeting and still have
books etc. please call

Margaret Scott Tel: 01382-805391

Mary Stevenson Tel: 01382-509566

to make other arrangements for returning them within
the Dundee Area

**Please do not leave books for TAP FM Library at Re-
ception Desk - Ninewells Hospital
as they will not be passed on to us, and books have
previously went missing due to this.**

If you have Internet Access, you can visit our website and sign the guestbook with your comments.

How to sign in: Type in the address - www.tapfm.co.uk

Click on the link ; Sign Our Guestbook, then click on Post Entry, Enter your Details and when you are asked to verify, type the same letters in the code which is highlighted, then type your message and click submit.

If anyone has any problems with signing the Guestbook

Please email me at - tapfm@btopenworld.com

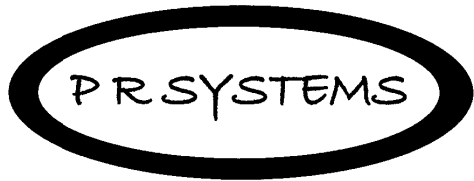
Contact Paul - Tel: 01382-522467 or e-mail

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**Money Advice
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Fife - Tel: 01592 416379
Angus - Tel: 01575 575800

Citizen's Advice Bureau

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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

For help and advice with benefit forms etc.

Call for an appointment
Tel: 01382-200422

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 a dvice 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

Contact Us

TAP FM Support Group

PO Box 10183

Dundee

DD4 8WT

Tel: 01382-509566

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

Walking Stick Loops -£1.99

To hang on the Wrist

Trolley Coin Key Ring - £1

7 Day Pill Dispenser - £1

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