

SEPT/OCT
2010

TAYSIDE ANGUS AND PERTSHIRE
FIBROMYALGIA SUPPORT GROUP

TAP FM NEWS

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Recognised Scottish
Charity Number:

SC 030503

Hello everyone

Sorry there was no newsletter last month, but this was due to family illness.

The members who attended the group meeting enjoyed the two people from D.I.S.I.P. who gave an interesting talk and were able to give the group information on how to purchase a RADAR Key for when they are out and about and find it hard to get access to a toilet.

There is more information on pages 9 & 10 about this. and also some helpful phone numbers and websites many thanks to the people at D.I.S.I.P. who are always there to listen, offer help and point you in the right direction.

Well that's all the trick and treat of Halloween over although some of the costumes the children wear are a lot better than when I used to go out guising with a pair of shorts and shirt and my face covered with soot as I was supposed to be a chimney sweeper.

The Christmas Bring and Buy will be at the November group meeting and there is always a brilliant variety of things you can find to buy, so come along, help raise funds and enjoy yourself at the same time.

The December meeting is the Members Christmas Party and if anyone wants to come in festive attire please feel free to do so, we also have a free raffle and try to make sure that everyone has a prize, so if you have anything for the raffle, please hand it in at the November meeting so that we know how many prizes we have or bring it along to the December one.

Hope to see you at the next meeting! *The Editor*

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**

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

Please Note

We need to know the number of people attending the Members Xmas Lunch for catering purposes

(Sorry but due to group's Insurance Cover No Children)

Year 2011

*Please remember January there is **No Meeting***



Fibro Fog

The other morning my husband woke me up at 5.20am.

He had heard something beeping and told me it was my alarm clock. No it's not, I said, well if it's not your alarm clock it must be your phone then, so I got up and went in the living room to check my phone but that was okay.

Went back to the bedroom only to discover it was his phone beeping because it was needing charged up. Men!!!!!!!!!!!!!!

H.G.

The other week I had to make a doctor's appointment for my husband. Being in a hurry I scribbled it in my diary. The day before the appointment my husband asked what time was his appointment with the doctor.

When I looked at my diary I couldn't make out what I scribbled and he had to phone the surgery to find out the right time.

M.S.

I lost my mobile phone in the house and used my hubby's mobile thinking that was the easy way of finding it, but no luck. It was only when I was getting ready for bed and put my hand in my dressing gown pocket and there it was the reason I couldn't hear it ringing, *it was on silent.*

The other day I got on the City Link bus in Kinross and on showing my bus pass I told the driver to Kinross please.

He looked at me in a confused manner and when I kept repeating it I wondered why the passengers in the first couple of rows were quite amused, it was only when I remembered that I was coming from Kinross I realised what I had been saying to the driver!!

D.P.



Reader's Letters

Dear Ed

I wrote an article a couple of months ago on using the O24 wipes and I am still continuing to benefit from them.

I was wakened in the night recently in considerable pain from my arm. My first reaction was to reach for the painkillers but no, I thought, I will use one of my wipes.

After applying a wipe to the painful area, within seconds I had total relief and was able to go back to sleep very quickly.

How amazing is that?

Several friends of mine who have tried O24 are still telling me that they have found the "miracle" wipes so effective in counter-acting their pain. I know that it probably won't be the same for everyone, and that the group does not promote products, but I just want to share my good news, and I know it isn't a cure, but thank goodness there is some product on the market which gives us fibro sufferers a few hours pain relief -- and long may it continue.

Lynn M.

TAP FM would like to thank Moira Clark and her customers of The Wool Shop for her donation of £7.33 this month and also Mrs Paetrsons and her customers for £18.12 donation for the last two months. These ladies have one of our collecting cans in their shop and have been donating money to the group for quite a few years.

Many Thanks Ladies!

The Editor

Answers To The August Newsletter Quiz:

1... *The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends: Boxing.*

2. *North American landmark constantly moving backward: Niagara Falls .*

(The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)

3. *Only two vegetables that can live to produce on their own for several growing seasons:*

Asparagus and Rhubarb.

4. *The fruit with its seeds on the outside:*

Strawberry.

5. *How did the pear get inside the brandy bottle?*

It grew inside the bottle.

The bottles are placed over pear buds when they are small, and are wired in place on the tree.

The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.

6. Three English words beginning with dw: Dwarf, dwell and dwindle

7. There are Fourteen punctuation marks in English grammar:

Period, comma, colon, semicolon, dash, apostrophe, hyphen, question mark, exclamation point, brackets, quotation mark, parenthesis, braces, and ellipses.

8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh:

Lettuce.

9. Six or more things you can wear on your feet beginning with 'S':

Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

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*If any of the members have any article or quiz for the newsletter, or any information they wish to share with other members, please send them to the address on the back page for the editor, or you can send them to group's email address.*

## Radar Key

The National Key Scheme (NKS) offers independent access to disabled people to around 7,000 locked public toilets around the country.

RADAR would like all providers of accessible toilets to keep their toilets unlocked if at all possible. The NKS is suggested for use, only if the provider concerned has to keep the toilets locked to stop vandalism and misuse.

Keys can be obtained free from front desk at Pullar House, Kinnoull Street, Perth with ID and proof of disability.

Telephone 01738 475000

You can also obtain the key from RADAR for £3.50 at:  
RADAR, 12 City Road, 250 City Forum, LONDON EC1V 8AF.

Tel: 020 7250 3222 Fax: 020 7250 0212

Minicom: 020 7250 4119 [www.radar.org.uk](http://www.radar.org.uk)

RADAR makes no profit in supplying keys but needs to make a small charge to cover the costs of supply. RADAR is obliged by law to add VAT to these charges. In order to receive a key free of VAT an individual must provide their name and address, or that of the person who will use the key and make the following declaration in the comments box on checkout:

"I declare that I the individual named above is chronically sick or has a disabling condition and is eligible to claim V AT relief for disabled people. The key for accessible toilets being ordered is for my/their domestic and personal use only".

Please note there are penalties for making false declarations.

If you are in any doubt as to whether you are eligible to receive good or services zero-rated for VAT you should contact the National VAT Advice Service on 0845 0 1 0 9000 before ordering a key with declaration from this website. [www.radar.org.uk](http://www.radar.org.uk)

**PERTH & KINROSS Public Toilets attended and radar key**

|                                         |              |                        |
|-----------------------------------------|--------------|------------------------|
| South Inch Car Park                     | Perth        | Attended and Radar Key |
| South Inch Pavilion                     | Perth        | Radar Key              |
| Ropemakers Close                        | Perth        | Attended               |
| Wellmeadow                              | Blairgowrie  | Attended and Radar Key |
| James Square                            | Crieff       | Attended and Radar Key |
| Car Park in Centre                      | Auchterarder | Attended and Radar Key |
| West Lane                               | Pitlochry    | Attended and Radar Key |
| Car Park on main road<br>(by Institute) | Blair Atholl | Radar Key              |
| Atholl Street                           | Dunkeld      | Attended and Radar Key |

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**Benefit Numbers**

The numbers below refer to agencies which can help with questions relating to benefits including DLA, Carer's Allowance, etc.

Disability Benefits Enquiry Line - 0800 882200

This is a freephone number which specialises in any query relating to disability benefits

Disability Benefits Unit (Blackpool) - 0845 712 3456

This number deals with the eligibility and payment of disability benefits

\*The two numbers above are very good but sometimes take an extremely long time to be answered \*

If you have internet access you can download details and application forms which can be found at the following websites.

[http://www.direct.gov.uk/en/Disabled People/index.htm](http://www.direct.gov.uk/en/Disabled%20People/index.htm)

<http://www.dwp.gov.uk/lifeevent/benefits/atoz.asp>

Don't know what to give for Christmas Gifts??

If you are looking for something different this year why not go along to Crystal Images and take any photo which will be made in to a Crystal Image any shape or size you want.

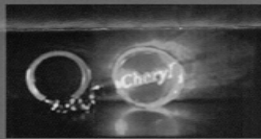
You can also get your photo taken by the digitizer, watch your face appear in a crystal by a special laser machine and get the end result in less than 5 minutes either 2D or 3D Image.

## *Crystal Clear Images*

*2D and 3D images*

*Available in different  
shapes and sizes*

*Bring in your own photo  
or get your photo taken in  
store!*



*LED light bases*

*Add your own text!*

*crystal cubes*

*trophies*

*keyrings*

*Tel: 07712052628 e-mail: cci1@btinternet.com*

*152 Albert Street, Stobswell, Dundee*

***WARNING!!***

I HAVE FIBROMYALGIA AND IF I HEAR ONE MORE  
PERSON SAY!

- ◆ BUT, YOU DON'T LOOK SICK!!  
EVERYBODY GETS TIRED
- ◆ YOU'RE JUST GETTING OLDER  
YOU SHOULD GET MORE EXERCISE
- ◆ YOU NEED TO GET OUT MORE

IF ANYONE OFFERS ME ANY UNSOLICITED  
MEDICAL ADVISE,

***I WILL NOT BE RESPONSIBLE***

***FOR MY ACTIONS!!!!***

**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*

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

# **K.KEAN ROOFING Slaters & Roughcasters**

## **All Roofing Work Undertaken**

Slating/Tiling - Guttering - Chimney Repairs -  
Lead Work - Velux Windows - Upvc Facia/Soffits

**FREE ESTIMATES !**

**Phone: 01821 641 471**

**Mobile: 07895 837 475**

## 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  
Tel: 01382-509566

*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:*

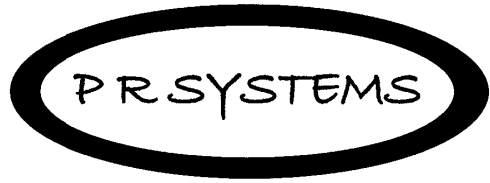
*[webmaster@tapfm.co.uk](mailto:webmaster@tapfm.co.uk)*

PC & Laptop sales  
Repairs  
Upgrades  
Installation  
Maintenance

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Internet connection sharing  
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& installation

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*Web design, PC repairs & upgrades*

**NO CALL OUT CHARGE FOR  
BUSINESS OR HOME REPAIRS**

Phone/Fax - (01382) 522467  
Mobile - (07903) 078802

Email - sales@prsystems.net

**www.prsystems.net**

### 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 New Telephone—**01382-307230**

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

Disability Information Service in Perthshire

Tel: 01738 440099 / Fax 01738 687546

Email: [disip@disip.org.uk](mailto:disip@disip.org.uk)

Website: [www.disip.org.uk](http://www.disip.org.uk)

ADVICE TELEPHONE  
NUMBERS

**DUNDEE :**

|                        |               |
|------------------------|---------------|
| Citizens Advice Bureau | 01382-307494  |
| Welfare Rights         | 01382- 431190 |
| Money Advice           | 01382-432450  |

**FORFAR:**

|                        |               |
|------------------------|---------------|
| Citizens Advice Bureau | 01307-467096  |
| Welfare Rights         | 08452 777 778 |

**ARBROATH:**

|                 |               |
|-----------------|---------------|
| Citizens Advice | 01241 870661  |
| Welfare Rights  | 08452 777 778 |

**PERTH:**

|                            |              |
|----------------------------|--------------|
| Welfare Rights Advice Line | 01738 646830 |
| Citizens Advice Helpline   | 01738 450580 |
| Appointments               | 01738 450581 |

**FIFE:** ( for all areas below )

General Enquiries - Tel: No 08451-55-00-00

Cowdenbeath  
Dunfermline  
Kirkcaldy  
Glenrothes  
Cupar  
St.Andrews

TAYSIDE ANGUS AND PERTSHIRE  
FIBROMYALGIA SUPPORT GROUP

CONTACT:

TAP FM SUPPORT GROUP

PO BOX 10183

DUNDEE

DD4 8WT

New Email Address: [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**

**Trolley Coin Key Ring - £1**

**7 Day Pill Dispenser - £1**

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