

# TAP FM News

## SEPTEMBER NEWSLETTER

Hello everyone, just can't believe it is only three months until Christmas and we are still waiting on Summertime. Where has it gone!! Even the flowers and trees are all mixed up with the seasons the way they are now. The dark nights are creeping in and the cold weather has arrived. People with Fibromyalgia feel the cold more, so look out your thermal vests and woollies to have handy when the temperature drops.

Due to the change in the weather the Sponsored Walk which was taking place on 21st October has been cancelled and will now happen next year sometime in the spring.

We need to know roughly how many members will be coming along to the December meeting—as it is the Members Xmas Lunch. Just let any of the committee members know when you are at the group meeting in October or November. We are still needing recipes for the group's cookery book (some grannies recipes would be fine )

We are also looking for suggestions for speakers for next year and will need contacts for them and also any other suggestions or ideas for the group meetings. The committee have been working on a calendar which will be launched at the November meeting. These will be for sale at a reasonable price for the members.

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## The New Committee

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

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

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### Committee Members

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



Fibromyalgia Logo

### Fundraising Committee:

Catherine Bennett  
Joyce Peggie  
Isobel Wynne  
Morag Kelly  
Colette Boland

## Dates for your Diary

6th October—Monthly Meeting

Ryan—Medical Student

3rd November—Monthly Meeting

Christmas Bring and Buy

1st December—Monthly Meeting

Members Christmas Lunch

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

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**THERE WILL BE NO MONTHLY MEETING  
JANUARY 2008**

### **Please Note:**

Saturday 2nd February 2008

This will be the First Monthly Meeting  
of the year 2008

## Fighting the Cold War

(A shorted version of an Article in the Healthy Times Magazine )

It's that time of year again, when people are starting to sneeze and snuffle. On average adults get between two and five colds a year, while children catch even more—between five and eight. Most colds last about a week although some can keep going for up to 14 days. Colds tend to be more common in the winter and some experts say it's because Your nose and throat tend to be colder in the winter, which weakens your immune defences. The signs that a cold is on it's way are unmistakable, The first symptom is a scratchy, dry throat, followed by sneezing and that's because the virus infects the back of the nose first, although we feel it in the throat, Flu symptoms tend to be similar, although they're usually more serious with a bad headache, high temperature and aching muscles. But while colds are probably the most common illness, there is still no cure. There are lots of remedies on offer but some are quite expensive. Your pharmacist can also recommend non-branded "generic" products, which can contain the same ingredients but are often less expensive. You might not be able to cure a cold, but if you try some of these tips it might help to fend them off.

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Keep washing your hands. Viruses can enter the body through eyes, nose and mouth

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- ◆ When a Cold Strikes
- ◆ drink plenty water and other fluids, particularly hot drinks to help thin mucus
- ◆ Have hot baths—the steam can relieve a blocked nose
- ◆ Steam Inhalation—fill a bowl of water with boiling water with a towel over your head, inhale the steam to help clear your sinuses and your head
- ◆ Hot honey and lemon can soothe a sore throat and cough while gargling with salt water will relieve a sore throat.

## Managing Your Fibromyalgia

By Karen Lee Richards

A condition like Fibromyalgia has a way of taking control of your life. It can consume every ounce of your energy and every moment of your day if you don't learn to manage it. Don't let the illness control your life. As humans we are Physical and Mental beings,

Here are some things you can do to get your life back again.

**Physical**— Do your own research, there is quite a lot of information about FM in books, tapes etc. in the library and on the internet. The more you learn about FMS, its effects and the variety of treatments methods which can be used, the sooner you will be able to control your life.

*Take charge of your medical treatment*— Find a doctor who will listen and work with you it's worth the effort. The important thing is not to be hesitant in talking with your doctor, It's easy to feel intimidated by some doctors, but you need to remember it's your body and your health that you are dealing with.

Every individual responds differently to various treatments so you have to be open and clear about how your feeling, and also how you re-act to medications.

Since fibro-fog seems to set in every time I walk into the doctor's surgery, I always take a list of everything I need to discuss during my appointment. I've found it works well to give him a copy of the list. That way, it then goes into your file and becomes part of your medical records that they can refer to later.

**Mental**— *Take one day at a time.*

Focus on what you have some control over right now. Focus on today. If you're having a bad day, remind yourself that you've had bad days before but then you've had better days too. You don't have to cope with the rest of your life. You just have to get through today. If you're having a good day. Let yourself really enjoy it.

*Use positive self talk and don't expect too much of yourself.*

Know your limitations and allow enough leeway in your schedule for days when you don't feel well enough to accomplish much. Don't beat yourself up mentally when you have one of those days. If you have negative thoughts try to turn them into positive thoughts that will help you to cope.

Aren't I Lucky

Since I was a young lad I have always enjoyed walking.

Up until I was diagnosed with Fibromyalgia I walked about 1500 miles a year ( 30 miles a week ) or I should say up until the symptoms of FMS appeared following a swimming accident which was a few years before diagnosis!

I was advised to keep walking. Since my system has always been attuned to walking I kept going, but not without much pain.

Now I am walking up to 1000 miles a year ( 20 miles a week )

However— after a 5 to 7 mile walk I literally crawl on to the couch. Thereafter, it is a good dinner, a healthy intake of Amitriptyline and a reasonable sleep and I am ready for the next foray into the countryside. Yes! My legs ache, but I think myself lucky that I can still walk and recover.

I have been told that a little exercise is nearly as good as a lot of exercise. So a walk of 1 mile is probably just as good as a 5 mile amble.

My legs and arms as well as other bits and pieces are always sore, but walking takes away the pain from the legs due to endorphins (I think) which spring into action to dampen the pain. After I stop walking, Wham, the pain comes back with a vengeance. So walking for me is rather like a drug!!

**(Strangely a bottle of red wine has a similar affect!!)**

But I enjoy walking so— I keep going .....and going.....  
and going ..... until .....???

David S Payne

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"Many people lead normal lives once they get their Fibromyalgia under control, and I can too."

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FOOD FOR THOUGHT

- The smaller the mouse, the greater its hopes of becoming an elephant.
- Kiss the hand you cannot bite.
- The doctor cures everyone who does not die.
- Let your daughter choose two things for herself --  
Her Husband and her Home.
- A Mother-in-Law is twice kind—  
at your wedding and at her funeral .  
( I disagree - my mother-in-law was "ace")
- Nobody's family can hang up a sign on their front door saying  
" Nothing the Matter Here."
- He who grooms a beautiful goat, seldom milks it.

( Send any comments to the Editor on any of the above sayings )

David S Payne

Polymyalgia Group Meeting  
Speaker—Miss Penelope Fraser  
Talking on Pain Management

( This article is a shortened version of Penelope Fraser's Talk to people with Polymyalgia and Fibromyalgia )

Some of the TAP FM Members were invited to go along to the above group meeting. ( last month's newsletter)

Miss Fraser gave an interesting talk on Pain Management and one of the things she said was, believe it or not, Pain is a good sign! It's a warning sign that things have changed.

Chronic pain is classed as pain that has lasted for more than 4 weeks, after that time the problem may be seen to have sorted itself but the pain is still there.

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**"Pain should not stop you from doing the things you want to do**

In terms of pain management a sense of control is useful although pain decides your mood. If you feel really unwell, you stop doing the normal things like the washing and cleaning, and sometimes your family and friends want to do it for you. It's okay to let them help sometimes, but some people want to wrap you up in cotton wool by doing everything for you. I am sure that one time or another someone has said to you, " you can't do that, you are not well enough , leave it and I will do it for you" Families and friends who stand back and encourage individuals to do things for themselves can help the person to get some control back in to their lives.

People who have pain all the time have good days and bad days . Limitations only limit what you can do, Pain should not stop you from doing things you want to do, when you are having a bad day try to do something easy and when you have a good day don't rush around trying to catch up on things you couldn't do when you were feeling bad, take time to enjoy feeling better.

## (continued) Pain Management

An easier way to access pain management or Pain Clinic is to go through a Health service Professional. When talking to your doctor or physiotherapist, if you are worried, distressed or feel discomfort, then mention it to them as this may help you to open up to your doctor.

There are some relaxation techniques that can help with managing pain, and many hobbies can also help, just something that you don't find stressful, you don't have to use your mind to have a hobby.

Passive relaxation also helps, tapes and CD's of relaxing music, something soothing, so you can feel it easing your muscles.

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"On a good day don't rush about to catch up on things you were going to do when you were having a bad day "

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There are lots of books, CD's and tapes available for relaxation techniques in your local library, and you can try them out, and if not suitable for you, return them and try another one, instead of spending your money and finding out that the CD or book is not suitable for you.

Another way to help yourself with your pain management is to make lists of things to do and spread them over the week. Make a list of things to do this week, a list of things to do this month, a list of things to do once in a blue moon.

Pain should not stop you from going on holiday, or joining in social events with your or family.

Even though you are still in pain, at least you are doing something you enjoy and it could be a distraction from your illness.



## Reader's Letters

When I was first diagnosed with Fibromyalgia my doctor told me to contact the local fibromyalgia support group as there was not much he could do for me except give me pills. I phoned the contact number and I can honestly say that this is the best thing I have ever done. I was quite wary of going along to the meeting, but the people there made me feel so comfortable. It wasn't like what I thought it would be.

I.W

*TAP FM Committee and Members would like to pass on their condolences to our former Secretary Janet McFarlane, on the sudden death of her mother Jean Leslie. Jean was a lovely lady who was always cheery and loved to help family and friends. She knew everybody no matter where she went and she has always supported TAP FM with donations for quiz nights and raffles.*

*Jean had time for everyone and even looked after her **older** friends who were actually younger than her.*

*Jean had just celebrated her 80th Birthday and will be sadly missed by all her family and friends. Our thoughts are with you and your family Janet.*

Dear Ed,

Please thank TAP FM for the information that was sent to me. I was very please to be able to speak to Mary who made me feel as though I was not going off my head. Now that I have a name, I think with the help of the support group, I will be able to cope.

Thanks

(name supplied)



# Fibro Fog!

I wanted to go to Matalan for some shopping and asked my husband to take me there. We drove down Albert Street and turned in to wellgate shopping centre when I asked him "why are we going to the Wellgate, he said, " you told me to go here. After a few spoken words he said he would take me to Matalan. So off we went on the move again hoping he would take me to the right place this time. But.....this time we ended up heading for the Overgate. When I asked him what he was doing he said that I asked him to take me there. So off we went again and guess what? he turned into the High Street. We finally reached Matalan after a few heated words. When we got home he told me that he wasn't aware he was going to the wrong shopping centre. I think he has *Fibro Fog* as well. *After all they do say you get like the people you live with!!!!*

Last night as I was making a cup of tea, I took the milk out of the fridge and poured it in the cup then added the water,.. stirred the cup and put the kettle back in the fridge and tried to put the milk back on the kettle stand! It happens a lot, I must have done this about 20 times and I am forever doing it, I don't realise what I'm doing wrong until I see the milk jug won't fit on the kettle stand.

## Library Book Audit

PLEASE RETURN ANY LIBRARY BOOKS

AT THE

OCTOBER GROUP

MEETING

THANK YOU!!

An audit of the library will take place within the next month, all library books are to be handed back into the library by the October meeting. If you are unable to come to the meeting please call

Margaret Scott Tel: 01382-805391

Mary Stevenson Tel: 01382-509566

to make arrangements for either pick up or posting of the book, ( pick up's only within Dundee Area )

Please do not leave books at

Ninewells Hospital Reception Desk

For TAP FM Library as they will not be passed on to us, and books have previously went missing.

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**Ninewells  
Hospital will not  
take any books  
to hand over to  
TAP.FM**

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## 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

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

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## 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

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.

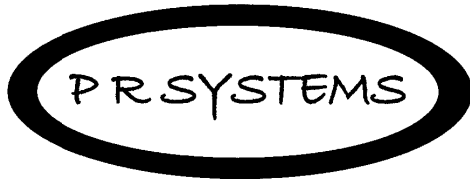
Website [www.tapfm.co.uk](http://www.tapfm.co.uk)

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## 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**

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

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

## Contact Us

TAP FM Support Group

PO Box 10183

Dundee

DD4 8WT

Tel: 0871 750 1710

email: [tapfm@btopenworld.com](mailto:tapfm@btopenworld.com)

We're on the Web

[www.tapfm.co.uk](http://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!