



Fibromyalgia Friends Scotland
Group Meeting Dates 2015.
The Alliance, Venlaw Building
349 Bath St, Glasgow.

No meeting held in January 2015

Friday 13 February 2015 12 - 2.30 pm

Friday 13 March 2015 12 - 2.30 pm

Friday 10 April 2015 12 – 2.30 pm

Friday 8 May 2015 12 – 2.30 pm

Friday 12 June 2015 12 – 2.30 pm

Friday 10 July 2015 12 – 2.30 pm

Friday 14 August 2015 12 – 2.30 pm

Friday 11 September 2015 12 – 2.30 pm

Friday 9 October 2015 12 – 2.30 pm

Friday 13 November 2015 12 – 2.30 pm

Friday 4 December 2015 12 noon Christmas Lunch

These dates are booked at The Alliance, Venlaw Building, 349 Bath St, Glasgow. G2 4AA
If there are any changes you will be notified in advance. Please contact the helpline 0844-887-2440
if you have any queries or e-mail info@fibrosco.co.uk or write to Fibromyalgia Friends Scotland,
c/o The Alliance, Venlaw Building, 349 Bath St, Glasgow G2 4AA



Fibromyalgia Friends Scotland
c/o The ALLIANCE, Venlaw Building
349 Bath Street
Glasgow G2 4AA

Meetings

Meetings are held on the 2nd Friday of the month at
The ALLIANCE, Venlaw Building
349 Bath Street
Glasgow G2 4AA

From 12 noon – 2.30pm

Helpline

0141-561-9280 or 0844-887-2440

e-mail

info@fibros Scot.co.uk or fibromyalgiafriends@hotmail.co.uk

website

www.fibros Scot.co.uk

Please remember that the phonenumber is manned by a sufferer.

Try to call between 11am + 4pm Monday & Thursday

Please be patient you can leave a message

We will get back to you



Fibromyalgia Friends Scotland
c/o The ALLIANCE, Venlaw Building
349 Bath St, Glasgow G2 4AA

Tel 0141-561-9280 or 0844-887-2440

e-mail info@fibros Scot.co.uk or fibromyalgiafriends@hotmail.co.uk

website www.fibros Scot.co.uk

Dear Friend

Fibromyalgia Friends Scotland was first set up in October 1995 in order to provide help, information, advice and support to those suffering from Fibromyalgia or interested in the condition. We have regular meetings once a month and produce a Newsletter every quarter. If you have been diagnosed with Fibromyalgia we would ask you to come along to our meeting or contact us. If you have not yet been diagnosed as having Fibromyalgia but suspect this is what you have. We suggest that you take the enclosed leaflet

“What is Fibromyalgia”

to your Doctor and ask whether they think this is what you might have. We say ask, as Fibromyalgia is often secondary to another illness that may need other treatment.

Although you may think you have Fibromyalgia the symptoms are very similar to many other illnesses. Please do not presume you have Fibromyalgia until you have been diagnosed. If your doctor thinks that you may have this illness you should ask to be referred to a Rheumatologist. Unfortunately, this may take some time, as there are usually very long waiting lists, please be patient.

If you have not been diagnosed we will still be very happy for you to attend the meetings and receive information.

We have enclosed some information we hope you find helpful, and you will realise that you are not alone in trying to cope with Fibromyalgia. Please write, e-mail or ring the helpline for any advice or help that you need.

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The annual membership fee is £10 single, or £16 joint.

If you wish to receive further information and regular Newsletters, please complete this form and the gift aid declaration if appropriate and post them, with your cheque/postal order made payable to “**Fibromyalgia Friends Scotland**”, in the envelope provided or you can pay at any meeting.

All donations are gratefully received.

Mr/Mrs/Miss/Ms-----

(BLOCK CAPITALS PLEASE)

Address-----

Post Code-----Telephone-----

Office use only



Gift Aid Declaration

Fibromyalgia Friends Scotland
(Recognised Scottish Charity No. SC 025268)
c/o The ALLIANCE, Venlaw Building
349 Bath Street, Glasgow G2 4AA

Mem
No.

Details of Donor

Title.....Forename(s).....Surname.....

Address.....

.....

.....Post Code.....

I request that the above charity treat

(tick relevant
Box/boxes)

The enclosed membership subscription

The enclosed donation of £.....

All donations/subscriptions I make from the date of this declaration until I notify you
Otherwise as Gift Aid Donations

Signature..... Date of Declaration...../...../.....

Please cut and retain for future reference ✂.....

Notes

1. You must pay an amount of income tax and /or capital gains tax at least equal to the tax that the charity reclaims on your donation in the tax year. (currently 28p for each £1 you give)
2. You can cancel this declaration at any time by notifying Fibromyalgia Friends Scotland.
3. If in future your circumstances change and you no longer pay tax on your income and /or capital gains tax t that Fibromyalgia Friends Scotland reclaims, you can cancel your declaration. (See note 1)
4. If you pay tax at the higher rate you can claim further tax relief in your Self Assessment Tax Return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief, ask Fibromyalgia Friends Scotland. Or ask your local tax office for leaflet IR65.
6. Please notify Fibromyalgia Friends Scotland if you change your name or address.

Please retain this section of the form for future reference complete the Gift Aid Declaration form and return it with your donation or membership to:- Fibromyalgia Friends Scotland, c/o The ALLIANCE, Venlaw Building, 349 Bath St, Glasgow G2 4AA

Thank you for your support.

Cash/Chq Date Mem. Card Name Badge Mem Label



Fibromyalgia Friends Scotland

c/oThe ALLIANCE
Venlaw Building, 349 Bath St,
Glasgow G2 4AA
Phone 0844-887-2440
info@fibroscoot.co.uk or
fibromyalgiafriends@hotmail.co.uk

Dear Friend,

We received a grant from "Awards for All" in 2006 to get the following books reprinted in the U.K. The books are "Coping with Fibromyalgia" by Beth Ediger, "Treating Fibromyalgia" by Beth Ediger and "Fibromyalgia Fighting Back" by Bev Spencer.

They are now available for sale. Copies cost £5 per book plus p.p. of 80p for one book, £1.30 p.p. for two books or you can purchase all 3 books for £12 plus p.p. of £1.50. Support Groups placing a bulk order please contact Fibromyalgia Friends Scotland for postal costs. If you decide to purchase any of the books could you please fill out the slip at the bottom of the page and return it with your cheque or postal order to: Fibromyalgia Friends Scotland, c/o ALLIANCE, Venlaw Building, 349 Bath St, Glasgow G2 4AA. You can also pay by BACS (details below) and notify us where you want the books sent.

Direct Bank Payment Details are: Bank of Scotland
Account Name Fibromyalgia Friends Scotland Retail Treasurers Account
Account No. 06000514 Sort Code 80-26-70

Sincerely,

Irene Logan Secretary

Please Print

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Name.....

Address.....

Post Code.....

Phone No.....

Coping With Fibromyalgia Qty () Price £5 each +p.p. 80p
.....

Treating Fibromyalgia Qty () Price £5 each +p.p. 80p
.....

Fibromyalgia Fighting Back Qty () Price £5 each +p.p. 80p
.....

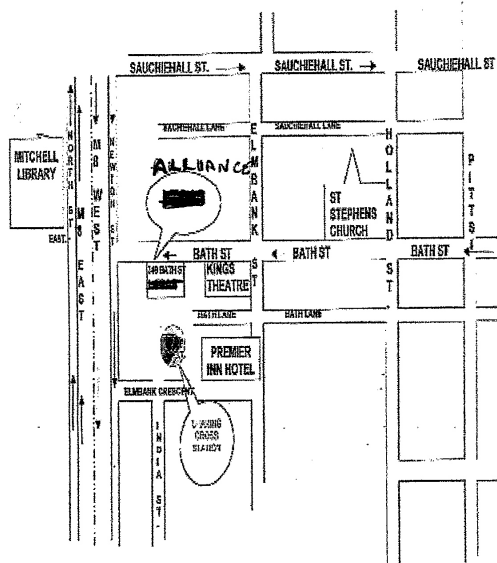
P.P. for 2 books £1.30

Pack of 3 books Qty () Price £12 + p. p. £1.50
.....

Total cost

ALLIANCE
Entry to [redacted] premises

[redacted] offices are situated on the lower ground floor of the Verlay Building. There is lift access. There is also an accessible entrance with a lift suitable for wheelchair users, and automatic doors.



Entry to Fibromyalgia Friends Scotland :- Inform reception that you are attending a meeting at the ALLIANCE Offices.

Getting to the ALLIANCE Hub

By Car From the East:

Exit the M8 at Junction 18. After 100 metres turn left at the traffic lights onto Sauchiehall Street. After 200 metres take the first road on the right onto Elmbank Street. At the traffic lights turn right onto Bath Street. After 100 metres you will see our offices on the left hand side.

From the West: Exit the M8 at Junction 18. Follow the slip road for 400 metres. At traffic lights turn left onto St George's Road. After 400 metres turn left at the traffic lights and follow the road round onto Sauchiehall Street. After 200 metres take the first road on the right onto Elmbank Street. At the traffic lights turn right onto Bath Street. After 100 metres you will see our offices on the left hand side.

By Train The nearest station is Charing Cross, which is less than a minute's walk from the office. Low level trains run from Glasgow Queen Street to Charing Cross.

By Bus The following bus routes from the centre of Glasgow stop very close to the Venlaw Building: 23, 42, 42A, 44, 44A, 47, 57, 59.

Accessibility The ALLIANCE Disabled lift does not take a mobility scooter



Fibromyalgia Friends Scotland

Meeting Programme

1. 12.00 - 12.15 pm Sign in, Tea, Coffee, Sale of Raffle Tickets
2. 12.15 – 12.45 pm Borrow from the Library or purchase goods for sale
3. 12.45 - 1.15 pm Chairperson Opens Meeting, Welcoming Everyone,
Group News & Introduction of new people
4. 1.15 - 2.00 pm Speaker or Demonstration (if applicable)
5. 2.00 - 2.15 pm Tea & Coffee, Draw Raffle
6. 2.15 - 2.30 pm Talk to each other or to a Committee member

Tea, Coffee and Biscuits are available free of charge

Raffle tickets cost £1.00 each. Prizes are normally donated, for which we are always very grateful. Please do not feel obliged to buy raffle tickets-it is totally voluntary.