

Tayside, Angus and Perthshire Fibromyalgia Support Group Scotland

Offer help and support to people suffering from fibromyalgia. This help and support also extends to family and friends of sufferers and people who would like more information on fibromyalgia.

They meet every first Saturday of every month at Ninewells Hospital, Dundee. These meetings are held on Level 7, Promenade Area starting at 11am and finish at 1pm.

For more information contact TAP FM Support Group, PO Box 10183, Dundee DD4 8WT, visit www.tapfm.co.uk or e-mail - enquiries@tapfm.co.uk.

Gatepost

GATEPOST is run by Scottish farming charity RSABI and offers a helpline service to anyone who works on the land in Scotland, and also their families.

They offer a friendly, listening ear and a sounding post for you at difficult times, whatever the reason. If you're worried, stressed, or feeling isolated, they can help. They can't advise you what to do, but we can support you as you look at the options.

If you need specialist advice, including help with financial, business, health or family issues, they can put you in touch with the right people.

Call 0300 111 4166 from 9-5, Monday to Friday. If you need to ring outside these hours, you'll hear a recorded message with details of an alternative helpline that you can call.

Headway Tayside

Have a group running at the Springfield Medical Centre, Ponderlaw Street, Arbroath and provide activities for group members who have suffered a stroke, brain tumour, aneurism, car accident etc. They meet every fortnight. Referral to the group is normally by healthcare professional. For more information visit

www.headway.org.uk/branches/tayside.aspx or e-mail headwaytayside@yahoo.co.uk

Heart and Stroke Information Point

The Heart & Stroke Information Point works with patients, carers and health professionals in Tayside to provide a high quality, user-friendly health information website.

In particular, we provide information for people who have been affected by heart disease and/or stroke conditions.

Visit www.heartstroketayside.org.uk for more information

Angus Long Term Conditions Support Groups

Have 4 groups of friendly people who meet monthly at various locations within Angus and offer support to people who suffer from any form of Long Term Condition or for carers of someone with a Long Term Condition as well as each other, light refreshments are provided.

For more information visit www.altcsg.org.uk or e-mail: admin@altcsg.org.uk

Multiple Sclerosis Society Angus Branch

For information about, or assistance about the Angus Branch please call 0845 900 57 60 between 9am - 8pm or e-mail Brian Robson at <mailto:robsonb1@sky.com>

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)

The aims of the support group are to give support to sufferers and carers by providing the opportunity to meet in comfortable surroundings, to raise awareness and promote research of ME/CFS.

For more information contact Maureen on 01575 574896.

The Pain Association Scotland

The Pain Association Scotland runs a professionally led training group for people with all forms of chronic pain. Sessions focus on building skills that help individuals to regain control and cope more effectively.

Anyone with chronic pain is welcome to attend the sessions; you do not need to be formally referred to the group.

If you would like to attend please phone our free phone enquiry number: 0800 783 6059 Monday-Friday 9.30am - 4.30pm (enquiries only)

Arbroath Parkinsons Group

The Arbroath Parkinson's support group meet on the last Wednesday of every month at the Salvation Army Hall, 45 Marketgate Arbroath DD11 1AU, between 12 and 2pm.

The local contact for this is Jim Donaldson, his number is 01241 828370.

ANGUS Directory
to Local
Self Help Groups



Produced by

Angus Long Term Conditions Support Groups

www.altcsg.org.uk

E-mail admin@altcsg.co.uk

Tel: 07901 385279

Arthritis Forum

This is a group of friendly people who meet Bimonthly at various locations within Angus and offer support to people who suffer from Arthritis, light refreshments are provided.

If you wish to be included in the Arthritis Forum e-mail database please e-mail: achptrainingtayise@nhs.net

Tayside Council on Alcohol (TCA)

Tayside Council on Alcohol (TCA) was established in 1972 and is one of the leading providers of support services in the Tayside area for people who are affected by the misuse of alcohol.

Visit www.alcoholtayside.com e-mail enquiries@alcoholtayside.com or telephone 01382 456012 for more information.

Alzheimer Scotland Angus Services

Drop-ins are held every Friday in Panbride Church Hall, Arbroath Road, **Carnoustie** between 11am and 2pm and in **Forfar** every Wednesday from 2 – 4 p.m. at Forfar Farmington, Market Muir, Forfar.

Details of Carers Groups can be obtained by contacting Angus Service direct on 01241 431770 or by visiting our office at: Alzheimer Scotland, Angus Services, First Floor, 1c Millgate, Arbroath DD11 1NN or by e-mailing angusservices@alzscot.org

Augment (Arbroath)

Augment works with individuals throughout Angus who have experience of mental health issues, homelessness and dual diagnosis to ensure they benefit from the involvement process and work towards social inclusion and recovery. Our general activities are the promoting and facilitating the development of service user involvement in all aspects of care provision and associated services.

For more information call 01241 434405 or e-mail Admin@augment-scotland.org.uk

COPD Groups

These groups are self managed COPD Support Group and accept people who have been on the Pulmonary Rehabilitation programme.

Angus and District Group

The group meet every Monday 2pm till 4pm in the Macmillan Centre, Stracathro Hospital. The contact people are Grace, Telephone Number: 01674 677647 and Colin Telephone Number: 01674 677339.

Arbroath COPD Group

The group meet on the first Friday of each month at Ward 4 Arbroath Infirmary, the contact people are Kathy, Telephone Number: 01382 330040 and Shirley Telephone Number: 01241 822584.

Forfar Airways Group

The group meets on Monday afternoons between 1.30 pm and 3.30 pm in the Glenloch Centre at Whitehills Health and Community Care Centre, Station Road Forfar. Anyone interested in joining the group should contact Ian on Telephone Number: 01307 467463 or Maurice on Telephone Number: 01307 464422.

Tayside Cancer Support

Tayside Cancer Support in partnership with Tak Tent Cancer Support Scotland offer support, reassurance and friendship to anyone affected by cancer albeit patient, relatives, carers and friends in a group setting. Counselling, alternative therapies and listening to speakers on cancer related topics are also available.

Please contact Tayside Cancer Support on (01382) 229700 to obtain information as to your nearest group or if you wish a group to be set up in your area e-mail ellenreid@nhs.net

Angus Cardiac Group

Is a patient led support group and is open to people with coronary heart/cardiac disease, partners, carers and family members of those with cardiac disease, involved health professionals, any person interested in the aims and activities of the group.

For more information contact: Mary at mary.ballantyne@btinternet.com or visit www.anguscardiacgroup.co.uk

Angus Carers

Offer support to carers and have many support groups operating in Angus, they also operate a young carers group who offer support to children under the age of 18.

A carer is simply a person who looks after someone

who cannot manage on their own without help. The care they provide is unpaid. It could be a parent caring for a child with disabilities, a son or daughter caring for an elderly parent, someone caring for their partner or indeed a child caring for their parent or siblings.

For more information contact 01241 439157 or e-mail enquiries@anguscarers.org.uk

Angus Care and Repair

Angus Care and Repair is a private company limited by guarantee and a Scottish charity. We provide various services for older and disabled people in Angus to help them with home repairs, adaptations and improvements.

For more information call 01307 463232 or e-mail enquiries@anguscareandrepair.org

Tayside Carers Support Project

The aim of Tayside Carers Support Project is to cater for the needs of carers, caring for someone with a mental illness. The services of the project are completely free and confidential, and they offer practical advice and information on mental illnesses.

They meet in Arbroath on the first Wednesday of every month, contact Georgie Evans on 01241 437214 for more information regarding times, venue etc.

Dystonia Scotland

The Society was established to promote the welfare of people who are affected by any form of the neurological movement disorder known as Dystonia. The Society aims to do this by promoting awareness of the disorder, by supporting research and by undertaking welfare initiatives. It does this on a national level and through its network of local support groups.

For more information on local support groups contact Peter Meager on 0845 803 1005.

Montrose and Angus Fibromyalgia Support Group

Meetings are held on the first Friday of every month at the Links Health Centre in Montrose between 1 pm and 3 pm. Report to outpatients at the health centre and they will direct you to where the meeting is running.

For more information e-mail fibrosupport@hotmail.co.uk