

We hold monthly, friendly, informal drop-in support meetings where partners, loved ones and carers are welcome and encouraged to attend too.

Bring your lunch if you would like to, and perhaps something creative. If you knit or crochet (for example), feel free to bring it along:

First Wednesday of the month
at **Liden Community Centre**
Barrington Close
Liden
Swindon
SN3 6HF

12pm – 2pm

Please try to come. Having anxiety is understood, being shy is allowed, suffering alone is not!



www.foggys.net



facebook.com/groups/foggys



facebook.com/foggys.support



twitter.com/foggys_support



[foggys_support](https://foggys_support.snapchat.com)

HealthUnlocked

healthunlocked.com/foggys

FOGGYS

"INVISIBLE ILLNESS" SUPPORT

EST. JUNE 2010



Dedicated to raising awareness, providing support and promoting positivity, primarily for:

- Arthritic / Rheumatic Conditions 
- Chronic Fatigue Syndrome 
- Chronic Widespread Pain 
- Fibromyalgia 
- Irritable Bowel Syndrome 
- Ménière's Syndrome 
- M. E. Myalgic Encephalopathy 
- Myofascial Pain 
- Seasonal Affective Disorder 
- Trigeminal Neuralgia 

Tips for coping with “invisible illness”

Deb Cooke
Group Founder
deb@foggys.net

HELPLINE:

0844 887 2377

Monday to Friday
12pm - 3pm

Voicemail available 24 hours

www.foggys.net



With kind support from



1. Your GP is there for you! You need to have a supportive and sympathetic GP. There is no point seeing anyone who is not. Even if they're unsure of how to help you, just having someone nice to talk to, makes all the difference. If you don't have that - change GP's! It's simple to do, just go into the new one and ask to join them. Fill in a form, and they do the rest. You'll need to take ID in; Passport, Driving Licence etc. AND a recent utility bill.
2. Ask to be referred to Guy's Hospital and/or Royal National Hospital for Rheumatic Diseases in Bath and/or Eldene SEQOL Chronic Fatigue Team. They're mostly for sufferers of Rheumatic conditions, Fibromyalgia and Chronic Fatigue, check their websites or contact them for further information:

<p>Guy's Hospital Great Maze Pond London SE1 9RT</p>	<p>020 7188 7188 www.guysandstthomas.nhs.uk</p>
<p>Royal National Hospital for Rheumatic Disease Upper Borough Walls Bath BA1 1RL</p>	<p>01225 465941 info@rnhrd.nhs.uk www.rnhrd.nhs.uk</p>
<p>SEQOL Chronic Fatigue Team Eldene Health Centre Eldene Swindon SN3 2RZ</p>	<p>01793 695151 www.seqol.org/health/Chronic-Fatigue.aspx</p>

3. If your GP refuses your request for referral or blood tests or any of your requests, ask them to document your request and their reasons for refusal on your notes!
4. We'd love to see you at Foggys, whether you've never attended before, or haven't been in a while, there's no better support than being amongst fellow sufferers.