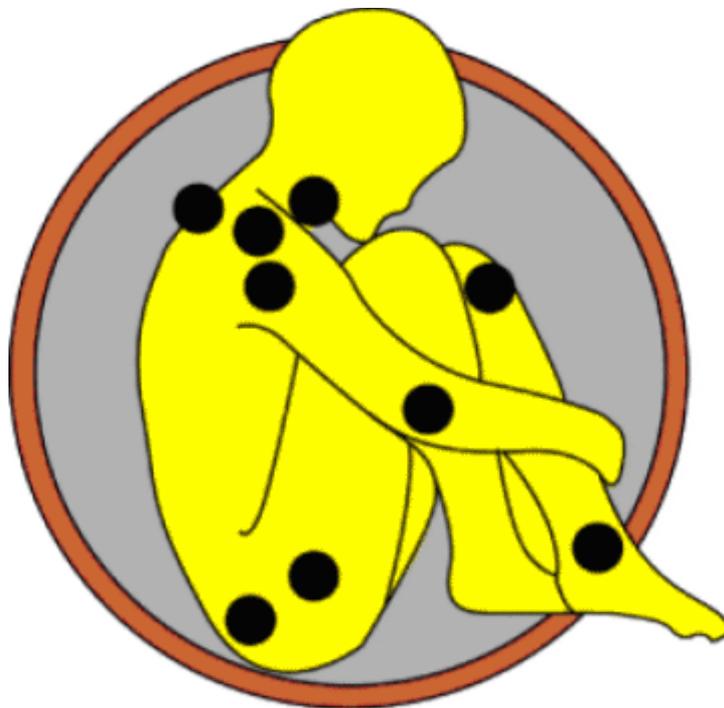


Swindon Foggy's
The Swindon Fibromyalgia Support Group

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Working with FMA UK
Registered Charity No. 1042582
www.fmauk.org

Meeting Number 1

16th August 2010

BREAKING NEWS An afternoon meeting has been booked for Tuesday 7th September 2010, 1pm – 3pm at Liden Community Centre.

We had an amazing turn out of people, almost 50 attended !! People kept coming in and in, I kept moving back to make room, and was nearly out the door myself.

If you were are able to provide an email address, thank you, as that will alleviate postal costs and be assured your details will not be passed on to anyone else !!

FMA UK pledge is to "raise awareness and provide support" and this is what I want Swindon Foggy's to do too !!

We are primarily a Fibromyalgia Support Group. I would like for similar and related conditions information to be available to sufferers too; Irritable Bowel Syndrome (IBS), Endometriosis, Chronic Fatigue Syndrome (CFS/ME), Seasonal Affective Disorder (SAD), Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA), etc. although the list could go on forever.

The outcome last night I felt, by just talking and sharing our experiences was therapeutic in itself. Stories and experiences were shared, and we learnt that many of us have been feeling very alone with FM. Well now you know you're not alone, as nearly 50 people know about it !! There were some lows, as stories were shared, but we had some laughs too, meet "Foggle the Penguin"...



His catchphrase is "Hey-Ho".

Sorry I can't remember who was who, so not sure who the credit goes to, but 1 comment was made about how some of us waddle like penguins and comment 2 was, "oh well, hey-ho". (Could've been the same person, apologies for not remembering, but I do have Fibromyalgia you know ☺

As Swindon Foggy's develops and grows, I'd like to be able to arrange treatments, techniques, information etc., that will help us sufferers to manage pain and it will give our proxy-sufferers support too.

There isn't a charge for attending our meetings, because I don't believe that someone with Fibromyalgia or any condition for that matter, should pay to get support. Donations towards coffee/tea are always appreciated though.

I have big plans, probably some a bit ambitious, but one that I would really like to see happen, is the suggestion of seeing if we could get "free" use for 1 day of a shop in the town centre to sell our official merchandise, donated items and promote awareness. Drawback to this though is going to be storage for bric-a-brac, shall have to think on that one. Any ideas ?

I hope everyone took one of the window stickers, the idea is to use a bit of sticky tape and pop it in your car window, your house window, or you can use it as a bookmark. If it is displayed in a car window though, Swindon Foggy's can have unlimited free advertising. I placed an advert in the Swindon Advertiser which worked brilliantly as it attached itself to many stories.

I would like to setup a lending library, if anyone has books, DVD's and magazines on Fibromyalgia and related conditions they could donate, please? For that I'm suggesting members purchase a library card from us, at a one off fee of £20, which will be refundable on return of the card, and if book(s) have been returned in useable condition. The £20 would cover replacements for any loss or damage to books. THIS ISN'T SETUP YET THOUGH, SO NO MONIES ARE NEEDED UNTIL IT IS !!

The meeting's currently are every 3rd Monday of the month 7.30pm onwards, at Liden Community Centre.

As per headline news, I've arranged a day time meeting for Tuesday 7th September 2010 1pm - 3pm, at Liden Community Centre, for those who couldn't attend our evening meeting. You are welcome to come to this meeting even if you came to meeting 1. If popular, I would like to hold 2 meetings a month, you will be welcome to come to both if you would like to.

Meeting 1 proved so successful and I know a few couldn't come. This way, we should cater for everyone. It's a chance to have a natter and cup of coffee/tea with people who understand !!

I've had emails and calls from people who didn't attend, and who aren't comfortable coming. Please bring someone with you. Being shy is allowed, suffering alone is NOT !! Stories or just names were shared in last night's meetings. This is by choice, I don't want anyone to feel too uncomfortable at the meeting or that it puts you off coming. We're setup for YOU, to help YOU in whatever way you want the help.

A couple of members, expressed their frustration with benefits being refused, or hard to obtain. If you require more specialised assistance, especially with benefits, contact FMA UK ...

FMA UK National Site

Fibromyalgia Association UK (FMA UK)
Raising awareness of Fibromyalgia

[Fibromyalgia Association UK](http://www.fma-uk.org)

FMA UK National Helpline

0844 887 2444

Monday to Friday
10.00 am to 4.00 pm

Fibromyalgia Association UK
PO Box 206
Stourbridge
West Midlands
DY9 8YL

FMA UK Welfare Benefits Helpline

0844 887 2450

Opening times

Monday 10.00 am - 12 noon and
Friday 10.00 am - 12 noon

FMA UK run helpline that provides advice in relation to all aspects of benefits.

Please note this is a national rate call charge.

We can provide particular help with Incapacity benefit and Disability Living Allowance

Other suggested advice would be available from Citizens' advice and your local MP. There are links available on the website. The Citizens' Advice information is attached to this document. I personally can't assist, however, please don't struggle alone. Come to one of the meetings and ask, and we'll try to come up with the solution or point you towards someone who might be able to help !!

Deb

ps. Briefly about me. I live with my partner Ian, his son Jake, and my daughters Danii and Katie-Rose. We have 4 cats and a Staffie Cross. The cats rule the house and the dog.

I was diagnosed 4 years ago, after struggling for 18 years. I was really pleased to be diagnosed because it meant all my silly ailments, pains etc. meant I wasn't mad, I had a condition, and I had a name for it. Actually my brother will tell you I am mad, and my dad says I'm still 13 ☺ I'm actually 43.

Sadly as we discussed, there is no cure, and some of us will probably have it for the rest of our lives. It is also possibly inherited. We need to learn to pace ourselves, look after ourselves, and stop feeling so flipping guilty about having it!!

My mottos are "Normal is boring" and "I don't do mornings!"