

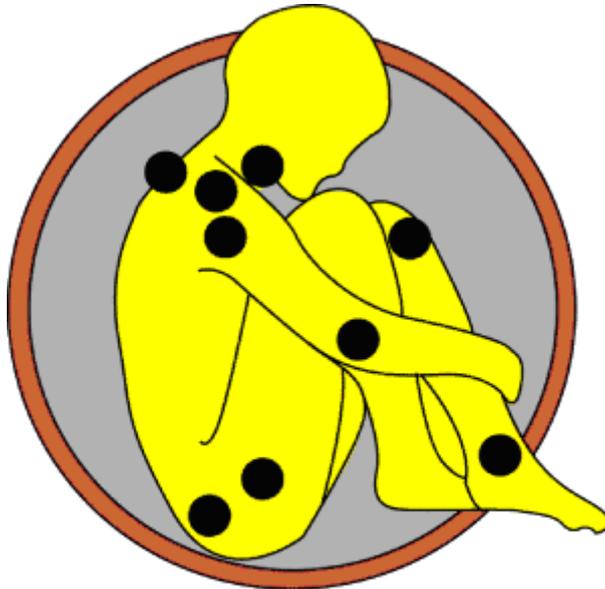
**Swindon Foggy's**  
The Swindon Fibromyalgia Support Group

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Working with FMA UK  
Registered Charity No. 1042582  
[www.fmauk.org](http://www.fmauk.org)

**Newsletter 3**

**29<sup>th</sup> October 2010**

I've had my personal email, eBay and Paypal hacked. If you receive rude emails from me, i.e. swearing, these are not coming from me. They stole £128 from our personal account, thankfully Paypal are returning that to us.

Change your passwords regularly. I'm an old hand on the net, and thought I was internet wise, I never use links in emails for example, I always use my saved favourite links.

Swindon Foggy's, Calne, and Westbury Support Groups will be teaming up to form Wiltshire Fibromyalgia Support Group, yet at the same time remaining independent Support Groups, with our individual names. Between us, we'll basically stay as we are, but working together to ensure the whole of Wiltshire is covered with support.

Information at [www.wiltshire-fibromyalgia.co.uk](http://www.wiltshire-fibromyalgia.co.uk), and of course we can still be found at [www.swindon-fibromyalgia.co.uk](http://www.swindon-fibromyalgia.co.uk)

Membership packs are available at £5, although attending our meetings is free. I didn't want to have to charge, but photocopying costs are horrendous, although I have sourced it a lot cheaper now.

New checklist attached. Please check your packs to see that you have everything.

To cut down on photocopying, I will be emailing the newsletters in the future to those who supplied emails and printing just the ones who paid for packs, but don't have email.

Merchandise is available ribbons, bands, badges and mugs. Buy them, wear them, tell people about us and FM, get them to buy and use and wear too.

Our groups' motto/aim is "dedicated to raising awareness and providing support".

There is a Fibromyalgia weekend booked for next April. This has been arranged by our FMA UK Regional Controller Jeanne, but privately. See booking form if you wish to attend.

Unfortunately, children are not able to attend.

<http://www.richardsonsholidayvillages.co.uk/holiday-village/south-downs/5/> VENUE

<http://fmsglobalnews.wordpress.com> REPORT

I have posted some listings onto eBay and Amazon, 50% of the proceeds going to the Group (they do say 100% on the site that's because I'll get listing cost refunded). If you have any items you want to sell, I can list them on Amazon for you, or if you use eBay, search for Swindon Foggy's and donate a percentage to the group.

We have received £200 from UK Fibromyalgia. I did apply for the money for books, however, another suggestion for borrowing books, is the local library. They can tell you which books are in, when they will be made available and how you could borrow them, for free !!. I could purchase back copies of the magazine UK Fibromyalgia produce, they have almost a 10 year back log of them.

Also in, £87 sponsorship for Ray Stephens running half-marathon for us. If you're on a form, or took a form, can you bring your monies in please.

£5 has also been raised for cartridge recycling. We get £1 for every cartridge you post off to Recycling for charity. If you need an envelope let me know. If you know of companies that don't recycle, we can supply a box and poster for collecting them. Laser/Toner

cartridges can raise £5 each and inkjet cartridges can raise £1 each. They will also take old mobile phones too, not sure how much they pay for them though.

So we're getting money in now, and I'm leaving it sat in the bank until we can think of something Swindon Foggy's really needs.

John Freeman from Swindon Primary Care Psychology Service will be joining us Tuesday 2<sup>nd</sup> November for about an hour at 1pm and Monday 15<sup>th</sup> November he will be joining us 7.30pm onwards to discuss what work they do at Swindon Primary Care and what help he can give us.

John is a NHS Clinical Psychologist and works for Swindon Primary Care which now works from Eldene Surgery, (separately not connected to them) he also works at the Pain Clinic at GWH.

You can contact them direct to be put on courses related to long term pain and Chronic Fatigue, you don't need to be GP referred, although it is better if you are. Must stress, they don't diagnose any condition !!

Their telephone number is 01793 836836.

There is a "Coping with Chronic Fatigue" course available Wednesday 17<sup>th</sup> November, 2010 for those wishing to attend. This has been arranged by John Freeman and his team.

Application forms will be available at the next meetings.

Wednesday 10<sup>th</sup> November we are having NHS Foot Care attend a separate meeting/session between 1 and 2pm. Registration forms can be obtained from Swindon Foggy's or Clapham Hobbs prior to the session otherwise you will have the opportunity to register on the day.

The cost of the foot care appointments (once you are registered and have an appointment) will be £8.50. This is for a 30 minute foot care session, and payment will be required on the day either cash or by cheque. You will be given a free foot care kit, file, clippers etc. and you will need to bring this to each appointment, this will help prevent cross-contamination of infections.

Clapham Hobbs & Foot Care Service can be contacted on 01793 644804.

We had The Therapy Rooms join us for meeting 5, and received a good response. They can be contacted by email [danny@thetherapyrooms.org](mailto:danny@thetherapyrooms.org) or by phone 08452 693679.

They will be joining us again Tuesday 7<sup>th</sup> December 2010 between 1 and 3pm.

I need to issue a disclaimer at this point.

Swindon Foggy's is here to assist and support. All organisations we "work with", Swindon Foggy's and myself do not claim that any treatment you try, will cure your condition(s). Any people we ask to come in as speakers, to talk about their products/services aren't "sanctioned" as a cure or that it will work for you.

Sadly, there is no cure. There are services available and techniques to alleviate pain, and it is Swindon Foggy's aims to find them. Any suggestions to services are just that, suggestions.