

# **Swindon Foggy's**

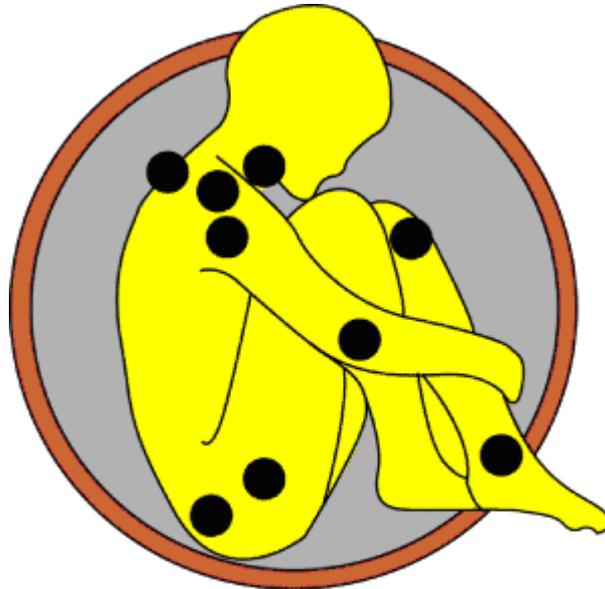
The Swindon Fibromyalgia Support Group

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[www.swindon-fibromyalgia.co.uk](http://www.swindon-fibromyalgia.co.uk)

[www.wiltshire-fibromyalgia.co.uk](http://www.wiltshire-fibromyalgia.co.uk)



Working with FMA UK  
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[www.fmauk.org](http://www.fmauk.org)

**Newsletter 4**

**6<sup>th</sup> November 2010**

Hi all

What started as my ramblings and a catch up on meetings has the beginnings of a regular newsy newsletter.

If you would like to contribute please forward on to me. Perhaps your Fibromyalgia story or a recipe, a competition. Anything that we might find interesting.

We are starting to get a busy diary of events, with trips out planned too !! The ice hockey game may not appeal to many of you as it is very noisy, but I personally am going to brave it next year. My family used to go without me for the local Scout Groups annual outing to it.

I've tried researching is Fibromyalgia inherited, and personally found the two responses I've posted interesting. None of us want to think that we'll be passing this on to our children, the thought certainly upsets me and I've often wondered if child birth was possibly a cause as my FM started mildly after having my eldest, so found that section interesting.

I update the website regularly and have been posting links I hope you will find interesting but at the same time don't want to overdo the info. as that can be too much I feel.

Again, if you have thoughts for the site please let me know. I'm not overly skilled at sites so don't be too ambitious.

The photos link now has a fun page where I've started creating Swindon Foggy's in different outfits and seasons I was needing some light relief and kind of carried away.

I've updated Fibromyalgia Facts sheet for your membership packs, I was recently diagnosed with Trigeminal Neuralgia and so have added to the sheet.

It's pain (of course) travelling between your ear, your jaw and your teeth and drove me batty. Now that I'm on some prescribed tablets that are working thankfully the pain has gone. The conditions that are listed are Fibromyalgia, Chronic Fatigue, Seasonal Affective Disorder, Trigeminal Neuralgia, Irritable Bowel to name a few and has links to the NHS and FMA UK sites.

I need some ideas for the guys please. There are few of them that are perhaps shy of coming to meetings? What do the guys want? To include partners/hubbys, as they're members by proxy and no we can't get in topless dancers !!

I'm planning on getting in pampering people that can give us manicures, pedicures etc. and I'm pretty sure the men won't want to take part. If you know some good people let me know !!

Would the men like a night out? at the pub for example. My other half Ian would love to be given permission to go to the pub. He can rabbit on about fishing for hours and Formula 1 and Football .. snore. If you're interested email him at [ian@swindon-fibromyalgia.co.uk](mailto:ian@swindon-fibromyalgia.co.uk), tell him you're a Foggy or Foggy other half otherwise he'll be confused. You can call him on 0844 887 2377 too.

I think it would be good for you guys to get together and know that the people you're out with understand !!

I hope to see you at our next meetings or upcoming social events and don't forget we're on Facebook.

Fibro Hugs

*Deb*

x

Swindon Foggy's membership is FREE, Membership Packs are £5.

To keep expenses down, I will be emailing the newsletters in the future to those who supplied emails and printing copies for those without.

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

If you visit our website [www.swindon-fibromyalgia.co.uk](http://www.swindon-fibromyalgia.co.uk) and use the **fundraising** button, there are a number of options available for you and/or friends to support us;

- Standing Order form for donating monthly, or you can use the account details on the sheet for a one off donation,
- Recycle your ink cartridges or mobiles, you can use a pre-paid and pre-addressed envelope available in your membership pack, or request an envelope online or ask me for a one,
- Christmas cards ~ 10 cards for £2.50 all profits to Swindon Foggy's, these can be purchased at 15<sup>th</sup> November meeting !! Pictures of them are on our website.
- photo's of merchandise available, although there are plans for changing designs of t-shirts (awaiting on sample orders),
- FMA UK and UK Fibromyalgia magazine subscription form for download, should be one in your membership pack, although a new form is available, giving you discount if you use our P O Box as delivery address
- [easyfundraising.org](http://easyfundraising.org) and [easysearch.org](http://easysearch.org) links, if you buy online via those links, the companies donate a percentage of your purchase to Swindon Foggy's (big name stores available)
- The red link is similar to [easyfundraising](http://easyfundraising.org), you purchase online via the link and [buy.at](http://buy.at) donates a percentage to Swindon Foggy's
- Amazon and eBay, will have items for sale and you can donate items for us to sell via these 2 sites

The **news** page now has links for;

- Toby Carvery menu & option's forms,
- the link for the Fibromyalgia Pamper and Reunion weekend

A suggestion was put to me, an obvious one I hadn't thought of, that you can borrow Fibromyalgia related books from your local library. There is a link on the website (links page) for you to check to see if any book you wish to borrow is available. We will still be buying some for members to borrow though.

We have 2 x subscriptions of Fibromyalgia Focus and waiting on 2 x subscriptions of FaMiLy Magazine for borrowing.

I have cancelled the Therapy Rooms attending our meeting Tuesday 7<sup>th</sup> December 2010 as this will be our last afternoon session before Christmas.

It has been suggested that instead we have Christmas gathering/party instead.

Any suggestions? I can purchase some crackers (as in pulling ones) and mince pies but obviously some people can't or don't eat them, so what else would you like?

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.

John Freeman Clinical Psychologist from NHS Avon and Wiltshire Health Psychology will be joining us Monday 15<sup>th</sup> November from 7.30pm onwards to discuss what work they do and what help is available to us.

John will be discussing 2 upcoming courses;  
"Coping with long-term pain" and "Coping with Chronic Fatigue"

There isn't a date for the long-term pain course as of yet. The Chronic Fatigue course starts on 17<sup>th</sup> November 2010 1pm – 3pm for 5 weekly sessions. These are FREE courses, and spaces are unlimited. I've booked to attend, if that helps to reassure you that you'll know at least me ☺

You can contact the team:  
Primary Care Psychology Service  
Old Town Surgery  
Curie Avenue  
Swindon SN1 4GB  
Telephone: 01793 836836

Email: [swindon.psychology@awp.nhs.uk](mailto:swindon.psychology@awp.nhs.uk) for application form  
[www.awp.nhs.uk/swindonandwiltspyschology](http://www.awp.nhs.uk/swindonandwiltspyschology) to apply online.



Christmas Meal  
Monday 13<sup>th</sup> December 7.00pm onwards  
See Toby Carvery Menu and Choices Forms



22nd January 2011

**Swindon Wildcats Ice Hockey**  
Swindon v Sheffield

Adults £6 each and Children £3 each  
£1 from Adult tickets and £2 from Children tickets are refunded to the Group !!

Invitation open to anyone you wish to invite !!

**Be warned this is a noisy event !!**

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

**The booking form given out previously was incomplete!!**

Unfortunately, children are not able to attend as it is an adult only site  
<http://www.richardsonsholidayvillages.co.uk/holiday-village/south-downs/5/>

Forms and payment needs to be sent direct to Jeanne and to the address at the bottom of the booking form, and cheques need to payable to Fibro Conference 2011.

She asks that you put Swindon Foggy's down as the group, to ensure that you are sat together at mealtimes.