

Swindon Foggy's
The Swindon Fibromyalgia Support Group

0844 887 2377

P O Box 3684
Swindon
SN3 9BW

deb.cooke@swindon-fibromyalgia.co.uk
www.swindon-fibromyalgia.co.uk

www.wiltshire-fibromyalgia.co.uk



Newsletter 5

6th January 2011

Hi All

Happy New Year!! Hoping and wishing you a safe, well and prosperous New Year.

If you have purchased a membership pack, (check-list attached), please check for items you don't have and pass form back to me to provide missing items.

Jon Freeman Swindon PCT is attending both February meetings to give us a talk about new courses starting 9th March 2011, "Coping with Fibromyalgia". The meeting Tuesday 1st is for the normal 1-3, Jon can only attend for an hour 1 -2pm. Information attached, better copies available at the next meetings.

Stretching exercises attached, from Nicola the Physio who came with him last time.

James Forrester-Wood is attending Monday 21st March 7.30pm onwards and Stephen Kelly is attending Tuesday 5th April 1-2pm. They are both from Swindon Chiropractic Clinic in Stratton.
<http://www.swindonchiro.co.uk/index.php>

11th January is the date for NHS Clapham Hobbs Nail Care services coming out for our 6 weekly day session. Have you booked a place, and got your appointment? Appointments are totally private and cost £8.50. At the first session you are given a free nail care kit which contains clippers and file which is yours to keep. You'll need to bring this each time as it avoids cross-contamination of infections. Payment needs to be made at each session, cash or cheque (cash is preferable). Registration form attached.

Don't forget we have an Ice Hockey match to go to in January on the 22nd, Swindon Wildcats v Sheffield, at the Link Centre, West Swindon. Money is donated back to the group. £1 is refunded from an adult ticket, and £2 refunded from children tickets, a cheque is given to us on the day during half time. Adults tickets are £6 each and Children £3 each. Invitation open to anyone you wish to invite!! Warning, this is a noisy event!! Perhaps other family and friends may be interested to go in your place? Information and ticket information attached.

2010 Swindon Foggy's was created and we aimed to see what interest there might be and to get members joining. We had 70+ Foggy's contact us in 2010 and 2011 we're still having more contact us. Membership to the group is free and I want to keep it free. I don't think we should have to pay for support. There's always a bucket available at the meetings for voluntary donations though ☺.

Please consider buying a membership pack for £5!! It's not compulsory, but they do contain information, not just for Fibromyalgia (and related conditions) but also provides information for benefit assistance ideas, how to get benefit you are entitled to, and to whom to go to for help fighting claims. The pack provides forms for free courses you can attend and price lists for merchandise you can buy (or get friends to buy) all to help our group to raise awareness and provide support!!

We have a regular donation every month to the group from a good friend of mine and with his input, and a couple of members suggestions, we thought of a way to use that to help Foggy's in the future (Up until now its paid for starting up costs, etc). 2011 our aim is to increase on what we achieved in 2010 and provide physical support too. I'm visiting the Thamesdown Hydrotherapy Centre next week with a view to providing financial assistance to those wishing to take advantage of their Pool and Jacuzzi!! I will send out registration forms to everyone which you need to Doctor to sign. At the moment a visit to the pool and Jacuzzi costs £5 and we'd like Swindon Foggy's to pay half for every Foggy for 1 visit to the pool a month. As we get more money in, hopefully we can pay towards more visits a month.

With that in mind, we need to get more money into the group. Do you [know of an event in 2011](#), where we can have a tombola stall for example? You don't have to volunteer to hold it. I'm happy to do a few of them (but not mornings please). Last year for our first outing, when we were literally just setting up, I and the family, held a stall at the [Gypsy Lane Santa Summer Fete](#) <http://www.facebook.com/#!/group.php?gid=32598774206>. They are [hanging up the Christmas lights](#) (excuse the pun), [but](#) will be continuing their [summer fetes](#). They aren't sure of a date yet, but that is definitely going in the Foggy's calendar.

I also hope to be walking the 15K Prospect Hospice Ladies Starlight walk again. I managed it last year, (although my heels weren't happy with me), but with my Foggy's T-shirt adorned I'm doing it again, perhaps, with a little more training this time. I will be asking for sponsors, (not compulsory) as Prospect Hospice like us to raise £100 for them, and it is another excellent cause to raise money for. I know that's not helping Foggy's, but with my T-shirt with huge letters, it will certainly get us noticed (lettering is huge on back if you've not seen one).

Hope to see you and/or speak soon.

Love

Deb

If you have professionals that you'd like to come to our meetings, please let me know and I will try to book them, if it's relevant to Foggy's needs. We had a near embarrassing disaster this week. I got home after our afternoon meeting to find a phone message from someone who couldn't find us but had been booked to give a talk. I knew nothing about it. Could've been embarrassing if we'd had someone else booked in, and they'd turned up.

I'm not booking specialists/speakers for every meeting, as it is nice to have time just for members to have a chat with each other, and to pass on ideas they might have, and then to contradict the next paragraph, perhaps we could arrange a BBQ or something for the summer?

For all those weight conscious, I've found the Special K website which is free (well it is at the moment) and is very informative on menu ideas. If you don't like the suggestion, you can pick something else. Let me know if you do it please. With 6/7 in my household, I'm not going to at the moment, as we all don't like the same things but thought someone out there might be interested.

<http://www.myspecialk.co.uk>

We've had a good suggestion of having "Doctors ratings" where we can vote for our doctor on how supportive they are or not and keeping a poll of whom is best. Shall be uploading something very soon.

If you'd like to add anything to newsletters, please pass it on. I shall include it in future ones. Recipes, tips you have to deal with every day life, puzzles? Anything you think others would be interested in.

Diary Dates 2011:

11th January

Clapham Hobbs NHS Foot Care day session. By appointment only. Please ask for registration form and/or appointment.

22nd January

Swindon Wildcats v Sheffield Ice Hockey match, you can buy tickets on the night. Mention you're there for Swindon Foggy's/Swindon Fibromyalgia.

Tuesday 1st February 1 - 2 pm & Monday 21st February 2011

Jon Freeman, Swindon PCT is attending both meetings.

Wednesday 9th March 2011

PCT "Coping with Fibromyalgia" course starts

Monday 21st March 2011 & Tuesday 5th April 1 - 3 pm

Swindon Chiropractic Clinic in Stratton representatives attending both meetings.

8th - 11th April 2011

Chichester Fibromyalgia Conference and Pamper Reunion Weekend. This is organised by the South West Regional Controller for FMA UK, Jeanne Hambleton. This is something she organises herself, not in alliance with FMA UK.

June 2011

Prospect Starlight Walk possibly, not sure of date.

July 2011

Gipsy Lane Summer Fete possibly again, not sure of date.