

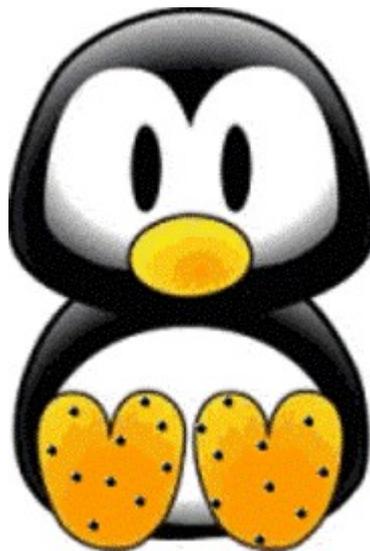
Swindon Foggy's
The Swindon "invisible illness" Support Group

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Newsletter 6

28th February 2011

Hi All

Hope you're all well and coping with the winter gloomy weather.

Swindon Foggy's have lots of changes on the way!! As you may have noticed, the name has changed to The Swindon "invisible illness" Support Group. As there aren't support groups in Swindon for other related/similar conditions and as a number of us unlucky people suffer with many other conditions as well as Fibromyalgia, we felt we should extend our support to all people struggling with other "invisible illnesses". The name was suggested by another Foggy member and I think it very apt.

Don't worry though, Swindon Fibromyalgia still exists !! (it is the name on the bank account), your support will not diminish or be pushed aside. I'm thinking also for example with the merchandise, that some people may want to wear "Swindon Foggy's Fibromyalgia Support Group" clothing, some may want to wear "Swindon Foggy's invisible illness Support Group" or Swindon Foggy's "Seasonal Affective Disorder Support Group" clothing.

I haven't decided whether to have separate membership packs or have the one pack to cover all conditions/symptoms, and that brings me nicely to price changing. I have tried very hard to keep costs low as I don't think we should have to pay to get support, however in reality, we need money to cover printing, folders, etc. and other running costs. We can't apply for grants until we've been running a year and that isn't until June 29th this year. So from the 1st April 2011, there will be charges of:

- The information packs currently £5 will be increased to £15 (if you purchase a website login as below, there will be no fee).
- The website is to have a members area (currently under construction) and this will have the one-off charge of £15 (if you have purchased a pack, then there will be no fee).
- Meetings will have a £1 contribution charge, this will be for sufferers only, (not for people that accompany you, unless they are a sufferer too). I believe that would be the fairest way, otherwise we'll have families only paying for one person.

I'm hoping for those who have purchased packs and/or website login, that there will be available (when I've purchased them), a free CD from the Avon & Wiltshire Mental Health Partnership NHS Trust. I can't purchase them all in one go, but will keep a note of who receives them and make sure nobody misses out.

Also hoping to have a scheme for the Thamesdown Hydrotherapy Pool, where we subsidise visits for paid members. That idea is still in progress though as the funding side of things needs looking into.

Please find to follow our calendar/diary of events. Don't forget the "Coping with Fibromyalgia" course starting 9th March 2011 and I hope to meet people who haven't been able to get to our meetings. I believe the course is fully booked now, but there are other available courses. I'm told the Chronic Fatigue one is very similar to the Fibromyalgia one, so get on that one instead !!

Please, very important please !! if you can't attend the course for any reason, let them know straight away, as this is a very popular course and there is a long list of people waiting !!

Clapham Hobbs Footcare have said our feet look so good, that they advise an 8 week appointment this time and have booked our next day session for Tuesday 19th April 2011. If you haven't registered, please ask for a registration form. Unfortunately if you're diabetic you are unable to take advantage of this service, unless low-risk diabetic in which case you'll need written permission from your doctor. It's a wonderful service, £8.50 they cut, trim and file your nails and you get to keep your own foot care pack to avoid cross-contamination of germs etc.

Think that's about it for now. Hope to see you soon and take care.

Deb x