

Swindon Foggy's

The Swindon "invisible illness" Support Group

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Newsletter 7

20th March 2011

Hi All

Hope you are all well. My spirits certainly have lifted with this lovely sun.

Membership packs have been giving me a bit of headache. I've decided on having a standard membership pack and then having "add-on's" for different conditions. You'll be given a checklist that you can choose from.

So as per last newsletter, from the 1st April 2011, charges will be:

- The information/membership packs will cost £15. This includes free login details for the website (see below).
- Add-on's will cost £ To be confirmed
- The website has a members area (currently under construction) and will cost £15 for the login details. Having the login gives you access to all information available. This is the preferred membership option. For all those who have already purchased a pack, I shall be giving you the login details very soon.
- 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 have a number of Relaxation CD's available for those who have purchased packs/website login details from the Avon & Wiltshire Mental Health Partnership NHS Trust. I have a record of memberships and shall 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.

Clapham Hobbs Footcare have been booked for 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.

The website is constantly being updated, so keep visiting us. A new page added is for the Blue Badge scheme giving information of how and where to apply and parking options.

I've also added newsletters that I've received from Swindon Carers which I hope you may find interesting. My daughter Katie works voluntarily for "Young Carers" and I have an appeal for ideas and/or donations, not just because she works there, I think it a good cause. One day a week young carers (children) meet up to give them a break from their everyday life, a chance to play with other kids and get a chance to "be" a kid. They get given a hot meal. Apparently funding has been cut and they now aren't able to provide the meal. I'm waiting on confirmation but I believe it costs £15 a week to provide the food and feed the kids and it guarantees them having at least one hot meal a week. I'd really like for Swindon Foggy's to fund this if possible. Thinking hats please !!

The links page has updates and includes a Foggy member offering Ironing services and a couple of holidaying companies

On our diary page, you'll see for the 3rd May, we have Linda coming to the meeting to tell us about Alpha-Stim. Linda is Group Leader for South Bucks and local representative for Alpha-Stim. I was asked to book her by another member who would like to hear about it. I'm very sceptical of products like this, however, I'm happy for them to come to the meeting and convince me otherwise. Details of Alpha-Stim can be found at <http://www.themicrocurrentsite.co.uk>. Disclaimer: Swindon Foggy's are not responsible for any companies / business / organisations advertised on our site. We advertise them in good faith.

On the fund-raising page (parts still under construction) we have an Amazon shop. Any of the items purchase through our page, although not buying from us direct, earns commission for Swindon Foggy's.

There are raffle tickets on sale, on behalf of FMA UK and pictures and prices of our newest merchandise.

I need to sort out funding for the group, but have to wait a year for a lot of the grants schemes. All monies received so far have paid for printing/stationery, merchandise and advertising (printing leaflets, posters etc.)

Does anyone work for a company who would display a cardboard box .. sounds weird I know, but its for collecting print cartridges and mobile phones, as we can earn money from unwanted phones and used cartridges. There are also envelopes available for you to send off 2 or 3 cartridges at a time.

If you haven't completed one of our questionnaires, please do so and return it to me. Information given is kept confidential and the results are very useful.

If anyone wants to add content to the newsletter, puzzles, competitions, story and pictures about yourself, cooking recipes, etc. pass them on, and I'll include next time. I'm sure you must get bored of me wittering on.

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

Deb