

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

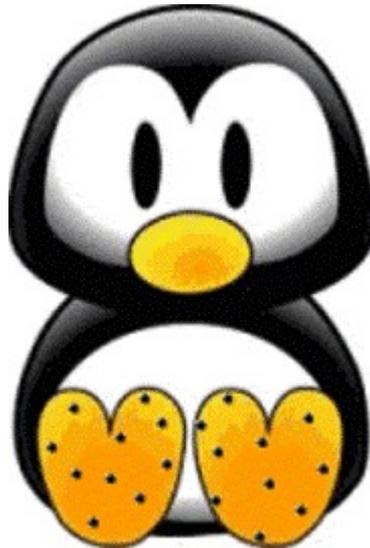
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**Newsletter 9**

**9<sup>th</sup> May 2011**

Hi all

Swindon Foggy's is nearly a year old !! and in that time over 120 people with FM have been in contact with the group. That's an astonishing number of people. A guestimate on numbers is 123: 108 women to 15 men. We need ideas on how to get the guys to meetings. Are you all shy ? or ashamed to admit to having FM? I do hope it's not the latter.

With Calne and Westbury I hope, we are doing a good job of providing support and raising awareness of the invisible illnesses. Swindon Foggy's started primarily as a Support Group for Fibromyalgia, we now provide support where possible for other "invisible illnesses". Currently our primary support is for Fibromyalgia, Chronic Fatigue Syndrome, Endometriosis, Irritable Bowel Syndrome and Polymyalgia Rheumatica & Giant Cell Arteritis and the national support groups are taking us on as their official Swindon Group.

How do you fancy a race night ? It's held at Liden Community Centre .. and is great fun. It can be a bit noisy if a large number attend, as you shout and encourage your horse/dog to win. It's a great fun fundraiser and would be brilliant to get everyone together .. with family and friends welcome too. I haven't booked anything as of yet, but do you think you'd be interested in coming ?!

The website is constantly updated. I've just added some new info. to the members area and added "live chat". I could do with some volunteers to become "contacts" for the social networking sites. If you use Bebo, Myspace etc. do you fancy being Swindon Foggy contact for that particular social network ?! You need to be calm and polite at all times even if dealing with complete numpty's who have nothing better to do than cause trouble on these sites. Let me know if you're interested and for which site.

New diary dates:

Thursday 12<sup>th</sup> May FM/CFS/ME Awareness Day .. hope you're wearing your ribbons and badges !!

Saturday 21<sup>st</sup> May Neurological Fair at Stratton Community Centre. Foggy's will be having a tombola stall, so sort out your jumble please !!

Saturday 26<sup>th</sup> June Team Foggy's doing the Starlight Walk. This year I'm doing the 10K as 15K was just a bit too much for me last year. Harder course this year though, up a lot of hills ... eeks !!

Diary to follow... I'm working on booking guests to fill the gaps.

We had a kind donation of a Floatation Cloud Nine voucher from Swindon Chiropractic Centre. All paid members had a ticket put in the cup and Katie (my youngest) drew the winning ticket which belonged to Paula Hills !! Well done Paula, let us know if it's good, it sounds lovely !! further info. at

<http://www.swindonchiro.co.uk/floatation.php>

Another idea for relaxing is the latest craze <http://www.drspafish.com> and the following testimony comes from 2 Foggy member's !! ...

*Basically there are different treatments, but I had a half a hour treatment, which included 15 minute treatment of your feet, and 15 minutes treatment of your hands and arms.*

*There are separate tanks for hands and feet. Basically you put your feet into the tank, and these special fish slowly nibble any dry skin off your feet. The sensation is a bit like lots of little vibrations, and a cross between pins and needles. Initially you get the giggles as the sensation feels quite weird at first*

*The shop is around the corner from Lush in Swindon, and is in the Brunel centre next to the GNC Shop.*

*I cannot believe how relaxing it was, as I went after work on Saturday. After having my feet and hands done I could literally have fallen asleep there and then. It is amazing how it has affected all the muscles in my hands and*

feet. They do not seem so tense and painful, and waking is a lot easier. It feels weird to have movement back in my joints, when before they were quite painful.

The cost for the feet and hands treatment is £15. (Money well spent in my opinion). And I was so impressed that I have bought a loyalty card, and have more sessions to follow. There are different offers as well.

It is a walk in service, you do not need to book, and just have to complete a small medical questionnaire.

**Feedback 2:** I tried the fish spa in the Brunel - it was amazing.

They do a Monday-Friday 5 treatments for £30 card. Must be used between 9-12 Mon to Fri.

Me: I must admit not sure on this one .. I really hate fish! I am going to try it soon though !!

The shop page and our Amazon page display a number of items to boost our funds and at the same time raising awareness and/or providing you with useful info. Take a look !! Items ordered and collected from meetings don't incur a p&p cost and delivery for one order is capped at £5.99. In other words, you can order as much as you like and postage won't go over £5.99. If you get charged more, the difference will be refunded but I hope to have this problem sorted in next couple of days.

A new item on the shop is your own email address ending [@butyoudontlooksick.co.uk](mailto:@butyoudontlooksick.co.uk) settings provided for setting up your pop mail will be provided !! A great way to introduce Fibromyalgia and other "invisible illnesses" to people when they ask what's that all about ?! One off price of £5.00 !!

I don't know how to automate purchases on the website, so it is a case of emailing me the preference of the address you require and waiting for me to set it up and confirm address with you. I'm nearly always on the end of my laptop so would be done fairly promptly.

FMA Raffle tickets closing date for me to send off sold tickets to them is 10<sup>th</sup> June. Top prize is a week in Malta !! As well as the Malta apartment, we have many other prizes including £50 of vouchers for Argos and many £20 and £10 vouchers for various High Street retailers including M&S and John Lewis. Just lovely for giving yourself a well deserved treat.

Or you could win a complete set of James Herriot books that will keep any winner well entertained probably until the next raffle. A set of six lead crystal champagne flutes will add a touch of glamour to any occasion and sets of luxury toiletries could make you feel glamorous too.

Other prizes include a mini gardening set, Baileys taster package, beach bag, wallets and scarf.

The draw will take place either at the Group Leaders' Meeting on 25th June or during the trustees' meeting on the same date and winners will be announced in the August magazine and on our website. The first prize winner will be notified immediately and other prizes will be posted out.

I will be away the end of June for a week, but will be picking up messages. Don't worry I've worked it around meetings and Starlight Walk ☺

That's about it for now .. take care, see you soon !!

Deb x