

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

**0844 887 2377**

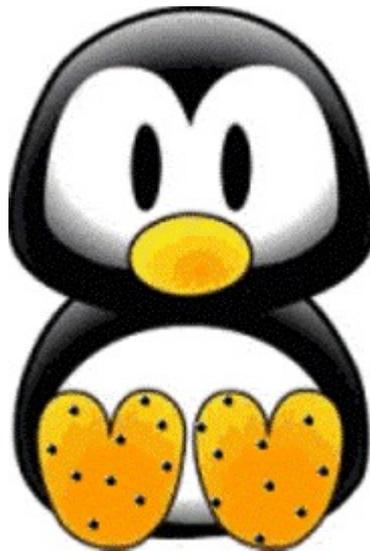
P O Box 3684  
Swindon  
SN3 9BW

[deb.cooke@swindon-support.co.uk](mailto:deb.cooke@swindon-support.co.uk)  
[swindon@wiltshire-support.co.uk](mailto:swindon@wiltshire-support.co.uk)

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

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

[www.butyoudontlooksick.co.uk](http://www.butyoudontlooksick.co.uk)



**Newsletter 10**

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

Swindon Foggy's has nearly reached 130 people with FM !! Not sure if that's good or not. It's good we're attracting people needing support, but obviously that means 130 people have or know someone with FM ☺

We originally setup as Fibromyalgia Support and are now extending our support to include other conditions. Our primary support is for Fibromyalgia, Chronic Fatigue Syndrome, Seasonal Affective Disorder, Endometriosis, Irritable Bowel Syndrome and Polymyalgia Rheumatica & Giant Cell Arteritis.

By filling in the questionnaire I hope to find info. out for other conditions that you maybe suffering with too, however, the primary support is for the above mentioned conditions. The national support organisations are recognising us on as their official Swindon Group. We are now working with "FMA UK", "UK Fibromyalgia" & "IBS Network". I have meetings booked with Endometriosis UK & PMRGCA to be able to include those too.

We are working with other groups in the area,  
[www.wiltshire-support.co.uk](http://www.wiltshire-support.co.uk) and our website as usual is being updated all the time  
[www.swindon-support.co.uk](http://www.swindon-support.co.uk)

If you haven't purchased membership, I am encouraging people to join web membership instead of the pack membership if possible. The information available now is immense, I couldn't possibly fit it in all one pack, which makes the web membership better value option to you. You can purchase memberships' online or at one of our meetings.

Please see diary at the end of the newsletter. I have booked a number of speakers and I'm rather proud to announce we have Mr David Griffiths, Consultant Gynaecologist booked Monday 20<sup>th</sup> June 7.30pm onwards !! Even, if you never come to a meeting again, please attend this one !! Of course, we do want you to attend lots ☺ as there are other speakers booked !!

I'm sorry I have to raise this subject, however, at a few meetings, noise levels have been high, especially when we have speakers booked and this can put people off from attending as a symptom of many of our conditions is intolerance to noise. Out of respect for members and speakers, please can you ensure that you aren't shouting/talking over someone else speaking.

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 25<sup>th</sup> 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.

We will be holding a raffle every month, hopefully, from June where paid members names are drawn from a hat. Junes' prize for the first 3 drawn will be 1 x paid session (swim) at Thamesdown Hydrotherapy Pool.

Thank you to Chrissie and Paula for helping me last weekend at the first ever Neurological Fair. Was a good day, met new people, old friends and raised awareness and £25.00. The highlight of my day was a little girl who really wanted the ducks on our tombola stall and pulled out the raffle ticket for them.

I can't vouch for the following link and photo from a magazine, however, thought it might be of interest to anyone wanting a mobile but unable to use the buttons. This mobile has large buttons for easier use [BIG BUTTON MOBILE'S](#) this is a safe link.

There is a "live chat" button on our website now. In theory other than the middle of the night, there should nearly always be a "Foggy" online to chat to. It's not unheard of finding one of us online in the middle of the night too.

We have a library of books to borrow, that I can bring to meetings' on request. They're too heavy to drag along each time otherwise. Please don't worry to ask if you want to borrow one of them. List attached.

Team Foggy are booked for Starlight Walk in June. Anyone wishing to join us, please do so, you'll be very welcome, although tutu's are required !! ☺  
[JOIN HERE](#) & [SPONSOR HERE ONLINE](#) safe links

Well I tried Dr Spa Fish and have to say, its' not for me ... because it freaked me out !!, having a shoal of fish descend on my feet was not to me pleasing, ... but as our 2 members found it beneficial, all I can say is try it.

I always welcome volunteers to help on stall's/fete's etc. and have just received one for 18<sup>th</sup> June 2011 at Even Swindon Primary School between 11.30am until 2.30pm .. hands up please ☺ !!

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 ☺

Well I was just signing off this newsletter when an email came through. I thought here we go what spam is this now, requesting I help some orphan child/dog/cat or sponsor a frog .. but no !! It was a lovely email from a Swindon gentleman, in his own words ...

*"A few friends and I organise charity Disco evening's four times a year for local Swindon charities, which we have done so for the past twelve years.*

*I am pleased to tell you that the last event was held on Saturday 14<sup>th</sup> May on behalf of Swindon Foggy's.*

*The evening was held at the Coleview Centre, Nythe Road, Swindon, who kindly have donated the hall free of charge for the past twelve years.*

*The event was by invitation only and we raised a sum of £750."*

I can't thank them enough, to say I was shaking with amazement and shock is an understatement ... and now we need ideas on what you'd like some of it spent on. I thought maybe ALL PAID members of Swindon Foggy's could have a "free" swim at Thamesdown Hydrotherapy Pool ? or maybe just leave it in the bank for now as a cushion ☺

Either way, with our raffle's too, its' beneficial for those who haven't purchased membership, do so please !! It's just a one off payment of £10 for web membership and £15 for pack and web membership (not as much info. provided on this one though). I only take expenses for Petrol and Telephone. All of the monies received go towards:

- Meetings
  - hall hire
  - refreshments
- Fundraising
  - merchandise
  - fete hall hire (if applicable)
  - tombola prizes and tickets
- Memberships
  - Printing out packs
  - Membership folders and badges

So that we can raise awareness of:

- Fibromyalgia,
- Chronic Fatigue Syndrome
- Seasonal Affective Disorder
- Endometriosis
- Irritable Bowel Syndrome and
- Polymyalgia Rheumatica & Giant Cell Arteritis

And get together to have a chinwag !!

Well I think that's about it for now .. take care, see you soon !!

*Deb x*