

# 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)

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

Working with other groups in Wiltshire

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



**Newsletter 11**

**8<sup>th</sup> June 2011**

Hi Foggy's

I have setup an online forum for questions relating to any worries or problems you might be experiencing, due to a couple of questions recently asked of me. It's not that I don't have time, but I had such a great response to an email I sent on a Foggy's behalf, that I thought it easier for you to join the forum and ask and/or respond as necessary. Clickable link if you're online ... [FORUM](#) and added recent worries with anonymous responses.



Please find attached an update on calendar events for 2011:

20<sup>th</sup> June 2011 our next evening meeting session has Mr David Griffiths - Consultant Gynaecologist attending. **This is a major booking and coup for our group, I am begging that as many of you attend as possible please.**

25<sup>th</sup> June 2011 Team Foggy's will be taking part in the Starlight Walk. For those interested in joining us, you'll need to book up with them, if not closed already (I'm not sure). Sponsorship would be appreciated though!! Hoping to raise and donate half and half to Prospect and Foggy's.

20th July 2011 is the next Avon and Wiltshire "Coping with Fibromyalgia" 5 week FREE course !! Book quickly as it filled up fast last time. Form attached.



Tuesday 7th June 2011, we had Sarita Dugh (who has FM herself) attend to give us a Wellness & Nutrition presentation. She has a number of products, and brochures available to assist with:

- Nutrition
- Losing/gaining weight
- More Energy
- Sports Nutrition
- Skin care for Men and Women

Which are based around herbal teas and protein milkshakes. The talk was very interesting !!

She can be contacted on 07943 118594  
[sarita@superhealthylifestyle.com](mailto:sarita@superhealthylifestyle.com)  
[www.superhealthylifestyle.com](http://www.superhealthylifestyle.com)



There are some changes to merchandise (see attached). Mugs, scarves and sunglasses have been reduced in price and there are some new additions to the merchandise available !! The merchandise brings in much needed pennies but also promotes awareness of the various conditions.



I recently took part in a Skype conference, as a trial for providing Endometriosis online support. I think that it will become an ongoing event, although still at trial stage at moment. I think it might be an idea to incorporate this into Swindon Foggy's support, not just for Endo, but for anything that people may want to talk about. I shall be asking people to take part in our own trials. You'll need a microphone (headset is good, as can keep your hands free).

Is anyone interested in taking part in a trial ? Please find attached copy of how to setup and use Skype. It's free by the way !!



I shall be away for a week from 26<sup>th</sup> June but will be contactable on phone and email.

Soft hugs to all

Deb

X

- ATTACHED: CALENDAR OF EVENTS
- TEAM FOGGY'S SPONSOR FORM
- FIBROMYALGIA 5 WEEK COURSE APPLICATION FORM
- MERCHANDISE LIST
- SKYPE INSTRUCTIONS