

Salisbury & Swindon Foggy's

Wiltshire "invisible illness" Support
(est. 29th June 2010)

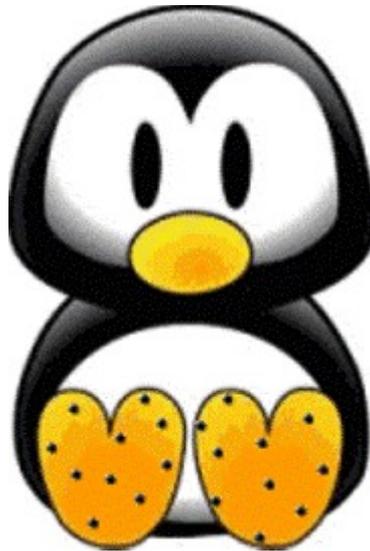
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Working with other groups in Wiltshire
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Newsletter 13

5th August 2011



Swindon Foggy's had our 1st birthday on 29th June, and we are now approaching the first anniversaries' of our first meetings; 16th August 2010 our first meeting and 7th September 2010 which was our first afternoon meeting.

It would be lovely if you could attend our next meeting 15th August 2011 (Swindon) and see what a difference, a year has made.



We've now reached 150 members and that brings me to our next news.



We now have a sister group ... "Salisbury Foggy's" and within the 150 members above, we welcome new people from Salisbury, Andover and Devizes areas.

The first Salisbury meeting is to be at:

Old Sarum Community Rooms
7 - 9 Partridge Way
Old Sarum
Salisbury SP4 6PX

Friday 9th September 2011

6.30pm - 8.30pm

and every second Friday of the month thereafter
7pm - 9pm



Swindon Foggy's is neither moving nor closing. There will be two groups ... Salisbury Foggy's and Swindon Foggy's.

For those that don't know, the name Foggy's came about because people with Fibromyalgia call their lack of thinking moments Fibro Fog and Swindon Foggy's was originally setup for Fibromyalgia support. The penguin came about because a comment was made that we waddle like penguins.

I haven't quite figured out the naming at the moment, so you might see Salisbury Foggy's, Swindon Foggy's, Wiltshire Foggy's or just Foggy's, as I try to find a comfortable name. I now answer the phone saying Foggy's, and for when I'm in another town, e.g. Trowbridge I'll use the name Wiltshire Foggy's.

So I will probably end up using a lot of variations' and if you see Foggy's you'll know it's us.

As I said Foggy's was originally setup as a Fibromyalgia support group (another reason for using Foggy's, its' far too long a name to answer phone with) and since we've discovered other members have similar and related conditions, we are now dedicated to raising awareness and providing support for:

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

We are working with:

- FMA UK registered charity no. 1042582
- IBS Network registered charity no. 1057563
- PMRGCA UK registered charity no. 1128723 and
- UK Fibromyalgia
- Endometriosis UK application is in progress

and are members of most of the national organisations with permission to distribute their literature.

We have a questionnaire you can complete which gives us an idea of conditions you suffer with and where possible we try to provide information and support for these too.



Attending meetings is free, although the bucket appreciates coins as this goes towards refreshments.

We have two membership options, neither are compulsory, however, you will be missing out on a vast amount of information:

- Printed pack membership £15 with charges for updates (printing costs)
- Web membership £10 and our preferred membership

Both memberships include a name badge, relaxation CD and Foggy's window sticker.



On the whole meetings are on an informal drop in basis, and we book speakers to most of the meetings during the year. Speakers in Swindon have been for example, Swindon PCT talking about the free courses they offer, Thamesdown Hydrotherapy Pool talking about their facilities and how the waters can ease pain if only for a while as the water is very warm.

We were thrilled to have Mr David Griffiths, Consultant Gynaecologist attend recently talking about Endometriosis and at our last meeting we had James Brown from Swindon Local Involvement (Link) Which is a service helping people to influence Health and Social Care Commissioners and Providers.

As you can see, the guests are very different and from a range of fields of information. Some meetings we don't book anyone just so we can have a catch up. We don't put people on the spot, you don't have to get up and say your name, or talk at all if you don't want to. It happened at the first meeting unintentionally and for some that experience can be unbearable.

We have rules, mostly about respect to others in the group. I attach a copy of them too.



This weekend 6th and 7th August 2011, Foggy's will be at SOLAM (Summer of Love and Music Festival) www.summerofloveandmusicfestival.net for further information.

Please find attached an update on calendar events for 2011.



You'll have to excuse the rambling style of my newsletters. I type as I think and although I do go back on what I've typed, it still rambles. I also disagree with the spell check and its grammar on a regular basis. It's like having Sat Nav and disagreeing with it for being wrong ... or is that just me again ☺

Hope to see you soon, soft hugs

Deb

X

ATTACHED:

- MEMBERSHIP APPLICATION
- QUESTIONNAIRE
- CALENDAR OF EVENTS
- GROUP RULES