

Salisbury & Swindon Foggy's

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

0844 887 2377

Correspondence Address only:

15 Edale Moor
Liden
Swindon SN3 6LT

deb.cooke@swindon-support.co.uk

www.butyoudontlooksick.co.uk

Working with other groups in Wiltshire

www.wiltshire-support.co.uk



Newsletter 14

19th September 2011

Hi

This is a very quick newsletter which isn't actually finished, so you'll probably receive it twice. I need to get some info. out quickly.



Swindon tonight we have Jackie Wray MS Therapy Centre attending as our speaker. Your attendance would be appreciated. They have a number of facilities available for our use.



Salisbury there is a blue badge petition urgently needing your signature. I can forward a copy of the petition to you later when I've received it. Completed forms need to be sent to Helen by 10th October 2011.

There are 8 spaces being taken away from blue badge holders in Market Square Salisbury and an extra 53 general use spaces.

They are giving back 9 however, the location of them are on busy roads and bus routes in Salisbury. The general use spaces are heavily used by blue badge holders too, so that's extra spaces lost. Helen in charge of the petition has figures of 5000 people in the Salisbury area are Blue badge holders!!

There is a meeting in Salisbury at 2.30pm tomorrow if you can attend at Chapel Nightclub !!



Member numbers are now over 165 !! We had a great evening in Salisbury gaining a few more members and will now be having meetings every second Friday of the month at Old Sarum Community Rooms, 7 - 9 Partridge Way, Old Sarum, Salisbury SP4 6PX 7 - 9pm.

The rooms in Salisbury have been setup as a Charity, number 1135605 and are maintained and run by the local neighbourhood. Having stumbled across the Old Sarum Community Rooms by accident, we are keen to support their cause of keeping them open. It's nice to see the community working together and we have received great support from them in return.



We have a Facebook group which is now moderated/monitored by myself, Mark and Ann. Both Mark and Ann are willing and hoping for members to get on there and discuss conditions, symptoms, life .. they and other members are available for you to chat to, if feeling alone.



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

Membership has changed. We now have the one charge of £10 with extra charges for printing copies of literature available. If you join as a member you get free access to the members area and the literature available, which you can view and print at your leisure, also a relaxation CD from Swindon PCT and Foggy's window sticker.

I couldn't understand where the money was going, so sat down and worked out that the printing is actually a lot more than I realised. By printing packs we were running at a loss.



The P O Box has been dropped due to the £80 !! increase in price this year to £200. The address now advertised is my home address and is for correspondence only please.



There are a number of ways to help fundraise, these can be found on the website, and I will produce a printed copy of this for our non-web members.

We have ink cartridge boxes available for your work place and envelopes for you to send off yours too. We get £1 for each cartridge that they can recycle. There is currently a box in Arval at Windmill. I have a couple more boxes if you know of anywhere that will take and display them for us !!



There is a new application pack available, details attached. If you need any of it, please let me know.

Hope to see you soon, soft hugs

Deb x

ATTACHED: MEMBERSHIP APPLICATION PACK INFO.
MEMBERSHIP APPLICATION FORM
LITERATURE PRICE LIST



Salisbury & Swindon Foggy's

Wiltshire "invisible illness" Support

Dedicated to raising awareness and providing support



Thank you for your interest in becoming a member of Salisbury and Swindon Foggy's Wiltshire "invisible illness" Support Group.

Please find our membership / information pack, which includes:

Foggy's Membership Form
Foggy's Group Rules and Guidelines
Foggy's Car/window sticker/bookmark
Literature price list and order form
Foggy's Standing Order form

Foggy's Advertising Poster
Foggy's hand-out
Foggy's Conditions Questionnaire
Foggy's Merchandise
Foggy's Cartridge Recycling envelope

Soft hugs and regards

Deb Cooke
Correspondence address only:
15 Edale Moor
Liden
Swindon SN3 6LT

0844 887 2377 or 01793 324667
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deb.cooke@wiltshire-support.co.uk
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Correspondence address only:
15 Edale Moor
Liden
Swindon SN3 6LT

Tel: 0844 887 2377

Membership Application

NAME: _____

ADDRESS: _____

_____ POST CODE: _____

TELEPHONE NUMBER (HOME): _____ MOBILE: _____

EMAIL ADDRESS: _____

NAME REQUIRED FOR MEMBERSHIP BADGE: _____

Please enclose £10 cash/cheque (to be made payable to Swindon Foggy's)
There are extra charges for printed literature

Please post form to the above address, or bring along to our next meeting

Dedicated to raising awareness and providing support



Salisbury and Swindon Foggy's

Wiltshire "invisible illness" Support

updated 14th September 2011



Paid members have web access to the following and are able to view and print them. Prices are for us to print and provide copies. The free items are for printed literature we haven't had to print and are available to you free and is available to non-members at same charges.

	SECTION 1 ~ CONDITION'S INFORMATION:		
CFS	<u>1-000001 BMJ Group: Chronic Fatigue Syndrome</u>		£0.45
CFS	<u>1-000002 Action for ME: Overview of M.E.</u>		£0.75
CFS	<u>1-000003 Action for ME: A Guide to Welfare Benefits</u>		£1.20
CFS	<u>1-000004 Action for ME: There are many faces of M.E. Hand-out</u>		FREE
CFS	<u>1-000005 Action for ME: There are many faces of M.E. Poster</u>		£0.15
CFS	<u>1-000006 Action for ME: M.E. in the Workplace</u>		£0.30
CFS	<u>1-000007 Action for ME: Pacing for People with M.E.</u>		£6.00
CFS	<u>1-000008 Action for ME: All about M.E. Symptoms and Management</u>		£7.20
CFS	<u>1-000009 Action for ME: Caring for somebody with M.E.</u>		£3.60
CFS	<u>1-000010 Action for ME: An Employer's guide to M.E.</u>		£4.20
CFS	<u>1-000011 Action for ME: M.E. and work</u>		£6.00
CFS	<u>1-000012 Life Extension: Chronic Fatigue Syndrome</u>		£0.90
CFS	<u>1-000013 Action for ME: Dashboard notice which Blue Badge holders can display when they park their cars</u>		£0.15
CFS	<u>1-000014 The Dietetic Association: CFS and Diet</u>		£0.30
CFS	<u>1-000015 The ME Association: Membership info. Let's give ME a Fair Deal</u>		FREE
CFS	<u>1-000016 Action for ME: "InterAction" Magazine Subscription & Membership Application</u>		£0.60
CFS	<u>1-000017 The ME Association: "ME Essential" Magazine Subscription & Membership info.</u>		£0.45
DEP	<u>1-000001 BMJ Group: Depression – adults</u>		£0.75
DEP	<u>1-000002 BMJ Group: Depression – children</u>		£0.60
DEP	<u>1-000003 BMJ Group: Depression – Postnatal</u>		£0.75
DEP	<u>1-000004 BMJ Group: Bipolar Disorder</u>		£0.75
DEP	<u>1-000005 The British Dietetic Association: Diet and Depression</u>		£0.30
DIET	<u>1-000001 The British Dietetic Association: Food Facts: Omega 3 Fatty Acids</u>		£0.15
DIET	<u>1-000002 The British Dietetic Association: Food Facts: Carbohydrates</u>		£0.30
DIET	<u>1-000003 The British Dietetic Association: Food Facts: Cholesterol</u>		£0.30
DIET	<u>1-000004 The British Dietetic Association: Food Facts: Fat</u>		£0.30
DIET	<u>1-000005 The British Dietetic Association: Food Facts: Folic Acid</u>		£0.30
DIET	<u>1-000006 The British Dietetic Association: Food Facts: Cholesterol - plant stanols/sterols</u>		£0.30
DIET	<u>1-000007 The British Dietetic Association: Food Facts: Pre/Probiotics</u>		£0.30
DIET	<u>1-000008 The British Dietetic Association: Food Facts: Salt</u>		£0.15

DIET	1-000009 The British Dietetic Association: Food Facts: Soya		£0.30
DIET	1-000010 The British Dietetic Association: Food Facts: Sugar		£0.30
DIET	1-000011 The British Dietetic Association: Food Facts: Trans Fatty Acid		£0.15
DIET	1-000012 The British Dietetic Association: Food Facts: Vitamin D		£0.30
DIET	1-000013 The British Dietetic Association: Food Facts: Wholegrains		£0.30
EDS	1-000001 Ehlers-Danlos Support Group: Literature Order Form		£0.60
EDS	1-000002 The Ehlers-Danlos Syndrome (Cutis Hyperelastica) By Dr. E. Moreno		£0.30
EDS	1-000003 BMJ Group: A patient's journey: Ehlers-Danlos Syndrome		£0.45
EDS	1-000004 about Ehlers-Danlos Support UK		FREE
END	1-000000 Endometriosis UK: "Endolink" Magazine Subscription & Membership Application		£0.60
END	1-000001 BMJ Group: Endometriosis		£0.60
END	1-000002 Endometriosis UK: Information Leaflet		£0.75
END	1-000003 Endometriosis UK: Who we are, and what we do		£0.45
END	1-000004 Endometriosis UK: Do you have Endometriosis?		FREE
END	1-000005 Endometriosis UK: Endometriosis in the UK: The challenges in Primary Care		£0.60
END	1-000006 Endometriosis UK: Getting a diagnosis		£0.45
END	1-000007 Endometriosis UK: Pain Diary		£0.30
END	1-000008 Endometriosis UK: Endometriosis in the Workplace: A resource for Employers		£0.60
END	1-000009 Endometriosis UK: Laparoscopic surgery for endometriosis		£0.75
END	1-000010 Endometriosis UK: Treatment options		£1.65
END	1-000011 Endometriosis UK: Is Hysterectomy the right option for me?: Making the decision		£0.75
END	1-000012 Endometriosis UK: Hysterectomy: Preparation & Recovery		£0.90
END	1-000013 Endometriosis UK: Hysterectomy: Other contacts		£0.30
END	1-000014 Endometriosis UK: Hysterectomy: Your Support Network		£0.90
END	1-000015 Endometriosis UK: Endometriosis, Fertility and Pregnancy		£1.20
END	1-000016 Endometriosis UK: Accessing Fertility Treatment in the UK		£0.45
END	1-000017 Endometriosis UK: Complementary therapy and infertility		£1.05
END	1-000018 Endometriosis UK: Fertility: Other contacts		£0.30
END	1-000019 Endometriosis UK: Disability & Benefits		£0.30
END	1-000020 Endometriosis UK: Consultation Questionnaire		£0.90
END	1-000021 BMJ Group: Heavy Periods		£0.45
END	1-000022 Endometriosis UK: What you're going through isn't normal (poster)		£0.15
END	1-000023 Endometriosis UK: What you're going through isn't normal (leaflet)		FREE
END	1-000024 Endometriosis UK: Living with endometriosis: Relationship and emotional issues		£2.40
END	1-000025 Endometriosis UK: Endometriosis and the Bladder		£0.45
END	1-000026 Endometriosis UK: Endometriosis and the Bowel		£0.75
	FMA UK: "Fibromyalgia Focus" Magazine Subscription NO LONGER BEING PRINTED as of SEPTEMBER 2011		
FIB	1-000000 UK Fibromyalgia: "Family Magazine" Subscription		£0.15
FIB	1-000001 FMA UK: So You have Fibromyalgia! What now!		£4.80
FIB	1-000002 FMA UK: Information Booklet		FREE
FIB	1-000003 FMA UK: Young People & Fibromyalgia		FREE
FIB	1-000004 BMJ Group: Fibromyalgia Summary		£0.75

FIB	1-000005 Arthritis Research Campaign Booklets: Fibromyalgia		FREE
FIB	1-000006 Arthritis Research UK Hands On No 7: Fibromyalgia Syndrome		£0.90
FIB	1-000007 FM/CFS/Me Resources (an informative sheet created by an American Sufferer)		£2.10
FIB	1-000008 Arthritis Research Campaign Booklets: Complementary and alternative medicine for Rheumatoid Arthritis, Osteoarthritis and Fibromyalgia		£12
FIB	1-000009 Fibro Action: Hand-out		FREE
FIB	1-000010 FMA UK: Hand-out		FREE
FIB	1-000011 Life Extension: Fibromyalgia		£1.05
FIB	1-000012 FDA Consumer Health Information: Living with Fibromyalgia, Drugs approved to manage pain		£0.30
FIB	1-000013 Trigger Point Manual written by Dr Jonathan Kuttner		£1.95
FIB	1-000014 FMA UK Coping with Fibromyalgia Day by Day		£1.20
FIB	The Spoon Theory by Christine Miserandino ©		£0.45
FIB	A Letter to Normal People by Claudia Marek ©		£0.30
IBS	1-000000 IBS Network: "Gut Reaction" Magazine Subscription & Membership Application		FREE
IBS	1-000001 BMJ Group: Irritable Bowel Syndrome		£0.60
IBS	1-000003 Core – the Digestive Disorders Foundation: Irritable Bowel Syndrome		£0.75
IBS	1-000004 IBS Network: What is Irritable Bowel Syndrome?		£0.60
IBS	1-000005 Diverticula including Diverticulosis, Diverticular Disease and Diverticulitis		£0.75
IBS	1-000006 BMJ Group: Diverticular Disease and Diverticulitis		£0.60
IBS	1-000007 NHS Choices: Diverticula Disease and Diverticulitis		£1.95
IBS	1-000008 Core – the Digestive Disorders Foundation: Diverticula Disease		£1.20
IBS	1-000009 Lactose Intolerance		£0.45
IBS	1-000010 The British Dietetic Association: What is IBS?		£0.30
PAIN	1-000001 The Pain Toolkit by Peter Moore		FREE
PAIN	1-000002 Gate Control Theory of Pain		£1.50
PAIN	1-000003 Cold Water and Pauses in Illumination Reduces Pain During Photodynamic Therapy: A Randomized Clinical Study		£0.75
PAIN	1-000004 The British Brain & Spine Foundation: Back and Neck Pain		£3.15
PAIN	1-000005 Plantar Fasciitis		£0.60
PAIN	1-000006 Arthritis Research UK: Plantar Fasciitis		£0.30
PAIN	1-000007 BMJ Group: Migraine		£0.45
PAIN	1-000008 The British Brain & Spine Foundation: Migraine		£0.75
PMR	1-000000 PMRGCAUK Membership & Magazine Subscription		£0.15
PMR	1-000001 Polymyalgia Rheumatica		£0.60
PMR	1-000002 Arthritis Research UK: Condition: Polymyalgia Rheumatica		FREE
PMR	1-000003 Arthritis Research UK: Condition: Giant Cell Arteritis		FREE
PMR	1-000004 PMRGCAUK: Polymyalgia Rheumatica and Giant Cell Arteritis UK: Handout Leaflet		£0.30
PMR	1-000005 The British Society for Rheumatology: Giant Cells Arteritis		£0.75
PMR	1-000006 PMRGCAUK: Polymyalgia Rheumatica and Giant Cell Arteritis UK: Temporal Artery Biopsy		£0.30
PMR	1-000007 PMRGCAUK: Polymyalgia Rheumatica and Giant Cell Arteritis UK: GCA debate in the House of Lords		£1.35
PMR	1-000008 The British Society for Rheumatology: Polymyalgia Rheumatica		£0.75

PMR	1-000009 Life Extension: Polymyalgia Rheumatica		£0.90
PMR	1-000010 Sarah Howard, MCSP, Physiotherapist: Exercise & PMR		£0.15
PMR	1-000011 PMRGCAUK: Contact Information		£0.15
SAD	1-000001 NHS Choices: Seasonal Affective Disorder		£1.80
SAD	1-000002 MIND: Seasonal Affective Disorder		£0.90
SAD	1-000003 SAD.org.uk: Seasonal Affective Disorder		£0.45
SAD	1-000004 SADA: SAD Clinics 2010/2011 & Light Therapy Equipment		£0.15
SAD	1-000005 Seasonal Affective Disorder: Ways To Beat The Winter Blues		£0.30
SAD	1-000006 SADA: Membership & Magazine Subscription ONLINE ONLY AT PRESENT		-
SELF	1-000001 GWH NHS Foundation Trust: Self Help: Effects of inactivity and stretches		£0.45
SELF	1-000002 The Self Care Toolkit by Peter Moore		£1.50
SELF	1-000003 Arthritis Research Campaign Booklets: Keep Moving		FREE
SELF	1-000004 Arthritis Research UK: Sleep and Arthritis: Self-help and daily living		FREE
TRI	1-000000 Trigeminal Neuralgia Association: Membership & Magazine Subscription		£0.30
TRI	1-000001 BMJ Group: Trigeminal Neuralgia		£0.60
TRI	1-000002 Trigeminal Neuralgia Association: Trigeminal Neuralgia: An overview: Feb 2011		£1.20
TRI	1-000003 Trigeminal Neuralgia Association: A basic guide for the general public		£0.30
TRI	1-000004 Trigeminal Neuralgia Association: Caring for someone with Trigeminal Neuralgia		£0.30
TRI	1-000005 Trigeminal Neuralgia Association: Post-Herpetic Neuralgia		£0.30
TRI	1-000006 Trigeminal Neuralgia Association: Multiple Sclerosis & Trigeminal Neuralgia		£0.30
TRI	1-000007 Trigeminal Neuralgia Association: Strategies for coping with pain		£0.30
TRI	1-000008 Trigeminal Neuralgia Association: Considering surgery for Trigeminal Neuralgia		£0.30
TRI	1-000009 Trigeminal Neuralgia Association: Surgical procedures for the treatment of Trigeminal Neuralgia: Gamma Knife		£0.30
TRI	1-000010 Trigeminal Neuralgia Association: Glycerol Injection and Thermocoagulation		£0.30
TRI	1-000011 Trigeminal Neuralgia Association: Surgical procedures for the treatment of Trigeminal Neuralgia: Microvascular depression (MVD)		£0.30
TRI	1-000012 Trigeminal Neuralgia Association: Glossopharyngeal Neuralgia		£0.30
TRI	1-000013 Trigeminal Neuralgia Association: Treating Trigeminal Neuralgia with medicine		£1.20
TRI	1-000014 American Academy of Neurology: Trigeminal Neuralgia		£0.30
TRI	1-000015 Trigeminal Neuralgia Association: Trigeminal Neuralgia: A basic guide for health providers		£0.30

SECTION 2 ~ PRESCRIPTION DRUG'S & INJECTIONS:

2-000010 Arthritis Research Campaign Booklets	Adalimumab		FREE
2-000032 Endometriosis UK	Add Back Therapy and Endometriosis		£0.30
2-000011 Arthritis Research Campaign Booklets	Allopurinol		FREE
2-000012 Arthritis Research Campaign Booklets	Amitriptyline		FREE
2-000013 Arthritis Research Campaign Booklets	Azathioprine		FREE
2-000033 Endometriosis UK	Buserelin / Suprecur[®]		£0.30
2-000014 Arthritis Research Campaign Booklets	Certolizumab Pegol		FREE
2-000015 Arthritis Research Campaign Booklets	Ciclosporin		FREE
2-000034 Endometriosis UK	The Combined Oral Contraceptive Pill		£0.45
2-000016 Arthritis Research Campaign Booklets	Cyclophosphamide		FREE
2-000035 Endometriosis UK	Danazol / Danol[®]		£0.30

2-000036 Endometriosis UK	<u>Decapeptyl[®] SR / Triptorelin</u>		£0.30
2-000037 Endometriosis UK	<u>Dimetriose[®] / Gestrinone</u>		£0.30
2-000017 Arthritis Research Campaign Booklets	<u>Drugs and Arthritis</u>		FREE
2-000018 Arthritis Research Campaign Booklets	<u>Drugs for Osteoporosis</u>		FREE
2-000038 Endometriosis UK	<u>Duphaston / Dydrogesterone</u>		£0.30
2-000019 Arthritis Research Campaign Booklets	<u>Etanercept</u>		FREE
2-000046 University College London Hospitals: NHS Foundation Trust	<u>Gabapentin / Neurotin</u>		£0.15
2-000020 Arthritis Research Campaign Booklets	<u>Gold by intramuscular injection</u>		FREE
2-000021 Arthritis Research Campaign Booklets	<u>Golimumab</u>		FREE
2-000043 Endometriosis UK	<u>Goserelin[®] / Zoladex</u>		£0.30
2-000022 Arthritis Research Campaign Booklets	<u>Hydroxychloroquine</u>		FREE
2-000023 Arthritis Research Campaign Booklets	<u>Iloprost</u>		FREE
2-000024 Arthritis Research Campaign Booklets	<u>Infliximab</u>		FREE
2-000025 Arthritis Research Campaign Booklets	<u>Intravenous Immunoglobulin</u>		FREE
2-000047 University College London Hospitals: NHS Foundation Trust	<u>Lamotrigine / Lamactil</u>		£0.15
2-000026 Arthritis Research Campaign Booklets	<u>Leflunomide</u>		FREE
2-000027 Arthritis Research Campaign Booklets	<u>Local steroid injections</u>		FREE
2-000049 University College London Hospitals: NHS Foundation Trust	<u>Lyrica / Pregabalin</u>		£0.15
2-000027 Arthritis Research Campaign Booklets	<u>Methotrexate</u>		FREE
2-000028 Arthritis Research Campaign Booklets	<u>Mycophenolate</u>		FREE
2-000029 Arthritis Research Campaign Booklets	<u>Non-Steroidal Anti-Inflammatory Drugs</u>		FREE
2-000039 Endometriosis UK	<u>Norethisterone / Primolut[®]</u>		£0.30
2-000048 University College London Hospitals: NHS Foundation Trust	<u>Oxcarbazepine / Trileptal</u>		£0.30
2-000030 Arthritis Research Campaign Booklets	<u>Pamidronate</u>		FREE
2-000040 Endometriosis UK	<u>Prostap S R / Leuprorelin Acetate[®]</u>		£0.30
2-000041 Endometriosis UK	<u>Provera[®] / Medroxyprogesterone</u>		£0.45
2-000031 Arthritis Research Campaign Booklets	<u>Rituximab</u>		FREE
2-000100 Arthritis Research Campaign Booklets	<u>Steroid tablets</u>		FREE
2-000101 Arthritis Research Campaign Booklets	<u>Sulfasalazine</u>		FREE
2-000042 Endometriosis UK	<u>Synarel[®] / Naferelin</u>		£0.30
2-000044 Novartis	<u>Tegretol[®] / Carbmamazepine</u>		£0.90
2-000045 University College London Hospitals: NHS Foundation Trust	<u>Tegretol[®] / Carbmamazepine</u>		£0.30
2-000102 Arthritis Research Campaign Booklets	<u>Tocilizumab</u>		FREE
ALTERNATIVE TREATMENTS:			
2-000200 Endometriosis UK	<u>Acupuncture</u>		£0.60
2-000201 Endometriosis UK	<u>Chinese Herbal Medicine</u>		£0.60
2-000202 Endometriosis UK	<u>Herbal Medicine</u>		£1.05
2-000203 Endometriosis UK	<u>Homeopathy</u>		£0.60
2-000204 Endometriosis UK	<u>Hypnotherapy</u>		£0.45
2-000205 Endometriosis UK	<u>Mirena Coil and the treatment of Endometriosis</u>		£0.60
2-000206 Endometriosis UK	<u>Nutritional Therapy</u>		£0.45
2-000207 Endometriosis UK	<u>Optimum Nutrition</u>		£0.90
2-000208 Endometriosis UK	<u>Reflexology</u>		£0.60
2-000209 Endometriosis UK	<u>Shiatsu and endometriosis</u>		£0.45
2-000210 Endometriosis UK	<u>Skenar Therapy</u>		£0.45
2-000211 Endometriosis UK	<u>Yoga</u>		£0.60

SECTION 3 ~ AVAILABLE SERVICES / OTHER INFORMATION:		
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3-000001 Salisbury & Swindon Foggy's Advice, Benefits & Welfare information and help		£2.85
3-000033 Endometriosis UK: Disability and Benefits		£0.30
3-000002 NHS Swindon Foot Care Services: Clapham Hobbs: Information leaflet		FREE
3-000003 NHS Swindon Foot Care Services: Clapham Hobbs: Registration form		£0.15
3-000004 Thamesdown Hydrotherapy Pool Association: Information hand-out		FREE
3-000005 Thamesdown Hydrotherapy Pool Association: Registration form		FREE
3-000006 Thamesdown Hydrotherapy Pool Association: Window sticker		FREE
3-000007 NHS Checkpoint		FREE
3-000008 Avon and Wiltshire Mental Health Partnership NHS Trust: List of free courses Swindon		£0.45
3-000009 Avon and Wiltshire Mental Health Partnership NHS Trust: List of free courses Kennet and North and West Wiltshire		£0.45
3-000010 Primary Care Psychology Service in Swindon and Wiltshire contacts		£0.15
3-000011 The Primary Care Psychology Service in Swindon, Kennet, North & West Wiltshire: Working It Out		FREE
3-000014 NHS Royal National Hospital: The Bath Out-Patient Fibromyalgia Coping Skills (FCS) Programme		£0.30
3-000015 NHS Guys Hospital, FM, CFS/ME Clinic London		£0.30
3-000016 The Blue Badge Scheme: Swindon		£0.30
3-000016 The Blue Badge Scheme: Salisbury		£0.30
3-000017 Swindon Card information and application form		£0.90
3-000018 Swindon Carers Centre: Information leaflet		FREE
3-000019 NHS Choices: The Eatwell Plate		£0.15
3-000020 NHS Choices: The Eatwell Plate (enlarged picture)		£0.15
3-000021 NHS Choices: Help and advice for living life well with a long term condition		£0.30
3-000022 NHS Swindon: Swindon Wheelchair & Special Seating Service: Your guide to getting a wheelchair		£0.30
3-000023 Department of Health: Warm Front Grant		£0.15
3-000024 What can my Pharmacy do for me?		£0.30
3-000030 NHS FP95 Prescription Pre-pay Certificate (PPC)		£0.30
3-000031 Medic Alert [®] Life-Saving Medical ID info.		FREE
3-000032 Medic Alert [®] Life-Saving Medical ID application form		FREE
The Yellow Card Scheme: Information regarding side effects from your medicines:		
3-000025 Yellow Card Poster		£0.15
3-000026 Information Card		£0.15
3-000027 Guidance to reporting		£1.05
3-000028 Yellow Card Information Presentation		£1.50
3-000029 Yellow Card Reporting form		£0.30

SECTION 4 ~ NEWSLETTERS & MEMBERSHIP DETAILS:			
Salisbury & Swindon Foggy's newsletters 4-000000:			
<u>Newsletter 01</u>	16th August 2010		£0.45
<u>Newsletter 02</u>	20th September 2010		£0.60
<u>Newsletter 03</u>	29th October 2010		£0.45
<u>Newsletter 04</u>	6th November 2010		£0.60
<u>Newsletter 05</u>	6th January 2011		£0.30
<u>Newsletter 06</u>	28th February 2011		£0.45
<u>Newsletter 07</u>	20th March 2011		£0.30
<u>Newsletter 08</u>	12th April 2011		£0.45
<u>Newsletter 09</u>	9th May 2011		£0.45
<u>Newsletter 10</u>	24th May 2011		£0.45
<u>Newsletter 11</u>	8th June 2011		£0.30
<u>Newsletter 12</u>	6th July 2011		£0.30
<u>Newsletter 13</u>	5th August 2011		£0.45
<u>Newsletter 14</u>	19 th September 2011		£0.30

SECTION 5 ~ LIBRARIES:			
<u>5-000001 Salisbury & Swindon Foggy's library inventory as of 1st January 2011</u>			£0.30
<u>5-000002 Swindon Libraries locations</u>			£0.45
<u>5-000004 Wiltshire Libraries Locations</u>			£0.15