

# Salisbury & Swindon Foggy's

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

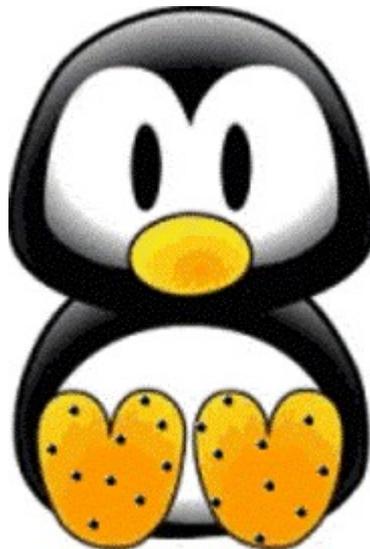
**0844 887 2377**

Correspondence Address only:  
15 Edale Moor  
Liden  
Swindon SN3 6LT

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

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

Working with other groups in Wiltshire  
[www.wiltshire-support.co.uk](http://www.wiltshire-support.co.uk)



**Newsletter 16**

**26th October 2011**

There is a change of venue for Salisbury meetings: informal drop-in support meetings will now be at:

Bishopdown Farm  
The Pavilion  
Ash Crescent  
SALISBURY SP1 3GY

and every second Friday of the month thereafter 7pm - 9pm. It is a disabled friendly building and has a flood-lit car park.



Wendy Morrison of PMRGCA UK has kindly agreed to give us a talk at our Swindon Group depending on interest. For those who don't know PMR is Polymyalgia Rheumatica and another condition that can come from this is Giant Cells Arteritis. I need to know if you would definitely be at the meeting so let me know asap please. Unfortunately she can't travel to Salisbury.



James from Link mentioned at the last Swindon meeting that if you want to be referred to Pain Management in your local hospital then ask your GP to refer you. They aren't allowed to refuse!! You can also ask for referrals to Royal Bath and St Guys who both specialise in Fibromyalgia/Chronic Fatigue Syndrome.

We're looking into the Salisbury Pain Management at this time and will let you know asap. You could as far as I know though be referred to Royal Bath and St Guys if you wish !!



For our onliners, I've found an useful link which raises money for your favourite charity as you shop [www.giveasyoulive.com/download](http://www.giveasyoulive.com/download) safe link. You can choose the charity you wish to donate to. Typing in Foggy's will find us. You can only donate to one charity and although will be nice if you choose us, there are a number of charities to choose from.



We're currently waiting on FMA to update our helpline. When you next ring the number you may get one of two volunteers who offered to take it on. As we've two groups, I'm hoping they'll give us another number, so that both volunteers who offered to take it on, can do so.

Going forward for Foggy's, I think at some point we will need to setup a Committee for the group. We can combine official meetings with our normal meetings fairly easily I think, as we'd only need about 5/10 minutes to do "official stuffs". At present, we can't apply for Grants, Gift Aid etc. and I'd like to register us as a proper charity which needs a Committee and a Constitution. NOBODY will be pushed to join Committee. Updates to come on this.



We are going to have a tree displayed in St Thomas's church in Salisbury thanks to one of our members passing me the details. We get to decorate it and advertise us for a week, end of November to the beginning of December. Look out for it !!



I've setup a database of people to send posters to for the whole of Wiltshire, consisting of Doctors, Community Centres and Libraries. Starting with Swindon and Salisbury (and surrounding), is anyone able to help deliver them?



Emergency help:

1. Have you got on your phone, the person you would want contacted if necessary? simple thing to do, is put "ICE" before the name in/on your phone/phonebook for your next of kin details. .. eg. ICE - NAME 01234 567890. ICE meaning "in case of emergency".
2. There are a number of jewellery items you can purchase from MedicAlert ® 0800 581 420 which can contain your medical details, allergies etc. Scheme sponsored by The Lions Club.
3. You can use "Message in a bottle" scheme. I should be receiving some in the next couple of days. You pop your medical info./requirements in the tub and pop it in your fridge. The people who need to know these details will know to look there, as you display sticker and poster on doors etc. Also a Lions Club scheme.



A recent email I sent to our online members, was the "Positive Change" campaign. A campaign with details of how (and what to say) to contact the General Medical Council, members of the Royal family, the Health Secretary and Lord Wills. Unfortunately, I can't print it all off for our people not on email as I've worked out it will cost £3.60 for each person. If you would like copies, I can copy them but it will cost you the £3.60. Apologies !



Dr Jon Freeman advised at his last visit to Swindon, that due to members demand, an IBS self-help free course has been setup.

Call 01793 836836 to book, or book online. Details can be found within contacts. I think its only available in Swindon at the moment. December meetings will be Christmas themed !! Our Swindon evening meeting 19th December, members have permission to use the bar !!

I shall bring the tombola, so bring your spends !! and will bring a selection of Christmas cakes, pies and some Christmas hats and crackers.



Update ... I've updated contacts and diary pages on the website and sections of the members area, which I noticed had broken links.



Please find attached an article a member forwarded to me, regarding music as and Fibromyalgia. Interesting I thought !!

Take care and soft hugs

Deb x

## Music Therapy Relieves Fibromyalgia Symptoms And Improves Patients' Quality Of Life

27 May 2011

University of Granada researchers have proven that music therapy combined with other relax techniques based on guided imagery reduces significantly pain, depression and anxiety, and improves sleep among patients suffering from fibromyalgia. Thus, this therapy enhances patients' quality of life. This pioneer experimental study in Europe has shown that these two techniques enhance the well-being and personal power of patients with fibromyalgia, who are allowed to take part in their treatment.

This research study was conducted with patients suffering from fibromyalgia from the provinces of Granada, Almería and Córdoba, Spain. They undertook a basal test at the beginning of the treatment, a post-basal test four weeks after the intervention, and another post-basal test eight weeks after the intervention, at the end of the study.

### Treatment at home

The researchers applied a relaxation technique based on guided imagery and music therapy to patients, in a series of sessions conducted by a researcher. Patients were given a CD to listen at home. Then, researchers measured a number of variables associated to the main symptoms of fibromyalgia as pain intensity, quality of life, impact of the condition on patient's daily life, sleep disorders, anxiety, depression, self-efficiency, well-being. Then, patients were given the chance to participate in their own treatment through an understanding of their condition.

Fibromyalgia is a chronic condition that affects and conditions patients' social, personal and working life and requires a multidisciplinary approach developed by a team of physicians, physiotherapists, experts in physical activity and sport, psychologists and nurses. According to University of Granada researchers, their study confirms that nursery has the tools as the art of relaxation with guided imagery and receptive music therapy that have proven effective in the alternative symptomatic treatment of this condition. The low cost, easy implementation, numerous advantages, and the fact that patients can get involved in their treatment at home are some of the many advantages of this technique.

Anyway, researchers state that "further empirical research studies are needed to address other physiological variables associated with the well-being generated by these two techniques, and that analyse patients' self-efficiency and personal power to get involved in their own treatment.

This piece of research was conducted by María Dolores Onieva Zafra, at the Department of Nursery of the University of Granada, and coordinated by professors Adelaida Castro Sánchez, Carmen Moreno y Guillermo Matarán. The results obtained in this study were published in the journal Pain Management Nursing.

Source: University of Granada, [AlphaGalileo Foundation](http://www.alphaGalileoFoundation.com).  
Article URL:  
<http://www.medicalnewstoday.com/releases/226659.php>

Day	Date	Time	#	Salisbury Meetings 2011 Every second Friday of the month: 7pm - 9pm
Friday	9th December 2011	7 - 9pm	4	Mel Cane Qualified Hypnotherapist will be showing us a simple relaxation and visualisation exercise  Christmas themed meeting:  There will be a Tombola and Christmas goodies, eg. mince pies/cakes
Friday	11th November 2011	7 - 9pm	3	Amanda Hargrave talking about how she manages to get relief from pain at our new venue: Bishopdown Farm The Pavilion Ash Crescent SALISBURY SP1 3GY

Day	Date	Time	#	Swindon Meetings 2011 Every first Tuesday of the month: 1pm - 3pm & Every third Monday of the month: 7.30pm onwards
Monday	19th December 2011	Evening 7.30pm onwards	32	Christmas themed meeting:  There will be a Tombola and Christmas goodies, eg. mince pies/cakes
Tuesday	6th December 2011	Afternoon 1 - 3pm	31	Christmas themed meeting:  There will be a Tombola and Christmas goodies, eg. mince pies/cakes
Monday	21st November 2011	Evening 7.30pm onwards	30	Dr Jon Freeman Primary Care Psychology Service Regarding the next free courses available
Tuesday	1st November 2011	Afternoon 1 - 3pm	29	Neil Montgomery Thamesdown Hydrotherapy Association