

# Swindon & Salisbury Foggy's

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

**0844 887 2377**

**0844 887 2485**

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 17**

**25<sup>th</sup> November 2011**

Hi hope you're not suffering too much as winter draws in.



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. She will be attending our Swindon afternoon meeting 1-3pm 7<sup>th</sup> February 2012.

A Salisbury member has kindly offered to bring a couple of members from Salisbury with him, so let me know if you're interested in coming.

This link displays PMRGCAUK's newsletters ... [www.pmrcauk.com/resources\\_newsletters.html](http://www.pmrcauk.com/resources_newsletters.html) If you want copies, please let me know.



We now have a Management Team !! I considered Committee option but felt that wasn't the best way forward for the group. Committee members can be voted in and out, and I've seen first hand how upsetting that can be. I think it also unfair that a person doing a job well in a role, can be voted out. Therefore our team will keep their roles until such time they want to stop. Our members attached.

**You might have noticed, on our first page, that we now have another helpline number, and these are "manned" by Ann and Barbara.**



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.



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

**However, I can't bring the tombola to Salisbury as the hall hire agreement says they're not allowed on the premises !!**

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. We will be at the church on Monday 28<sup>th</sup> putting it up and Monday 5<sup>th</sup> December taking it down.



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. **Still have a few left, although can order more.**



Another idea you might find useful is a "Radar Key". It lets you into "Disabled toilets" nationally, available from Tourist information (Swindons' I believe is now in Swindon Central Library).



The website is constantly updated, don't forget to look in on it. If you're a paid member, please ask for login details !!

**Look on UK Fibromyalgia Forum as they have interesting advice about DWP & a Solicitor you can ask questions of !!**

Postal members: I'm very sorry but we will be charging £12 a year to cover printing and postal costs. We don't want to charge, however we're running at a loss on this. This will be on a January – December rate, so that all members paying postal membership, will renew in January each year. (Membership form attached).

Take care and soft hugs

# Deb x

Web members: If you have paid there will be no further charge and this stays at £10 life membership.



Jeanne of FMA UK (although not for them) has arranged a conference again this year. Details attached !!



The bank has now been changed to Foggy's, to allow for us adding new towns (if I'm ever mad enough). Thought it would be easier than keep changing it too much.

We have some Christmas cards left for sale and don't forget our other merchandise !! (attached).



Diaries looking a little empty at moment, will be looking to fill spaces as soon as I can.



I've a couple more print cartridge collection boxes, if anyone can make use of them ? They need displaying at a workplace etc.

I'm awaiting on news of a possible shop for us to use in Swindons' Town Centre, will need all your bric a brac. Not keen on having clothes, as they need display poles, hangers etc. Shoes and accessories will be good though. Don't start giving it to me yet though, hasn't been confirmed !!

Think that's about it for me this time, hopefully see you next at our meetings: our Christmas Do's !! Christmas hats' most welcome !!

ENCLOSED:

List of Management Team  
Membership form  
Conference info.  
Merchandise list.  
Diary 2011 & 2012

## Swindon & Salisbury Foggy's Management Team

Swindon & Salisbury Foggy's have a "Management Team" as opposed to Committee. The reasons for this is, that there was some concern from FMA UK, and because I've seen first-hand having a Committee can lead to bitterness, arguments and unnecessary behaviour which can cause a group / club to collapse. By operating this way, I hope the group will avoid unnecessary trouble. The Management Team will still be able to discuss ideas/events and vote where necessary. However, as Group Leader I will have the ultimate and deciding vote.

Roles will be appointed, and will only become vacant when a person resigns. Our current team are:

Groups' Founder/Leader, Secretary, Treasurer and Webmistress	Deb Davis
Management Team Chairman	Ian Davis
Helpline Volunteer: <b>0844 887 2377</b>	Ann O'Kelly
Helpline Volunteer: <b>0844 887 2485</b>	Barbara Parker
Salisbury Public Relations Officer	Gemma Clavell
Swindon Public Relations Officer	Mark Arnell
Wiltshire Public Relations Officer	need
Librarian	need
<i>I have a number of books, magazines which need someone to log who borrows them and bring them to meetings when required for borrowing.</i>	need
	need
Salisbury Social Secretary/Meeting Organiser	need
Swindon Social Secretary/Meeting Organiser	need
<i>Arrange for speakers to attend and check that they will have all they need.</i>	
<i>Plan events/activities for Foggy members.</i>	
Salisbury Fundraiser	need
Swindon Fundraiser	need
Wiltshire Fundraiser	need
<i>This doesn't mean you'll be the person fundraising!! This role requires someone to organise fundraising venues and ensuring that there will be someone available to attend.</i>	
PCT and Medical Professionals' Liaison Officer	need
Keeping us informed of any developments and information.	
Benefit Advisor	need
Could be linked to PCT Liaison Officer role	
General Management Team Members	
Swindon	Rachel Offley
Swindon	Chrissie O'Leary
Salisbury	Linda Somerford
Salisbury	Sally Dixon

# Salisbury & Swindon Foggy's

Wiltshire "invisible illness" Support

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

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



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

**0844 887 2377 or  
0844 887 2485**

## Membership Application

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ POST CODE: \_\_\_\_\_

TELEPHONE NUMBER (HOME): \_\_\_\_\_ MOBILE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

NAME REQUIRED FOR MEMBERSHIP BADGE: \_\_\_\_\_

POSTAL MEMBERSHIP      £12.00 ANNUAL FEE     

WEB MEMBERSHIP      £10.00 LIFETIME FEE     

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

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

For office use only:	
Document Received:	
Approved by:	
Renew date:	

## Salisbury & Swindon Foggy's Merchandise Price List 2011

Code	Item	Qty	Size	Colour	Price each £	SUB-TOTAL £
000000	Salisbury & Swindon Foggy's: Membership Pack				£15.00	
000002	Salisbury & Swindon Foggy's: Sunglasses <b>REDUCED PRICE</b>				£3.00	
000003	Salisbury & Swindon Foggy's: Scarf <b>REDUCED PRICE</b>				£3.00	
000004	Swindon Foggy's: Notepad				£1.00	
000005	Salisbury & Swindon Foggy's: Badge				£0.50	
000006 PURPLE	Salisbury & Swindon Foggy's: Wrist Band: Purple				£1.50	
000006 GREEN	Salisbury & Swindon Foggy's: Wrist Band: Green				£1.50	
000006 PERIWINKLE	Salisbury & Swindon Foggy's: Wrist Band: Periwinkle				£1.50	
000007 PURPLE	Salisbury & Swindon Foggy's: Gummie Band: Purple				50p each or 3 for £1.00 mix and match colours	
000007 GREEN	Salisbury & Swindon Foggy's: Gummie Band: Green					
000007 BLUE	Salisbury & Swindon Foggy's: Gummie Band: Blue					
000007 YELLOW	Salisbury & Swindon Foggy's: Gummie Band: Yellow					
000008 PURPLE	Salisbury & Swindon Foggy's: Awareness Ribbon: Purple					
000008 GREEN	Salisbury & Swindon Foggy's: Awareness Ribbon: Green					
000008 PERIWINKLE	Salisbury & Swindon Foggy's: Awareness Ribbon: Periwinkle					
000010	Salisbury & Swindon Foggy's: Vest Top		S, M, L, XL, XXL			£15.00
000011	Salisbury & Swindon Foggy's: T-shirt		S, M, L, XL, XXL, XXXL		£15.00	
000012	Salisbury & Swindon Foggy's: Hooded top no zip		S, M, L, XL, XXL		£30.00	
000013	Salisbury & Swindon Foggy's: Hooded full zip		S, M, L, XL, XXL		£30.00	
000020	Salisbury & Swindon Foggy's: Christmas Cards x 10				£2.50	
000030	Action for ME: Badge				£1.50	
000031	Action for ME: Wrist Band				£1.50	
000040	FMA UK: Awareness Ribbon				£0.50	
000041	FMA UK: Badge				£1.50	
000042	FMA UK: Wrist band				£1.50	
000043	FMA UK: Pen				£1.20	
000050	Salisbury & Swindon Foggy's: Newsletter's back issues, Please quote numbers of newsletter(s) required:				£0.50	
						<b>Optional:</b> I would like to make a donation of £
						Add £5.99 p&p charge if delivery required * £
						<b>TOTAL £</b>

## AWARENESS COLOURS

Purple:	Fibromyalgia, Peripheral Neuropathy & Polymyalgia Rheumatica
Blue:	Chronic Fatigue Syndrome
Periwinkle:	Irritable Bowel Syndrome
Green:	Seasonal Affective Disorder
Yellow:	Endometriosis
Yellow Polka Dots:	FMA UK
Multi-coloured	Action for ME

### DELIVERY DETAILS:

Name:

Address:

Post Code:

Telephone Number:

OR COLLECT FROM MEETING: YES / NO (Circle appropriate answer)

Please allow 28 days for delivery, although sometimes depending on colour, can take longer.  
\* It is preferred that orders be collected from meetings' as it saves postal costs on both sides.

Please include cash / cheque with order.

**Cheques to be made payable in £ sterling to Swindon Foggy's and sent to:**

Salisbury & Swindon Foggy's  
Wiltshire "invisible illness" Support  
15 Edale Moor  
Liden  
Swindon SN3 6LT

**FRUIT OF THE LOOM: COLOUR CHART**



**T-SHIRT**

- BLACK
- GREY
- HEATHER
- NAVY
- ORANGE
- RED
- ROYAL
- YELLOW
- WHITE

**VEST TOP**

- BLACK
- DEEP NAVY
- HEATHER GREY
- RED
- WHITE

**Please Note: Actual shirt colors may vary slightly from those pictured.**



# GILDAN: COLOUR CHART

Colours may vary from monitor to monitor



## FULL ZIP HOODED TOP

- ASH
- BLACK
- CAROLINA BLUE
- DARK CHOCOLATE
- FOREST GREEN
- IRISH GREEN
- LIGHT BLUE
- LIGHT PINK
- MAROON
- NAVY
- ORANGE
- PURPLE
- RED
- ROYAL
- SPORT GREY
- WHITE

## NO ZIP HOODED TOP

- ASH GREY
- BLACK
- CAROLINA BLUE
- CHERRY RED
- DARK CHOCOLATE
- DARK HEATHER
- FOREST GREEN
- GOLD
- HONEY
- INDIGO BLUE
- IRISH GREEN
- KIWI
- LIGHT BLUE
- LIGHT PINK
- MAROON
- NAVY
- ORANGE
- PAPRIKA
- PINK
- PURPLE
- RED
- ROYAL
- SAND
- SPORT GREY
- VIOLET
- WHITE

Day	Date	Time	Event/information 2011
	29th November - 4th December		Foggy's Christmas Tree will be on display in St Thomas's Church Salisbury for their Christmas Tree Festival 2011

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 <b>Christmas themed meeting: Christmas goodies, eg. mince pies/cakes</b>

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

<b>VENUE</b>			<b>MEETING #</b>	<b>GUEST SPEAKER OR MORE INFO.</b>	<b>TIME</b>
Swindon	03/01/2012		33		1 - 3pm
Salisbury	13/01/2012		5		7 - 9pm
Swindon	16/01/2012		34	JENNIFER - AROMATHERAPIST	7.30pm onwards
	23/01/2012	29/01/2012		Food Allergy and Food Intolerance Week	
Swindon	07/02/2012		35	WENDY MORRISON: PMRGCAUK	1 - 3pm
Salisbury	10/02/2012		6		7 - 9pm
Swindon	20/02/2012		36		7.30pm onwards
	05/03/2012	11/03/2012		International Endometriosis Awareness Week	
Swindon	06/03/2012		37	JACKIE WRAY: SWINDON MS THERAPY CENTRE	1 - 3pm
Salisbury	09/03/2012		7		7 - 9pm
Swindon	19/03/2012		38		7.30pm onwards
Swindon	03/04/2012		39		1 - 3pm
	11/04/2012	17/04/2012		Depression Awareness Week UK	
Salisbury	13/04/2012		8		7 - 9pm
Swindon	16/04/2012		40		7.30pm onwards
	APRIL			IBS Awareness Month	
Swindon	01/05/2012		41		1 - 3pm
	08/05/2012	14/05/2012		Arthritis Awareness Week	
	08/05/2012	14/05/2012		Chronic Fatigue / M. E. Awareness Week	
	08/05/2012	14/05/2012		Dystonia Awareness Week	
Salisbury	11/05/2012		9		7 - 9pm
	12/05/2012			International Fibromyalgia & Chronic Fatigue Awareness Day	
Swindon	21/05/2012		42		7.30pm onwards
	23/05/2012	29/05/2012		MS Awareness Week UK	
	23/05/2012	30/05/2012		Mental Health Awareness Week UK	
	25/05/2012			International MS Awareness Day	
Swindon	05/06/2012		43		1 - 3pm
Salisbury	08/06/2012		10		7 - 9pm
Swindon	18/06/2012		44		7.30pm onwards
Swindon	03/07/2012		45		1 - 3pm
Salisbury	13/07/2012		11		7 - 9pm
Swindon	16/07/2012		46		7.30pm onwards
Swindon	07/08/2012		47		1 - 3pm
Salisbury	10/08/2012		12		7 - 9pm
Swindon	20/08/2012		48		7.30pm onwards
Swindon	04/09/2012		49		1 - 3pm
	04/09/2012	11/09/2012		Fibromyalgia Awareness Week UK	
	04/09/2012	11/09/2012		Migraine Awareness Week UK	
Salisbury	14/09/2012		13		7 - 9pm
Swindon	17/09/2012		50		7.30pm onwards
Swindon	02/10/2012		51		1 - 3pm
	10/10/2012			World Mental Health Day	
Salisbury	12/10/2012		14		7 - 9pm
	12/10/2012			World Arthritis Day	
Swindon	15/10/2012		52		7.30pm onwards
Swindon	06/11/2012		53		1 - 3pm
Salisbury	09/11/2012		15		7 - 9pm
Swindon	19/11/2012		54		7.30pm onwards
Swindon	04/12/2012		55		1 - 3pm
Salisbury	14/12/2012		16		7 - 9pm
Swindon	17/12/2012		56		7.30pm onwards