

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.cooke@wiltshire-support.co.uk

www.butyoudontlooksick.co.uk

Working with other groups in Wiltshire
www.wiltshire-support.co.uk



Newsletter 18

25th February 2012

Hi

I've not sent out a newsletter lately, and thought we might need a catch up on news.



Wendy Morrison of PMRGCA UK came and gave a chat about PMR and GCA, which I think most of us found useful.

It was also nice to see Salisbury Foggy's meet Swindon Foggy's.



One of our help lines still isn't working, so for the time being you'll need to use the line "manned" by Barbara 0844 887 2485.



Please check out our fundraising page for ways you can help raise funds.

A couple of links require no monies from you. By purchasing through the links the companies will send a percentage to us.



Salisbury meetings will stay the same as usual.

We thought we'd lost the hall, but for the time being, we can keep using it. There's been a change of Committee for them which caused unnecessary panic.



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



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



We had a great week running the Foggy's shop in Swindon, Monday 13th February through to Sunday 19th February.

Raised funds and more importantly awareness for the group.

Photos are on the website !!



Changes to meetings:

Salisbury meetings stay the same, every second Friday of the month 7 – 9pm.

Swindon meetings, the Monday evening stays the same, third Monday of the month 7.30pm onwards.

Swindon Tuesday afternoon changes to the first Wednesday afternoon of the month 1pm – 3pm.

All meetings are on a drop-in basis, you don't need to stay the whole time and can come in late or leave early if you need to.



Talking of meetings, we need to bring some order to them. I hate having to pick people out at the meetings, to "tell them off", embarrassing for me and them.

The last couple of meetings, have resulted in people shouting over other people, and then another couple start shouting over them and the volume gets so high and no-one gets heard. As a Foggy with hearing issues, it does become intolerable. It's also very upsetting for those trying to get support and heard.

If we have speakers, can we please listen to what THEY have to say. There will be questions and answers after they've finished.

Someone has just mentioned Co-counselling to me, and reading about it, it seems a clever, simple idea which we could start from our next "speaker-less" meetings.

Basically you pair up, one talks about their problems and upsets whilst their pair listens and then they swap round.

I can imagine that will be very effective and helpful.

The calendar still has empty spaces. I was concentrating on the shop, so will now give my attention to the diary.

I'd like to invite someone knowledgeable about benefits. Does anyone know of someone who we could invite? We're all struggling to apply and understand them.



We have 2 fun nights/days which are more about socialising than support meetings, as we need some fun in our lives.

5th March 2012, Skittles at Haydon Wick Club. Please invite others to come. Tickets are going to be £1 a person and we'll be having tombola too.

It's from 7pm I believe, just turn up !!

Open to all, Salisbury Foggy's if you're up to the journey will be great to see you.

Refreshments (food and drink) will be available at extra cost at the bar.



23rd June 2012 we'll be having a BBQ at Lydiard Park, will let you know further info. nearer the time.



To those on Facebook, will know I posted an email that I received, on my page, which was very rude. Name removed of course, I would not intentionally disclose private info.

I sent out an email about cats, nothing to do with Foggy's and I apologise to those who found it offensive. I did receive another complaint about it.

I don't send out emails like that normally, but it made me smile, on a day that I needed one, and thought it would to others. I won't do that again. From now on, my emails will be Foggy's stuffs. I shall keep cute cats and men chasing cursors for my Facebook page.

If you don't want to be on the mailing list, please let me know. I would prefer polite requests.



I attach copy of updated merchandise form, some prices have been reduced !!

Also attached membership form and diary 2012.



We have a few bagpacking dates in July and December. If you can't help (understandable), can you volunteer someone? We can do it in hour shifts for those willing to help.

I think that's it ... hope to see you at skittles on the 5th March or at our next meetings.

The March Swindon evening meeting scheduled for 19th March is cancelled !!!!!

Take care and soft hugs

Deb x

ENCLOSED:

Membership form
Merchandise list.
Diary 2011 & 2012

Foggy's

Wiltshire "invisible illness" Support

membership@wiltshire-support.co.uk

www.wiltshire-support.co.uk



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

**0844 887 2377 Ann
&
0844 887 2485 Barbara**

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:	

Dedicated to raising awareness and providing support

Foggy's Merchandise Price List 2012

Code	Item	Qty	Size	Price each £	SUB-TOTAL £
000000	Foggy's: Web Membership			£10.00	
000000	Foggy's: Postal Membership			£12.00	
000001	Foggy's: Mug			£3.00	
000002	Foggy's: Sunglasses			£2.00	
000003	Foggy's: Scarf			£3.00	
000004	Swindon Foggy's: Notepad			£1.00	
000005 PENGUIN	Foggy's: Badge			£1.00	
000005 WHITE	Foggy's: Badge: Hug Me Gently (White)			£1.00	
000005 PURPLE	Foggy's: Badge: Hug Me Gently (Purple)			£1.00	
000005 AIR	Foggy's: Badge: You Can't See Air			£1.00	
000006 PURPLE	Foggy's: Wrist Band: Purple			£1.50	
000006 GREEN	Foggy's: Wrist Band: Green			£1.50	
000006 PERIWINKLE	Foggy's: Wrist Band: Periwinkle			£1.50	
000007 PURPLE	Foggy's: Gummie Band: Purple			50p each or 3 for £1.00 mix and match colours	
000007 GREEN	Foggy's: Gummie Band: Green				
000007 BLUE	Foggy's: Gummie Band: Blue				
000007 YELLOW	Foggy's: Gummie Band: Yellow				
000008 PURPLE	Foggy's: Awareness Ribbon: Purple				
000008 GREEN	Foggy's: Awareness Ribbon: Green				
000008 PERIWINKLE	Foggy's: Awareness Ribbon: Periwinkle				
000010	Foggy's: Vest Top		S, M, L, XL, XXL	£15.00	
000011	Foggy's: T-shirt		S, M, L, XL, XXL, XXXL	£15.00	
000012	Foggy's: Hooded top no zip		S, M, L, XL, XXL	£30.00	
000013	Foggy's: Hooded full zip		S, M, L, XL, XXL	£30.00	
000020	Foggy's: Christmas Cards x 10			£2.00	
000021 BLUE	Emergency Poncho's: Blue			£1.00	
000021 YELLOW	Emergency Poncho's: Yellow			£1.00	
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			£1.50	
				Optional: I would like to make a donation of £	
				Add £5.99 p&p charge if delivery required * £	
				TOTAL £	

AWARENESS COLOURS

Purple:	Fibromyalgia, Peripheral Neuropathy & Polymyalgia Rheumatica
Blue:	Arthritic & Rheumatic conditions, M.E. & 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 Foggy's and sent to:

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
 PAPIKA
 PINK
 PURPLE
 RED
 ROYAL
 SAND
 SPORT GREY
 VIOLET
 WHITE

VENUE	DATE		DAY	MEETING #	GUEST SPEAKER OR MORE INFO.	TIME
SWINDON	05/03/2012		MONDAY	1	SKITTLES EVENING	7PM ONWARDS
	05/03/2012	11/03/2012			INTERNATIONAL ENDOMETRIOSIS AWARENESS WEEK	
SWINDON	06/03/2012		TUESDAY	36	JACKIE WRAY: SWINDON MS THERAPY CENTRE	1 - 3PM
SALISBURY	09/03/2012		FRIDAY	6	MEL CANE QUALIFIED HYPNOTHERAPIST SHOWING US SIMPLE RELAXATION AND VISUALISATION EXERCISES	7 - 9PM
SWINDON	19/03/2012		MONDAY	37	MEETING CANCELLED !!	
SWINDON	03/04/2012		TUESDAY	38	LUCY HAWKES SENIOR ASSISTANT PSYCHOLOGIST SWINDON AND WILTSHIRE PRIMARY CARE PSYCHOLOGY SERVICE	
	11/04/2012	17/04/2012			DEPRESSION AWARENESS WEEK UK	7.30PM ONWARDS
SALISBURY	13/04/2012		FRIDAY	7	KATE HALLIDAY ADVANCED MENTAL HEALTH PRACTITIONER (ACTING) SWINDON AND WILTSHIRE PRIMARY CARE PSYCHOLOGY SERVICE	7 - 9PM
SWINDON	16/04/2012		MONDAY	39		7.30PM ONWARDS
	APRIL				IBS AWARENESS MONTH	
SWINDON	01/05/2012		TUESDAY	40	SWINDON VOLUNTEER SERVICES	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		FRIDAY	8	LINDSEY MIDDLEMISS FIBRO ACTION FOUNDER & CHAIR	7 - 9PM
	12/05/2012				INTERNATIONAL FIBROMYALGIA & CHRONIC FATIGUE AWARENESS DAY	
SWINDON	21/05/2012		MONDAY	41		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		TUESDAY	42	JAMES BROWN ENGAGEMENT OFFICER SWINDON LOCAL INVOLVEMENT NETWORK (LINK)	1 - 3PM
	06/06/2012		WEDNESDAY		SWAP (Swindon Walcot & Parks Community Group) together with BPCC (Buckhurst Park Community Centre) Fun Day to celebrate the Queen's Diamond Jubilee and the London Olympics	TBA
SALISBURY	08/06/2012		FRIDAY	9		7 - 9PM
SWINDON	18/06/2012		MONDAY	43		7.30PM ONWARDS

	23/06/2012				FOGGY'S BBQ LYDIARD PARK TBC	
SWINDON	03/07/2012		TUESDAY	44		1 - 3PM
SALISBURY	13/07/2012		FRIDAY	10		7 - 9PM
SWINDON	12/07/2012		THURSDAY		BAGPACKING ~ SAINSBURY'S - BRIDGEMEAD	
SWINDON	14/07/2012		SATURDAY		BAGPACKING ~ SAINSBURY'S - BRIDGEMEAD	
SWINDON	15/07/2012		SUNDAY		BAGPACKING ~ SAINSBURY'S - BRIDGEMEAD	
SWINDON	16/07/2012		MONDAY	45		7.30PM ONWARDS
SWINDON	07/08/2012		TUESDAY	46		1 - 3PM
SALISBURY	10/08/2012		FRIDAY	11		7 - 9PM
SWINDON	20/08/2012		MONDAY	47		7.30PM ONWARDS
SWINDON	04/09/2012		TUESDAY	48		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		FRIDAY	12		7 - 9PM
SWINDON	17/09/2012		MONDAY	49		7.30PM ONWARDS
SWINDON	02/10/2012		TUESDAY	50		1 - 3PM
	10/10/2012				WORLD MENTAL HEALTH DAY	
SALISBURY	12/10/2012		FRIDAY	13		7 - 9PM
	12/10/2012				WORLD ARTHRITIS DAY	
SWINDON	15/10/2012		MONDAY	51		7.30PM ONWARDS
SWINDON	06/11/2012		TUESDAY	52		1 - 3PM
SALISBURY	09/11/2012		FRIDAY	14		7 - 9PM
SWINDON	19/11/2012		MONDAY	53		7.30PM ONWARDS
SWINDON	04/12/2012		TUESDAY	54		1 - 3PM
SWINDON	08/12/2012		SATURDAY		BAGPACKING ~ SAINSBURY'S - BRIDGEMEAD	
SWINDON	09/12/2012		SUNDAY		BAGPACKING ~ SAINSBURY'S - BRIDGEMEAD	
SWINDON	13/12/2012		THURSDAY		BAGPACKING ~ SAINSBURY'S - BRIDGEMEAD	
SALISBURY	14/12/2012		FRIDAY	15		7 - 9PM
SWINDON	17/12/2012		MONDAY	55		7.30PM ONWARDS