

**ARTHRITIS**

**CHRONIC FATIGUE SYNDROME**

**ENDOMETRIOSIS**

**FIBROMYALGIA**

**IRRITABLE BOWEL SYNDROME**

**M. E.**

**SWINDON & SALISBURY FOGGY'S**

EST. 29<sup>TH</sup> JUNE 2010

DEDICATED TO RAISING AWARENESS, PROVIDING SUPPORT AND  
PROMOTING POSITIVITY



**WILTSHIRE "INVISIBLE ILLNESS" SUPPORT**

**NEWSLETTER 20**

10<sup>TH</sup> JULY 2012

[WWW.WILTSHIRE-SUPPORT.CO.UK](http://WWW.WILTSHIRE-SUPPORT.CO.UK)

GROUP FOUNDER  
[DEB.COOKE@SWINDON-SUPPORT.CO.UK](mailto:DEB.COOKE@SWINDON-SUPPORT.CO.UK)

**0844 887 2377 BARBARA**

**0844 887 2485 ANN**

CORRESPONDENCE ADDRESS ONLY:  
112 ELBOROUGH ROAD  
SWINDON SN2 2LP

**PERIPHERAL NEUROPATHY**

**RHEUMATIC CONDITIONS**

**POLYMYALGIA RHEUMATICA & GIANT CELL ARTERITIS**

**SEASONAL AFFECTIVE DISORDER**

**TRIGEMINAL NEURALGIA**

Hi Foggy's

Short newsletter this time.

Swindon Foggy's **EVENING** meeting is moving.

1<sup>st</sup> Wednesday of the month will still be at Liden  
1 – 3pm.

**From August !!** The 3<sup>rd</sup> Monday of the month meeting is moving to the Haydon Centre, Thames Avenue, Swindon SN25 1QQ. This has a lot more parking available and is better lit.



The last July meeting on Monday 16<sup>th</sup> will still be at Liden. I can't come to this meeting, but Ann has stepped in to host (no speakers planned) and would very much like you to attend and have a catch up.



Salisbury Foggy's aren't meeting in August but we **ARE** now in Swindon !!



I've included updated posters for Swindon and Salisbury, please take one to your doctors' surgery. Thank you !!



Both our Foggy's Helplines are "woman-end" by Ann on 0844 887 2377 and Barbara on 0844 887 2485 between 12 and 4 and welcome a chat.



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



Don't suffer alone, there are a number of forums online, e.g. FMA UK and FibroAction's new one, PMR and of course Foggy's has a facebook group. There's nearly always someone online !!



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

**FMA UK has a benefits helpline:**

0844 887 2450

0844 826 9033

An FMA UK run helpline that provides information in relation to all aspects of benefits.

Please note this is a national rate call charge

Opening times:

Mon 10.00 am - 12 noon; and

Fri 10.00 am - 12 noon.



Bagpacking this weekend has changed. We've cancelled Thursday and Sunday and at Sainsbury's suggestion, the 4 of us are bucket rattling and having our merchandise table. Let everyone know please !

That's Sainsbury's, Bridgemoor, West Swindon !!



Copy of our diary of events attached. Need to do something for Fibromyalgia awareness week, any suggestions ?



Take care and soft hugs

Deb x

ENCLOSED:

- Diary 2012
- Swindon Poster
- Salisbury Poster

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**ENDOMETRIOSIS**  
**IRRITABLE BOWEL SYNDROME**

**CHRONIC FATIGUE SYNDROME**  
**FIBROMYALGIA**  
**M. E.**

**SALISBURY FOGGY'S**

EST. 14<sup>TH</sup> JULY 2011

DEDICATED TO RAISING AWARENESS, PROVIDING SUPPORT AND PROMOTING POSITIVITY



**WILTSHIRE 'INVISIBLE ILLNESS' SUPPORT**

WE HOLD INFORMAL DROP-IN SUPPORT MEETINGS AT:

**BISHOPDOWN FARM  
THE PAVILION  
ASH CRESCENT  
SALISBURY SP1 3GY**

**EVERY SECOND FRIDAY OF THE MONTH: 7PM - 9PM**

**[WWW.SALISBURY-SUPPORT.CO.UK](http://WWW.SALISBURY-SUPPORT.CO.UK)**

**GROUP FOUNDER  
[DEB.COOKE@SALISBURY-SUPPORT.CO.UK](mailto:DEB.COOKE@SALISBURY-SUPPORT.CO.UK)**

**0844 887 2377  
0844 887 2485  
BETWEEN 12PM - 4PM**      **ANN  
BARBARA  
MONDAY - FRIDAY**

**PERIPHERAL NEUROPATHY**

**RHEUMATIC CONDITIONS**

**POLYMYALGIA RHEUMATICA & GIANT CELL ARTERITIS**

**SEASONAL AFFECTIVE  
DISORDER**

**TRIGEMINAL NEURALGIA**



VENUE	DAY	DATE			GUEST SPEAKER OR MORE INFO.	TIME
<b>SALISBURY</b>	FRIDAY	13/07/2012				7pm - 9pm
<b>SWINDON</b>	SATURDAY	14/07/2012		<b>FUNDRAISING</b>	<b>TIN RATTLING - SAINSBURY'S - BRIDGEMEAD, SWINDON</b>	12noon onwards
<b>SWINDON</b>	MONDAY	16/07/2012			LIDEN CENTRE - SWINDON	7pm - 9pm
<b>SWINDON</b>	WEDNESDAY	01/08/2012			LIDEN CENTRE - SWINDON	1pm - 3pm
<b>SALISBURY</b>	FRIDAY	10/08/2012		<b>NO MEETING !!</b>		
<b>SWINDON</b>	MONDAY	20/08/2012			<b>NEW VENUE: THE HAYDON CENTRE - SWINDON</b>	7pm - 9pm
		04/09/2012	11/09/2012	AWARENESS	FIBROMYALGIA WEEK	
		04/09/2012	11/09/2012	AWARENESS	MIGRAINE WEEK	
<b>SWINDON</b>	WEDNESDAY	05/09/2012		SPEAKER	JAMES BROWN SWINDON LOCAL INVOLVEMENT NETWORK (LINK)	1pm - 3pm
<b>SALISBURY</b>	FRIDAY	14/09/2012			TRISH COWIE ACTIVE HEALTH CLASSES	7pm - 9pm
<b>SWINDON</b>	MONDAY	17/09/2012			<b>NEW VENUE: THE HAYDON CENTRE - SWINDON</b>	7pm - 9pm
<b>SWINDON</b>	WEDNESDAY	03/10/2012		SPEAKER	JACKIE WRAY SWINDON MS THERAPY CENTRE	1pm - 3pm
		10/10/2012		AWARENESS	MENTAL HEALTH - INTERNATIONAL DAY	
<b>SALISBURY</b>	FRIDAY	12/10/2012				7pm - 9pm
		12/10/2012		AWARENESS	ARTHRITIS - INTERNATIONAL DAY	
<b>SWINDON</b>	MONDAY	15/10/2012			<b>NEW VENUE: THE HAYDON CENTRE - SWINDON</b>	7pm - 9pm
<b>SWINDON</b>	WEDNESDAY	07/11/2012				1pm - 3pm
<b>SALISBURY</b>	FRIDAY	09/11/2012				7pm - 9pm
<b>SWINDON</b>	MONDAY	19/11/2012			<b>NEW VENUE: THE HAYDON CENTRE - SWINDON</b>	7pm - 9pm
<b>SWINDON</b>	WEDNESDAY	05/12/2012			<b>CHRISTMAS MEETING</b>	1pm - 3pm
<b>SWINDON</b>	FRIDAY	07/12/2012		<b>FUNDRAISING</b>	<b>BAGPACKING - TESCO OCOTAL WAY, SWINDON</b>	5pm - 9 pm
<b>SWINDON</b>	SATURDAY	08/12/2012		<b>FUNDRAISING</b>	<b>BAGPACKING - SAINSBURY'S - BRIDGEMEAD, SWINDON</b>	11am - 4pm
<b>SWINDON</b>	SUNDAY	09/12/2012		<b>FUNDRAISING</b>	<b>BAGPACKING - SAINSBURY'S - BRIDGEMEAD, SWINDON</b>	11am - 4pm
<b>SWINDON</b>	THURSDAY	13/12/2012		<b>FUNDRAISING</b>	<b>BAGPACKING - SAINSBURY'S - BRIDGEMEAD, SWINDON</b>	5pm - 9pm
<b>SWINDON</b>	THURSDAY	20/12/2012		<b>FUNDRAISING</b>	<b>BAGPACKING - TESCO OCOTAL WAY, SWINDON</b>	5pm - 9 pm
<b>SALISBURY</b>	FRIDAY	14/12/2012			<b>CHRISTMAS MEETING</b>	7pm - 9pm
<b>SWINDON</b>	MONDAY	17/12/2012			<b>CHRISTMAS MEETING</b>	7pm - 9pm