

ARTHRITIS
FIBROMYALGIA

CHRONIC FATIGUE SYNDROME
M. E.

IRRITABLE BOWEL SYNDROME

FOGGEY'S

EST. 29 JUNE 2012



"INVISIBLE ILLNESS" SUPPORT

NEWSLETTER 22

13th OCTOBER 2012

www.butyoudontlooksick.co.uk

GROUP FOUNDER
DEB COOKE

deb.cooke@butyoudontlooksick.co.uk

0844 887 2377
0844 887 2485

BETWEEN 12PM – 4PM

ANN
BARBARA

MONDAY – FRIDAY

CORRESPONDENCE ADDRESS ONLY:
112 ELBOROUGH ROAD
SWINDON SN2 2LP

PERIPHERAL NEUROPATHY

RHEUMATIC CONDITIONS

POLYMYALGIA RHEUMATICA & GIANT CELL ARTERITIS

SEASONAL AFFECTIVE DISORDER

TRIGEMINAL NEURALGIA

Hi

EVENING meetings are now cancelled until after Christmas. Our last one in Swindon will be Monday 15th October 2012 at the Haydon Centre.

We will still meet at Liden Community Centre the first Wednesday of the month but time is changing to **12 – 2pm !!** So our parents can get back in time to do the school runs !!

We are looking to find halls that don't cost so much. £25 and £30 a month seems an excessive amount to pay out.



Monday 15th October, we have Pete from Helping U Slim coming.

Both Ann and I have lost 1 stone 3lbs since we've been going !! There are no fads, no gimmicks to buy, just straight-forward common sense.

I feel so much better in myself. It helps confidence if nothing else !!



Salisbury, Friday, 9th November 2012, we are meeting at Inspire Mobility, Unit 11 Glenmore Business Park, Telford Road, Salisbury SP2 7GL. To view gadgets etc. to make our life a little easier. They will be putting on teas/coffees too ☺. 7 – 9pm !!

Meetings will still be £1, although not necessary at Salisbury November meet.



We will be booking a lot more speakers in 2013. I do apologise, for lack of them in 2012.



We have some fundraising booked for December.

All monies go to Foggy's !! It pays for ink for newsletters, posters and leaflets, pays for membership to all the national Support Organisations and pays for hall hire. There are magazines available for Foggy members to borrow, which we receive from our membership to the national Support Organisations, e.g. UK Fibromyalgia and PMRGCA UK.

I'm also applying for grants to assist with paying for hall hire, leaflet printing, national Organisation memberships, but it's the wrong time of year apparently.

Please see attached our Equal Opportunities Policy and Vulnerable Adults policy, both needed when applying for Grants and for you legally to see.



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

Membership is £10 web lifetime membership and £12 annually for postal members.



I've stepped down as Acting Regional Coordinator for FMA UK, for Wiltshire and Gloucestershire.

I setup Foggy's for people in Swindon SN postcodes and Salisbury SP postcodes and I would prefer to give Foggy's my whole attention. It was getting too distracting.



Website link for the free NHS LIFT Psychology "Coping with" courses
<http://lift.awp.nhs.uk/all-courses/browse>. These are available for people in Swindon and Wiltshire. Telephone numbers as follows:

Swindon:

Lift Psychology
2nd Floor
Old Town Surgery
Curie Avenue
Swindon
SN1 4GB
01793 836836

South Wiltshire

Lift Psychology
Heathwood
Fountain Way
Wilton Road
Salisbury SP2 7FD
01722 820267

Kennet and North & South Wiltshire

Lift Psychology
Green Lane Hospital
Devizes
Wiltshire
SN10 5DS

01380 731335

I'm still waiting on Vitamin D confirmation from Swindon PCT, will let you know when I've hear anything.



Our team going to the conference have cancelled. I have attached info. for anyone still interested !! It's a very informative weekend, I just can't afford it at the moment.



We have a new clothing supplier, see attached for photo of vest shirt and hooded top available. Also available are T Shirts in male and female cuts.

Take care and soft hugs

Deb x

ENCLOSED:

³⁵₁₇ Merchandise 2012
³⁵₁₇ Equal Opportunities Policy
³⁵₁₇ Vulnerable Adults Policy
³⁵₁₇ Conference info.
³⁵₁₇ Conference booking form
³⁵₁₇ Diary 2012

PRICE LIST 2012

CODE	ITEM	QTY	SIZE / COLOUR	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	FOGGY'S: NOTEPAD			£1.00	
000005 PENGUIN	FOGGY'S: BADGE			£1.00	
000005 WHITE	BADGE: HUG ME GENTLY (WHITE)			£1.00	
000005 PURPLE	BADGE: HUG ME GENTLY (PURPLE)			£1.00	
000005 WHITE AIR	BADGE: YOU CAN'T SEE AIR (WHITE)			£1.00	
000005 PURPLE AIR	BADGE: YOU CAN'T SEE AIR (PURPLE)			£1.00	
000005 A4ME	ACTION FOR ME: BADGE			£1.50	
000005 FMA	FMA UK: BADGE			£1.50	
000006 PURPLE	FOGGY'S: WRIST BAND: PURPLE			£1.50 EACH	
000006 GREEN	FOGGY'S: WRIST BAND: GREEN				
000006 PERIWINKLE	FOGGY'S: WRIST BAND: PERIWINKLE				
000006 A4ME	ACTION FOR ME: WRIST BAND			£1.50	
000006 FMA	FMA UK: WRIST BAND			£1.50	
000007 FMA	FMA UK: PEN			£1.50	
000008 PURPLE	FOGGY'S: AWARENESS RIBBON: PURPLE			50P EACH	
000008 GREEN	FOGGY'S: AWARENESS RIBBON: GREEN				
000008 PERIWINKLE	FOGGY'S: AWARENESS RIBBON: PERIWINKLE				
000008 FMA	FMA UK: AWARENESS RIBBON			£0.50	
000009	FOGGY'S: VEST TOP	XS to XL		£10.00	
000010	FOGGY'S: MALE T-SHIRT	S to XXL		£10.00	
000011	FOGGY'S: FEMALE T-SHIRT	S to XXL		£10.00	
000012	FOGGY'S: HOODED FULL ZIP	XS to XL		£22.00	
	OPTIONAL: I WOULD LIKE TO MAKE A DONATION OF £				
	ADD £5.99 P&P CHARGE IF DELIVERY REQUIRED * £				
	TOTAL £				

NAME:

ADDRESS:

POST CODE:

TELEPHONE NUMBER:

OR COLLECT FROM MEETING: YES / NO (CIRCLE APPROPRIATE ANSWER)
* It Is Preferred That Orders Be Collected From Meetings' As It Saves Postal Costs On Both Sides.

Please Allow 28 Days For Delivery, Although Sometimes Depending On Colour, Can Take Longer.

Please Include Cash / Cheque With Order. **Cheques to Be Made Payable In £ Sterling to Foggy's and Sent to:**

Correspondence Address Only:
Foggy's "Invisible Illness" Support
112 Elborough Road
Swindon SN2 2LP

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 Polka Dots:	FMA UK
Multi-Coloured:	Action For Me

Foggy's Vest Top
000009



Black
Deep Navy
Fuchsia
Kiwi
Orange
Red
Sunflower
White

Fruit of the Loom Lady Fit Rib Strap Vest
100% cotton 1 x 1 rib.
Self fabric bound neckline and straps.
Weight: White 210 gsm Cols 220 gsm

Size:	XS	S	M	L	XL
Ladies size:	8	10	12	14	16
Chest (to fit):	30	32	34	36	38

Garment sizes are approximate and for guidance only.

Colour representation is only as accurate as the web design process allows.

£10.00 each

Foggy's full zip Hooded Top
000012



NAVY BLUE
HEATHER GREY
HOT PINK
BLACK
PURPLE
WHITE
BABY PINK
RED
GREEN
SAPPHIRE BLUE

Material: 80% cotton/ 20% polyester.
Covered full length zip.
Double fabric hood with self coloured draw cord.
Velvet tape at back neck.
Front pouch pockets.
Right front pocket has a small hidden opening for ear phone cord.
Hidden ear phone loops.
Deep hem.
Ribbed cuffs and hem.
Twin needle stitching detail.
WRAP certified production.
Weight: 280 gsm

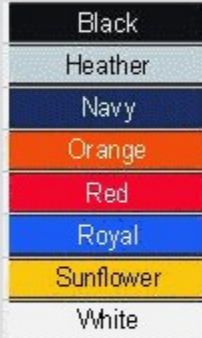
Size:	XS	S	M	L	XL
Ladies size:	8	10	12	14	16
Chest (to fit):	30	32	34	36	38

Garment sizes are approximate and for guidance only.

Colour representation is only as accurate as the web design process allows.

£22.00 each

Fruit of the Loom Original T Shirt
000010



**personalised with Foggy logo and text
as per vest top above**

100% cotton Belcoro® yarn.

Taped neckline

Weight: White 135 gsm Cols 145 gsm

Size:	S	M	L	XL	XXL
Chest (to fit):	35/37	38/40	41/43	44/46	47/49

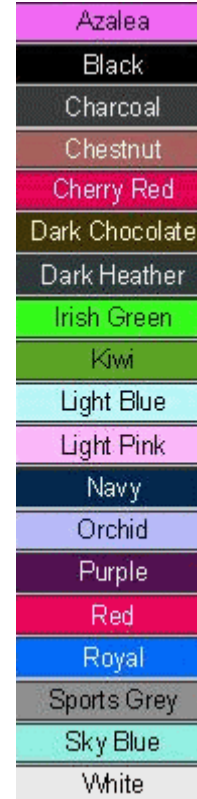
*heather 97% cotton / 3% polyester.

Garment sizes are approximate and for guidance only.

Colour representation is only as accurate as the web design process allows.

£10.00 each

Gildan SoftStyle™ Ladies Fitted Ringspun T Shirt
000011



**personalised with Foggy logo and text
as per vest top above**

100% ringspun cotton.

Narrow 1/2" neck rib.

Seamless twin needle collar.

Taped neck and shoulders.

Twin needle sleeves and hem.

Weight: White 150 gsm Cols 155 gsm

Size:	S	M	L	XL	XXL
Ladies size:	8/10	10/12	12/14	14/16	16/18

Garment sizes are approximate and for guidance only.

Colour representation is only as accurate as the web design process allows.

£10.00 each

4th NATIONAL FIBROMYALGIA CONFERENCE CHICHESTER 26th - 29th APRIL 2013



**PLEASE SHARE THIS WITH YOUR MEMBERS. THANK YOU.
WE CAN RESERVE A NUMBER OF ROOMS FOR YOUR GROUP IF REQUIRED.**

Last Easter the conference was the best yet with overseas speakers including Professor Muhammad Yunus, the 'Godfather' of Fibromyalgia who came from the USA. From Canada we had the humorous Dr Kevin White, author of an award winning book and specialist on Fibro Fog. Dr Gary Lee, a consultant from Southampton University, was another great hit with his down to earth explanations on pain and FM. AND we had rave reviews from our delegates.

We also had a Harley Street consultant Professor Richard Powell, a specialist in allergies, food and Fibromyalgia. Professor Basant Puri, busy with FM research and brain imagery, came from Hammersmith Hospital. Other speakers included Dr Andrew Dilley from the Brighton & Sussex Universities, a well-known lecturer with an interest in chronic pain. Other speakers included Dr Ian Treasaden, a Consultant Forensic Psychiatrist. Dr Prem Bajaj spoke about the use of acupuncture point stimulation with manual electro acupuncture device combined with auto-relaxation and behavioural techniques with good effects in the alleviation of musculoskeletal pain for last 20 years.

Other speakers included a hospital nutritionist Deepti de Araujo and Pam Gully, a specialist counsellor. Among the biggest attractions was the Friday afternoon benefits presentation and forum with Wes Wright and John Stevens from Front Line Debt Services. We were so impressed we have invited them back.

THIS YEAR, NEXT YEAR

In April 2013 we hope to have another great line-up. We are still planning the programme for 2013. Simon, another FMS SAS trustee, worked with the FibCon Team this year and we will all continue for 2013. Sarah will become more involved as conference coordinator and Simon remains booking manager. They made me President to keep me out of their hair, but that did not work. As a Fibromite among 'normals' I will still have several fingers in this pie.

The 'darling' of the weekend was the oh-so-funny Dr Kevin White, the Canadian doctor with an acute sense of humour and great knowledge about Fibro fog. He has been invited to come back next year by public demand.

Dr Gary Lee, a Southampton Consultant in Long Term conditions, specialist in Chronic Pain, was also warmly welcomed and will be back with news of a new FM clinic and brain scans results. Dr Kim Lawson, an international researcher and lecturer, is joining us again following his great reception in 2010.

We have high hopes that Hal Blatman, from the USA, the Myofascial pain expert, will make it this time. Professor Mark Cropley from Surrey University has done in depth research on sleep and could be solving some of our problems. We are hoping Dr Andrew Holman who gave a successful lecture in Chichester on the compression of the cervical spinal cord and other facets of Fibromyalgia might come back.

We have a DVD on this topic pro videod by Dr Holman, which is available direct to the delegate at £6. Please write to info@follypogsFibro.org with DVD in the subject line.

<http://www.king5.com/health/60008882.html>

While at conference we will learn more about our invisible disability by day, we intend to have some fun and laughter in the evening.

Friday afternoon at 3pm will be a repeat of our successful benefits forum and presentation - not to be missed. Fibro Fillies race night is back again and we are already looking for some unusual names for the horses and pigs. You can own a horse or sponsor a race for the evening or name that winning pig with the woolly jockey. This is a fund raising night for the Folly Pogs research charity. Posh hats can be worn for the Ladies Day Frills & Flummeries Race at our Chichester races. Our original race team - Bill, Brian, Stuart and Peter with their black suits and bow ties will be back again with their ladies, running the fun filled race night. For details email conference@follypogsFibro.org

Saturday Night is Music Night with a Jam Session for those with guitars and ukuleles and a cabaret with Dr Kevin White on guitar.

Sunday we will repeat the successful fun dance competition. Last time the chosen music came from Ireland, Greece, with dancing to YMCA and belly dancing. The Team will be finding more dance challenges with Lee, our Music Master and a karaoke.

So if you want to book the April FibCon 2013 for 4 days, full board, accommodation, the conference, wall to wall lectures, gentle exercises, evenings filled with fun and laughter, with a great indoor pool, steam room, Jacuzzi, exercise equipment at the weekend at £199 per person please complete the booking form and send to your Group Leader. We have already sold almost half the accommodation so book now to save your place.

STAGE PAYMENTS

We are of course very aware it can be difficult for delegates to save for this weekend with so many demands on finances. We are once again offering a choice of stage payments at no extra charge that will total the cost for one person at the weekend. If your delegates are interested in paying monthly the following might be helpful. We also accept post-dated cheques to save on the extortionate cost of postage or direct debit.

Start September 5 x payments of £35 & 1 of £24, start now 4 x payments of £40 & 1 of £39 or 50% deposit (£100 per person) and balance (£99) to be paid no later than February 6th 2013 when all payments should be completed. The 50% deposit will secure your booking.

NOTES TO GROUP LEADERS

If you plan on collecting stage payments from your members and sending it to us monthly we are happy to hold the number of beds you have an interest in and add to them if you wish and allocate two to a room as they require. There are no single rooms and sadly the hotel levies a single supplement of £50 against one person in a double room. This is why we encourage them to bring a husband or a friend or for 3 friends to book a triple with 3 single beds. Just 5 of these are available.

So we could send you booking forms for each two people who will share a room together. It helps us if two names are on one form (or three if it is a triple). There are en suite facilities for folks to get changed in the bathroom and shower in private etc.

Everyone has to complete their details on the booking forms for Health & Safety but initially you could say you want e.g. six twin bed rooms and maybe one triple. Simon our booking manager will ask for a stage payment deposit from each person as and when you can collect it and then stage payments after that running up to Feb 6, which is the closing date.

There are rooms on the ground floor and first floor but no lift. We try to use the 1st floor for those capable with stairs and like to book group room close to one another for your convenience if they book at the same time. This is why it is good to work with a group to iron out these details.

So we please need to know twin or double beds or a triple, 1st floor or ground floor and initially their full name, email/telephone and the group please. The booking form does require full contact details - address, if Fibromite or carer/partner has diet requirements etc. Soft and hard beds are available if booked in advance.

There are no single beds available and we therefore encourage double/twin or triple bookings, albeit 3 single beds. There are a very limited number of the triple rooms as a number have already been booked but it does avoid the third person paying a single supplement for a double room. The hotel levies £50 and for every double room with one person. Sadly one delegate will miss out for each booking of this kind, if we sell out. As a result single supplement rooms have been limited and there are a very few left. The rooms are comfortable and have en suite facilities to wash and dress in private. As there is a television that could be left on low volume overnight, this would possibly allow anyone to get up in the night without disturbing anyone else.

GREAT WEEKEND

This can be a memorable weekend with the opportunity to talk to like-minded people, other GL's, make new friends, get close up and personal with the speakers and enjoy 1-2-1 conversations with the doctors. If you go nowhere else in the coming months you should spoil yourself, learn more about your condition from those who know (from the States and researchers) and talk with those who have the same pains as you do. If only we could do it on the NHS it would prove to be great medicine.

<i>Additional Guests</i>	Title	
	Surname	
	First name	
	Address	
	Address2	
	Post Code	
	Home	
	Mobile	
	Email address	
<i>Additional Guests</i>	Title	
	Surname	
	First name	
	Address	
	Address2	
	Post Code	
	Home	
	Mobile	
	Email address	
<i>Additional Guests</i>	Title	
	Surname	
	First name	
	Address	
	Address2	
	Post Code	
	Home	
	Mobile	
	Email address	
<i>Additional Guests</i>	Title	
	Surname	
	First name	
	Address	
	Address2	
	Post Code	
	Home	
	Mobile	
	Email address	

Special Requirements - complete where appropriate	
Dietary requirements	
Please indicate your preference for either a soft or hard mattress. Please also indicate if you prefer blankets or duvets.	
<i>This information is required by Hotel. Please advise your waiter of your diet requirements.</i>	
Member of which FM Group	Foggy's "invisible illness" Support
Which beauty therapies interest you	
<i>There will be an additional charge for these</i>	
Which topics are you interested in ?	
<i>Your booking will be held on 50% deposit but full payment is required no later than 6th February 2013</i>	
<i>Cancellations after 5th February 2013, will not be eligible for refund.</i>	
Any cancellations made before Feb.5 will be subject to a £50 administration fee.	
Any comments you wish to make	
*****	*****
<i>Administration use only: -</i>	
HELP LINE Simon 07806 808862	
or 08433 828 829	
Email info@follypogsfibro.org	

VENUE		DAY	FROM DATE		GUEST SPEAKER OR MORE INFO.	TIME
			12/10/2012	AWARENESS	ARTHRITIS - INTERNATIONAL DAY	
SWINDON	HAYDON CENTRE	MONDAY	15/10/2012	SPEAKER	PETER KIDD HELPING U SLIM	7pm - 9pm
SWINDON	LIDEN	WEDNESDAY	07/11/2012	SPEAKER	JACKIE WRAY SWINDON MS THERAPY CENTRE	1pm - 3pm
SALISBURY		FRIDAY	09/11/2012		NO MEETING, MEETING AT ... INSPIRE MOBILITY UNIT 11 GLENMORE BUSINESS PARK TELFORD ROAD SALISBURY SP2 7GL	7pm - 9pm
SWINDON	HAYDON CENTRE	MONDAY	19/11/2012		CANCELLED MEETING	7pm - 9pm
SWINDON	LIDEN	WEDNESDAY	05/12/2012		CHRISTMAS MEETING	1pm - 3pm
SWINDON		FRIDAY	07/12/2012	FUNDRAISING	FUNDRAISING - TESCO OCOTAL WAY, SWINDON	5pm - 9 pm
SWINDON		SATURDAY	08/12/2012	FUNDRAISING	FUNDRAISING - SAINSBURY'S - BRIDGEMEAD, SWINDON	12pm - 4pm
SWINDON		THURSDAY	13/12/2012	FUNDRAISING	FUNDRAISING - SAINSBURY'S - BRIDGEMEAD, SWINDON	5pm - 9pm
SALISBURY		FRIDAY	14/12/2012		CANCELLED MEETING	7pm - 9pm
SWINDON	HAYDON CENTRE	MONDAY	17/12/2012		CANCELLED MEETING	7pm - 9pm
SWINDON		THURSDAY	20/12/2012	FUNDRAISING	FUNDRAISING - TESCO OCOTAL WAY, SWINDON	5pm - 9 pm