

ARTHRITIS
FIBROMYALGIA

CHRONIC FATIGUE SYNDROME

M. E.

IRRITABLE BOWEL SYNDROME

FOGGEY'S

EST. 29TH JUNE 2010
HMRC No. XT36442



"INVISIBLE ILLNESS" SUPPORT

DEDICATED TO RAISING AWARENESS, PROVIDING SUPPORT AND PROMOTING POSITIVITY

NEWSLETTER 23

7TH DECEMBER 2012



www.butyoudontlooksick.co.uk

GROUP FOUNDER

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BETWEEN 12PM - 4PM

ANN

BARBARA

MONDAY - FRIDAY

PERIPHERAL NEUROPATHY

RHEUMATIC CONDITIONS

POLYMYALGIA RHEUMATICA & GIANT CELL ARTERITIS

SEASONAL AFFECTIVE DISORDER

TRIGEMINAL NEURALGIA

Hi

It's been a while since my last newsletter, and our most exciting news is that we are finally a charity !! Our number is XT36442. This means, when I've got my head round it, we can claim Gift Aid on donations and apply for grants etc.



I'm currently booking a lot more speakers for 2013. I do apologise, for lack of them in 2012. There will still be catch up meets, as it's important to share our woes and news.



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.

Meetings will still be £1, which contributes towards hall hire and refreshments.



We still need a venue for Salisbury at present. The others were too expensive and our funds are very low.

We've cancelled Swindon evening meetings for the same reason, that, and they aren't well attended.

We're still meeting in Liden, every first Wednesday of the month 12 – 2 !!



Salisbury meetings, when back up and running, will be taken over by Barbara White.

It gives a fresh input to meetings, and Barbara is a carer rather than a sufferer which will be a huge bonus, especially when I'm not up to travelling down (or working).

Huge thank you Barbara xx

WE have LIFT Psychology coming out in February to our Swindon meeting.

Their 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 totally understand why Foggy members can't help fundraise. Ann's amazing helping me, but she can't do all of them, and I've had to cancel 2 really good fundraisers, due to lack of other help. I've even dragged my mum in to help at Sainsbury's in a couple of weeks.

Do you know anyone willing to help? Son's, daughters, Husband's, wives, partners? We provide chairs, buckets etc. and you're allowed to have a wander. I mainly need the chance of a toilet break, so even popping along for 15 minutes would be a help !!



Is anyone wishing to join the Management Team ? It doesn't involve a lot, but all groups' need them. I might just get you to sign something now and again, or you might want something more proactive. Nobody is ever pushed to do something they don't want to, and it doesn't necessarily mean you'll be dragged into fundraising.



We have a couple of SAD lights that one of our members has very kindly loaned us. The idea is you try them and if you like them and it works for you, you can buy one knowing you won't be wasting your money. The alarm one is out on loan at the moment, but I have the "light book" for anyone wishing to borrow it.



Salisbury Christmas meal out is Tuesday 11th September ...

and that just leaves me to wish you a Merry Christmas and hoping you have a symptom free New Year.

Take care and soft hugs

Deb x

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

2012

VENUE	DAY	DATE	TYPE	GUEST SPEAKER OR MORE INFO.	TIME
	SUNDAY	09/12/2012	FUN-DRAISER	CHRISTMAS WONDERLAND & SHOPPING MARKET LIDEN COMMUNITY CENTRE, SWINDON	12 - 3pm
SALISBURY	MONDAY	10/12/2012		FOGGY'S CHRISTMAS TREE TO BE TAKEN DOWN AT ST THOMAS CHURCH, SALISBURY	10am - 6pm
SALISBURY	TUESDAY	11/12/2012	SOCIAL	CHRISTMAS MEAL - MENU DOWNLOAD	7.30pm
	THURSDAY	13/12/2012	FUN-DRAISER	SAINSBURY'S - BRIDGEMEAD, SWINDON	5pm - 9pm
	THURSDAY	20/12/2012	FUN-DRAISER	TESCO OCOTAL WAY, SWINDON	5pm - 9 pm

2013

VENUE	DAY	DATE	TYPE	GUEST SPEAKER OR MORE INFO.	TIME
SWINDON	WEDNESDAY	02/01/2013	MEETING	JAMES MALONE OCCUPATIONAL THERAPIST, PERSONAL TRAINER & CERTIFIED TAI CHI FOR HEALTH, INSTRUCTOR	12pm - 2pm
SALISBURY	FRIDAY	11/01/2013	MEETING	VENUE TO BE CONFIRMED	7pm - 9pm
		23/01/2013 - 29/01/2013	AWARENESS	FOOD ALLERGY AND FOOD INTOLERANCE WEEK	
SWINDON	WEDNESDAY	06/02/2013	MEETING	SAM FLETCHER & KATIE MILES LIFT PSYCHOLOGY	12pm - 2pm
SALISBURY	FRIDAY	08/02/2013	MEETING	VENUE TO BE CONFIRMED	7pm - 9pm