

SWINDON AND SALISBURY FOGGY'S

EST. 29th June 2010
HMRC No. XT36442



"INVISIBLE ILLNESS" SUPPORT

Dedicated to providing support, raising awareness and promoting positivity, for "invisible condition's", primarily for:

Arthritis and Rheumatic Condition's

Chronic Fatigue Syndrome and M. E.

Fibromyalgia

Giant Cell Arteritis

Irritable Bowel Syndrome

Polymyalgia Rheumatica

Seasonal Affective Disorder

Trigeminal Neuralgia

NEWSLETTER 25

18th January 2014

Deb Cooke

Groups' Founder

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Barbara White

Salisbury Meeting co-ordinator

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Foggy's Helpline:

0844 887 2377

Ann

Monday to Friday

12pm - 4pm

We hold monthly, friendly, informal drop-in support meetings where partners, loved ones and carers are welcome and encouraged to attend too



Foggy's on Facebook

www.facebook.com/groups/foggys



www.butyoudontlooksick.co.uk

Hi

Sorry it's been a long time since last newsletter.

Because of that, any postal membership's will be extended, and ongoing for the time being. Web memberships are life time memberships.



We desperately need a new helpline volunteer please, preferably a Salisbury (or near) member. A big thank you to Barbara P who has run the 2485 number for the last year or so, but she has asked to step down, so we need another volunteer.

Ann runs the 2377 number and is Swindon based, so would be great if the 2485 number could be Salisbury based. Ann gets calls for Salisbury but she hasn't the knowledge of the area, so she isn't able to help them.

It's just a case of answering calls, and mostly listening to people.



Please see our Diary of Events for meeting times. I must get on to booking speakers etc. although we like the "Caring and Sharing" meets where we just get together and chat about anything and everything, Foggy related or not.



If you'd like to contribute anything to the newsletter please let me know. Find us on Facebook and make sure I have your email, as I tend to just post and message when I have news which is why the newsletter has been neglected.



Now a request. I am collecting for Swindon Foodbank www.swindonfoodbank.co.uk They don't just want food donations, they also want money donations and the following:

- a bar of soap
- a tube of toothpaste
- toilet rolls
- shampoo / shower gel

I'm incredibly lucky that I had family to help me the last couple of years as I was very close to needing the services of the Foodbank, when I was taken off benefits. So if you could bring items to either Swindon meetings, I'd be very grateful and will pass it on.

The Salisbury link is <http://salisbury.foodbank.org.uk>.

Due to the popularity of Swindon meets, and a number of requests to have a meeting North Swindon, we have a new meeting in Moredon. This is in addition to our Liden meeting:

EAST SWINDON MEETINGS:
Informal drop-in support meetings:
every first Wednesday of the month **12pm - 2pm:**

Liden Community Centre

Barrington Close
Liden
Swindon SN3 6HF

Adjacent to Library Library, St
Timothy's Church and Tesco. Liden
Arms is opposite. Plenty of parking
outside and next to Tesco.

Bus Routes:

13 14 20

NORTH SWINDON MEETING:
Informal drop-in support meeting:
third Monday of February **12pm - 2pm:**

St Andrew's Methodist Church

Moredon Road
Moredon
Swindon SN25 3DF

WEBSITE LINK

13 13A 14 14A

Salisbury:

Informal Drop-In Support Meetings every Second Friday Of The Month 7pm - 9pm:

United Reformed Church Website

Fisherton Street
Salisbury SP2 7RG

If you're looking at the front of the church, use the metal gates on the right hand side and follow the signs through the side door.

Maltings (Central) Car park

Bus Routes

So will be great to see you at our next meeting. I'm sorry I can't attend Salisbury meets anymore, but they're in the good hands of Barbara W.

Deb X

VENUE	DAY	DATE	TIME	GUEST SPEAKER OR MORE INFO.
LIDEN	WEDNESDAY	05/02/2014	12pm - 2pm	VISION VISIT - MOBILE OPTICIAN SPEAKER
SALISBURY	FRIDAY	14/02/2014	7pm - 9pm	
MOREDON	MONDAY	17/02/2014	12pm - 2pm	NORTH SWINDON FIRST MEETING
LIDEN	WEDNESDAY	05/03/2014	12pm - 2pm	
SALISBURY	FRIDAY	14/03/2014	7pm - 9pm	
MOREDON	MONDAY	17/03/2014	12pm - 2pm	
LIDEN	WEDNESDAY	02/04/2014	12pm - 2pm	
SALISBURY	FRIDAY	11/04/2014	7pm - 9pm	
MOREDON	MONDAY	21/04/2014	12pm - 2pm	
LIDEN	WEDNESDAY	07/05/2014	12pm - 2pm	
SALISBURY	FRIDAY	09/05/2014	7pm - 9pm	
MOREDON	MONDAY	19/05/2014	12pm - 2pm	
LIDEN	WEDNESDAY	04/06/2014	12pm - 2pm	
SALISBURY	FRIDAY	13/06/2014	7pm - 9pm	
MOREDON	MONDAY	16/06/2014	12pm - 2pm	
		29/06/2014		FOGGY'S AWARENESS DAY & OUR 4TH BIRTHDAY
LIDEN	WEDNESDAY	02/07/2014	12pm - 2pm	
SALISBURY	FRIDAY	11/07/2014	7pm - 9pm	
MOREDON	MONDAY	21/07/2014	12pm - 2pm	
LIDEN	WEDNESDAY	06/08/2014	12pm - 2pm	
SALISBURY	FRIDAY	08/08/2014	7pm - 9pm	
MOREDON	MONDAY	18/08/2014	12pm - 2pm	
LIDEN	WEDNESDAY	03/09/2014	12pm - 2pm	
SALISBURY	FRIDAY	12/09/2014	7pm - 9pm	
MOREDON	MONDAY	15/09/2014	12pm - 2pm	
LIDEN	WEDNESDAY	01/10/2014	12pm - 2pm	
SALISBURY	FRIDAY	10/10/2014	7pm - 9pm	
MOREDON	MONDAY	20/10/2014	12pm - 2pm	
LIDEN	WEDNESDAY	05/11/2014	12pm - 2pm	
SALISBURY	FRIDAY	14/11/2014	7pm - 9pm	
MOREDON	MONDAY	17/11/2014	12pm - 2pm	
LIDEN	WEDNESDAY	03/12/2014	12pm - 2pm	CHRISTMAS PARTY - BRING A PLATE OF GOODIES AND WEAR A FESTIVE HAT
SALISBURY	FRIDAY	12/12/2014	7pm - 9pm	CHRISTMAS PARTY - BRING A PLATE OF GOODIES AND WEAR A FESTIVE HAT
MOREDON	MONDAY	15/12/2014	12pm - 2pm	CHRISTMAS PARTY - BRING A PLATE OF GOODIES AND WEAR A FESTIVE HAT