

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 26

19th June 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

Hope this finds you well. Bit of news to pass on ...

We have a few new members to our admin team, which is great as it brings new energy and ideas to the group:

SWINDON BASED	SALISBURY BASED
<p>Group's Founder</p> <p>Deb Cooke deb.cooke@butyoudontlooksick.co.uk</p>	<p>Salisbury Meeting Co-ordinator</p> <p>Barbara White barbara.white@butyoudontlooksick.co.uk</p>
<p>Foggy's Helpline Volunteer</p> <p>Ann O'Kelly ann.okelly@butyoudontlooksick.co.uk</p> <p>0844 887 2377 Monday to Friday 12pm - 4pm</p>	<p>Foggy's Helpline Volunteer</p> <p>REQUIRED</p> <p>0844 887 2485 Monday to Friday 12pm - 4pm</p>
<p>PCT and Medical Professionals' Liaison Officer</p> <p>Rachel Offley rachel.offley@butyoudontlooksick.co.uk</p>	
<p>Management Member's:</p> <p>Diane Davidson Cheryl Heyne Christina Holland Mandie Pook</p>	<p>Management Member's:</p> <p>Sally Dixon Amanda Hargrave</p>

We have a number of events planned. We're fundraising (and raising Foggy's awareness) at Swindon and Wiltshire Pride in August, and celebrating our 4th birthday at the end of this month at the Sun Inn, Coate Water (free tea, coffee and birthday cake).

We like some of our meetings to be just caring and sharing meet's, where we can discuss anything and everything, other meetings we book relevant speakers to come along.

DIARY OF EVENTS

VENUE	DAY	DATE	TIME	GUEST SPEAKER OR MORE INFO.
	SUNDAY	29/06/2014		FOGGY'S 4TH BIRTHDAY
	MONDAY	30/06/2014	11am onwards	CELEBRATING OUR 4TH BIRTHDAY - THE SUN INN, COATE WATER, SWINDON
LIDEN	WEDNESDAY	02/07/2014	12pm - 2pm	NORDIC WALKING DEMO. WITH OUR VERY OWN CHERYL HEYNE
SALISBURY	FRIDAY	11/07/2014	7pm - 9pm	PIZZA EVENING
MOREDON	MONDAY	21/07/2014	12pm - 2pm	CARING AND SHARING
	FRIDAY	25/07/2014	10.30am - 11.30am	FOGGY'S @ THAMESDOWN HYDROTHERAPY POOL
LIDEN	WEDNESDAY	06/08/2014	12pm - 2pm	CARING AND SHARING
SALISBURY	FRIDAY	08/08/2014		NO MEETING
	SATURDAY	09/08/2014		FOGGY'S @ SWINDON & WILTSHIRE PRIDE - FUNDRAISING
MOREDON	MONDAY	18/08/2014	12pm - 2pm	CARING AND SHARING
LIDEN	WEDNESDAY	03/09/2014	12pm - 2pm	CARING AND SHARING
SALISBURY	FRIDAY	12/09/2014	7pm - 9pm	MARIE-ANGE GONZALEZ - LAUGHTER THERAPY
MOREDON	MONDAY	15/09/2014	12pm - 2pm	CARING AND SHARING
LIDEN	WEDNESDAY	01/10/2014	12pm - 2pm	CARING AND SHARING
	TUESDAY	07/10/2014		WORLD TRIGEMINAL NEURALGIA DAY
SALISBURY	FRIDAY	10/10/2014	7pm - 9pm	BULB PLANTING
	SUNDAY	12/10/2014		WORLD ARTHRITIS DAY
MOREDON	MONDAY	20/10/2014	12pm - 2pm	CARING AND SHARING
LIDEN	WEDNESDAY	05/11/2014	12pm - 2pm	CARING AND SHARING
SALISBURY	FRIDAY	14/11/2014	7pm - 9pm	WILTSHIRE BOBBY VAN - STAYING SAFE
MOREDON	MONDAY	17/11/2014	12pm - 2pm	CARING AND SHARING
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

Foggy's Splashing About

Starting from 7th July 2014, Foggy **PAID** members can take advantage of FREE swim sessions at Thamesdown Hydrotherapy Pool, Jacuzzi included too.

1. There is no catch, they are free sessions, paid for by the Awards4All Grant that we have just been awarded.
2. You can book for yourself and someone to go with you.
3. If there is space available the day before, ask on facebook, if anyone minds if you book more spaces.
4. If bringing youngsters, please ensure they are respectful of Foggy members, not wanting to be splashed, etc.
5. "Noodles" which are swimming aids, are available to borrow, at no extra charge. They're long polystyrene type things which you can bend or just lean on.
6. The pool isn't deep. 0.8 to 1.5 in depth.
7. More info. About the pool, and whereabouts are available on www.thamesdownhydrotherapypool.com
8. Paid Foggy members, please book here, you must book everyone you wish to attend in <https://www.smoothbook.co/ap/index.php/textbook/show/3489>
9. Non-attendance on the day won't be tolerated. If you can't attend, then please cancel your booking.
10. We must make sure every session is full. Make use of this amazing opportunity please.
11. There is plenty of parking.

If you don't have online access and want to attend the Hydrotherapy, please let me know and I shall book you in.



Foggy's 4th birthday

The Sun Inn - 11.00 onwards Monday 30th June for our 4th birthday.

Come and join us, feel free to bring someone with you.



We meet 3 times of month, twice in Swindon, once in Salisbury and from July every Monday at Hydrotherapy. We are offering lots of support and friendship.

Our meetings are friendly, informative, but a bit too loud at times, which can be off-putting. It would be great, if we could have feedback on meetings. Have you attended, but not come back ? and what was the reason for not coming back ?

The Moredon meeting in Swindon, will keep going, as not every one wants to swim. If coming to the Moredon meeting, during term time, it's best to come for 12.15, as the carpark can be full before then.

I have a number of leaflets available for giving out to GP surgeries, Post Offices, etc. please let me know if you can hand any out. Really need this happening, amazes me, people still say "never heard of Foggy's, didn't know this was available". We need to get our group info. out there.

We're compiling a list of recommended and not recommended GP's. Please let me know your experiences and recommended or not.

There is a Foggy's login now .. details will be posted on the members area of our site <http://www.benefitsandwork.co.uk>

Bric a brac needed for tombola please, nice items, smelly's, ornaments etc.

We have an informative website www.butyoudontlooksick.co.uk

Membership is available online through the fundraising link. There are many ways to donate to us, which doesn't affect your bank balance on that page too.

Hopefully see you soon .. take care

Deb x