

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on



Horsham Fibromyalgia Support Group

Horsham Fibromyalgia Support Group is run by volunteers, many of whom live with Fibromyalgia.

Fibromyalgia is a chronic condition of widespread pain and profound fatigue. The pain tends to be felt as diffuse aching or burning, often described as head to toe.

It may be worse at sometimes than at others. It may also change location, usually becoming more severe in parts of the body that are used most.

The Group aims to support other people living with Fibromyalgia along with their family and carers - all are welcome to attend meetings.

They have a meeting starting at 6.30pm on the 1st Tuesday of the month, at Horsham Hospital in the meeting room.

The meetings vary, sometimes they have speakers who talk about different types of therapy or treatments that may help with the condition. At other times they just have a general get together to allow members to share experiences and support each other.

If you are interested in joining any of the meetings please do get in touch by emailing fmsHORSHAM@gmail.com.

Although they like people to attend meetings, they do realise you may not be well enough in which case we can email a copy of the minutes from each meeting to you, so that you keep up to date on information that maybe helpful.

For help, advice, and information or to share your story

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice



Last year, we helped nearly a million people like you to have your say and get the support you need.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead: cheryl.berry@healthwatchwestsussex.co.uk

w: healthwatchwestsussex.co.uk

t: 0300 012 0122

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healthwatch
West Sussex