

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



Fibro Friends and Family

Fibro Friends and Family was founded in April 2024 by a group member Alice with the help of Crawley Social Prescribers.

Alice felt there was a need for a support group for people living with Fibromyalgia as there was nothing in the Crawley area.

The committee was formed, and the group now has over 60 members and is still growing.

What is Fibromyalgia?

Fibromyalgia has many symptoms that tend to vary from person to person. The main symptom is widespread pain.

Fibromyalgia is a chronic condition that causes widespread musculoskeletal pain, accompanied by fatigue, sleep, memory, and mood issues. It's often described as a long-term pain disorder that affects the way the brain and spinal cord process pain signals.

The exact cause is unknown, it's believed to involve a combination of genetic predisposition, infections, physical or emotional trauma, and psychological factors.

Fibro Friends and Family

Fibro Friends and Family is committed to providing a nurturing environment for individuals living with Fibromyalgia within the community and surrounding areas.

Their mission is to connect with people living with Fibromyalgia and their family and friends to help provide a better understanding of the condition, from a lived experience perspective.

The support group coffee mornings run monthly on a Thursday, there is no need to book you can just turn up.

Contact information:

Fibro Friends and Family

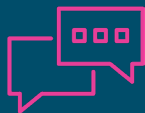
Email: fibrofriendsone@aol.com

Web: fibrofriendsandfamily.co.uk

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

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