

THE WEEKEND AWAY

Although well known speakers from the States have visited Glasgow and London and given presentations in the City not everyone has been able to afford the train fare for a short visit or had the energy to get there and back in one day. They have missed out and felt left out. By offering a 4 day break at the basic cost we hope to give folk the chance to listen to several keynote speakers, have some laughs, meet new like minded people, make friends, rest before going home. Apart from the cost of your stay, the expenses might include a drink or two, a newspaper and anything else you choose to spend.

To book your place please contact me to make the necessary arrangements . We look forward to a fantastic weekend full of support, education and fun. Email me at jeannehambleton@mac.com. We will have a space bringing you up dates on the conference on www.fibropals.co.uk. Write soon. I am telling everybody.



THE AREA

Chichester is 7 miles inland from Bracklesham Bay, (behind the Isle of Wight) along the coast from Selsey Bill and the Lifeboat Station. Chichester is a Cathedral City, with splendid Roman 'ruins', the famous Festival Theatre, a modern cinema, and the Victoria/Portsmouth railway connection. We are near Portsmouth, HMS Victory, the Submarine dockyard, Spinnaker Tower, Worthing and Brighton and The Lanes - all accessible along the A27.

Bracklesham Bay itself is known for it's fossil beds, as well as windsurfing, a very modern sport. In the village you can hire surf boards, and in nearby East Wittering village you can hire mobility scooters. The Southdowns Holiday Village is literally a few minutes walk to the beach - pebbly but sandy at low tide.



www.bracklesham.co.uk/
www.discoveringfossils.co.uk/bracklesham.htm
www.brackleshamfossils.co.uk/
www.chichesterweb.co.uk/guide.htm
www.visitportsmouth.co.uk/
<http://www.richardsonsholidayvillages.co.uk/holiday-village/south-downs/5/>

Fibromyalgia Conference and Pamper Weekend

Friday to Monday,
April 23rd-26th 2010

Southdowns Holidays Village
Bracklesham Bay
(close to East/West Wittering)
Chichester, West Sussex
PO20 8JE



Plus Lotza Laughter

Hello

This is one not to be missed - the South of England Fibromyalgia Conference & Pamper Weekend at the Southdowns Holidays Village, Bracklesham Bay, Friday to Monday, raising funds for FMS research.

We have great plans already and are open to ideas. The venue is close to the beach and wind surfing is a local sport. Partners and carers are welcome and we are looking for things to interest them. Every night there will be a dance band in the ballroom, and entertainment - cabaret. The weekend will be full board from Friday to Monday although time of arrival and departure have yet to be confirmed by the company.



I feel I must say this is a Holiday Village, not a 5 star hotel. The chalets have all been refurbished to a good standard and have en suite and heating. The centre has a good reputation for its food and we are planning on sole occupancy for the weekend.

This means we are inviting 300 people - fibromites, fibromites and more fibromites plus partners, and husbands. Toy boys, yes, but sorry no children or dogs.

The programme will include expert speakers, doctors, consultants, therapists and professional medical staff all well versed in the field of fibromyalgia, chronic fatigue and workshops as well as some delightful pampering experiences - now all being planned. We will include an exhibition of products related to fibromyalgia, well-being, and relevant books.

It is our hope to get sponsors to cover the cost of the educational part of the weekend so the cost for your memorable weekend away - 3 nights and 4 days - will be the basic cost of the accommodation and the good food - a total of £125. This has now been agreed with the venue. We have offered stage payments but it seems the favourite option seems to be to make payment by Paypal using a credit card. We will also accept cheques with a cheque cards number made payable to Fibro Conference2010.



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There will be lots to listen to and learn, with memorandums to take home to jog your memory. In the evening I promise you we will have some laughs and fun. This will be a weekend you will remember and will want to come to again.

Book now to meet like-minded people, listen to leading doctors and consultants in the field of fibromyalgia and chronic pain.

We are banishing 'doom and gloom'. Come ready to have some laughs and a real good time. Pack your fancy dress for the Folly Pogs Ball and bring anything you want to auction for funds for research including promises. Don't forget the best dickie bow and gorgeous garter competitions.

Southdowns Holiday Village

<http://www.richardsonsholidayvillages.co.uk-holiday-village/south-downs/5/>

TO BOOK contact Jeanne Hambleton

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www.fibropals.co.uk



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