



Swansea Bay Fibromyalgia Support Group

Swansea, Gower, Neath and Port Talbot

Help, advice and support for anyone with Fibromyalgia



Fibromyalgia Action UK

Fighting for Freedom from Fibromyalgia

Support group working with FMA UK

Swansea Bay Fibromyalgia Support Group

Email swanseabayfibro@gmail.com

Providing support, discussion and advice in a friendly environment.

Regular meetings

Meet and chat with other sufferers and carers of all ages.

See our website:

Welsh: www.ffibrobaeabertawe.wordpress.com

English: www.swanseabayfibro.wordpress.com

Members are encouraged to help within the group and be supportive of other members, helping each other to overcome or cope with periods of stress, anxiety and depression.

SWANSEA BAY FIBROMYALGIA SUPPORT GROUP

We meet on the third Thursday of each month (excluding January) from 7.00pm to 9.00pm at Llangyfelach Church Hall, Swansea Road, Llangyfelach, Swansea SA5 7JA. We also offer daytime meetings (see website for details) from 12.00pm to 2.00pm.

If you live within easy access of Swansea and think you may have Fibromyalgia or have been recently diagnosed, please contact us.

We are a friendly group of sufferers with their associated partners, friends and carers who can help you with advice and support.

"Fibromyalgia is not a life threatening condition, although its symptoms are life changing"

Welsh: www.ffibrobaeabertawe.wordpress.com

English: www.swanseabayfibro.wordpress.com



About Fibromyalgia and the Swansea Bay Support Group

Fibromyalgia is a chronic, painful condition which can affect people of all ages and have a major impact on their lives, not only the person with the condition, but their partner and family.

It may also have a knock-on effect creating financial, social and work issues which can lead to confusion, worry and depression.

Each person differs as to the severity of the condition and how it develops, so their needs and circumstances vary, with each individual needing a caring, compassionate and experienced group of friends to help them understand and live with **Fibromyalgia**

Swansea Bay Fibromyalgia Support Group was established in 2022 and provides a range of support for people of all ages who are suffering from Fibromyalgia.

The group stimulates members to make new friends, socialise. And take part in a range of activities to help cope with the condition.

Over 400 people have become members of the Support Group.

Swansea Bay Fibromyalgia Support Group



Grŵp Cymorth Ffibromyalgia Bae Abertawe

Grŵp cymorth yn gweithio gyda FMA UK
Ymladd dros Ryddid rhag Ffibromyalgia

Abertawe, Bro Gŵyr, Castell Nedd a Phort Talbot

Member facilities include;

- Newsletter – by post or email
- Regular meetings in the evening or daytime
- Coffee mornings in the summer
- Awareness days and events
- Website
- Facebook Group
- Email advice and support
- Wide range of information sheets and leaflets

Llangyfelach Church Hall

