

## FIBRO SUPPORT GUYS LONDON

As promised I give below details as to how to obtain a referral to the Fibromyalgia Clinic at Guys Hospital. I also enclose information leaflet, an application form in case you wish to become a member of the support group together with list of group meetings.

The good news is that you can ask your GP for an NHS referral to see Prof. J Davies at the FMS CFS and ME and sports injuries Clinic in Rheumatology at Guys Hospital, London . The waiting list is around 18 weeks, within NHS Guidelines. The bookings clerk will then, in turn, send you the date and time of your appointment.

It is vital that the referral letter states Prof. J Davies, FMS CFS and ME and sports injuries Clinic in Rheumatology also. Unfortunately the “Choose and Book” method does not work for this clinic and we are trying to get this sorted out at the hospital.

The normal procedure at your appointment is that any prescription needs you might require will be asked for by Prof. Davies by letter for your GP to write a prescription for you, once your GP has received the letter.

Medications are charged at NHS rate per item or by prepayment scheme - please ask your pharmacist about this.

If you are considering a private appointment with Prof J Davies at his rooms at the Devonshire Clinic, 30 Devonshire Street, London W1, his secretary, Ana, will arrange that for you. Her number is 0207 486 7131 and she works Monday afternoons and Tuesdays when the clinics are open at Devonshire Street. There are two other private clinics alternate weeks at Bristol and Oxford. Ana deals with the appointments for all three clinics. You would get an appointment in one to two weeks.

How to get to Guys Hospital:

**By Rail:** The nearest station is London Bridge.

**By Underground:** The nearest station is London Bridge – on the Northern and Jubilee Lines.

**By Foot:** The direct route from London Bridge Station takes pedestrians to level two of Thomas Guy House. You need to go into the reception and follow signs for the lift to the 4th floor then follow around to the right for Rheumatology.

**By Bus:** Routes 21, 35, 133, 343 and 381 service the Hospital.

**By Car:** Limited pay and display car parking is available on the Guy’s Hospital site. There is an NCP Car Park, pay and display, on the junction of Snowfields and Kipling Street. Also when in the Guys area you need to pay the congestion charge, which is quite maddening.

There is a comfy waiting room at Guys Hospital which is a short walk from London Bridge station mostly under cover. There is a restaurant in the Hospital basement and a coffee stand in the main entrance that sells snacks. London Bridge offers a selection of food retailers on the mainline level and on the tube level there is an avenue of seating coffee and snack stands with quality food selections, also Starbucks and McDonalds, etc., on the walk to Guys.

I hope you get on well with your appointment seeking. Please contact me again if you have any other difficulties and let me know your appointment date and time. I do my best to meet and greet patients at the clinic when I can so I will look forward to talking with you then.

There is a very helpful book available about fibro called: "Fibromyalgia and Chronic Myofascial Pain Syndrome a survival manual" - ISBN 1-57224-046-6 - written by two American physicians, Devin Starlanyl and Mary Ellen Copeland - New Harbinger Publications.

And alongside this is a very good DVD: "Show me where it hurts".

These are in stock and if you would like copies I will let you know the cost.

Also there are two useful websites [www.thyroidUK.org](http://www.thyroidUK.org) and [www.FibroAction.org](http://www.FibroAction.org)

Please look at an update of Fibromyalgia

<http://www.youtube.com/watch?v=jtc2JARVpPw&feature=related> this is an extraordinary description of the science of Fibromyalgia.

Another useful site is <http://www.benefitsandwork.co.uk/>

Let me know if you need any more help, email me or call on the helpline numbers below.

Kind regards

Patsy Baker  
Support Group Co-ordinator