

ARTHRITIS
FIBROMYALGIA

CHRONIC FATIGUE SYNDROME
M. E. - MYALGIC ENCEPHALOPATHY

IRRITABLE BOWEL SYNDROME

FOGGEY'S

EST. 29TH JUNE 2010
HMRC No. XT36442



"INVISIBLE ILLNESS" SUPPORT

DEDICATED TO RAISING AWARENESS, PROVIDING SUPPORT AND PROMOTING POSITIVITY

NEWSLETTER 24

1st March 2013



www.butyoudontlooksick.co.uk

GROUP FOUNDER

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BETWEEN 12PM - 4PM

ANN

BARBARA

MONDAY - FRIDAY

PERIPHERAL NEUROPATHY

RHEUMATIC CONDITIONS

POLYMYALGIA RHEUMATICA & GIANT CELL ARTERITIS

SEASONAL AFFECTIVE DISORDER

TRIGEMINAL NEURALGIA

Hi

It's been a while since my last newsletter. I do apologise. I'm a sufferer too and although every year I think SAD isn't going to be a problem, bam comes November and I'm unable to cope with a thing.

Isn't it strange how something that could happen in May, is so easy to cope with, but in November causes a melt down. So as we're just entering March, I'm hoping to start coming out of hibernation.



We are finally registered as a charitable organisation with HMRC. Our number is XT36442. This means, when I've got my head round it, we can claim Gift Aid on donations and apply for grants etc.



The website is always being updated, don't forget to look in on it. If you're a paid member, please ask for login details for the members' area !!

Membership is £10 web lifetime membership and £12 annually for postal members.

It is appreciated, if you're able to donate at least £1 per meeting as this contributes towards hall hire and refreshments.

Foggy's isn't part of a big national charity. Money is raised by Foggy volunteers, as and when we're well enough to do so.

Check the website and our fundraising tab. Without costing you a penny, you can help fundraise by downloading a "safe" program that every time you buy or surf the net, we get a small percentage. It all adds up for us, and sending off print cartridges earns us £1 a cartridge. Let me know if you need envelopes.



Meetings for Swindon are still first Wednesday of the month 12 - 2:

Liden Community Centre
Barrington Close
Swindon SN3 6HF

Our next meeting is Wednesday 6th March 2013. Our first "caring and sharing"

meeting. No speakers have been booked, and is a chance for us to catch up with each other.



Venue for Salisbury meetings is:

United Reformed Church
Fisherton Street
Salisbury SP2 7RG

Meeting every second Friday of the month 7 - 9pm.

Our next meeting is Friday 8th March 2013.

Salisbury meetings have been taken over by Barbara White.

It gives a fresh input to meetings, and Barbara is a carer rather than a sufferer which will be a huge bonus, especially when I'm not up to travelling down (or working).

This is also a "caring and sharing" meet.



Foggy's purchased some BBQ tickets for Lydiard costing £25. I really don't think we'll use this year. Is anyone thinking of booking a pitch that would like to buy them off us. I don't expect full price, contributions appreciated !!



You may see Foggy adverts in Swindon local magazines. Are there anymore that I'm not aware of? I've arranged to advertise in the Handy Mag, SwindonLink and Lydiards Magazine's.

As I live in Swindon, I don't know of any in Salisbury. Can someone send me contact names and email addresses please.

A number of cars in Swindon and Salisbury have advertising on their doors, and rear windows. Everyone is given the window sticker on joining Foggy's, (or can be used as a bookmark). Just needs a small amount of sticky tape to stick in rear window. Let me know if you need an up to date one please.

This May is Foggy's awareness month, as it is also the month for most of the conditions we support.

Swindon and Salisbury meeting's kick us off on Wednesday 1st May and Friday 10th May.

I'm fundraising at Asda on Saturday 11th May (anyone able to join me, much appreciated).

Polymyalgia, Trigeminal Neuralgia and SAD don't appear to have awareness day's so I'm including as same month.

I've booked Swindon's Central Community Lounge on Monday 13th May 2013, 6 - 8pm.

The Haydon Centre was too expensive, but we're losing people that can't get across to Liden. This meeting will be to gauge whether other meetings are needed and also to raise awareness for us.



Update on Vitamin D testing. Foggy's in Salisbury are able to request this from their doctor, unfortunately Swindon Foggy's can't, and there isn't going to be a change in this.

PCT's will no longer exist from April, the people to write to, to request where and how you can be tested is:

Clinical Commission Group
David Murray John Building
Brunel Centre
Swindon SN1 1LH

Telephone: 01793 444666



As discussed at our last Swindon meeting, I am trying to contact people regarding benefits help. This is causing Foggy's considerable and unnecessary worry, causing symptoms to become worse. I shall let you know if and when I can find someone brave enough to attend. Rachel's pretty knowledgeable about the system, if you'd like to email her rachel.offley@butyoudontlooksick.co.uk, but don't forget she's a sufferer too, so you may not get an immediate response.

I've just come across this site which might be of use <http://www.esahelp.co.uk>

If you're in a relationship and your other half earns, and/or you get Working Family Tax Credit, it's very unlikely you'll get ESA. ESA and JSA mostly relate to single people and single income households.

Short description of the benefits:

Tax free means, if you're entitled to this benefit, it won't affect other money coming in, and if you're eligible, you'll get this in addition to other benefits, and household income:

ATTENDANCE ALLOWANCE (AA) is a tax free benefit you may get if you're aged 65 or over and need help with personal care because you're physically or mentally disabled.

DISABILITY LIVING ALLOWANCE (DLA) is a tax-free benefit for disabled children and adults to help with extra costs you may have because you're disabled .. being changed to PIP in April 2013.

PERSONAL INDEPENDENCE PAYMENT (PIP) will replace Disability Living Allowance (DLA) for disabled people aged 16 to 64.

EMPLOYMENT AND SUPPORT ALLOWANCE (ESA) offers you personalised support and financial help, so that you can do appropriate work, if you are able to. It gives you access to a specially trained personal adviser and a wide range of further services including employment, training and condition management support. This is to help you manage and cope with your illness or disability at work.

JOBSEEKER'S ALLOWANCE (JSA) is an unemployment benefit paid by the government to people who are unemployed and seeking work. It is part of the social security benefits system and is intended to cover living expenses while the claimant is out of work



Hope to see you next week, as we have both our meetings.

Take care and soft hugs

Deb x

VENUE	DAY	DATE	MEETING #	TYPE	GUEST SPEAKER OR MORE INFO.	TIME
SWINDON	WEDNESDAY	02/01/2013	51	MEETING	JAMES MALONE OCCUPATIONAL THERAPIST, PERSONAL TRAINER & CERTIFIED TAI CHI FOR HEALTH, INSTRUCTOR	12pm - 2pm
SALISBURY	FRIDAY	11/01/2013	14	MEETING	SHELLY BAKER AROMATIC THERAPY	7pm - 9pm
SWINDON	WEDNESDAY	06/02/2013	52	MEETING	SAM FLETCHER & KATIE MILES LIFT PSYCHOLOGY	12pm - 2pm
SALISBURY	FRIDAY	08/02/2013	15	MEETING	CHERYL BEENY TAI CHI	7pm - 9pm
SWINDON	WEDNESDAY	06/03/2013	53	MEETING	"CARING AND SHARING" SOCIAL SESSION	12pm - 2pm
SALISBURY		08/03/2013	16	MEETING	"CARING AND SHARING" SOCIAL SESSION	7pm - 9pm
AWARENESS		APRIL		AWARENESS	INTERNATIONAL I.B.S. AWARENESS MONTH	
SWINDON	WEDNESDAY	03/04/2013	54	MEETING		12pm - 2pm
SALISBURY	FRIDAY	12/04/2013	17	MEETING	"FOOD - FRIEND OR FOE" KATHY THOMAS, COMMUNITY DIETICIAN	7pm - 9pm
AWARENESS		15/04/2013	21/04/2013	AWARENESS	DEPRESSION AWARENESS WEEK	
AWARENESS		01/05/2013	31/05/2013	AWARENESS	FOGGY'S AWARENESS MONTH	
SWINDON	WEDNESDAY	01/05/2013	55	MEETING		12pm - 2pm
AWARENESS		MAY		AWARENESS	INTERNATIONAL M.E. & CHRONIC FATIGUE SYNDROME AWARENESS MONTH	
SALISBURY	FRIDAY	10/05/2013	18	MEETING		7pm - 9pm
FUNDRAISING	SATURDAY	11/05/2013		FUNDRAISER	ASDA WEST SWINDON FUNDRAISER	
AWARENESS	SUNDAY	12/05/2013		AWARENESS	INTERNATIONAL FIBROMYALGIA AWARENESS DAY	
AWARENESS		12/05/2013	18/05/2013	AWARENESS	M. E. & CHRONIC FATIGUE AWARENESS WEEK	
AWARENESS		13/05/2013	19/05/2013	AWARENESS	ARTHRITIS CARE AWARENESS WEEK	
AWARENESS	MONDAY	13/05/2013		AWARENESS	ENDING FOGGY'S AWARENESS MONTH CENTRAL COMMUNITY CENTRE, SWINDON - THE LOUNGE !	6pm - 8pm
SWINDON	WEDNESDAY	05/06/2013	56	MEETING		12pm - 2pm
SALISBURY	FRIDAY	14/06/2013	19	MEETING		7pm - 9pm
SWINDON	WEDNESDAY	03/07/2013	57	MEETING		12pm - 2pm
SALISBURY	FRIDAY	12/07/2013	20	MEETING		7pm - 9pm
FUNDRAISING		26/07/2013	28/07/2013	FUNDRAISER	H4H MINI CRUISE WEEKEND, ROYAL AGRICULTURAL COLLEGE, CIRENCESTER	
SWINDON	WEDNESDAY	07/08/2013	58	MEETING		12pm - 2pm
SALISBURY	FRIDAY	09/08/2013	21	MEETING		7pm - 9pm
AWARENESS		08/09/2013	15/09/2013	AWARENESS	FIBROMYALGIA AWARENESS WEEK	
SWINDON	WEDNESDAY	04/09/2013	59	MEETING		12pm - 2pm
SALISBURY	FRIDAY	13/09/2013	22	MEETING		7pm - 9pm
SWINDON	WEDNESDAY	02/10/2013	60	MEETING		12pm - 2pm
SALISBURY	FRIDAY	11/10/2013	23	MEETING		7pm - 9pm
AWARENESS	SATURDAY	12/10/2013		AWARENESS	WORLD ARTHRITIS DAY	