






FOGGYS






EST. 29th June 2010



"INVISIBLE ILLNESS" SUPPORT

We are dedicated to providing support, raising awareness and promoting positivity, primarily for:

Arthritic / Rheumatic Condition's 
Chronic Fatigue Syndrome 
Chronic Widespread Pain 
Fibromyalgia 
Irritable Bowel Syndrome 

Ménière's Syndrome 
M. E. Myalgic Encephalopathy 
Myofascial Pain 
Seasonal Affective Disorder 
Trigeminal Neuralgia 

NEWSLETTER 28

4th March 2016



Deb Cooke
Group Founder
deb@butyoudontlooksick.co.uk

Foggy's Helpline:
0844 887 2377
01793 336164

Monday to Friday
12pm - 3pm



Foggys Group
www.facebook.com/groups/foggys



Foggys Page
www.facebook.com/foggys.support



Foggys Twitter
twitter.com/foggys_support

HealthUnlocked

Foggys Forum
healthunlocked.com/foggys



www.butyoudontlooksick.co.uk

Hi hope this finds you well.

Wow, it's been over a year since I've done a newsletter. I am sorry, hopefully you've been getting info. from Facebook, email and/or meetings.



Sad news to start with. We lost a founder member on Boxing Day. Terry Smith was a character who will be much missed. Terry and Sandra have been by my side from the start. They've fed me at fundraisers, and supported me during difficult times. Our love and best wishes go to Sandra and family xxx



Membership changed last year. It's £10 to join as a new member, (£5 joining fee and £5 membership) for postal and online memberships, renewable every April. I will send out a reminder for you to do so. You will be issued with a new membership badge every April.

Our membership really is good value for money. Paid members receive:

- a relaxation CD,
- a "name" badge and lanyard,
- "members access only" area of our website, which is full of information
- the link to booking free sessions at Thamesdown Hydrotherapy every Monday 1.45 - 2.45 (space allowing). You can take someone with you for free. Children are allowed, as long as they are well behaved, other swimmers don't want to be splashed.



A lot of the website has now been made more public. We don't think people should pay for contact information, that should be readily available for all.



Clare one of our Foggys is a volunteer for North Wilts Options for Life. Clare and Dave have been wonderful in helping me with my P.I.P. Tribunal. Their facebook is <https://www.facebook.com/Options-For-Life-North-Wilts-922030777916824>. Opening times 9.30am -16.00pm Mondays and Fridays they are upstairs in Pinetrees Community Centre in the general office. To arrange appointments you can contact them on facebook, or email swindonofl@gmail.com



I've attached our Foggys check-list. Useful information in getting benefits and mobility help. Also attached, Concessionary Travel info. and application form. You can apply for free vouchers for free travel which can be used with some taxi companies (don't know which ones).

Paid membership of **Foggy's "Invisible Illness" Support Group** (compassionately referred to as **Foggy's**) is open to all. **PLEASE NOTE:** All membership applications are subject to an initial authentication and then to the authorisation & permission of Foggy's founder member, who has the final say. This policy has been established to ensure the well-being & security of all Foggy's members.

We've managed to secure grants, last couple of years, to pay for Hydrotherapy, and we have fund to the end of the year at present. I will apply for another nearer the time.



I was very proud to receive Swindon Pride Award for Foggys last year. I don't see it as an award for me, but for the group. We're 6 this year and we still have a lovely number of people attend. Here's to another 6. Without the members and the people passing through, we couldn't continue and I'm really pleased we're still helping people.



Sadly, we had to lose Salisbury Group, I was working and couldn't commit to it any more, and again sadly we've had to cancel Moredons' meetings. Liden meetings will continue and of course there is Hydrotherapy every Monday. Swim and socialise and support all in one.

MEETINGS

first Wednesday of the month **12pm - 2pm:**

Liden Community Centre

Barrington Close

Liden

Swindon SN3 6HF

NEXT MEETING IS WEDNESDAY

6th April 2016

Bus Routes:

13 14 20

We hold informal drop-in support meetings where partners/loved ones/carers are welcome and encouraged to attend too. Meetings are casual, on a drop-in basis, unless we have a speaker and we ask that you arrive promptly for them. We ask for £1 per meeting which pays for refreshments and goes towards hall hire.

We are encouraging people to bring a relaxing activity, e.g. knitting/crocheting and we will be providing colouring books and pencils.

If children can be occupied with a puzzle, book, iPad etc., and will sit quietly, then they are very welcome to meetings. Please remember that some of our members are noise and light sensitive.

Hope to see you soon. Even if you're not been in a while, you're most welcome !! Take care, soft hugs

Deb

XX

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BENEFITS AND FINANCIAL SUPPORT

www.gov.uk

Options for Life	Great Benefits and Legal Advice Pinehurst Community Centre	swindonofl@gmail.com Options for Life Facebook
Under 65 P.I.P. (Personal Independence Payment)	Will replace D.L.A. (Disability Living Allowance)	0800 917 2222
Over 65 A.A. (Attendance Allowance)		0345 605 6055
E.S.A. (Employment and Support Allowance) J.S.A. (Jobseeker's Allowance)	Will replace D.L.A. (Disability Living Allowance)	0800 055 6688
U.C. (Universal Credit)	If you're receiving benefits, you won't need to contact them as it will eventually replace the existing benefits and they'll contact you.	0345 600 0723
Income Support		0800 055 6688
Working Tax Credit		0345 300 3900
Child Tax Credit		0345 300 3900
Housing Benefit		National: 0800 055 6688 Swindon: 0345 302 2316
Mortgage Interest Support		Swindon 0345 604 3719
Council Tax Support		National: 0800 055 6688 Swindon: 0345 302 2316
Carer's Allowance	(If you care 35 hours a week)	0345 608 4321
Carer's Credit	(If you care 20 hours a week)	0345 608 4321

MOBILITY HELP

SEQOL	Will call to your home to assess what equipment you might need to enable you to stay mobile and assist daily activities.	01793 463333 www.seqol.org
Wheelchair & Specialist Seating Service		c/o SEQOL
Community Equipment Service		c/o SEQOL
Concessionary Bus Pass	Apply Online or Download Application Form	01793 445500 c/o swindon.gov.uk
Blue Badge Scheme	Apply Online or Download Application Form	01793 445500 c/o swindon.gov.uk
Swindon Shopmobility		01793 512621 c/o swindon.gov.uk
Wiltshire Link	Transportation provider	01380 722241 www.wiltshirelink.org.uk
Concessionary Travel	Information Leaflet	01793 445500 c/o swindon.gov.uk
Concessionary Travel	Apply Online	c/o swindon.gov.uk
Concessionary Travel	Download Application Form	c/o swindon.gov.uk

@Foggys

Details believed to be accurate as at 2 March 2016



Concessionary Travel Scheme Application 2015-16
 (Complete this form if you are eligible due to your age)

Service Delivery Highways & Transport Concessionary Travel
 Civic Office
 Euclid Street
 Swindon
 SN1 2JH
 Tel: (01793) 445500

Please read the Concessionary Travel scheme information sheet before you fill in this form.

Title: Mr/Mrs/Miss/Ms/Other

Surname

First Names

Address

.....

.....

Post Code

Please enter your date of birth
/...../.....

Contact telephone number

Own / Friend / Relative / Ex Directory
 (Please delete as appropriate)

NI Number:

Please tick the **ONE** option that is best suited to you:

Option 1 **English National Concessionary Bus Pass**

Option 2 **Travel Voucher Scheme**
 (This is for the severely mobility impaired who **cannot** use public bus services)

Please tick this box if you consider yourself to be wheelchair dependent

You may be asked to provide some evidence to support your need for option 2.

For office use only
Identification
Age:
Address:
Date & Seen by:



How Information about you will be used

The information you provide will be used to administer the Concessionary Travel Scheme.

The Council is under a duty to protect the public funds it administers, and to this end may use the information collected for the prevention and detection of fraud. It may also share this information with other bodies responsible for auditing or administering public funds for these purposes. For further information, see the Council's website www.swindon.gov.uk/nfi or contact the Council's Internal Audit section at: Swindon Borough Council, Civic Offices, Euclid Street, Swindon SN1 2JH.

Under the Data Protection Act you can see your own personal information. If you would like to know more about this, please ask for our leaflet 'Access to your personal information'. Or contact the Data Protection Officer at Swindon Borough Council, Civic Offices, Euclid Street, Swindon, SN1 2JH.

Signed	Date
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Swindon Borough Council Travel Concession Scheme Arrangements for 2015/16 from 1st April 2015

New Applicant

These notes are for the guidance of qualified residents of the Borough of Swindon **and should be read carefully before application is made**

How to apply – New Applicant

To join the concessionary travel scheme you can either:

- Apply in person at Swindon Direct, One Stop Shop with your proof of entitlement.
- Or using Online Forms at www.swindon.gov.uk. When your pass is ready to collect you will need to bring your proof of entitlement.

For opening times please see www.swindon.gov.uk

Please note the Council is not liable to reimburse any costs incurred from applicants in proving entitlement.

You can check your state pension age at www.gov.uk/apply-for-elderly-person-bus-pass

Who Qualifies?

Permanent Residents in the Borough who are either:

- (a) Women who have reached state pension age.
 - (b) Men who have reached the female state pension age.
- or a person who,**
- (i) Is severely sight impaired (blind) or partially sighted
 - (ii) Is profoundly or severely deaf
 - (iii) Is without speech
 - (iv) has a disability, or has suffered an injury, which has a substantial and long term adverse effect on his/her ability to walk
 - (v) does not have arms or has long-term loss of the use of both arms
 - (vi) has a learning disability, that is, a state of arrested or incomplete development of mind which includes significant impairment of intelligence and social functioning
 - (vii) would, if he/she applied for the grant of a licence to drive a motor vehicle under Part III of the Road Traffic Act 1988, have his/her application refused pursuant to section 92 of the Act (physical fitness) otherwise than on the ground of persistent misuse of drugs or alcohol
 - (viii) Is so severely disabled as to require the assistance of a companion in order to travel on public transport, Swindon Dial-A-Ride or other community transport.

How do I prove my entitlement?

If you are applying due to your age you will be asked to produce proof of your age and address.

Examples of acceptable evidence:

For Age: passport, medical card, driving licence or other official documentary evidence.

For Address: driving licence, council tax bill, recent utility bill ie gas, electricity, telephone etc. Please note utility bills must be addressed to the applicant.

If you qualify under the disabled categories (i) to (viii), you will be asked to provide other information to support your application.

For people who are Eligible disabled and of fare-paying age:

If you have a Vision Service Card (Severe sight impaired or partially sighted), Disabled Parking Badge, Higher Rate Mobility Component of DLA, Personal Independence Payment (8pts or more moving around or communicating verbally) or War Pensioner's Mobility Supplement you will qualify for either the English National Concessionary Bus Pass (Option 1) or Travel Vouchers (Option 2).

If you do not have any of the above please contact Swindon Direct for further information.

Photograph

Options 1 and 2 both require a passport style photograph. If you apply in person we will take a photo free of charge. If you apply on line or by post you will need to supply one. Photographs can also be emailed to

concessionarytravel@swindon.gov.uk

How does the scheme work?

There are two ways (**Options**) of getting help with the cost of transport.

You can only choose **ONE** option.

Option 1 – English National Concessionary Bus Pass

You can use this pass to travel for free off-peak on local buses anywhere in England.

It will be accepted from 0930 to 2300 on Mondays to Fridays. It can be used at any time on Saturdays, Sundays and Bank Holiday.

Option 2 - Travel Voucher Scheme (Mobility Impaired)

This option is for people of any age who have severe mobility problems and cannot use local public bus services. The vouchers are for users of Swindon Dial a Ride and other community transport. If you are wheelchair dependent you can use the vouchers to travel on certain taxis and private hire car operators. The vouchers **cannot** be used on local public bus services.

The vouchers £80 a year (issued pro rata) come in one book. Your photograph will be on each voucher. Vouchers are used to pay towards the cost of your journey.

If you only use community transport services occasionally and are able to use local public bus services, you may find it better to choose Option 1.

This option can be used to travel at any time.

Companion Allowance

A Companion Allowance is available locally for people who are so severely disabled as to require assistance in order to travel on public transport, Swindon Dial a Ride or other community transport. You will be asked to provide information to support your application. If you require a companion to help you to travel on public transport the bus pass is not valid until 9.30am. Companion vouchers are not accepted by taxis or private hire car operators.

Severely Sight Impaired

This bus pass is for people registered as severely sight impaired (blind), who can travel on their own. The pass can be used to travel at any time free of charge on bus services in Swindon. If you travel outside of Swindon before 9.30am or after 11pm you will have to pay for your travel.

Your chosen option normally takes about 7 working days to process once we have received your application.

Forms should be returned in person to:

Swindon Direct One Stop Shop
Wat Tyler House
Beckhampton Street
Swindon

Or by post to:

Concessionary Travel
Civic Offices
Euclid Street
Swindon, SN1 2JH

How Information about you will be used

The information you provide will be used to administer the Concessionary Travel Scheme.

The Council is required by law to protect the public funds that it administers. In order to prevent and detect fraud, it may also share information that has been provided to us with other bodies responsible for auditing or administering public funds.

For further information, see the Council's website www.swindon.gov.uk/nfi or contact the Council's Internal Audit section at: Swindon Borough Council, Civic Offices, Euclid Street, Swindon SN1 2JH.

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