

Hi sorry for not doing newsletters very often. As all members have been online, I've just been posting news on facebook and/or by email. As a couple of non onliners have joined, I shall try to do a round up of the year, since the last newsletter ...



We have booked to have a Christmas Meal, (or if you prefer to call it, a meal out in December, we appreciate not everyone celebrates Christmas) at The Southbrook Inn Southbrook Street, Ferndale, Swindon SN2 1HF 1st December 12pm.

It costs £19 per person, and we will subsidise £9 per person for our paid members. We'll need from you £10 deposit to secure your place and we'll pay the rest.

If you want to bring someone with you, they're very welcome, but will be required to pay full price.

We need your monies and choices asap please. Please complete a menu for each person.

[See the menu included in this newsletter.](#)



It's £10 to join as a new member, (£5 joining fee and £5 membership) renewable every April at the cost of £5. I will send out reminders to do so.

Memberships run April to April. We decided not January to December, because most people are feeling the pinch after Christmas, so we followed the tax year.

As a new member you receive:

- a membership "name" badge and lanyard,
- "members only access" area of our website, which is full of information
- and the link to booking free sessions at Thamesdown Hydrotherapy.



We have our last fundraiser of the year Saturday 19th November 10am - 3pm at Christchurch, Old Town, for the Christchurch Christmas Market. It's a really lovely festive atmosphere with the choir singing and lots of stalls within the Church.



Thanks to Awards for All, we have another year of Hydrotherapy at Thamesdown Hydrotherapy Pool (June 2017). It would be great though if more Foggys made use of this service.

As a paid member, it's free for you and someone else to go along on Monday 2pm - 3pm every week (apart from Bank Holidays). Children are welcome if they respect other swimmers and don't splash them.

It's another great socialiser, whilst bobbing about in amazingly warm water. There's also a Jacuzzi. You can get a cup of tea before and after.

[For our non-onliners, if you can let me know, I can book you in; weekly, monthly or just a one off swim.](#)



We went along to Liden Community Centre on 1st May for "Liden Fun Day" and made £90 selling our merchandise and raffle, which we sold out on. [So if you've any items you'd like to donate to Foggys, they'd be very welcome !!](#)

11th May The Crown Inn at Stratton held a fundraiser for us again. We raised £150+ on meals and rock 'n' roll Bingo, and £143 was in the charity box.



Listening Books were offering free membership, (mention it, when you contact them). Usual membership fees (range from £20 to £45 per year).

Listening Books is a national charity that provides a postal and online audiobook library service to children and adults who struggle to read or hold a book due to an illness, disability, mental health issue or learning difficulty such as dyslexia.

The Listening Books library has a huge range of fantastic fiction, non-fiction and educational audiobooks from bestselling authors such as James Patterson, JK Rowling, Philippa Gregory, Agatha Christie and Jacqueline Wilson, available across three easily accessible formats: MP3 CDs sent through the post (all postage is included in the membership), downloads from the website which can be transferred to a portable device such as a tablet or smart phone, and online streaming through a Windows PC, Mac or compatible device.

If you would like to apply for membership or have any questions, please contact Jo Cord at Listening Books on 020 7407 9417 or email jcord@listening-books.org.uk.

You can also register via their website: <https://www.listening-books.org.uk/join-us.aspx>



SEQOL Community Equipment Service and Wheelchair & Specialist Seating Service

You don't need to be on benefits. They offer advice and support, and provide mobility solutions for independent living.

They 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



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA), formerly the Cinema Exhibitors' Association (CEA).

The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them.

You don't need to have a CEA Card for a reasonable adjustment to be made and cinemas still have to make reasonable adjustments

If you require an adjustment to visit a cinema because of your disability, the UKCA's policy is cinema staff should make them for you.

<https://www.ceacard.co.uk/howtoapply.aspx>

CEA Card
PO Box 212
Waterlooville
PO7 6ZN
Telephone: 023 9224 8545
Text phone: 18001 023 9224 8545



Concessionary Travel, Bus Pass and/or the Blue Badge Scheme

Apply Online or Download Application Form
01793 445500
c/o www.swindon.gov.uk

Swindon Shopmobility
01793 512621
c/o www.swindon.gov.uk

Wiltshire Link Transportation provider
01380 722241
www.wiltshirelink.org.uk

Clare one of our Foggys is a volunteer for North Wilts Options for Life.

Their Facebook is
<https://www.facebook.com/Options-For-Life-North-Wilts-922030777916824>.

Opening times 9.30am -16.00pm Mondays and Fridays and are upstairs in Pinehurst Community Centre in the general

OPTIONS FOR LIFE - NORTH WEST

ADVICE - ADVOCACY - SUPPORT

SUPPORTING DISABLED PEOPLE AND THOSE AFFECTED BY DISABILITY

KEY AREAS OF OUR WORK ARE:

EDUCATION

We know how distressing it can be when things go wrong. Whether you have questions about the support that may be available or want guidance to move things forward we can help.

EMPLOYMENT

Do you feel that you have been treated unfairly at work? Are you concerned about returning to work after illness?

BENEFITS

Are you aware of all that you are entitled to? Do you need help with forms or support during assessments ?

CARE PACKAGES

Do you need support from others on a regular basis, but don't know how to go about it? Do you have a care package but don't feel it meets your needs ? Do you struggle in meetings with professionals ?

WHY WE ARE DIFFERENT?

- We work exclusively on issues affecting disabled people.
- If we can help, we will remain involved until the matter is resolved (or as long as you want us to.)

HOW MUCH DOES IT COST ?

Our services are free but we are entirely dependent on fundraising so any donations would be much appreciated.

BENEFITS AND FINANCIAL SUPPORT

www.gov.uk

E.S.A.(Employment and Support Allowance)
0800 055 6688

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

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

See also Options for Life, North Wiltshire as above.



Name: _____ Paid: _____

STARTERS

- Pyman Pate - Free Range Duck Pate with Orange and Cointreau - Served with toasted Baguette wedges
- [V] Cheese + Ale Croquets Served with a Cranberry Dip
- [V] Red Pepper and Tomato Soup Served with Roll and Butter

MAINS

- [V] Mushroom, Cranberry & Brie Wellington - Served with roast potatoes and seasonal vegetables
- Turkey Roast Dinner - Served with roast potatoes and seasonal vegetables
- Lamb Shank in Red Wine and Rosemary - Served with roast potatoes and seasonal vegetables
- Poached Salmon - Served with roast potatoes and seasonal vegetables

DESSERTS

- Crème Brûlée ice-cream - Served with a slice of orange
- Black Forest Log - Yule Log thick in chocolate
- Mince Pies - Gluten Free Mince Pies served with brandy butter clotted cream



We hold monthly, friendly, informal drop-in support meetings where partners, loved ones and carers are welcome and encouraged to attend too.

Bring your lunch if you would like to, and perhaps something creative. If you knit or crochet (for example), feel free to bring it along:

First Wednesday of the month
at **Liden Community Centre**
Barrington Close
Liden
Swindon
SN3 6HF

12pm – 2pm

Please try to come. Having anxiety is understood, being shy is allowed, suffering alone is not!

We provide free Hydrotherapy sessions every Monday 2 – 3pm at Thamesdown Hydrotherapy Pool for our paid members and a carer/friend/loved one.



www.foggys.net



facebook.com/groups/foggys



facebook.com/foggys.support



twitter.com/foggys_support



foggys_support

HealthUnlocked

healthunlocked.com/foggys

FOGGYS "INVISIBLE ILLNESS" SUPPORT

EST. JUNE 2010



Dedicated to raising awareness, providing support and promoting positivity, primarily for:

Arthritic / Rheumatic Conditions 

Chronic Fatigue Syndrome 

Chronic Widespread Pain 

Fibromyalgia 

Irritable Bowel Syndrome 

Ménière's Syndrome 

M. E. Myalgic Encephalopathy 

Myofascial Pain 

Seasonal Affective Disorder 

Trigeminal Neuralgia 

Deb Cooke
Group Founder
support@foggys.net

HELPLINE:
0844 887 2377

Monday to Friday
12pm - 3pm

Voicemail available 24 hours

www.foggys.net



With kind support from



Tips for coping with “invisible illness”

1. Your GP is there for you! You need to have a supportive and sympathetic GP. There is no point seeing anyone who isn't. Even if they're unsure of how to help you, just having someone nice to talk to, makes all the difference. If you don't have that - change GP's! It's simple to do, just go into the new one and ask to join them. Fill in a form, and they do the rest. You'll need to take ID in; Passport, Driving Licence etc. AND a recent utility bill.
2. Ask to be referred to Guy's Hospital and/or Royal National Hospital for Rheumatic Diseases in Bath and/or Eldene SEQOL Chronic Fatigue Team. They're mostly for sufferers of Rheumatic conditions, Fibromyalgia and Chronic Fatigue, check their websites or contact them for further information:

Guy's Hospital Great Maze Pond London SE1 9RT	020 7188 7188 www.guysandstthomas.nhs.uk
Royal National Hospital for Rheumatic Disease Upper Borough Walls Bath BA1 1RL	01225 465941 info@rnhrd.nhs.uk www.rnhrd.nhs.uk
SEQOL Chronic Fatigue Team Eldene Health Centre Eldene Swindon SN3 2RZ	01793 695151 www.seqol.org/health/Chronic-Fatigue.aspx

3. If your GP refuses your request for referral or blood tests or any of your requests, ask them to document your request and their reasons for refusal on your notes!
4. We'd love to see you at Foggys, whether you've never attended before, or haven't been in a while, there's no better support than being amongst fellow sufferers.