PRESCRIPTIONS

If you find yourself spending a lot of money on Prescriptions, if you are not entitled to free ones, you can apply for a Prescription Prepayment Certificate. It costs £10.40 per month for 10 months, but lasts for 12 months. This can be applied for at: https://apps.nhsbsa.nhs.uk/ppcwebsales/ and are valid straight away. You can also apply for the shorter 3 month form at £29.10 (one off fee) at selected Pharmacies, such as Boots if you prefer not to do this online.

If you receive Disability Living Allowance, higher rate mobility, and you need a carer to accompany you when out (on your worst day) then you are entitled to FREE prescriptions. You need to get a form FP92A and your doctor needs to sign this to confirm that you do need assistance. This will give you a Medical Exemption Certificate, please see: http://www.nhsbsa.nhs.uk/1638.aspx for further information.

UK Fibromyalgia

UK Fibromyalgia

For further information about Fibromyalgia or to find your local group, please visit: www.ukfibromyalgia.com

This booklet was created by Chorley Fibromyalgia Support
Please visit:
www.chorleyfibrosupport.org.uk
for more information about us and what we do.

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UK Fibromyalgia

What Help Are We Entitled to?

An explanation of what help we may be able to get, and how we would go about getting it. This is not an exhaustive list, but is a good start.

What Help Are We Entitled To?

This is a question that none of us want to ask, but we should! We are disabled and as such we need extra help getting around, which means that we often need to take a carer. Here is some information compiled to assist sufferers of Fibromyalgia

BLUE BADGE

One of the most widely known things that assist us when getting about is the blue badge scheme. Contrary to popular belief, you do NOT need to be on benefits to be able to apply for this as long as you; "have a permanent and substantial disability which means they are unable to walk or which makes walking very difficult." You can apply online, and they send the form to you, at: http://www.direct.gov.uk/en/ disabledpeople/motoringandtransport/bluebadgescheme/dg_181208
or by telephoning 0844 463 0213. You can also apply through Telly Talk.

RADAR KEY

For assistance when out and about when using the toilet, you can purchase a Radar key. These can be purchased online, on from Disability rights organisations.

CONCERTS / THEATRE

When you go to a concert, you may be eligible to a free ticket for your carer. You need to contact the arena or theatre directly. They can ensure that you get specific seats to ensure that they are accessible.

ROUGH GUIDE

If you like to go out on days out, but are unsure if places are suitable for disabled people, then The Rough Guide to Accessible Britain is for you. This is a great book which is totally FREE.Visit http://www.accessibleguide.co.uk/ where you can download it straight away. They no longer offer a print version unfortunately.

NATIONAL TRUST

If you are a member of the National Trust with individual membership, then you can contact them to advise them that you are disabled, and they will send you another card which will admit a carer free of charge.

ATTRACTIONS

A lot of attractions in the UK also operate a similar system, where you are full price, but your carer goes free. You will need to contact the attraction before you travel. Theme Parks offer a speedy boarding type pass so you don't have to queue as long. For example, Alton Towers will accepts a letter of diagnosis / DLA awards letter or a blue badge as proof that you are disabled.

FLIGHTS

When travelling by plane, if you advise them that you are disabled, they usually allow you to board before other passengers. And may offer you extra assistance. Please contact your airline and airport for details.

CINEMA

If you are in receipt of Disability Living Allowance (DLA) then you can also apply for a disabled person's Cinema Pass, which enables a disabled person to take a 'carer' to the cinema for free. It is called Cinema Exhibitors Association Card (CEA) and it costs £5 per year. The telephone number to arrange your card is 0845 1231292, or you can download a form to print off from: http://www.ceacard.co.uk/

NOW CARD / BUS PASS

You can also apply for a disabled person's bus pass or Now Card if you have a blue badge or are in receipt of Disability Living Allowance, higher rate mobility component. For futher information, please visit http://www.direct.gov.uk /en/travelandtransport/publictransport/ busandcoachtravel/dg_10036264 You can apply by Telly Talk in libraries etc.

RAILCARD

You can also apply for a disabled person's railcard if you get Disability Living Allowance, Higher rate Mobility or Middle rate Care. It is not free, but provides both yourself and a carer to 1/3rd off travel costs, and it costs only £20 per year. For more information please visit: http:// www.disabledpersons-railcard.co.uk/
You can print off an application form from the website or if you visit a train station, and they can arrange it there for you.
Please note that you can only claim if you are in receipt of Disability Living Allowance Mobility, having a Blue Badge unfortunately does not entitle you to apply for one.

Document Statement

Title Of Document: What Help Are We Entitled To? - National Information Booklet

Version: 1.0

Date Produced: 16th June 2012

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Revisions and Updates:

16th June 2012	-	Creation of Document by Natalie Hicks
18th June 2012	-	Amended to be suitable for UK Fibromyalgia