

Other useful contacts

Consultant Physicians & Specialists in Infectious Diseases

Dr Mirella Ling & Dr Mark Roberts,
Worcestershire Acute Hospitals NHS Trust.
CFS/ME Clinics are held at Kidderminster
Hospital for new diagnosis or when further
support is required.

Elizabeth Preston, Infectious Disease
Secretary (for Dr Ling & Dr Roberts)
01562 513072.

Worcestershire CFS/ME Local Multi-Disciplinary Team Service (LMDT)

Marina Townend, OT & Team Lead
Helen Ayres, Clinical Psychologist
Sara Young, OT

Alice Brixey, Assistant Psychologist
Kirsti Barnes, Administrator
Julie Poulsen, Honorary Assistant
Psychologist

Website: www.hacw.nhs.uk/our-services/chronic-fatigue-syndrome/
Telephone: 01684 612671

NHS Worcestershire Paediatric OT Teams
01905 681891 - South Worcestershire
01527 488041 - Bromsgrove & Redditch
01562 513540 - Wyre Forest

25% ME Group (for those with severe ME)
01292 318611 / www.25megroup.org

Action for ME (AfME)
0117 927 9551 / www.actionforme.org.uk

Association of Young People with ME
(AYME): 0845 123 2389 www.ayme.org.uk

Fibromyalgia Association UK (FMA)
0844 887 2444/fibromyalgia-associationuk.org

Herefordshire Fibromyalgia Information and
Support Service - (Herefordshire FISS):
0871 750 1725

Herefordshire CFS/ME/FMS Group:
01885 482966 /
www.mefmsgroup.wordpress.com

ME Connect Helpline
(ME Association - MEA):
0844 576 5326 / www.meassociation.org.uk

ME Research UK (MERUK):
01738 451234 / www.mereseach.org.uk

The Young ME Sufferer (TYMES Trust):
0845 003 9002 / www.tymestrust.org

Worcestershire Association of Carers
01905 26500 / www.carersworcs.org.uk

Worcestershire Social Services
0845 6072000

Benefits Advice:

Disability Information and Advice Line
(DIAL):

South Worcestershire: 01905 27790
www.dialsworcs.org.uk

North Worcestershire: 01562 6041
<http://nwdial.org.uk>

Citizens' Advice Bureau
08444 111 303 www.citizensadvice.org.uk

Worcestershire

M.E. Support Group

for people affected by

ME (Myalgic Encephalomyelitis/
Encephalopathy)
CFS (Chronic Fatigue Syndrome)
PVFS (Post Viral Fatigue Syndrome)
FMS (Fibromyalgia Syndrome)

How to contact us:

Website:

<http://worcsmegroup.weebly.com>

Email: worcsmegroup@yahoo.co.uk

Chairman

Ian Logan - 01886 888419

Vice Chairman

Warwick Davis - 01384 892442

Treasurer & Membership Secretary

Peter Goodbury - 01684 563868

Acting Secretary & Newsletter Editor

Esther Swinnerton - 01905 617514

What is CFS / ME?

The World Health Organization (WHO) classifies CFS/ME as a neurological illness (G93.3)

"There are a number of different names for what is an illness of uncertain cause affecting many thousands of people.

M.E. - Myalgic Encephalomyelitis or

Myalgic Encephalopathy,

CFS - Chronic Fatigue Syndrome,

PVFS - Post Viral Fatigue Syndrome"

Source: ME Association

"CFS/ME comprises a range of symptoms that includes fatigue, malaise, headaches, sleep disturbances, difficulties with concentration and muscle pain. A person's symptoms may fluctuate in intensity and severity, and there is also great variability in the symptoms different people experience. CFS/ME is characterised by debilitating fatigue that is unlike everyday fatigue and can be triggered by minimal activity. This raises especially complex issues in adults and children with severe CFS/ME.

Many different potential aetiologies (*causes*) for CFS/ME - including neurological, endocrine, immunological, genetic, psychiatric and infectious - have been investigated, but the diverse nature of the symptoms cannot yet be fully explained."

Source: National Institute for Health and Care Excellence (NICE)

(Trifold leaflet updated May 2016)

Fibromyalgia / FMS

A long-term condition that causes pain all over the body. As well as widespread pain, people with fibromyalgia may also have: increased sensitivity to pain, fatigue (extreme tiredness), muscle stiffness, difficulty sleeping, problems with memory & concentration, headaches, irritable bowel syndrome. *Source:* www.nhs.uk/conditions/fibromyalgia

Group Meetings

Our informal area meetings take place monthly, except in January & August. They are for anyone with ME, CFS, PVFS & FMS, their carers, family & friends. Children are welcome - under 18's to be accompanied by an adult. We also have a group lunch each month, at various garden centres around the county, except in December.

Our meetings provide social contact, as well as the opportunity to share personal experiences, coping strategies and other useful information. Please come and join us for a cuppa and a chat. Meetings only form part of what our group has to offer, so don't be put off if you are too ill to get to them, or you would rather not take part.

Other Resources

We have books, magazines and information sheets available, with details of local services, other organisations and research articles.

Our newsletters are sent out by post or email and our website has useful information.

Area meetings

You are welcome to attend any of our area meetings:

Droitwich

Area contact: Stephen Woodfield - 01905 798671

Methodist Church, Amphlett House, Worcester Road, Droitwich, WR9 8AW

First Friday of each month, 1.30 - 2.30pm

Worcester

Area contact: Ian Logan - 01886 888419
Wyevale Garden Centre, Droitwich Road, (A38), Worcester, WR3 7SW.

This venue may change so please check our website or contact Ian before attending.
Second Wednesday of each month, 2 - 3pm.
(This meeting normally continues until 4pm)

Malvern

Area contact: Ian Logan - 01886 888419

The Malvern Cube, Albert Road North, Malvern, WR14 2YF.

Second Thursday of each month, 2 - 3pm
(This meeting normally continues until 4pm)

Other Area Contacts

Redditch: Jackie Elston - 01527 458840

Hagley & Wyre Forest: Warwick Davis - 01384 892442

Bewdley: Coral Shelley - denshelley@btinternet.com

Group Lunches

Group lunch contact:

Warwick Davis - 01384 892442

Join us for lunch, or just a cuppa & a chat. For lunch dates or more information, please see our website.