

Worcestershire M.E. Support Group

for people affected by
M.E. (Myalgic Encephalomyelitis)
CFS (Chronic Fatigue Syndrome)
PVFS (Post Viral Fatigue Syndrome)
FMS (Fibromyalgia Syndrome)

Monthly Informal Gatherings
(all months, except August and January)

DROITWICH

1st Friday of each month: 1.30 - 2.30 pm
Methodist Church, Amphlett House,
Worcester Road, WR9 8AN

PERSHORE

2nd Tuesday of each month: 2.00 - 3.00pm
Pershore Baptist Church, 2 Broad St, WR10 1AY

WORCESTER

2nd Wednesday of each month; 2.00 - 3.00 pm
Horizon Community Centre, Midland Rd, WR5 1DS

MALVERN

2nd Thursday of each month: 2.00 - 3.00 pm
phone for venue location

KIDDERMINSTER

3rd Wednesday of each month: 2.00 - 3.00 pm
Museum of Carpet, Stour Vale Mill, Green St,
DY10 1AZ

REDDITCH

phone for arrangements.

All people with M.E., CFS, PVFS & FMS,
their carers, friends and relatives, are welcome
Children always welcome - (under 18s to be
accompanied by an adult)

[Timings can be extended if required at the time]

What is ME/CFS

Myalgic Encephalomyelitis (M.E.) is a chronic and often disabling illness which causes profound post-exertional exhaustion, muscle or nerve pain and cognitive problems such as memory loss and concentration. M.E. is classified by the World Health Organisation as a neurological disease (WHO ICD-10 93.3). M.E. is sometimes referred to as Chronic Fatigue Syndrome (CFS), or Post Viral Fatigue Syndrome (PVFS).

ME/CFS/FMS (Similarities)

Clinical features in common:
These include post-exertional fatigue/
malaise, cognitive dysfunction, paraesthesiae
or hypoaesthesiae/numbness, headaches,
sensitivity to noise and bright lights, alcohol
and medication intolerance, non-refreshing
sleep, problems with temperature control,
irritable bowel and bladder symptoms.

Worcestershire M.E. Support Group informal gatherings are held so you can -

- Share information about local services and useful contacts
- Obtain social contact and share personal experiences as sufferers and carers
- Receive understanding and acceptance from other sufferers and carers
- Relieve the isolation

Who else is likely to understand the restrictions made on your social life, the need to cancel at the last minute five times before you actually make it out? A fellow M.E. sufferer, that's who.

Meetings only form a part of what a group has to offer so don't be put off joining if you're too ill to get to them, or you'd rather not take part.

Vacancies -

**Secretary; Vice Chair; and volunteers
to assist Area Contacts**
Please call Ian Logan on 01886 888419

Chairman

Ian Logan - 01886 888419

Treasurer and Membership Secretary

Peter Goodbury - 01684 563868

Patient/Carer Contact

Audrey Hammond - 01562 822834

Newsletter Editor

Esther Swinnerton 01905 617514

Worcestershire Area Contacts -

Bromsgrove

Edwina Evans - 01527 832245

Droitwich

Stephen Woodfield - 01905 798671

Hagley

Warwick Davis - 01384 892442

Evesham & Pershore Vacancy

Malvern & Worcester

Ian Logan - 01886 888419

Redditch

Jackie Elston - 01527 458840

Wyre Forest

Audrey Hammond - 01562 822834

Patrons

Harriett Baldwin MP (West Worcestershire)

Mark Garnier MP (Wyre Forest)

Sir Peter Luff

Karen Lumley MP (Redditch)

More M.E. Group information

Email: worcsmegroup@yahoo.co.uk

Website - <http://worcsmegroup.weebly.com>

Links from this website take you to -

- National ME/CFS and FMS Charities
- Support Groups across the Midlands
- Disability and Benefit Information
- Relevant Government Sites
- Group Internet Discussion Forum
- Group Webshop

Raise money for the group by shopping online
at - www.easyfundraising.org.uk/causes/worcsmegroup

Useful Contacts

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)

0330 221 1223 / www.ayme.org.uk

Fibromyalgia Association UK

0844 887 2444

www.fmauk.org

Fibromyalgia Support

Hereford & Worcester FMS Helpline:

0871 750 1725

Invest in ME

02380 251719 / www.investinme.org

ME Association (MEA)

0844 576 5326

www.meassociation.org.uk

ME Research UK (MERUK)

01738 451234

www.mereseach.org.uk

(We are a "Group Friend"
of ME Research UK)

The Young ME Sufferer (TYMES Trust)

0845 003 9002 / www.tymestrust.org

(We are a "Partner of Tymes Trust")

Local Contacts

Community groups and voluntary groups
in Herefordshire and Worcestershire.

Finding Groups - www.findgroups.org.uk

Worcestershire Association of Carers

0300 012 4272 / www.carersworcs.org.uk

Worcestershire County Council -

01905 765765 (all departments)

www.worcestershire.gov.uk

Links at 'Health and Social Care'
take you to the WCC Social Care
and Disability Services, including
Blue Badge.

Benefits Advice

DIAL (Disability Information & Advice Line)

DIAL South Worcestershire

01905 27790 / www.dialsworcs.org.uk

DIAL North Worcestershire

0845 200 1072 / www.nwdial.org.uk

Citizens' Advice Bureau (CAB)

www.citizensadvice.org.uk

Worcestershire CAB Advice line:

03444 111 303

NHS CFS/ME LMDT

Worcestershire CFS/ME LMDT
(Local Multi-Disciplinary Team's) Lead Clinician -

Dr Mirella Ling,

Consultant Physician & Specialist in
Infectious Diseases, Worcestershire Acute
Hospitals NHS Trust

Dr Mirella Ling and Dr Mark Roberts,
Consultant Physician & Specialist in Infectious
Diseases, Worcestershire Acute Hospitals
NHS Trust, hold Worcestershire CFS/ME Clinics
at Kidderminster Hospital

These clinics are for a new diagnosis,
or when further support is required

Liz Preston, Infectious Disease Secretary,
Kidderminster Hospital
(Secretary for Dr M Ling, and Dr M Roberts)
01562 513072

NHS Worcestershire CFS /M.E. Service

01527 488316

[www.hacw.nhs.uk/our-services/
chronic-fatigue-syndrome/](http://www.hacw.nhs.uk/our-services/chronic-fatigue-syndrome/)

NHS Worcs CFS/ME LMDT Management Pathway
<http://worcsmegroup.weebly.com/about-me.html>

NHS Worcestershire Paediatric OT Teams

01905 681891 (South Worcestershire)
01527 488041 (Bromsgrove & Redditch)
01562 513540 (Wyre Forest)

NHS Worcestershire Patient Relations Team

01905 681517

email: PALS@hacw.nhs.uk