

## 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 Young, Administrator  
Julie Poulsen, Honorary Assistant  
Psychologist

Website: [www.hacw.nhs.uk/our-services/chronic-fatigue-syndrome/](http://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](http://www.25megroup.org)

Action for ME (AfME)  
0117 927 9551 / [www.actionforme.org.uk](http://www.actionforme.org.uk)

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

Fibromyalgia Association UK (FMA)  
0844 887 2444/[fibromyalgia-associationuk.org](http://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](http://www.mefmsgroup.wordpress.com)

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

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

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

Worcestershire Association of Carers  
01905 26500 / [www.carersworcs.org.uk](http://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](http://www.dialsworcs.org.uk)

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

Citizens' Advice Bureau  
08444 111 303 [www.citizensadvice.org.uk](http://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](mailto: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)*

## 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](http://www.nhs.uk/conditions/fibromyalgia)

## Group Meetings

Our informal meetings take place monthly, except in January and 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.

They provide an opportunity for social contact and to share personal experiences and problems with others in similar situations.

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. We also 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](mailto: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.

(Trifold leaflet updated March 2016)