

Worcestershire M.E. Support Group

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

E: worcsmegroup@yahoo.co.uk

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

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7 November 2016

Dear All,

Our Group's Future

These are my thoughts and considerations of what must now happen with our ME Support Group. Regretfully, it will have to change from its present form, as we can no longer continue under our present constitution and group's aims. This is because we do not have enough people able to run the group and fill the official posts required by our constitution. We also do not have enough people to run meetings, produce a newsletter, answer emails, etc., or act as a back-up support when others are away or unwell.

For the last few years we have managed with diminishing numbers of both helpers and officials. Also the number of members and contacts has reduced. I think that this has been declining as other forms of support / information have become available via the web, emails, etc.

At the AGM things started to look better with three people volunteering to take up the necessary posts required to run the group, but as individuals were not able to continue due to health and energy levels and unforeseen family commitments, and so have had to step down. I thank them for their commitment to try and keep our group going when they themselves were unwell / carers. I also wish to thank all those who have helped the group, past and present, including members and those who wrote or telephoned their best wishes and thanks to our group, but felt too unwell to be able to help.

So what of the group's future?

The remaining committee intend that there needs to be an Extraordinary General Meeting (EGM) to formally close the group in its present form under the group's constitution. This would leave the way clear for a 'new' group to start up in any form and without 'old' constraints. This 'new' group's form is for a future discussion and not intended to be part of this letter. However, those currently involved with our group would wish for a continuation in some form to still be available to ME/CFS/FM sufferers and carers.

Please join us on the afternoon of

Monday, 5th December
from 2.00 pm to 4.00 pm,

in the Community Room, at Waitrose in Worcester
223 London Road, WR5 2JG

(sign in at their Welcome Desk, so your parking doesn't go over the 2 hour limit)

Contd.

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| Patrons: Harriett Baldwin MP (West Worcestershire); Mark Garnier MP (Wyre Forest); Karen Lumley MP (Redditch), Sir Peter Luff; |
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The EGM Agenda will have to include -

Decision to discontinue the Worcestershire ME. Support Group's use of the existing constitution, completely (or in part).

The distribution of the group's current funds.

Cancellation of insurance.

Discharge the committee and officers.

My personal thoughts are that we are still wanted by those who wish for personal contact and talk with others directly and those needing information and confirmation of, for example, symptoms and emotions. This is dependent on their being able to attend meetings.

The next best thing, in my opinion, is to be able to telephone and discuss problems directly. This has also the benefit of being anonymous, if wanted. These contacts could continue without having the burden of an 'office structure'. The website could also be passed on to the 'new group', but that is for others to decide. The reduction of our group over the years is also seen in other support groups, who rely on volunteers. It is not just ME groups that are affected. So we should not blame ourselves for the downturn.

I wish you all improving health and happiness

*Ian Logan,
Chairman*