

There will be a chance for you to ask questions; however more personal and individual questions are best saved until you meet with a therapist on an individual basis.

We understand that many people, particularly when unwell, will find it difficult to stay focussed for the duration of the session. Therefore you will be given a break and refreshments will be provided. You will also be given handouts so that you are able to recap on the information at home.

It is common for people to feel anxious when attending this type of session. However, the facilitators are aware of this and will endeavour to support you throughout.

We understand that some people may find it difficult to attend; however, due to the importance of this in your treatment with the service, we urge you to make the necessary arrangements. If you are unable to attend the session please let us know so that we discuss with this with you.

**Please note** that if we do not hear from you we will assume that you are choosing to opt-out of the service and will discharge you from the waiting list.

## What happens after the session?

After you have attended the information session we ask everybody to make a start at implementing the skills learnt. Some people may feel that following the session they have all the information they require to make the lifestyle changes necessary to improve the symptoms, others may feel that they would like some help from us with this. We will ask you to let us know what you would like during the information session. If you choose to continue with the service, we will write to you as soon as possible to offer you an individual assessment appointment where you can meet with one of our therapists and together you can tailor a treatment plan.

Unfortunately there is sometimes a wait for this appointment, which is another reason why we feel that it is so important to attend the information session and begin your journey on the road to recovery.

## Further information

If you would like further information about the CFS/ME session, please contact the service on 01527 488 316. As we are a part-time service, we may be unable to answer, so please leave a message on our answer phone and we will get back to you as soon as possible.

# CHRONIC FATIGUE SYNDROME/ME SERVICE

## The Information Session

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