

Worcestershire M.E. Social Group

<http://worcsmegroup.weebly.com>

The Worcestershire M.E. Social Group is for people affected by M.E. (Myalgic Encephalomyelitis), CFS (Chronic Fatigue Syndrome), PVFS (Post Viral Fatigue Syndrome), and FMS (Fibromyalgia Syndrome), within Worcestershire and surrounding areas.

All people with M.E., CFS, FMS, and their carers, friends and relatives, are welcome at all Worcestershire M.E. Social Group social gatherings. People meet casually as a social group in locations throughout the county. Dates and venues of 2019 lunches and afternoon café meetings are overleaf, plus on the social group's website - <http://worcsmegroup.weebly.com/meetings.html#2MeetingsandEvents>

Join us for a bite to eat, or just a cuppa and chat.

Worcestershire GPs' CFS/ME referral protocol is now available on the Worcestershire Health & Care NHS Trust website <https://www.hacw.nhs.uk/our-services/chronic-fatigue-syndrome/information-for-gps/>. The referral protocol gives details of symptomology and tests that should be done prior to patients being seen by the ME/CFS Consultants, Dr Mirella Ling or Dr Mark Roberts, Specialist Consultants in Infectious Diseases, at Worcestershire Acute Hospital NHS Trust. Dr Mirella Ling and Dr Mark Roberts, the Lead Clinicians of the Worcestershire Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) Service, hold ME/CFS Clinics at Kidderminster Hospital.

The Worcestershire M.E. Social Group website includes Worcestershire NHS CFS/ME Service information <http://worcsmegroup.weebly.com/about-me.html#6aWorcs-CFS-ME-LMDT> , plus NHS ME/CFS news on the group blog - <http://worcsmegroup.weebly.com/blog/category/nhs>.

We no longer run as a Support Group - so we do not have membership, newsletters, etc. but we continue to keep in touch via our social group website, and at our social gatherings. The website has many useful links, including details of the previous Worcestershire M.E. Support Group - <http://worcsmegroup.weebly.com/>

For further information, please contact the group via the website, or phone Ian Logan, former Chair of the Worcestershire M.E. Support Group. Please ring him on 01886 888419, and leave your number if he isn't available, so he can get back to you.

People affected by ME/CFS can obtain a free copy of the ME Association (MEA) Clinical and Research Guidance booklet for their GP or other health professional - www.meassociation.org.uk/shop/books/mecfspvfs-an-exploration-of-the-key-clinical-issues/

The 2019 11th edition of the MEA's 'ME/CFS/PVFS: An Exploration of the Key Clinical Issues' has been written by ME Association medical adviser, Dr Charles Shepherd, and consultant neurologist, Dr Abhijit Chaudhuri, from the Essex Centre for Neurosciences.

Free copies for health professionals. The MEA again offer free copies of the 214 page print version to GPs, NHS consultants and other healthcare professionals in the UK. Please send details to admin@meassociation.org.uk, or phone the MEA on 01280 818964 (weekdays, between 9.30am and 3.00pm.).

Plus, you can purchase a copy of the 2019 guide, costing £9.00, (also available on Amazon Kindle). Just follow the directions on the MEA website, or phone them on 01280 818964.

2019 Group Lunches

All from 12:30pm:

- **January** - Monday 21st -
- The Olive Grove Café, David's Garden Centre by Cherry Lane, Ash Lane, Worcester, WR3 8TB
Olive Grove Café website & facebook.
- **February** - Wednesday 20th -
- Barnet Hill by Cherry Lane, Worcester Road, Clent, Stourbridge, DY9 0EE
- **March** - Monday 25th -
- De Beer's Garden Centre, Worcester Road, Torton, Kidderminster, DY11 7SB
- **April** - Wednesday 24th -
- St. Peter's Garden Centre, Broomhall, Norton, Worcester, WR5 2NY
- **May** - Tuesday 21st -
- The Mayfly Restaurant, Cob House Fisheries, Worcester Road, Wichenford, Worcester, WR6 6YE
- **June** - Wednesday 26th -
- Shed food and Drink, Countryside Park, A4025, Crossway Green, Stourport-on-Severn, DY13 9SE
- **July** - Monday 22nd -
- Rowberry's Garden Centre, Lodgeford Hill, Lower Chaddesley Corbett, Kidderminster, DY10 4QN
- **August** - Tuesday 27th -
- De Beer's Garden Centre, Worcester Road, Torton, Kidderminster, DY11 7SB
- **September** - Monday 23rd -
- Barnet Hill by Cherry Lane, Worcester Road, Clent, Stourbridge, DY9 0EE
- **October** - Wednesday 16th -
- The Olive Grove Café, David's Garden Centre by Cherry Lane, Ash Lane, Worcester, WR3 8TB
Olive Grove Café website & facebook.
- **November** - Monday 25th -
- Shed food and Drink, Countryside Park, A4025, Crossway Green, Stourport-on-Severn, DY13 9SE

2019 Afternoon Cafe Meetings

All from 2:30pm to 4.00 pm

- **May** - Thursday 9th at
- The Olive Grove Café, - David's Garden Centre by Cherry Lane, Ash Lane, Worcester, WR3 8TB
Café website & facebook.
- **June** - Thursday 13th at
- St. Peter's Garden Centre, Broomhall, Norton, Worcester, WR5 2NY
- **July** - Thursday 11th at
- Café at no. 8, 8 High Street, Pershore, WR10 1BG
- **August** - Thursday 8th at
- The Restaurant, Webbs, Worcester Road, Wychbold, Droitwich, WR9 0DG

Check our meetings section on our website for future
Social Group gatherings

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