

Worcestershire M.E. Social Group

<http://worcsmegroup.weebly.com>

(news & useful links (inc. Worcs NHS CFS/ME LMDT info), plus dates & venues of lunches and teas)

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 ME Social Group gatherings. People meet casually as a social group in locations throughout the county. Worcestershire M.E. Social Group's website gives dates and venues of lunches and afternoon café meetings. Join us for a bite to eat, or just a cuppa and chat - <http://worcsmegroup.weebly.com/meetings.html#2MeetingsandEvents>

There is an **index to recent news items** on the Worcestershire M.E. Social Group's home page - <http://worcsmegroup.weebly.com/>

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

The Worcestershire ME Support Group has closed - A decision was made in December 2016 to close the Worcestershire ME Support Group. Information is on the Social Group's website, including - the Extraordinary General Meeting (EGM) minutes which explain the situation, and the Group's last newsletter dated November 2016. Also, a final letter from Ian Logan, former Chair of the Worcestershire ME Support Group dated September 2017, together with the Final Financial Report and Statement of Accounts following closure of the Worcestershire ME Support Group have been produced.

For further information, please contact Ian Logan, former Chair of the Worcestershire ME 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/2018/06/2018-edition-of-purple-book-27-june-2018

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.

The Purple Book 2018 edition - The revised and updated 10th edition of the ME Association Clinical and Research Guide for ME/CFS is available to order through the MEA online shop - www.meassociation.org.uk/shop/books/mecfspvfs-an-exploration-of-the-key-clinical-issues, or telephone the MEA head office: 01280 818964 weekdays, between 9.30am and 3.00pm. The cost is £8.00 including post and packing in the UK.

As the main aim of the publication is to educate GPs and other health professionals, the MEA is pleased to be able to continue to post it out free of charge (UK only) to these professionals. If you would like the MEA to send it to your doctor, consultant or the person most responsible for your healthcare, please send details of this professional's full name and address to admin@meassociation.org.uk, or phone the MEA on 01280 818964.

2018 Group Lunches

All from 12:30pm:

- **January** - Tuesday 23rd -
- [David's Nurseries](#), Ash Lane, Worcester, [WR3 8TB](#)
- **February** - Wednesday 21st -
- [Barnet Hill](#) a Wyevale Garden Centre, Worcester Road, Clent, Stourbridge, [DY9 0EE](#)
- **March** - Monday 26th -
- [De Beer's Garden Centre](#), Worcester Road, Torton, Kidderminster, [DY11 7SB](#)
- **April** - Tuesday 24th -
- [St. Peter's Garden Centre](#), Broomhall, Norton, Worcester, [WR5 2NY](#)
- **May** - Monday 21st -
- [The Mayfly Restaurant, Cob House Fisheries](#), Worcester Road, Wichenford, Worcester, [WR6 6YE](#)
- **June** - Wednesday 27th -
- [Shed food and Drink](#), Countryside Park, A4025, Crossway Green, Stourport-on-Severn, [DY13 9SE](#)
- **July** - Monday 23rd - Rowberry's Garden Centre, Lodgeford Hill, Lower Chaddesley Corbett, Kidderminster, [DY10 4QN](#)
- **August** - Tuesday 28th -
- [De Beer's Garden Centre](#), Worcester Road, Torton, Kidderminster, [DY11 7SB](#)
- **September** - Wednesday 26th -
- [Barnet Hill](#) a Wyevale Garden Centre, Worcester Road, Clent, Stourbridge, [DY9 0EE](#)
- **October** - Tuesday 16th
- The Olive Grove Café - [David's Nurseries](#), Ash Lane, Worcester, [WR3 8TB](#).
Olive Grove Cafe [website](#) & [facebook](#)
- **November** - Wednesday 28th -
- [Shed food and Drink](#), Countryside Park, A4025, Crossway Green, Stourport-on-Severn, [DY13 9SE](#)

2018 Afternoon Cafe Meetings

from 2:30pm to 4.00 pm

- **May** - Thursday 10th at
- The Olive Grove Café - [David's Nurseries](#), Ash Lane, Worcester, [WR3 8TB](#)
Olive Grove Cafe [website](#) & [facebook](#).
- **June** - Thursday 14th at
- [St. Peter's Garden Centre](#), Broomhall, Norton, Worcester, [WR5 2NY](#)
- **July** Thursday 12 at
- [Apple Barn Restaurant](#) at Evesham Garden Centre, The Valley, Evesham, [WR11 4TP](#)
- **August** Thursday 9 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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