



Phoenix

Newsletter of The Central Lancashire ME/CFS Support Group

Patron: Doctor J Roberts

January 2013 issue

Charity no. 1106333

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A "Happy New Year" to you all!

Welcome to the first newsletter of 2013. We hope that you all had a good Christmas and that the year(s) ahead provide an improvement in health for those with M.E. (and good health in general for carers, volunteers and any other member of the group!)

We are always asking for members' contributions to the newsletter, so this issue will contain as many articles that have been sent in as we can reasonably 'fit in'. It is however, mainly committee members who send the said items in, so whilst we are certain that you are all enthralled by our writings(?!)... please do send in any items of interest that **you** might like to have included, or indeed your comments in general. As always.... many thanks to those who have already done so!

With this in mind, as newsletter editor, I would personally like to thank Paul Leeming for his article on Wild Flower Gardening, which is on pages 6 & 7 of this newsletter. (A couple of wild flower pics can be seen below to 'start you off'... which are Oxlips & Forget-me-nots).

As most of you will be aware, Paul is a committee member and also arranges some of the guest speakers who attend our meetings.

Paul is passionate about wild flower gardening and the aforementioned article was at least partially inspired by a talk arranged by him about local nature reserves and in particular, the "Plight of the Humble Bee". The talk was very interesting indeed and even 'novices' were inspired.

I must take this opportunity to remind members that attendance at the regular meetings are all FREE to our members! You really would enjoy them, particularly as we try to incorporate these more 'leisurely' functions alongside our 'more health based' Lifeline Course (which is again FREE to our members). Please do take advantage of these events, as you will surely enjoy some (if not all) of them!



(Oxlips)



(Forget-me-nots)



Disclaimer

The views represented in this Newsletter may not necessarily represent the views of the committee. Therapies, treatments, techniques etc, are described for information only and inclusion in this Newsletter should not be taken as a recommendation. Items featured are for information only.

Support Group News

“Thank You!”

As this is the first newsletter of 2013, it seems an appropriate time to sincerely thank all those who sent Christmas cards & New Year greetings in to the office. We really do greatly appreciate members taking the time to contact us.

However, for those who have been unable to do so, were possibly too unwell, or even perhaps are a little too shy.... YOUR views are important... and we would love to hear them.

An example of how we need your assistance, is regarding the social lunches. The number of people attending, seems to have dwindled somewhat.... and if the decline in attendees continues, it may not be viable to continue with them, in the current format at least. Whilst it must be made clear that no decision has been made yet, one option might be to combine the lunches with the craft group meetings, which are growing in popularity.

We are of course aware of the bad weather, the dark evenings and of course, the effect of M.E. on most of us, so all we ask is for you to a) let us know if you want the lunches to continue b) if you would like them to be held at different, or new locations and c) if you have any suggestions that we could implement to help or encourage you to attend... please let us know!

“Lifeline” information

Our Lifeline course is growing in popularity, but the opportunity is still available for all of our members to attend what is quite possibly the best course currently available for M.E. sufferers.

Due to the flexibility of attending each 'module' in any order... and the increased number of times & venues that each module can be attended, everyone should have the opportunity to take part.

If you do have difficulties attending, or questions about Lifeline, please contact the office, where we will do our best to help. Further information can also be found on our website.

Donate your used stamps

A reminder that used stamps are STILL being collected to raise funds for the group. If you want to help, please cut out any stamps from envelopes received in the post and pass them on to the office or a committee member. Many thanks to Audrey Atwood for organising this.

Blue Badge information

Are you aware that you no longer get a reminder that a blue badge is due to expire? **Please check** yourself and write down when you need to phone to reapply (6 weeks in advance). Lancashire CC Blue badge dept **0845 053 0049** Lynn Green

Auction - Wed 6th February

As indicated by the above heading, an auction to help with group funds, will be taking place at the Bamber Bridge meeting at 7pm, on the 6th February.

Bamber Bridge Methodist Church room, Station Road, PR5 6ED

Please bring friends and family and let's have a laugh!

This isn't **just** a Bamber Bridge area event!

Donations of unwanted presents will be gratefully received.



National News

Updates from the National Group - "Action for M.E."

1) Action for M.E. contacted Government ministers regarding the NHS services available to M.E. sufferers. A short update is below. Full information can be found on their website, titled "An Investigation into NHS Service provision for People with M.E./CFS."

"Our hard-hitting report [Ignorance, injustice and neglect](#) about NHS specialist M.E. services, based on responses from Primary Care Trusts (PCTs) and Health Boards to our Freedom of Information request, is being used to take local providers to task.

Action for M.E. Chief Executive, Sir Peter Spencer has received a reply from Health Minister Paul Burstow which acknowledges that "many people with CFS/M.E. are not receiving the services they need to maintain their independence and support a better quality of life".

We are now turning our attention to the new NHS structures, which come into play in April next year, with the aim of getting the message across that the new local council-led Health and Well-being Boards must hold local healthcare providers and Care Commissioners to account.

Sir Peter has therefore written to the Rt Hon Stephen Dorrell MP, chair of the Health Select Committee, asking for this powerful watchdog to examine the issues. This would give the facts a proper airing and explore the scope for ensuring that the commissioning process is made fair and accountable to Parliament, as well as to local people with M.E."

2) This month, Action for M.E. have also included information, including templates, about the new Personal independence payment, which replaces Disability Living Allowance from April 2013. If you will be affected by the changes, it would be worth checking the information out more fully (see below).

"Writing to your MP about PIP regulations

Catherine Hale, who has M.E., has produced a template letter to send to your MP, expressing concern about the draft regulations for new benefit, the Personal Independence Payment (PIP), published on Friday. PIP is due to replace Disability Living Allowance from April 2013.

You can download the letter, add your MP's name and amend the paragraph (in red) about how the change will affect you, to send to your MP. To find their address, visit <http://www.theyworkforyou.com/>

Find out more about engaging with your MP, including tips on drafting your own campaigning letters, in our campaign toolkit."

3) Stephen Gilbert, MP for St Austell and Newquay, has tabled two written questions in the House of Commons (below). We will keep you updated on all of these topics.

"17 December for answer on 20 December 2012.

To ask Mr Chancellor of the Exchequer, how many people have been refused the disability element of working tax credit on the grounds that myalgic encephalomyelitis (ME) is an ineligible criterion in each of the last five years; and if he will make it his policy to extend the disability element of working tax credit to people with ME.

17 December for answer on 20 December 2012.

To ask the Secretary of State for Work and Pensions, how many people have been refused (a) disability living allowance and (b) disability premium for housing benefit on the grounds that myalgic encephalomyelitis (ME) is an ineligible criterion in each of the last five years; and if he will make it his policy to extend those allowances to people with ME."

National News continued.... The XMRV virus

One of our members has kindly sent in a selection of newspaper items regarding M.E. and the potential for any viral link. We have previously covered the claim of a possible link to the XMRV/pMLV virus, along with the ultimate rejection of this theory.

However, the information sent to us by said member, identifies a few further issues and concerns that we all need to be aware of. Firstly the newspaper items largely seem to 'run with the idea' that ANY viral link has been ruled out. This is clearly not the case... and it doesn't mean to say that a *different* virus might be discovered to be a factor at a future date. To be fair, one item in the Daily Mail (18th Sept 2012) does go on to say that, "*experts believe that there may be a genetic cause.... or it may be triggered by a traumatic event, or a weakness in the immune system.*"

The Daily Telegraph (24th Sept 2012) contained an article which 'revisited' the point that some M.E. sufferers send hate mail to anyone who suggests there might be a psychological cause.

Personally speaking, I would say three things. 1st... 99.9% of M.E. sufferers are ashamed of the minority who try being "internet terrorists" and respond in a dignified manner (as have some to the newspaper items). 2nd... it's a shame that as much time and money hasn't been spent on finding the actual cause of M.E., as there has arguably been spent trying to hammer a large square peg into the round hole of "Psychological Causes". 3rd and finally....even if they were correct about M.E. (which anyone who has M.E. **knows** they are not).... the abysmal way that any form of mental illness is often treated, is a sad indictment of just how lacking in humanity and compassion people can sometimes be, so It is hardly surprising that people are both scared and offended to be labelled this way!

Anyway... apologies that due to time and space limitations we only offer this summary, but in the next newsletter we will cover in more depth, an article by Dr Charles Shepherd, medical adviser to the M.E. Association, about this and M.E. in general, which was included in the Daily Telegraph in December 2012.

Let's lighten the mood!

Healthy Recipe - Pan Cooked Apple Crumble

Ingredients

- 125g/ 4½ oz plain Flour
- Pinch salt (if wanted)
- 60g/ 2 ½ oz soft brown sugar
- 1 tbsp golden syrup
- 2 tbsp grated lemon rind
- 90g/ 3 ½ oz chilled butter
- 5 apples

- 1) In a large bowl mix together the flour, lemon rind & salt.
- 2) Cut 60g/ 2oz butter into pieces. Rub into the flour mixture with your fingertips to form coarse crumbs
- 3) Stir in the sugar and put the mixture in the freezer for 20mins.
- 4) Meanwhile, peel, core and chop the apples
- 5) Melt the remaining butter in a pan. Add the apples and cook, stirring regularly for 10mins. Cover and cook for 5-10 mins, or until tender.
- 6) Add the golden syrup. Increase the heat and cook until the apples start to caramelise.
- 7) Transfer the apples to a plate to keep warm. Wipe the pan clean and set over a medium heat. Add crumble and cook for 5 mins without stirring until golden
- 8) Spoon the apples, topped with crumble into 4 bowls.... serve.... and ENJOY!!

Our crazy language!

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes;
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese;
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen ?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called beet ?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth ?

We speak of a brother & also of brethren,
But though we say mother, we never say methren.
Then the masculine pronouns are he, his & him,
But imagine the feminine: she, shis & shim !

Let's face it - English is a crazy language.
There is no egg in eggplant nor ham in hamburger;
Neither apple nor pine in pineapple.
English muffins weren't invented in England.

We take English for granted,
but if we explore its paradoxes,
We find that quicksand can work slowly,
boxing rings are square;
A guinea pig is neither from Guinea nor is it a pig.
Why is it that writers write, but fingers don't fing,
Grocers don't groce & hammers don't ham ?

Doesn't it seem crazy that ...
you can make amends but not one amend ?
If you have a bunch of odds and ends ...
and get rid of all but one of them,
What do you call it ?

If teachers taught, why didn't preachers praught ?
If a vegetarian eats vegetables,
what does a humanitarian eat ?

Sometimes I think all people who speak English
Should be in an asylum for the verbally insane.
In what other language do people recite at a play,
and play at a recital ?

We ship by truck but send cargo by ship ...
We have noses that run & feet that smell;
We park in a driveway & drive in a parkway.
& how can a slim chance & a fat chance be the same,
while a wise man & a wise guy are opposites ?

And in closing

If Father is Pophow come Mother's not Mop ? ? ?

(Thanks to Helen for this.)

Forgetter Be Forgotten!

My forgetter's getting better,
But my rememberer is broke
To you that may seem funny
But, to me, that is no joke

or when I'm 'here' I'm wondering
If I really should be 'there'
And, when I try to think it through,
I haven't got a prayer!

Off times I walk into a room,
Say 'what am I here for?'
I wrack my brain, but all in vain!
A zero, is my score.

At times I put something away
Where it is safe, but, Gee!
The person it is safest from
Is, generally, me!

When shopping I may see someone,
Say 'Hi' and have a chat,
Then, when the person walks away
I ask myself, 'who the hell was that?'

Yes, my forgetter's getting better
While my rememberer is broke,
And it's driving me plumb crazy
And that isn't any joke!

(Does this sound familiar?! Thanks to Viv for this ... & for the recipe on the preceding page!)

Awful joke corner!

Reports are emerging that three bodies have been found at a local supermarket.... one partially buried in cornflakes... one under a pile of rice crispies... and one under a pallet of weetabix.

A Police spokesman says that they suspect that a cereal killer may be responsible.

(I really must apologise. That was so bad...I feel a strange combination of pride & utter shame!!)

A doctor asked a patient about his physical activity level.

"Well... yesterday afternoon, I took a five hour walk, about 7km, through some pretty rough terrain. I waded along the edge of a lake, pushed my way through brambles... got sand in my shoes and my eyes... climbed a big tree... & even fell down a rocky hill. The stress of it all left me so shattered that at the end... I drank eight beers".

The doctor, quite surprised, exclaimed, "You sound like a survival expert!"
"No", the man replied, "just a terrible golfer!!!"

Wild Flower Gardening by Paul Leeming

If you can get away from “roses in neat rows” and bowling green lawns... and then see past the untidy habits of many wild flowers, you will see their beauty and all the interesting insects & wildlife that come with them. Then you will be well on the way to “wild flower gardening”.

A good first step, would be to get a good wild flower book out of the library and see their beauty. And... forget weeds... a weed is only a plant that is in the wrong place!

It can be very interesting to learn the folklore of native plants, the other names that they can sometimes go by... and the uses that people have found for them, both in the past, but also today.



(Meadowsweet)

This type of gardening also has the advantage of being ideal for someone with M.E., as they basically look after themselves, once they are established and if there are too many... just remove some.

There are some plants that should be avoided however, some of which I will now briefly mention.

1) Lesser Celandine

These are beautiful in flower, but are best left in the wild, as they will ‘take over’. Each plant has loads of bulbs, underneath on the root, each a new plant and they will seed all over if allowed. You can even end up with a garden of nothing but Lesser Celandine, as they can kill off the other plants (this once happened in my garden!), but hopefully, the tips I’m providing will help you to avoid this happening.

2) Butterbur

These have huge leaves and very insignificant flower. They look very ‘architectural’, but have long, thick runners and spread all over.

3) Be careful with Mint.

Only grow it in pots, as these plants will spread. That is not to say don’t grow them... But it would be wise to keep them contained.

4) Ground Elder

It looks nice, they even sell variegated varieties in garden centres, but it is another plant that spreads and takes over... and it is hard to remove.

The majority of wild flowers, however, are easy to grow, trouble free... and take very little effort or care. It is illegal to dig up any wild flowers that are actually in the wild, so either buy them in plugs, little plants, or grow them from seed, which is cheaper and more fun and you can get a lot more variety in seed packets.

There are wild flowers for everyone... and for every place in the garden. There are low flowering, for rockeries etc, such as primrose, cowslip, or oxlip and forget-me-nots (not all annuals... the wood forget-me-not is perennial).

Keep larger plants at the back, medium plants in the middle and, obviously, smaller plants then to the front, as otherwise, they will be swamped by their larger neighbours. It is also easier to both view and look after them this way!

I would recommend “Herb-Robert”, which is a wild geranium and is a biennial (grows over two years). These will seed around and are easy to remove if you get too many growing. “Meadow-sweet” (see picture at top of page) is good at the back and is perfumed.

Chicory ‘wild’, has beautiful blue flowers. It grows like a Dandelion and flowers for months when established. It is perennial, with a tap root. This is one that impressed me a lot, but the thing is, everyone is different and likes different plants (but as I said earlier, there are wild flowers for everyone!). So, get a book and read it when you can find a little time.... and it will become addictive.



(Herb-Robert)

Wild Flower Gardening by Paul Leeming (continued)

Care, in general, involves simply tidying up after flowering, but many you can simply leave alone... ideal for anyone with M.E.... no digging.... no fertiliser... but you still have the pleasure of being able to look at their beauty!

Most wild flowers even 'like' poor soil. Some like shade, though woodland plants like sun. Some may need staking, in order to stop them from falling over, but if put together, they will hold each other up.

I used to like nothing better than walking in the wild with the wind in my hair, but sadly, I am not well enough to do that any more. However, I am able to see wild flowers in my garden and all the insects that live on them. I cannot tell you enough times, just how much pleasure can be found in such things.



(Primrose)

Wild flowers are considered the bottom of the eco-system. However, modern hybrid plants you get from garden centres are generally not much used to wild life, as many are sterile, don't produce seeds and are not the food of choice.

No garden, back yard, or window box is too small to grow these native plants. Personally, I think that these flowers are more beautiful than cultivated plants. You don't have to be a wild flower purist like me, many plants will look fine amongst herbaceous plants from a garden centre.

Like I say, everyone is different and if all I do in this article is get you to consider wild flowers and not to dismiss them as weeds, then I will feel that I have achieved something.

Growing wild flowers doesn't cost much from seed. A bag of cheap compost, a large plastic meat tray with holes in and a makeshift 'cold frame' with netting over it is all you need. My cold frame is old fridge compartments, the wire baskets.

Wild flowers can be grown all year round, but the best time to sow seeds is March or April. Some seeds actually need cold to germinate, but apart from one or two bits of knowledge that are built up with time, it takes very little effort or energy.... ideal for people with M.E. It can also provide you with an interest all year round.

You will not succeed with every seed packet, but with a little patience, you will grow the plants that you want and like the look of.

Below is the address of a specialist seed nursery. If you send a stamped, self addressed envelope to them, they will be able to send you their large list of plants, which to me, is like being in a sweet shop!

**John Chambers,
15 Westleigh Road,
Barton Seagrave,
Kettering,
Northants.
NN15 5AJ**



Forget-me-nots(left)

and

Cowslip (right)



The costs of packets of seeds can vary, but generally range from 90p to £1.10 a packet. If you purchase five or more packs, you get free postage.

So, take another look at native plants and wild flowers and don't think of them as weeds, for many have better flowers, are less trouble and are hardier than their cultivated cousins.

I hope that this might have inspired you to learn more and if you would like any more help or information, then please feel free to contact me via the M.E. group's office.

Finally, if you do decide to dip your toe into the water and try to grow wild flowers, then good luck... and enjoy!

Sudoku (fairly easy)

Complete the grid so that every row, every column and every 3x3 box contains the numbers 1-9 (and remember... If you would like more difficult puzzles... or no puzzles at all in the newsletter...you need to let us know!)

		9			2	8		
8	1	6				9	3	
2			9		8		5	7
		1			7			
	5		6		4			1
		8		9		5	2	
			5	3			7	9
3			7		9			
							4	5

Sudoku (difficult)

Well... no-one has responded to the comments that have accompanied the Sudoku puzzle in previous newsletters (please see above!)... so in the absence of feedback... here is a more difficult puzzle for you to try. If it proves to be too much for tired minds, you know the 'drill' by now... please let us know!

9	4							
		2				7	5	
					6			8
				6	8			2
6			4					
	5	3			7	1		
5								
	1			4		6		
4					5			9

Help with Research

Dear Sir/Madam

We are a Health and Cognition research group at the Department of Experimental Psychology, University of Oxford, UK. Our research focus is Behavioural Medicine, chronic illness and brain activity/information processing. We are currently conducting a web-based study investigating physiological, behavioural, and cognitive aspects of chronic conditions such as CFS, asthma and cancer.

The study is located here:

<http://www.surveymonkey.com/s/H3ZGSM5>

It consists of several questionnaires exploring how people with a chronic condition process, perceive, understand and explain their illness, symptoms, physiological and mental state; their physical/mental/social activity levels and patterns, and how they choose to manage and cope with their illness.

We are seeking volunteers for our research. I was wondering if you would be willing to offer us some advice on disseminating information about our study, or perhaps would be interested in spreading the word of our study within your network.

The study has been reviewed and approved by the Oxford University Central University Research Ethics Committee. Secretary of IDREC, Medical Sciences Divisional Office, Level 3, John Radcliffe Hospital, Oxford OX3 9DU email address: ethics@medsci.ox.ac.uk

The regulations concerning the membership of the committee can be found here

<http://www.admin.ox.ac.uk/statutes/regulations/520-122e.shtml>

Our contact information:

Email: iana.alexeeva@psy.ox.ac.uk

Address: Department of Experimental Psychology, South Parks Road, Oxford, OX1 3UD, UK

If you have questions, suggestions or comments, please let me know. I will be happy to provide you with more in-depth information about what we do or answer any concerns or questions.

Warm wishes,

Iana Alexeeva

Behavioural Medicine and Health Psychology group

Department of Experimental Psychology

What does CLancs ME/CFS Support Group mean to you?

We would love to hear from you about what kind of difference and meaning we make in your lives. Feedback will be used to help with vital future bids for support and funding which help to keep this charity going.

If you would rather we did not use your name with any feedback for submission, you can make your comments anonymously. We'd also welcome any thoughts, articles or ideas that you may like to see in the newsletter.

Also, if you disapprove of something... you need to inform us AND tell us why! Please email us with any comments you have, or send them to the office (full details under 'Contacts' on back page of this newsletter).

Carers' Contacts

Carers Lancashire: **0345 6887113** Ring the central number and you will be put through to the Carers' organisation covering **your area**.

Blackpool Carers' Centre: 01253 393748 info@blackpoolcarerscentre.co.uk
Covering **Blackpool**

Open Meetings and Social Lunches 2013

Preston Open meetings

Bamber Bridge Methodist Church,
Station Road, Bamber Bridge. PR5 6ED
Wednesdays 7-9pm.

6th February - Auction see p3

3rd April - LIFELINE, Jayne Morrisey
Yoga for ME and Natural Healing Practises

Galloway's, Howick Park Dr, PR1 0LS

LIFELINE PROJECT

25th February 7pm - Jayne Morrisey
YOGA for ME and Natural Healing Practises

14th March 7pm—Oliver Mawdsley
DWP/Carers Benefits

Other Preston meetings

Minerva Centre coffee/tea Mornings:

Café area to the left of reception, PNE Football Ground, Lowthorpe Road, Preston, PR1 6SB.

Last Friday of the month, 11.30am onwards.: 25th Jan, 22nd, Feb, 22nd Mar (due to the last fri being Good Friday).



Craft/Coffee Sessions 2-4pm

Last Wed of the month, Roccoco Coffee Lounge, Church Brow, Leyland PR25 3NH.

EXCITING NEWS—We have been successful in a grant from South Ribble Borough Council for 6 months craft group funding! The Roccoco being in South Ribble means we can build on our meetings there and have speakers/demonstrations starting in Jan.

30th Jan—Dream Board, making a collage of things that inspire you for the coming year using cuttings, pictures, etc. Bring items of your own to go with those available at the session.

27th Feb—Probably making beads. Samples of what could be made will be at the Jan session where a decision will be made.

Lunch: Wed February 27th, 12.30pm

Roccoco Coffee Lounge
Church Brow, Leyland
PR25 3NH

COMING UP ...

Our AGM will probably be

Early June

(Also membership renewal time!)

Open Meetings and Social Lunches 2013 continued

East Lancs meetings

Wilpshire Methodist Church Hall,
Ribchester Rd, BB1 9HU - One Monday
every other month, 7-9pm

**18th Mar - showing recorded Lifeline talk -
Dr Janet Roberts**

We will now be using a room off the Knowsley
Rd entrance not the main road
(where the small car park is)

Lunches

Simply Classic Bistro (Shuttleworth Mead
Business Park, Padiham BB12 7NG—J8 M65)

12.00pm onwards

Thurs 31st Jan

Tues 26th Feb –The Game Cock 12.30pm

Whalley Road, Gt Harwood BB6 7UH

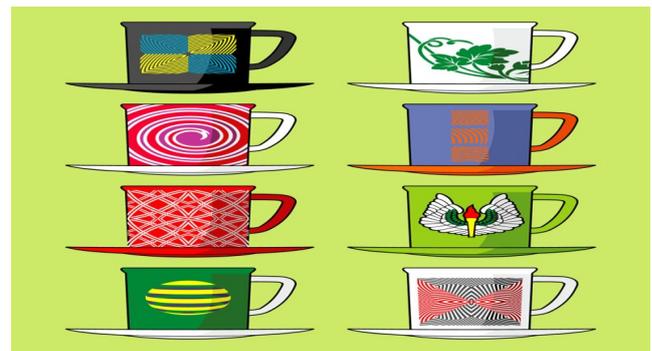
Craft and Chat

Blackburn Women's Centre

Srawberry Bank BB2 6AA

(toilet upstairs)

Tues 12th Feb 2pm



St. Annes meetings

Andsell House Clinic, 261 Church Rd, St Annes, FY8 3NP

Open meetings - Wednesdays 7-9pm (Usually 2nd Wed of every other month)

13th Mar - recorded Lifeline talk, #2 Dr Janet Roberts

Dr Roberts will be in attendance for question and answer time

Afternoon Tea/Coffee Thurs 7th Feb, 2pm

Hotel Dalmeny, Reception area, South Promenade FY8 1LX

(If parking on Hotel grounds you must give your registration at reception (ParkingEye))

Useful Contacts



Central Lancashire ME/CFS Support Group

Howick House
Howick Park Avenue
Penwortham
Preston. PR1 0LS
Tel: 01772 751254



For all enquiries, please contact the office at the address above

Web: www.clancsme.org.uk

Email: info@clancsme.org.uk

Chairman: Colin Briggs

Deputy Chair: Vivienne Henderson

Support Workers:

Helen Crossan:
helen@clancsme.org.uk

Lynn Green

Committee Members:

Shelley Burrows

Harriet Fairhurst

Kath Grannell

Pat Iddon

Paul Leeming

Keith McNicholas

Moira Portman

Newsletter:

Keith McNicholas
keith@clancsme.org.uk

Volunteers:

Dave Berry

Claire Tracey

Brenda Wilson

Rob Edwards

Pat & Albert Hardaker

Phil Green

Central Lancs ME/CFS Support Group is
a Registered Charity - No 1106333.
Patron: Doctor J Roberts

Help and Advice



Accrington: 01254 394210
Blackpool: 01253 308400

Preston: 01772 682588

Chorley: 01257 279807

Blackburn: 01254 671211

Burnley: 01282 450535

Kirkham: 01772 682588

Welfare Rights: : 0845 0530013

(You will be connected to your local office in Lancashire)

Except: Blackburn with Darwen: 01254 583350
Burnley/Nelson: 01282 470570
Blackpool 01253 477488

PALS (Patient Advice and Liaison Service):

Preston: 0800 032 2424
Chorley & South Ribble: same number, but then 'option 3'
West Lancs: same number, but then 'option 4'
Fylde 01253 655588

Help Direct For Practical Support: 0303 333 1030

Benefit Enquiry Line: 0800 882200

Disability Equality North West (formally known as DISC):

Preston 01772 558863

Shop Mobility:

Preston 01772 204667 Chorley/South Ribble: 01257 280888
Burnley: 01282 450684 Blackpool: 01253 476451

Council for Voluntary Services (CVS)

Preston 01772 251108

Samaritans:

National: 08457 909090 Preston: 01772 822022
Chorley: 01257 266881 Blackburn: 01254 662424
Burnley/Nelson: 01282 694929 Blackpool: 01253

Useful Websites:

www.afme.org.uk	Action for ME
www.meassociation.org.uk	The ME Association
www.tymestrust.org	Young ME Sufferers Trust
www.ayme.org.uk	Young people with ME
www.investinme.org	Invest in ME
www.mereseach.org.uk	Research & scientific info
www.drmyhill.co.uk	GP - specialising in ME
www.benefitsandwork.co.uk	Benefits advice/forms etc
www.turn2us.org.uk	Benefits advice
www.lancashirecare.nhs.uk	Adult Services for CFS/ME
www.mentalhealth.org/relax/sleep	Podcasts to download