



February 2014, no. 6

me voice

The WAMES Magazine

WAMES
Welsh Association of ME and CFS Support

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me voice

me voice is published 5 times a year. You can subscribe to the paper copy for £10 p.a., or receive it free by email, or read and/or download it from our website www.wames.org.uk

Contact tony@wames.org.uk

WAMES Subscriptions
The Coach House Frongôg
Aberystwyth SY23 3HN

the wames enformation exchange

offers a number of ways to share news and views which interest

and entertain people with ME who live in Wales (and carers and family):

- newsblog on website
- magazine
- facebook
- twitter
- e-group

We welcome news items, articles, cartoons, jokes, poems, suggestions etc. We will include them whenever it is appropriate.

Send them to:
admin@wames.org.uk

or to the WAMES Subscriptions address in the previous column.

Making the web links in *me voice* work in your Browser

Internet Explorer - when you click the *me voice* link, this opens your default pdf reader. The hyperlinks and the email addresses all work.

Google Chrome, Opera, Torch - hyperlinks and email addresses work correctly.

Mozilla Firefox - If 'This pdf might not be displayed correctly' appears top left under the bookmarks toolbar, click on the box to the right 'Open with a different viewer'. Choose your favourite pdf reader and tick the box 'do this automatically for files like this in future'. The hyperlinks and email addresses will now work correctly.

Read the magazine full screen:

In Foxit Reader click F11 to increase and decrease size of page. In Adobe Acrobat press "control" and "L" together.

Copy dates for the magazine:

24 March & 24 June 2014

wames news

Could you be the WAMES Secretary?

The WAMES secretary's post will become vacant at the April AGM.

This post is critical for the smooth running of WAMES, an organisation which works to improve services and provide a better quality of life for people with ME in Wales.

Responsibilities would include:

- attending an annual AGM in south Wales
- compiling and distributing minutes and agendas
- organising e-meetings
- producing documents
- monitoring policies
- correspondence
- general administration.

The secretary would also be a trustee who shares responsibility with the rest of the committee for overseeing WAMES's work.

Person specification: We are looking for someone who is organised, computer literate and able to work from home.

Support: We can provide support, expenses and training as necessary.

The post is open to anyone living in Wales but would be ideal for someone who has a long term plan of returning to work and needs experience, or who wishes a career in the 3rd sector.

More information: contact Jan enquiries@wames.org.uk
01970 636515

February/March Poll

Join in our online polls and help WAMES campaign!

Should all people with suspected ME be referred to a specialist?
<http://tiny.cc/a5edbx>

ME Awareness week 11-17 May

Join WAMES in raising awareness and fundraising in May.

Need ideas?

- write your story – we'll help you distribute it
- wear blue ribbon and/or blue clothes
- wear pyjamas or dressing gowns when out
- add a twibbon to your FB site
- supermarket collecting

- collecting tins in local shops etc
- display posters in libraries, community centres etc
- sponsored event at school work etc
- shop online through www.easyfundraising.org.uk
- sell unwanted goods on Ebay in aid of WAMES Paypal giving fund at www.missionfish.org.uk

More information: contact Sharon Price, our Awareness Week Contact (last year she 'lay down for ME' in public places and the previous year she wore a blue wig!) She can help with ideas, publicity and planning. She can provide posters, leaflets, gift aid forms, sponsorship forms. sharon@wames.org.uk
07855128647

WAMES AGM

This will be held on April 1st in Dinas Powys, the venue to be confirmed.

Contact Jan if you wish to attend.

Shop online – raise money for WAMES

1. www.easyfundraising.org.uk
Click 'Select your cause'
2. enter WAMES in the box
3. Add easyfundraising to your favourites or download the fundraising toolbar.
4. Whenever you want to shop choose your online store at the easyfundraising site. 2,700+ retailers include:

- Amazon,
- high street stores like John Lewis, M&S, Argos,
- Ebay,
- Grocery stores like Sainsbury, Tesco
- Transport sites like Trainline,
- Insurance companies
- Mobile phone companies
- Holiday companies like Thomson, and many more...

Ask friends and families, employers and colleagues to 'choose WAMES'. The stores then donate to WAMES

Fundraise for WAMES on Ebay

1. Run an online charity shop – sell new or 2nd hand goods
2. Hold a special online auction
3. Know someone with an Ebay shop? Ask them to add WAMES to their listing so people can find out about us and donate every time they shop.

More info: www.missionfish.org.uk

news from wales

ME Group events round Wales

Clwyd ME Support Group

Next meeting 15 March, 12 noon.
For more about meetings contact
Adrian Jenkins
adrianj15@hotmail.co.uk

Carmarthenshire ME Group

Meets on 12th April at Caemaen
Day Centre, Coleshill Terrace,
Llanelli SA15 3BT. Please ring John
James [pm] for further details.

North Ceredigion Group Get-togethers

There will be no more get-togethers
on specific dates. But if you would
like to come out for a cup of tea/
coffee and a chat, please ring
Derryan on 01970 828896 or email
derrryanpaul@gmail.com

North Ceredigion Yoga Class

The class in Penrhyncoch will
continue and meets at 11 Nant
Seilo, Penrhyncoch on Thursdays
2.30-4.00pm. Contact Derryan
[above] for more information. Or
Cathy on 01570 421144 or 07748
031614 or
cathycrick@hotmail.co.uk

If you are interested in yoga
classes in South Ceredigion or

North Carmarthenshire, please
contact Cathy (details as above).

ME Support in Glamorgan (MESiG)

3 March and 7 April at Llanishen
Community Shop, Llanishen road (off
Templeton Ave), Llanishen CF14 5BL.

Contact Christalla 0292976 2347
christallaconstantinou@talktalk.net
www.mesupportinglamorgan.co.uk

Montgomeryshire ME/CFS/FM Group

Telephone Mike or Karen on 0796
9665419 [between 2-4 only please]
or email karen@kandm46.plus.com
for details of meetings.

West Wales ME Group

4th Monday in month - 11am until
1pm at 65, Tudor Gardens, Merlin's
Bridge, Haverfordwest, Pembrokeshire
SA61 1LB.

Next meetings: 24th February, and
24 March. Transport can be ar-
ranged from the bus or train sta-
tions. Parking is available.

Contact Tina tretiul@talktalk.net or
phone 01437 454359.

Meetings are informal, for anyone
with ME/CFS or FM and their
carers.

ME & CFS Task & Finish Group

The Government's Task & Finish
Group held their first meeting in
Cardiff on 13th December. Most
Health Boards sent a representa-
tive and met with government
officials and patient & carer repre-
sentatives from WAMES.

It was made clear that no additional
funding is available to health
boards, so the group will be seek-
ing creative solutions to do things
better within existing financial
allocations.

Key areas of need were high-
lighted:

- GP awareness and timely
diagnosis
- multidisciplinary team approach
- clinical champion / lead
appointed in each LHB, but not
from mental health
- clear pathway of care with
'menu' of approaches as one
approach doesn't work for all
- children need to be believed and
supported in appropriate
education, and transition from
children's to adult services
should be improved
- domiciliary services

The next meeting on Feb 21st will
begin to look at ways to address
the agreed needs. This will take
into account the principles of pru-

dent healthcare as laid down by the
Health Minister:

- Do no harm
- Undertake the minimum
appropriate intervention
- Work in co-production with the
patient, to consider "what can we
do together to address the
difficulties that you are
experiencing"
- Deliver healthcare that fits the
needs and circumstances of
patients, and actively avoids
wasteful care that is not to the
patient's benefit
- Deliver healthcare on the basis
of equity, with clinical need and
nothing else determining
treatment by the NHS

Consultant pharmacists

Health Minister Mark Drakeford has
approved plans to introduce the
role of consultant pharmacist to the
NHS in Wales.

Consultant pharmacists will have
advanced roles in patient care, be
research active and contribute to
teaching and learning in their
designated area of expertise. They
will be required to provide leader-
ship within the profession and
ensure the highest level of pharma-
ceutical expertise is available to
patients.

news from wales

Although similar posts already exist in the managed sector in England, the establishment of consultant pharmacist posts in primary care as well as the managed sector in Wales will be a UK first.
<http://tiny.cc/g355ax>

A Welsh Government spokeswoman said: *“We are having severe budget cuts imposed on us from the Westminster Government, but service change is necessary regardless of the financial climate.*

We have long said we cannot go on trying to do too many things in too many places, spreading services too thinly and risking the safety of patients.”

Prudent healthcare for Wales

Commenting on the reality of the deep and sustained cuts to public budgets and the Auditor General for Wales' conclusion that the financial outlook for public services in Wales is “bleak”, Health Minister Mark Drakeford AM told the Welsh NHS Confederation's conference:

...there is no choice but change in the Welsh NHS. The only choice is between planned change, in which we attempt to take our destiny into our own hands and shape our collective futures, or change that

will happen to us in an unplanned, unpredictable, ungovernable way.

The Health Minister's intention is that Wales adopts the practice of prudent medicine and prudent healthcare in Wales:

- to do no harm
 - we have to move beyond the 'do no harm' principle to one which is focused on what is normally called minimum appropriate intervention
 - every pound spent has got to be spent in the most effective way - we do not have lots of expensive and ineffective services
 - not about rationing. Instead it aims to deliver healthcare that fits the needs and circumstances of patients and actively avoids wasteful care that is not to the patients benefit.
 - clinical need and clinical prioritisation determine how services are provided – a sense of equity.
 - need to recalibrate the relationship between the patient and the NHS – people have a responsibility for creating the conditions for health in their own lives.
- 30 years of public health education has succeeded hugely in changing people's attitudes and intentions. What it has not succeeded in doing is changing actions. We have to move from education to motivation.
 - the traditional way that people think of health services is as an escalator in which we are always pushing people up the levels of intervention and somehow the higher up the intervention levels you go the more prestigious it becomes and the more you feel you've got something good out of the health service. Prudent medicine is about saying the more we can do at a citizen level, the more we can do at a population level, the more we can do at a primary care level then the better the service we provide to patients.
 - secondary care needs to pay more attention to the list of interventions that are not normally undertaken, the INNU document (Interventions that are not normally undertaken), and NICE's 867 'don't do it' clinical guidelines

- 4 groups will be convened to apply the prudent healthcare principles to Orthopaedics, Prescribing, ENT services and Pain management services.

Summary of Health Minister's address: <http://tiny.cc/8i55ax>

Sir Mansel Aylward on prudent healthcare <http://tiny.cc/kv55ax>

Anything up to 20% of the health service actually does no good or does harm.

Dr Richard Lewis, Welsh Secretary of the BMA

2014 Rhys Davies Short Story Competition

The competition is administered by Literature Wales and sponsored by the Rhys Davies Trust, a charity that has as its aim the fostering of Welsh writing in English.

The winner of the first prize will receive an impressive £2,000. The second prize winner will receive £800, the third prize is £400 and six runners-up will receive £100 each.

news from wales

New for 2014, children and young people can enter the under 21 Prize for the chance to win a first prize of £1,000 - one of the largest awards for a youth competition of its kind. One runner-up will also receive a prize of £200.

The competition is open to all writers born in Wales or currently living in Wales. Entries will be accepted provided that they are in English, they have not previously been broadcast or published, they are not translations of another author's work and the story is original and entirely the entrant's own work.

Short stories may be submitted on any subject but they must be no more than 2,500 words in length. The 2014 competition is now open, with a deadline for the receipt of entries of 16 May 2014.

Further details are available from the website.
<http://tiny.cc/0085ax>

A pearl of Scottish Wisdom

Money cannot buy happiness, but somehow it is more comfortable to cry in a Mercedes than it is on a bicycle.

Time to Change Wales

The first national campaign to end the stigma and discrimination faced by people with mental health problems.

The website has useful tips on how to talk about mental health problems (yours or others')
timetochangewales.org.uk
info@timetochangewales.org.uk

Research videos

Videos of AfME's 2013 AGM and research conference are now online at AfME's Youtube page.
<http://tiny.cc/2sndbx>

Subgroup have POTS

Australian research found that a subgroup of CFS patients also have postural orthostatic tachycardia syndrome (POTS). They suggest screening younger adult patients for POTS. They also identified heart rate variability as an important marker for CFS patients in general.



Vision-related problems in ME/CFS

A UK/US team found that vision-related problems were frequently experienced, the most frequent being sensitivity to bright lights (92%) followed by being unable to focus vision and/or attention (88%) and eye pain (86%). Loss of depth perception (61%) was least frequent. The more frequent the symptom, the greater the apparent severity/bother. They represent a significant clinical feature that may provide insights into the aetiology of ME/CFS and could prove useful in diagnosis.
<http://tiny.cc/9wndbx>

Epstein Barr virus and CFS

A significant group of CFS patients were found to have had EBV and this could be used as a

research

diagnostic marker.
<http://tiny.cc/01ndbx>

Cause of exercise intolerance

Low oxygen uptake by muscle cells causes exercise intolerance in a majority of CFS patients, indicating insufficient metabolic adaptation to incremental exercise. The high increase of the cardiac output relative to the increase of oxygen uptake argues against deconditioning as a cause for physical impairment in these patients.
<http://tiny.cc/baodbx>

Supplements

Treatment with a vitamin and mineral supplement led to improved antioxidant function, fatigue levels, sleep etc and could be a safe and easy way to improve symptoms and quality of life in CFS
<http://tiny.cc/xbodbx>

Antiviral effective in young people

93% responded positively to Valacyclovir. A portion of treatment-resistant depression in fact may be undiagnosed CFS or other chronic viral infection.
<http://tiny.cc/am8ebx>

north wales

Age well centres Gwynedd

Dubbed as “youth clubs for the over 50s”, many centres throughout Gwynedd offer a range of activities such as drop ins, computer classes, art classes, local history sessions, chair exercises etc.

There are centres currently at Bala, Dogellau, Brynsiencyn, Criccieth, Tywyn, with a regular cuppa morning in Caernarfon.

More info: Age Cymru Gwynedd a Mon
Ty Seiont
Ffordd Santes Helen
Caernarfon LL55 2YD
01286 677711
<http://tiny.cc/0085ax>
info@acgm.co.uk

Get Skilled Up for Volunteering

Courses available to unemployed people living in Rhyl. Find out more about volunteering and the benefits to you and your community, eg

- Improve your confidence and skills
- Gain experience through helping in your community
- Build up your CV for employment

- Meet new people and make new friends

17 - 21 February

Wellington Rd Community Centre

3 - 7 March

Communities 1st Office, Marsh Rd

17 - 21 March

Community House, Bruton Park

Mon - Thurs 9.30am - 1.00pm +

Free Lunch

Fri 9.30am - 2.30pm + Free Lunch

and Transport to visit a local volunteering group and take part in a short activity.

Interested? Please contact:-Gaynor
01824 702441 gaynor@dvsc.co.uk
or Gerry on 01745 369973
gerry@dvsc.co.uk

Mindfulness Taster Sessions

Corwen 10 – 12.30pm 26 Feb

Denbigh 10 – 12.30 7 March

Ruthin 10 – 12.30 12 March

Llangollen 10 – 12.30 14 March

Mindfulness can help you to:

- Reduce stress
- Become more relaxed
- Be healthier
- Improve self awareness and our relationships with others
- Sleep better
- Feel happier and satisfied with our lives
- Achieve balance and resilience at work and at home

wales regional news

More information from & to book your place contact Jenny Bolton, Vale of Clwyd Mind
01745 812461
mindrural@aol.com

Managing Stress course

Eirianfa Community Centre,
Denbigh 9.30 to 12.30
March 5, 12, 19 and 26, 2014

Contact: Ben du Ross
01745 812461 or 07763 574290
benduross@valeofclwydmind.org.uk

FLVC Learning zone

Find out about learning opportunities in Flintshire
<http://flvc.org.uk/learningzone/>

Shopping Buddies Rhyl & Prestatyn

Many people are able and keen to go to the supermarket but may need assistance with some aspects of their shopping. Shopping Buddies are a team of VOLUNTEERS who accompany and assist people during their visit to the supermarket so that they can do their own shopping.

Shopping Buddies help by carrying bags; pushing the trolley; reaching for items on high or low shelves; bending into freezers; and assisting with reading labels at Rhyl Sainsbury's Store from 11am to 1pm on Wednesdays and Thursdays. A pilot is planned for Tesco's in Prestatyn.

More info: Gerry Frobisher
01745 369973

mid wales

Home energy advice

A free home energy coaching service has been launched in Aberystwyth and the surrounding villages to help keep local homes cosier this winter.

Keep Cosy is provided by not for profit organisation Ymlaen Ceredigion, and offers a visit from a trained home energy coach who can give advice and install simple measures to keep you warm. Help includes draught-proofing, providing energy monitors, secondary glazing and radiator insulation all provided and fitted for free.

wales regional news

Contact Pete on 01970 633394 or 07837885922 between 1-5pm Monday to Friday, or leave a message or send an email to keepcosy@ymlaencedigion.org.uk at any time.

Working out of the Council offices in Canolfan Rheidol, Ymlaen Ceredigion is offering Keep Cosy as a free service to people in private housing (rented or privately owned) in Aberystwyth, Borth, Talybont, Penrhyncoch, Capel Bangor, Capel Seion, New Cross, Llanilar, Blaenplwf. until May 2014.
www.facebook.com/ymlaencedigion

West Wales Neurological Alliance

The next meeting of the WWNA will be February 25th in Carmarthen, with speakers from the Health Board. Contact Jan for more information.

Another pearl of Scottish Wisdom
Help a man when he is in trouble and he will remember you when he is in trouble again

south west wales

Neurological Alliance

SWWNA (the South West Wales Neurological Alliance) will meet on Wednesday 26th March 2014 - 2pm - 4pm at Ysbrid Y Mor, Tir Morfa Road, Port Talbot. SA12 7PB (along the Aberavon Beach front).

Contact Jan if you would like to find out more about how working with other organisations in the Swansea, Bridgend and Neath Port Talbot areas can improve all types of services for people with ME.
www.swwna.com

The Plus One scheme

Access to leisure and recreational services are now easier for disabled customers in Swansea.

The scheme will do this by offering a discount/free pass to the person who is supporting a disabled customer (the 'plus one' to attend one of our participating venues. This may save the disabled customer having to pay two full

priced entry fees. The scheme also recognises that some disabled customers may require the support of more than one person.

This scheme will initially be trialled for 12 months (until Oct 2014).

More info: <http://tiny.cc/ysy7ax>
Plus One Scheme, City & County of Swansea, Room 214, Penllergaer Offices, Penllergaer, Swansea, SA4 9GJ.
Plusone@swansea.gov.uk

Free computer training

Take advantage of the "Get Swansea Online" project offering Free Computer Training at locations across Swansea throughout 2014!



More info: Steve Jenkins on 01792 636729
stephen.jenkins@swansea.gov.uk
For dates, times and locations of courses near you contact Communities First Offices in:

Bonymaen - 01792 464751
Dyfatty - 01792 452301
Heol Ddu - 01792 700670
Portmead - 01792 578632
Townhill - 01792 457025

One Swansea Plan 2014 Consultation

The overall purpose of Swansea's new Single Integrated Plan is to make the delivery of services simpler and to ensure that everyone is working towards the same agreed priorities. The Single Integrated Plan will replace the current community strategy and the plans for community safety; health, social care and well-being; and children and young people.

You can find the Single Needs Assessment by going to.
<http://www.swansea.gov.uk/sna>

Complete the survey for individuals. <http://www.swansea.gov.uk/sna>

The consultation closes on Friday 28th February 2014.
More info:<http://www.swansea.gov.uk/oneswansea>

ME is a disability

“The Equality Act 2010 sets out the need to treat people equally who have a protected characteristic such as a disability. ME/chronic fatigue syndrome (CFS) falls within the definition of disability and so organisations must assure themselves that such considerations have been taken into account in the commissioning of services.”

Rt Hon the Earl Howe, Parliamentary Under Secretary of State for Quality (Lords) at the Department of Health
[From: *Tymes Trust alert 2014:1*]

Videos about ME

Dutch patient group ME/cvs Vereniging has hosted 30+ 3-10 minute talks about various aspects of ME on their Youtube page.

Speakers include: Dr Nigel Speight (WAMES advisor); Prof Dr Kenny Meirleir; Prof Dr FC Visser; Dr. Meinte Vollema. Most either are in English or have English subtitles.

Topics include: sleep; hormone; pain; children; POTS, subgroups etc. <http://tiny.cc/2j07ax>

Helpline for older people

The Silver Line is a new free confidential helpline providing informa-

tion, friendship and advice to older people, open 24 hours a day, every day of the year.
<http://www.thesilverline.org.uk>

NHS Change Day

3rd March 2014 is a national day of action when everyone who values the NHS is urged to pledge to do something big or small to improve things for patients and the health and care system.

A new survey shows that two-thirds of people think frontline staff have little or no say in how the NHS is run, despite being the ones most trusted to improve it. While only 11% of people think frontline staff currently have enough input into how the NHS operates, half would put their greatest trust in those same staff to protect the future of the health service and drive improvement, ahead of NHS management (13%) and politicians (12%).

Following the success of the first NHS Change Day last year, when individuals within the service made pledges to improve things, this time, members of the public are also invited to take part. The sort of things people can do to make the NHS run better? Well we could start by turning up for our appointments, and treating A & E as the emergency resource it is, rather than a convenient alternative to the GP's surgery. Then, perhaps some attention to lifestyle changes that

would make us healthier and less reliant on medical interventions...

<http://changeday.nhs.uk>

www.healclick.com

is a new full-featured social network for 40-and-under patients with neuro-immune illness (ME/CFS, Chronic Lyme Disease, Fibromyalgia, Atypical MS, MCS, mold illness)

It aims to:

- Connect patients that have the most medical details in common, so they can share their treatment experiences with each other.
- Help patients visualize health changes over time using our comprehensive health tracker.
- Collaborate with researchers to find answers for our illness.

Invest in ME 9th International ME conference

30 May London. Speakers to include: Prof Jonathan Edwards, Assoc Prof Mady Hornig, Prof Sonya Marshall-Gradisnik; Prof Julia Newton, Dr James Baraniuk.
<http://www.investinme.org/>

US search for definition

The Institute of Medicine (IOM) has been formally engaged by the US Department of Health and Human Services (HHS), to complete a review of diagnostic criteria and available evidence, for the purpose of making recommendations for a new clinical definition for ME/CFS, one that might also result in a new name for the disease(s).

The first meeting in January heard presentations from professionals and people with the condition. A summary of the proceedings and concerns surrounding the process:

<http://phoenixrising.me/archives/23398>
Institute of Medicine
<http://iom.edu/About-IOM.aspx>

Classified Ads - Free puppies
Mother is a Kennel Club registered German Shepherd
Father is a Super Dog, able to leap tall fences in a single bound

carers

Carers Summits

The Summits are a great opportunity to find out about the key issues affecting carers, including planned changes in health and social services. It is also your chance to tell Carers Wales what you would like them to highlight as your main concerns in the run up to the forthcoming Welsh Assembly and Westminster elections.

The Summit is open to all carers and former carers (please note it is not intended for professionals). Places are limited and priority will be given to members of Carers Wales/Carers UK.

Newport

Friday 7 March 2014 - 11.45am – 3.30pm
Holiday Inn, Newport

Llandudno

Tuesday 11 March 2014 - 11.45am – 3.30pm
Venue Cymru, Llandudno

More info: 029 2081 1370
<http://carersuk-news.org/74C-24OC5-1F3GON6X50/cr.aspx>

Carers health fairs

All ages welcome...

- Free health checks
- Fun exercise and Tai Chi Taster sessions
- Complementary Therapies
- Advice on carers issues
- Information about local support and services

Porthmadog: 10-2pm Thurs 6th March, Porthmadog Golf Club (Morfa Bychan) LL49 9UU

Wrexham: 10-1.30 pm Wed 5th March, Acton Resource Centre, Overton Way, Wrexham, LL12 7LB

Usk: 10– 3pm Fri 28 February Memorial Hall, Maryport Rd, Usk NP15 1AD

Llangefni: 10-3pm Fri 7 March Town Hall, Bulkely Sq, Llangefni LL77 7LR

Lunch/Light Refreshments will be provided

Carers health & well being day

- Have your say on how local services supporting Carers.
- Require information on services available to Carers?



- Just want to be pampered?

Thursday 20th February 10 - 3pm
'The Centre' in Baglan, Port Talbot.
Buffet lunch provided

Contact NPT Carer's Service on
01639 642277 /
information@nptcarers.org.uk

Cariad – Carers Matter

Swansea Carers Centre has a new project funded for 3 years by the Big Lottery People and Places Programme. Project Cariad – Carers Matter aims to improve the health & wellbeing of carers by offering a variety of different training sessions & holistic therapies.

Project Team: Ali Morrison, Education and Training Officer and Marta Tome, Education & Training Administrator.

Contact ali@swanseacarerscentre.org.uk
or
marta@swanseacarerscentre.org.uk
01792 653344

Dyma Ni Swansea

Dyma Ni aims to support parent carers of young people aged 14 to 25, with a disability or illness, who are in the process of transition from child to adult services. It is funded by The Big Lottery Community Voice Programme.

The Dyma Ni project will provide information and training for parent carers on all aspects of the process of transition. We aim to support parent carers to engage in the planning and delivery of transition and young adult services to ensure that they are meeting the needs of young people and to improve the services provided in the local community.

They are also developing a parent carer led programme of information and training for professionals around the issues that young people and their parent carers face when moving from child to adult services. Peer Advocacy volunteers will be sponsored to undertake a

Level 3 Professional Advocacy qualification.

Parent carers will be encouraged to actively work together to create a community voice and 'have their say' to shape the provision of current and future services.

More info: contact Angela Maguire, Carers Transition Officer at Swansea Carers Centre on 01792 653344 or email angela@swanseacarerscentre.org.uk

The Family Fund

The UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. helps ease the additional pressures families face. They can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.

<http://www.familyfund.org.uk/>
4 Alpha Court, Monks Cross Drive
York YO32 9WN

Male carers' survey

Carers Trust is inviting any men who look after a friend or family member unpaid to take part in their new survey to help them understand more about the needs of male carers.

The survey is part of a research project Carers Trust is carrying out in partnership with the Men's Health Forum on male carers.

The 2001 Census figures for the whole of the UK showed that 42% of carers are men. The survey will close on **Sunday 23rd February 2014** and the results published in Spring 2014.

Survey: <https://www.surveymonkey.com/s/D2KXXJF>
<http://tinyurl.com/ocjt6zx>

Get a hard copy:
<http://tiny.cc/58idbx>

Send completed surveys to: Kirsty Slack, Carers Trust, 32-36 Loman Street, SE1 0EH.
<http://www.carers.org/wales>
0844 800 4361

Carers and family finances inquiry

Carers UK reports on an Inquiry showing that carers struggle with alarming levels of hardship. The report makes disturbing reading.

The 12-month investigation by Carers UK exposes stark reality faced by those looking after loved ones who are older, disabled or seriously ill: loss of savings, debt and struggling to afford food and heating.

The Inquiry also reveals that, despite rapid rises in the number of families providing care to loved ones, Government cuts to support leave carers facing a shocking £1 billion cut.

And, Carers UK says, carers not only feel they are not recognised or valued but also feel victim of increasing public criticism for claiming their social security entitlements.

Carers UK is calling for:

- An end to cuts to carers' benefits and support services.
- Urgent reform of financial help for carers.
- The Government to make a commitment that future policy will not leave carers worse off, by implementing a 'carer' test for benefits and social care proposals.

The main carers' benefit, Carer's Allowance, is currently £59.75 a week for a minimum of 35 hours caring – equivalent to £1.67 an hour. It is not available to those who earn more than £100 per week or to those in receipt of the basic State Pension.

Experiences of carers who gave evidence to the Inquiry, included the need to keep the vulnerable and ill warm, meant families footing bills for running heating for 12 and more hours a day, with no let-up in warmer months when those with serious illness must be kept cool; costs of travel to medical appointments and the need to rely heavily on taxis; the need to wash three or more loads of washing a day when caring for someone with continence problems, or who is tube fed; the increasingly prohibitive price of buying in care to simply get out of the door for work or respite, compounding the isolation caring can bring; the cost to future financial security and resilience of quitting work or cutting hours to care.

<http://tiny.cc/fdjdbx>

Haverfordwest Carers meetings

Open to all Parent Carers of all conditions, not just ME, and all ages of 'child'. Meets on last Wednesday of month, 11am – 1 and again 7 – 9pm as many carers work. Next meetings: Feb 26th, Mar 26th

carers

Need a break?

There are a number of ways that you can take a break from your caring role. Some are suggested below, but you should not be limited by these as you can talk over your situation with a social worker or care manager and suggest other ways that might suit you better:

- **Residential respite:** the person you care for is looked after by someone else for a while, either in residential or nursing care, or on holiday.
- **Domiciliary Respite / sitting service:** this offers you a chance to get out of the home for a brief period.
- **Domiciliary care:** someone comes into your home and helps with personal care, getting out and about, preparing meals or with domestic tasks like shopping and cleaning.
- **Day care:** You can sometimes get a break when the person you care for is involved in other activities, for instance at a day care centre or on an outing.

Classified Ads
Wedding Dress for sale
Worn once by mistake
Call Stephanie

Assessment of needs by the Local Authority

The first step is usually to approach Social services to ask for a Unified Assessment for the person you care for – and for you as his/her carer.

The social worker doing the assessments will consider the needs of the person you care for, and your needs as their carer, and consider what services they may be able to provide (bearing in mind local priorities and availability of services).

They will also do a financial assessment under their Charging Policy which means that you (or – more usually – the person you care for) may be charged for the services according to means. The maximum charge for services at the moment is £50 per week but the charge is often much lower than this.

Direct Payments

Direct Payments offer a way in which people can make their own care arrangements. Instead of receiving services from the Council you can choose to receive the money and buy the services elsewhere, giving you and the person



you care for more choice and control. A Direct Payments Officer will support you, and you can return to Council services at any point.

Holidays

There are a number of organisations that provide opportunities for children with special needs or people with disabilities to go on holiday with the appropriate support provided. Some, such as Vitalise <http://www.vitalise.org.uk/> [centre breaks/](http://www.vitalise.org.uk/centre_breaks/) provide special weeks for carers to go with the person they care for. A change of scene can be very therapeutic if

there is appropriate support available to help you to enjoy it.

Services

The British Red Cross provides a wide range of services throughout Wales.

<http://www.redcross.org.uk/Where-we-work/In-the-UK/Wales/Wales> 02920 815 680

Carers Wales works for a better deal for Carers in Wales. They have a web site with useful details of financial and practical help and events.

<http://www.carersuk.org/wales>
0808 808 7777

Employers for Carers helps employers to retain the 1 in 7 employees in the workforce caring for a family member

<http://www.employersforcarers.org>

Crossroads is a scheme run by the Carers Trust that can provide respite care

<http://www.carers.org/what-crossroads-care-scheme> 0292 009 0087

CareAware offers advice about funding care for an older person. <http://www.careaware.co.uk> 0161 707 1107

[Info from Carers Trust website <http://www.carers.org> & Vale of Glamorgan carers service]

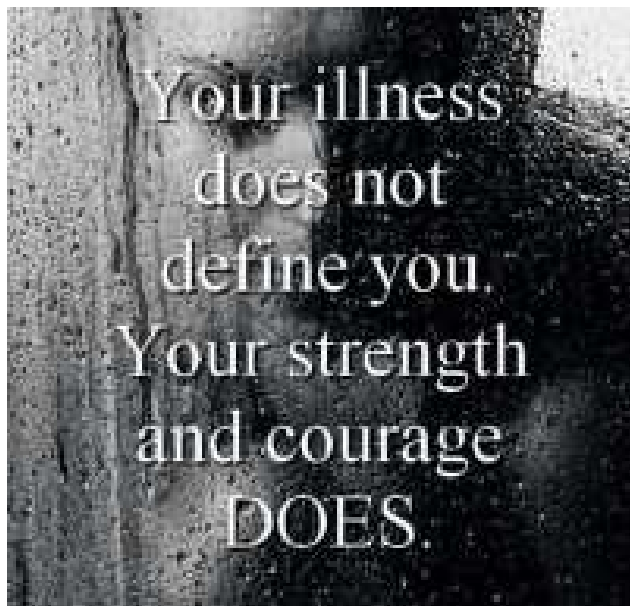
Need help to sit exams?

This help is called Exam access arrangements & reasonable adjustments, commonly known as exam concessions

Contact the examinations officer at the school or centre where exams will be sat, or for universities and colleges, the Student Support service or Disabled service. Apply by 21st March 2014 if you need help for May/June GCSE/GCE exams (for exams organised by WJEC). But speak to your SENCO and ask them to apply at any time if your health deteriorates.

All requests for exam arrangements need to be supported by a medical letter, which should name the requested arrangements and give reasons. It is best to research all the exam arrangements that are available and then give a list to your doctor of those which best suits your needs, and the reasons why they would help. This will help your GP or Consultant to write authoritatively on your behalf as they are unlikely to be familiar with all your needs or what is available.

Not all examination officers are aware of the wide range of arrangements it is possible to get, so be prepared to get information from



the exam board. Keep a log of all telephone calls and follow them up with letters.

If you find you are having extra difficulties just before or on the day you can apply for a grade by Special Consideration.

Generally speaking, Examinations Boards are more than happy to support young people with a medical condition, and that even if their guidelines don't mention a specific concession or request, you should still ask if there is something you need that's supported by medical evidence.

TEACHER: Glenn, how do you spell 'crocodile?'
GLENN: K-R-O-K-O-D-I-A-L'
TEACHER: No, that's wrong
GLENN: Maybe it is wrong but you asked me how I spell it.

Possible special arrangements include:

- Supervised rest break
- Extra time – 25% or more
- Computer reader/ or someone to read for you
- Scribe to write for you
- Voice activated software to write for you (assistive technology)
- Word processor / computer
- Transcript of spoken sections
- Prompter
- Oral Language Modifier
- Live speaker for pre-recorded examination components
- Sign Language Interpreter
- Practical assistant
- Alternative venue e.g. at home
- Change of exam time or day
- Overlays
- Exemptions
- Bilingual translation dictionaries with up to a maximum of 25% extra time

More info: <http://www.aqa.org.uk>

Breaking into news

This is an initiative that offers 18-25 year-olds the chance to be mentored by ITV News professionals in writing, reporting and production skills.

young people

This is an opportunity for young people to have their say about something that matters to them and their local community and to potentially have it shown on television.

No experience is necessary, just passion and enthusiasm. The closing date for applications is **Friday 21st February** at midday <http://www.mediatrust.org/breakingintonews>

'Sometimes it feels as if the world goes on without me'

A group of teenagers were asked about their experiences of living with CFS. Not being able to be with friends, or attend school, made them feel different and forgotten. They felt alienated in their own bodies and were struggling to be visible to themselves and to their surroundings.

Spending less time with friends and more time with their parents constituted a threat to independence and development. Yet they managed to envision a better future despite all the difficulties.

<http://tiny.cc/0nwdbx>

young people

Pace your way to exam success

Mocks are over and now you have a clearer idea how much work there is still to do. Now is the time to prepare for the big event. You may still have assignments to do but it is important not to wait until they are finished before you start thinking about how you are going to revise.

Get organised!

- **Work out which subject areas you need to cover.** Consult last year's exam paper and if any format has changed since then, speak to your teacher. Break up each subject into sections and list sources you will need to use. Make sure you get an overview first, and decide which are essential topics and which are optional, only to be tackled if you have time. List tasks such as checking or rewriting notes, ask and answer questions, plan short essays etc.
- **Create a study planner** to help you spread out the revision and avoid missing out a key topic. If your ME fluctuates, be flexible about when and how much you revise each day. Don't expect

to stick to a timetable but work when you are at your best.

- **Plan some free time as well.** Make sure you have enough time for relaxation and sleep, and as much exercise as is appropriate for you. Don't expect to revise all the time. You will very quickly lose motivation!
- **Plan regular breaks** - the ability to memorise is at its peak during the times before and right after a break so plan power naps or short relaxing activities.
- **Explore revision techniques** and select ones that suit you.
 - Flashcards
 - Revision Cards
 - Revision notes
 - Quizzes
 - Mindmaps
 - Crosswords
 - Learn by rote
 - Mnemonics
 - Organise your thinking
 - Quizsearches
 - Listen to recordings
 - Online resources
- **Revise with a friend** - It might help to meet up with an understanding friend on occasion to motivate or test each other. Hearing yourself



speak out loud often helps to clarify things. An online forum might be preferable for some or use your mobile as a dicta-phone. Don't forget to delete any revision you do on your phone before going to your

exam or make sure it is out of the room if you sit your exams at home.

- **Avoid distractions** – Prepare yourself to deactivate or just stay away from your social media accounts! Facebook and Twitter will still be there if you have to repeat your exams. Know yourself and avoid the activities that will make it hard to return to revising: TV; computer games; jigsaws etc. In short, focus on your long-term goals.



<https://www.examtime.com/revision-timetable/>
<http://getrevising.co.uk/>
<http://www.qmu.ac.uk/els/docs/.PDF>
<http://www.revisionworld.co.uk>

Doc Ready

This new website helps young people get ready for the first visit to a doctor to discuss mental health problems. It explains what to expect from a GP and helps you make a checklist of things to discuss.

<http://www.docready.org>

Competitions

2014 Rhys Davies Short Story Competition

New youth category – more info on p5

CFS Alliance Poetry contest

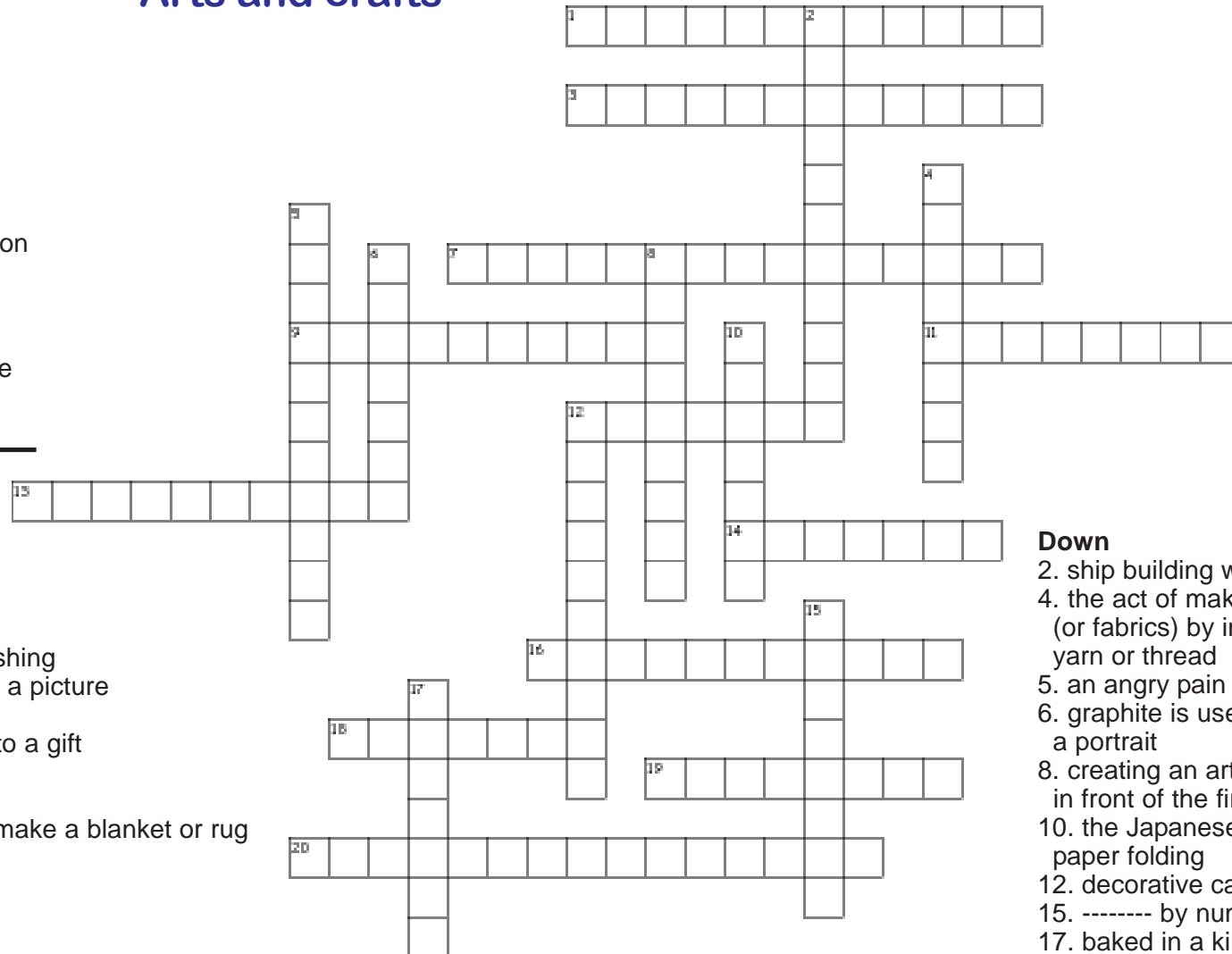
To raise awareness of ME – more info, see page 19.

Across

1. designing with wax
3. beautiful windows in a church
7. making a bouquet
9. creating this item used for washing
11. the art of using wool to make a picture
12. moving in and out
13. creating an accompaniment to a gift
14. Italian tiles
16. decorative writing
18. using one hook and wool to make a blanket or rug
19. another name for a duvet...
20. designing with baubles.

ANSWERS on page 18

Arts and crafts



Down

2. ship building with plastic
4. the act of making garments (or fabrics) by intertwining yarn or thread
5. an angry pain in the side
6. graphite is used to make a portrait
8. creating an article placed in front of the fire
10. the Japanese art of paper folding
12. decorative carpentry
15. ----- by numbers
17. baked in a kiln

young people

welfare

ATOS National Day of protest

On February 19th from 8am protesters from across the UK will gather at 144 of the locations used by ATOS to administer work capability assessments. A key demand of these protesters is that the government no longer uses ATOS to perform these assessments.

Whatever your political leanings, it seems a matter of basic fairness, that any system for deciding whether or not an individual is fit enough to work should be based on a balanced assessment of that person's physical and mental condition, rather than "statistical norms" which put pressure on assessors not to find people unfit for work, irrespective of the actual situation.

Find out more about the Day of Action, and your nearest event: <http://ukrebellion.com/atosdemo/>

WOW petition

the WOW Petition, calling for an immediate halt to the Work Capability Assessment and an independent, committee-based inquiry into welfare reform – including the deaths and the disregarding of

medical evidence in decision-making, received more than 100,000 signatures, and is currently supported by 57 MPs, so is now closed. It will be debated in the House of Commons on Feb 27.

There has been no support from any Tory MPs, so pressure is needed. Your help in the promotion of the debate and the need to contact your MPs to attend would be welcome.

Send an automated letter to your MP. <http://wowdebate3.appspot.com/mp/write>

Or you can write your own letter, <http://writempwow.appspot.com/mp/write> but using the Wow links will help the campaign keep track of numbers.

You can follow the campaign on twitter <https://twitter.com/mmaher70> where you can read more updates.

NATIONAL ATOS PROTEST
EVERY UK ATOS CENTRE
Wednesday 19th February 8 a.m. onward

Atos The Final
healthcare Solution

Because Conservatives don't give Atos
10,800 died Jan - Nov 2011 many more since
Due to negligent Work Capability Assessments by Atos

<http://wowpetition.com>

DWP: online claims

The DWP have stated that as from 19th January online claims for Attendance Allowance and DLA (children) will cease. This is because of '...new browser and operating systems now exist which are not compatible with this online

system...' (and)... 'the low number of customers using it...'

In the meantime claims can be made by telephone and by downloading the pdf from the gov.uk website. Confusingly, the DWP are also encouraging online claims for Carers Allowance and of course Job Seekers Allowance.

Benefits sanctions

A report by the Work and Pensions Committee, 'Sanctions- Evidence' suggests that Job Centre Plus (JCP) staff have referred many

claimants for a sanction inappropriately or in circumstances in which common sense would dictate that discretion should have been applied.

A limited independent review of sanctioning has been established by DWP. The Committee recommends that there should be a separate, broader independent

No internet access?

Increasingly information about events, petitions, newsletters etc is only available online. We understand this must be frustrating for some people. If phone numbers or postal addresses are given, we will pass them on. You can often access the internet in your local library. They may be able to help you find the information you need and can tell you about local classes to introduce you to computing.

review of the operation of benefit conditionality and sanctioning to ensure that the rules are being applied fairly and appropriately. This review should also investigate whether, and to what extent, sanctioning is having the desired effect of encouraging claimants to engage more actively in job-seeking.'

'Jobcentre must be incentivised to get people into work, not just off benefits'

The Committee recommends-

- 'that JCP's key performance indicators be immediately revised to ensure that JCP is incentivised to get jobseekers into work, not just to get them off benefits. And
- In the longer term, as Universal Credit is implemented, DWP must formulate performance measures which promote sustained job outcomes.'

Read report: <http://tiny.cc/9l47ax>

Bedroom Tax Loophole

Bedroom Tax- Pre 1996 claims- Arrears of Housing Benefit should now be due to perhaps 40,000 households. Transitional protection should have applied, meaning that the bedroom tax was wrongly implemented for some households.

Those affected (HB U1/2014) are where they have been continuously entitled to HB since at least 1 January 1996 and occupied the same dwelling since that date, except for any period where a fire, flood, explosion or natural catastrophe has rendered the property uninhabitable.

Breaks in entitlement are OK of 'no more than 4 weeks or...52 weeks if the claimant or their partner is a welfare to work beneficiary'.

Claimants should contact their local authority now if they may be in this position.

However, the government is acting now to change the law so that these same households will be caught by the bedroom tax in the near future.

What is a bedroom?

In a case about Local Housing Allowance, CH/140/2013, the Upper Tribunal has attempted to define a bedroom by giving it a plain dictionary meaning: a room for sleeping/a room with a bed in it. Gareth Morgan says in his blog <http://blog.cix.co.uk/gmorgan/> that this 'may mean that only the practical use of the room matters and not any specification of the property by the landlord – or others.' The decision will have to be followed by the First Tier Tribunals.

However, the Nearly Legal blog by Giles Peaker <http://tiny.cc/ts47ax> suggests it may not be so straightforward.

What price independent lives?

Habinteg Housing Association's report on the impact of the Bedroom tax on their tenants concluded that 'the way in which the bedroom tax cuts the incomes of disabled people at a stroke and impinges on their ability to live independently is something that must be challenged' <http://tiny.cc/hx47ax>

Blue badge renewals

Some councils have decided not to send out reminders to people to renew their Blue badge so check the expiry date on the front of the card and add the date to your diary.

'Welfare handouts'

The DWP are now calling benefits payments 'welfare handouts'! When 'Benefits and works' wanted to complain the DWP replied by altering the press release (which had already been sent out!)

welfare

The only appropriate response from the DWP would be to send out a press release apologising for its inappropriate and inflammatory use of language.

So, if you are disgusted by the DWP's language and by its response when challenged, please email your complaint to: ministers@dwp.gsi.gov.uk

You might also want to forward a copy of your complaint to your MP, use <https://www.writetothem.com>

More info: <http://tiny.cc/k847ax>

4th review of WCA

The fourth independent review of the Work Capability Assessment (WCA), the test used to assess eligibility for Employment and Support Allowance, has been published by Dr Paul Litchfield. You can see it at <http://tiny.cc/kb57ax>

Benefits Advice from Shropshire ME Group

ESA - guide to completing the ESA 50 form <http://tiny.cc/qd57ax> cont/.....

welfare

PIP - <http://tiny.cc/xe57ax> and <http://disabilityrightsuk.org/f60.htm>

PIP

Personal Independence Payments (PIP) started for new claimants last year and in Wales also for the reassessment of old claims. This affects those turning age 16 or where their DLA is a fixed term award coming to an end or where they volunteer to move to PIP early or there is a change in circumstances so that the claim needs to be reassessed.

In some areas the DWP are taking up to 6 months to reach a decision. If this is causing financial difficulties for you, complain and contact your MP for support.

Complain to Capita:
0808 1788 114 (England and Wales)
0808 1788 115 (Ilinell Gymraeg/Welsh Language Helpline)
Textphone: 0808 1787 177
Email: complaints@capita-pip.co.uk
Writing: Capita PIP, PO Box 307, Darlington, DL98 1AB

PIP statistics

The first PIP statistics have been published. Just 37% of all PIP claims have been successful so far. And a disgraceful 85% of claimants are still waiting for a decision, as the enormous backlog of cases grows uncontrollably. <http://tiny.cc/cdkdbx>

Benefits and Work are asking why the number of successful applications plummeted dramatically from 88% to 35% in 2 months last year. Were assessors told to fail more applications? <http://tiny.cc/bfkdbx>

ESA inquiry

A House of Commons select committee is inviting submissions of up to 3,000 words on the effectiveness of the Work Capability Assessment (WCA), delivery of the WCA by Atos, decision-making and appeals process etc.

More info: <http://tiny.cc/5lkdbx>

Online responses are preferred but you can send a paper copy to: The Clerk, Work and Pensions Committee, House of Commons, 7 Millbank, London SW1P 3JA

Citizens Advice have launched their campaign on the Work Capability Assessment & ESA. They are calling on the Government to make Employment and Support Allowance (ESA) fit for work. Share your story at: <http://www.citizensadvice.org.uk/fitforwork>

ESA sanctions

45,480 ESA claimants were threatened with a sanction between 3 December 2012 and 30 June 2013, under the new, harsher regime. Of those referred for a sanction decision, 11,400 people had their benefits stopped or reduced.

<http://tiny.cc/3pkdbx>

£10 for your PIP medical report

Benefits and Work need to study PIP medical reports to help them understand what assumptions about claimants are built into the system. They're paying £10 for each one, to cover people's costs.

More info: <http://tiny.cc/1skdbx>
Or share info about your medical anonymously at <https://www.surveymonkey.com/s/XJJ3FZ2>

Universal Credit statistics

So far UC has cost £225,000 per person to implement. Just 2,720 people are currently in receipt of UC, rather than the one million who were supposed to be receiving the benefit by April of this year. <http://tiny.cc/vvkdbx>

Everyone brings joy into the room some by entering, others by leaving!

Crossword Answers

Across

1. Candle making
3. Stained Glass
7. Flower arranging
9. Soap making
11. Tapestry
12. Weaving
13. Card making
14. Mosaics
16. Calligraphy
18. Crochet
19. Quilting
20. Jewellery making

Down:

2. Model making
4. Knitting
5. Cross Stitch
6. Drawing
8. Rug making
10. Origami
12. Woodcrafts
15. Painting
17. Pottery

CF Alliance Poetry Contest

Spread the word about CFS, ME & FM and have your poem printed on our awareness postcard. The deadline is Tuesday, 1st April, 2014.

Poetry Contest Guidelines

1. Poems can be rhyming or non-rhyming.
2. We suggest that you write about real emotions and insights that you have about living with a chronic illness.
3. Poems are judged on the basis of originality and uniqueness.
4. English-language entries only, please.
5. Only one entry per person and/or per address.
6. Eight poems will be selected for printing on an awareness postcard.

The contest is open to all Facebook or Yahoo Group CF Alliance members

For further details and to join visit:
<http://www.cfalliance.org/id5.html>

Healthy veg the easy way

A healthy diet is one of the cornerstones for recovery from any illness. It is important that those of us with ME have a minimum of '5 a day'. Buying fresh vegetables can



give us a few headaches however.

All that peeling and chopping doesn't fit in with many people's energy management plan! And how easy it is to come home from the supermarket with a bag of fresh veg, full of good intentions, only to spend the next few days in bed! When we rejoin the land of the living one of the first jobs is to throw out the ailing veg, the ones that haven't already oozed away on their own of course.

Roasting

Instead why not roast the veg? You can roast most veg without peeling and you can do them whole or in chunks. Roasting intensifies the flavour. You can roast with oil and spices or herbs or just on their own

(making sure they don't stick to the pan). Eat as a side veg and just scrape out the middle, though you'll be surprised how good crispy squash or courgette skin can taste!

Take advantage of offers, 2 for the price of one deals etc and cook a lot at a time. Freeze the leftovers for an easy meal later.

Potatoes are not the only veg you can roast. Try some of these e.g.

- Butternut squash, carrots, parsnip, swede, celeriac, sweet potato
- Peppers, courgettes, aubergines, mushrooms, tomatoes, asparagus
- Onions, head of garlic, cauli, broccoli, beetroot

Soup

Alternatively blend with some stock to make a soup. If you don't want to make your own stock, try stock cubes, gels or ready made tubs from the supermarket. They come in gluten free and low salt versions. As well as the usual meat, fish or veg stocks Kallo also do organic French onion and mushroom flavour cubes.

What about frozen?

Frozen veg can be as nutritious as fresh, because they are frozen

living with me

quickly when at their best. When defrosted they can lose their 'bite' but can make great soups, stews, cauliflower cheese etc. At some times of the year it can be cheaper to buy frozen.

Useful equipment

- Hand blender (easier to lift and clean than a food processor)
- Small rectangular trays or pyrex dishes that fit together on the oven shelf (lighter to lift when full)

Is chopping hard work?

- Sharpen your knives regularly and don't chop on hard surfaces as this can blunt the edge.

Roasting ideas

- Roast at 200 -230 deg
- Cauliflower & broccoli with crushed coriander seeds & garlic
- Carrots with unpeeled orange segments and whole garlic cloves
- Root veg with honey & mustard or maple syrup
- Root veg with curry powder or paste
- Mediterranean veg with garlic and fresh rosemary twiglets
- Don't overcrowd the tray to avoid steaming instead of roasting

ME Groups

WAMES would be pleased to hear from anyone who runs a small group, no matter how informal, or from anyone who would like assistance in setting up local meetings

Anglesey & Gwynedd Fibromyalgia / ME Group
Contact: Rhian Medi (secretary)
01248 722184
fmsmemonagwy@yahoo.com

Brecon area contact
Richard Jones
richardj5@virginmedia.com
01874 622310

Carmarthenshire ME Group
Meets Caemaen Day Centre, Coleshill Terrace, Llanelli SA15 3BT. Please ring John James pm 01267 233793 for further details.

Clwyd ME group
clwydme@googlemail.com
01745 822953
www.clwydme.net
Contact Adrian Jenkins
adrianj15@hotmail.co.uk

ME Support in Glamorgan (MESiG)
Monthly meetings are held on the first Monday of the month, 11am - 12.30pm at The Community Shop, Llangranog Road, Llanishen, Cardiff CF14 5BL



Contact: Christalla Bailey,
029 2076 2347
christallaconstantinou@talktalk.net
www.mesupportinglamorgan.co.uk

Montgomeryshire ME/CFS FM Group
Please telephone Mike or Karen on 0796 9665419 (between 2-4pm only please) or email karen@kandm46.plus.com for more information and the date of the next get-together.

North Ceredigion Group meets in Penrhyncoch, Aberystwyth. Contact Dr Derryan Paul on 01970 828896 edpaul@phonecoop.coop

North Ceredigion Yoga Class 11
Nant Seilo, Penrhyncoch on Thursdays 2-30-4.00pm. Contact Derryan above for more information.

Pembrokeshire Get together at 65, Tudor Gardens, Merlin's Bridge, Haverfordwest SA 61 1LB. Tina, 01437 454359, tretiul@talktalk.net

Live near the border? An English group may meet closer to you:

Shropshire
www.shropshiremegroup.org.uk
Maralyn Hepworth 07516 401097

Chester
www.chestermesh.org.uk
Joan Crawford 01244 370988

contact us

helpline@wames.org.uk
0292 051 5061

Secretary and campaigns
Jan Russell 01970 636515
enquiries@wames.org.uk

Youth and Care officer / Media contact
Sylvia Penny 0292 051 5061
sylvia@wames.org.uk

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michelle@wames.org.uk

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tony@wames.org.uk

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