**ME Awareness week 11-17 May 2015**

 WAMES invites you to join them to spread the word online about ME & CFS this year:

* **Wear** something **blue** (clothes, blue ribbon, wig etc)
* **Write** a sign explaining e.g. *I’m wearing blue to raise awareness of ME & CFS*
* **Photo** – take a selfie, holding the sign
* **Post** your selfie on your FB and twitter #BeMEaware. Include us @WAMESMECFS so that we can retweet your support
* **Post** on WAMES’ FB /*WAMESMECFS*, forums, blogs etc.
* **Like** WAMES FB and share it.
* **Share** the WAMES twibbon

<http://twibbon.com/Support/spread-the-me-word-3>



**Key facts about ME in Wales:**

* ME is classified as a neurological condition, and is a multisystem disorder.
* People can experience a wide range of debilitating symptoms, which can severely disrupt life, even causing them to become bed ridden.
* The key characteristic is a post-exertional response i.e. the body reacts abnormally to mental and physical activity, causing an increase in symptoms or serious relapse some days later.
* Over 12,000 people in Wales are thought to be affected.
* It is difficult to get an accurate, timely diagnosis and management advice.
* The Health Minister told Health Boards to develop services and a pathway in 2011.
* WAG formed a Task & Finish Group in 2013 to give specific guidance to Health Boards on how to start developing a pathway and services.
* During ME Awareness week 2015 WAG is launching an All Wales Implementation Group (with patient representation) to support Health Boards develop a pathway and services.
* Hywel Dda is the only Health Board with a specialist ME consultant and ME services action plan.
* The Welsh Association for ME & CFS Support (WAMES) provides information and campaigns for ME to be taken seriously. [www.wames.org.uk](http://www.wames.org.uk) helpline 029 2051 5061 helpline@wames.org.uk