**#TimeForUnrestWales**

International ME Awareness Day – May 12th

Many of the estimated 12,600 families in Wales affected by ME and CFS are speaking out through a number of campaigns running during 2018:

### [Image result for millions missing shoes](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwis4PCQ--naAhXGVhQKHYS9CPcQjRx6BAgBEAU&url=https://hope4mefibro.org/home/2017-monthly-meetings/&psig=AOvVaw34SwReOaFA_K-AahRcb3Mn&ust=1525451264580835)

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### Global campaigns:  [#MillionsMissing](https://millionsmissing.meaction.net/) [#TimeForUnrest](https://www.unrest.film/time-for-unrest/) [#CanYouSeeMEnow](https://twitter.com/hashtag/canyouseemenow?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Ehashtag)

### Welsh campaigns:   [#TimeForUnrestWales](http://wames.org.uk/cms-english/2018/05/timeforunrestwales-may-12th-international-me-awareness-day-2018/)  [#HelpNHSbeMEaware](http://wames.org.uk/cms-english/2017/05/me-awareness-week-2017-wames-asks-nhs-wales-help-staff-become-me-aware/)

### [#StopIgnoringME](https://www.facebook.com/MESiGWales/?hc_ref=ARR5G5C80rYx06CJU_yUTDT7ViSfaBWMAEV5Eiv_cwDl5rQe-bVIvi4AvJ0lbjagI2I&fref=nf)

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### There is a Health and Social Care crisis

### for people with ME in Wales, starting with the struggle patients have to find an accurate diagnosis from doctors who understand ME.

**The Welsh Government has had a plan**

to change the difficulties patients have in accessing care since 2014 - the [Task & Finish Group Report and Recommendations](http://wames.org.uk/cms-english/wp-content/uploads/2014/10/me_cfs-task-and-finish-group-report-and-recommendations-aug-2014.pdf) - but NHS Wales has failed to it seriously and little has changed.

**Diagnosis is the first step**

to all care and support (management advice, treatments, social care, education & employment adjustments, transport, benefits etc.) so…

**WAMES is asking the Cabinet Secretary** for Health to:

**#HelpNHSbeMEaware and** to provide, as a matter of urgency, support and finance for a national training and awareness programme.

#TimeForUnrestWales

is a campaign for health equality and the recognition of the neurological condition of ME.

Much work is needed to put ME & CFS on an equal basis with other neurological conditions!

**Will you join us**

by asking the Cabinet Secretary, Vaughan Gething, to take action and do what NHS Wales can’t or won’t do, i.e. give an accurate diagnosis to thousands of ill and desperate people?  **Read more:** <http://wames.org.uk/cms-english/2018/05/timeforunrestwales-the-struggle-to-get-an-accurate-diagnosis/>

The situation in Wales in 2013 before the publication of the Task & Finish Group Report:

<http://www.itv.com/news/wales/story/2013-05-13/me-care-recognition-lacking/> Michelle tells us nothing has changed for her and this claim has been echoed around Wales e.g.: <http://memyselfrunning.blogspot.co.uk/2018/04/whats-up-doc.html?m=1>

ME recognition and care is still lacking in 2018.

*Welsh Association of ME & CFS Support* [www.wames.org.uk](http://www.wames.org.uk)