

Who does ME/CFS affect?

Around 240,000 people in the UK have the illness.

It affects men, women and children of all ages and ethnic backgrounds.

What are the symptoms?

Feeling extremely tired or exhausted most, or all of the time is one of the main symptoms of ME/CFS. This feels very different from ordinary tiredness.

Simple mental or physical tasks can leave you feeling shattered or struggling to function. You may feel the impact straight away but it can typically take a day or two to kick in. Everyday tasks that you used to find easy become difficult, even impossible.

ME/CFS affects different people in different ways but other symptoms include:

- ◆ Feeling ill, or flu-like symptoms
- ◆ Swollen glands/ sore throat
- ◆ Pain
- ◆ Sleep disturbance
- ◆ Digestive problems
- ◆ Sensitivity to light and sound
- ◆ Difficulty with memory/ concentration

If you've been feeling like this for some time and your symptoms aren't improving, talk to your doctor about ME/CFS.

(Source: Action for ME)

Useful Addresses

NATIONAL

Action For ME

Third Floor, Canningford House
38 Victoria Street
Bristol. BS1 6BY
Tel: Lo-call 0845 123 2380 or 0117 9279551

AYME

Association of Young People with ME
PO Box 605
Milton Keynes MK2 2XD
Tel: 08451 23 23 89

The Young ME Sufferers Trust

PO Box 4347, Stock
Ingatestone CM4 9TE
Tel 01245 40 10 80

ME Association

4 Top Angel
Buckingham Industrial Park
Buckingham MK18 1TH
Tel: 0870 444 1836

LOCAL

Cambridge Independent Advice Centre.

(For Independent advice on benefits)
41 Mill Road
Cambridge CB1 2AW
Tel: 01223 712222

Directions Plus

(An information service for people with disabilities or long-term illnesses, and their carers)
1 Orwell Furlong, Cowley Road
Cambridge CB4 0WY
Tel: 01223 569 600

CAMBRIDGE



Support Group

Local support for those affected by
Myalgic Encephalomyelitis
Chronic Fatigue Syndrome
Post Viral Fatigue Syndrome

Cambridge ME Support Group

Who we are

We are a group of people who have ME or are parents / carers of people who have.

Being told you have ME and then discovering how radically it can affect your present lifestyle, can be quite a shock, so don't be surprised or embarrassed about needing support or advice.

We have experience of making benefit applications and difficulties encountered when accessing health services. Our parent members can advise on the challenges of caring for children with ME, such as schooling issues. Others can empathise with interrupted higher education and careers.

Each of us have our different ways of coping, of course, but sometimes it helps to know that someone else has had the same problems and survived!

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What we offer

We have a varied programme with guest speakers, drop-ins and social events.

Above all we aim to provide a place of welcome where you can feel relaxed, meet friends and access information.

Visit our website www.cam-me.org.uk for details of the current programme.

Library

Our library of ME related books, leaflets, tapes and videos are available to members at meetings or by post.

Newsletter

In addition, a newsletter with a combination of local and national issues and views is produced. Articles and suggestions from our members are especially welcome.

We currently have a mailing list of 100+ within Cambridgeshire.

For more information

Alex 01954 250421

Sarah 01638 781199

(Our volunteers either have ME themselves or are carers. We do our best to help, within the limitations of health or caring commitments, so would ask you to avoid calling early in the morning or late at night.)

Where to find us

Meetings are held at Hilltop Carer's Centre, Primrose Street, Cambridge CB4 3EH

Where possible please use the car park at the rear of the Centre, accessed from Green's Road, reserving the Primrose Croft car park for the less mobile.

