

# West Berkshire ME Support Group

March 07

## Newsletter

Issue 7

It was good to see existing members as well as welcoming newcomers to our February meeting. Everyone is always welcome.



WBME Poster - Haylie brought to our last meeting the laminated posters she has designed, with unanimous praise from us all. These have been distributed and hopefully displayed in prominent places. If you would like some copies there will be some at the March meeting, or if you would like me to send you some please contact me.

Sponsor a GP to the InME Conference - As discussed at our February meeting we felt it was important to produce a letter for members to send to their GP making them aware of the sponsorship to the London IiME (Invest in ME) Conference, May 07. Many thanks to David who has drafted the letter (please see attached), and to Mary Bennet from Newbury Hospital who has agreed to e-mail copies to local Primary and Secondary Care. It would be wonderful if a local GP or health professional attended the Conference, also with members sending this letter it will act as a reminder to them that we EXIST! Please note this Conference is open to all those involved with ME, I shall again be attending.



ME Petition - In the 'Hampshire Friends with M.E.' Newsletter they are asking people to sign a Petition to the PM on the Government's recently introduced Online Petition Service <http://petitions.pm.gov.uk/>. The petition reads as follows: "We the undersigned petition the Prime Minister to get the Health Service and medical profession to accept the WHO classification of ME/CFS as an organic neurological disorder and not as a psychosocial syndrome.

Submitted by Konstanze Allsopp - Deadline to sign up by: 22 January 2008 "

If enough people sign this may be one way we can to help change attitudes and direct research into physical not psychological cures. If you would like to add your name to this petition, please use the following link <http://petitions.pm.gov.uk/ME-is-real/>

Healthy Snacks - At meetings I have provided biscuits as part of the refreshments, however while these have been appreciated, for various reasons (weight included!) these are not suitable for all our members, so from March I will be bringing in some healthy alternatives. Please let me know if you have any suggestions as to what would be suitable - thank you.

### OUR NEXT MEETINGS ARE:

Friday 9<sup>th</sup> March 2pm-4pm, Friday 13<sup>th</sup> April 2pm-4pm & Friday 11<sup>th</sup> May 2pm-4pm  
- Tea, coffee, biscuits & healthy snacks

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