

West Berkshire ME Support Group

April 07

Newsletter

Issue 8



It was good to see everyone at our March meeting, we were all looking forward to the return of the sunshine and warmer weather, a time when members can often feel improvements in their symptoms.

Expert Patient Programme - Lindsey has written an excellent article (see attached) about the Expert Patient Programme www.expertpatients.nhs.uk an NHS-based training programme providing opportunities to people who live with long-term chronic conditions to develop new skills to manage their condition better on a day-to-day basis. In Newbury this program is organised by the Patient Liaison and Advice Service (PALs) at the West Berks Community Hospital. Contact details are in the article.

Members Library - As discussed before at our meetings, many of us have books, leaflets, DVDs etc with information, help and advice, which we would be happy to lend out to others in the group. It was agreed that the best way to do this would be to provide a list so members can arrange borrowing between themselves. To get things started Lindsey has kindly supplied me with her list (please see attached) this will be posted as a link on our website www.wbme.org. If you wish to add anything to the list for other members to share, please send details to: Louise Whitbread, 30 Church Way, Hungerford, RG17 0JP or e-mail them to: info@wbme.org. Please note this list is for information only, the WBME Support Group holds no responsibility for ANY loans.



Guest Speakers - At our last meeting we discussed inviting some guest speakers, hopefully in the evening, to give a talk on subjects of interest to those affected by ME/CFS/FM. I am currently looking into finding a room for this, meanwhile Lindsey has very kindly suggested some speakers she has contacts with who may be willing to give a talk, these include yoga, meditation, kinesiology, gardening for those with disability. If anyone has any contacts, preferences or knows of a room we could use, please get in touch.



Healthy Snacks - Finally the healthier snacks I provided at the meeting were a success! More to follow.... So far I have paid for all the food provided, as well as the tea and milk, some members suggested at the meeting that they would like to make a contribution, therefore I will provide a voluntary 50p contribution tin.



OUR NEXT MEETINGS:

Friday 13th April 2pm-4pm Friday 11th May 2pm-4pm Friday 8th June 2pm-4pm
Tea, coffee, biscuits & healthy snacks provided

Louise Tel: 01488 686673 E-mail: info@wbme.org