

West Berkshire ME Support Group

May 07

Newsletter

Issue 9

Apologies for the lateness of the recent Newsletters, I have been very busy, but I would like to say a big THANK YOU to everyone who has given me such positive feedback - it makes all my work worthwhile!



2nd International ME/CFS Conference 2007 - This took place in London during May to coincide with ME Awareness Week and had presenters and delegates from Europe, USA, Canada and South Korea. I was fortunate enough to be able to attend on the professional's day and heard presentations from very interesting and distinguished speakers.

My knowledge of ME and similar illnesses was increased greatly and hearing the breadth of experience, research, collaboration, science and future projects, I came away with feelings of optimism for future treatments, finding the cause and ultimately a cure. I am ordering a copy of the Conference DVD and hope to again show some highlights from different speakers at our meetings. I also hope to write some more about the conference in the next Newsletter.

Member's Library - Helen has very kindly given me her books to add to our member's list of books for loan, which will hopefully be available shortly on our website. If you wish to add anything to our member's library, please send details to: Louise Whitbread, 30 Church Way, Hungerford, RG17 0JP or e-mail them to: info@wbme.org



Guest Speakers - Unfortunately I have not yet arranged for any speakers to come to give us a talk, however Eileen Shoosmith from Reading ME Group has put me in touch with someone who gave their group a talk on Kinesiology. I am in the process of finding out more details, also Mary Bennet has very kindly said it should be possible for us to use Hillcroft House on an occasional basis for invited guest speakers. I hope I shall have some more news soon.



Holiday Break - Finally I have been asked by Jay if anyone knows of any holiday places like the Carberry Towers near Edinburgh where Richard stayed, only possibly nearer. Somewhere that is relaxing and understands the needs of people with ME/CFS/FM and their carers. If you know of anywhere suitable please can you let me know so I can pass details on, thank you.



OUR NEXT MEETINGS:

Hillcroft House, Rooke's Way, Thatcham, Berkshire RG18 3HR

(between Newbury & Thatcham off the A4, next to the new hospital)

Friday 11th May 2pm-4pm Friday 8th June 2pm-4pm Friday 13th July 2pm-4pm

All are welcome, tea, coffee, biscuits & healthy snacks provided

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