

Plymouth and District CFS/ME Group

Who are we?

The group is run by volunteers who either have the illness themselves, or have family members who do. It has been in existence for over 25 years starting as a get-together in someone's home.

The Membership covers the whole range of illness from those who are in bed or housebound to those who are in school/college or work; and, all ages from children to the elderly. Support is also extended to family and friends. Members live in parts of Cornwall, West Devon, South Hams and Plymouth.

We liaise with local agencies and the local specialist CFS/ME Services; and, contribute to the development of improved knowledge about the illness and appropriate provision for people with CFS/ME.

What do we provide?

Support, advice and information by phone, e-mail or letter

Socials: e.g. regular Cafe Chats in Plymouth, Tavistock & Princetown

Newsletter: by mail or e-mail about every two months

Talks /Demonstrations

Workshops

Occasional home visits to house bound Members

Social Links List: if you agree to be on this you can contact others on it by phone and/or e-mail

Ongoing development of useful information sheets and leaflets

What would we like?

The most appropriate provision and outcome for people with CFS/ME

01752 214856

ruttershome@blueyonder.co.uk

Local and National Support

South West CFS/ME Support Groups:-

- MESH Cornwall - <http://meshcornwall.co.uk> – 01736 756775
Elaine Peller
- ME North Devon (MEND) 01409 253191 – Rosemary Walter
- Support and Awareness of ME (SAME) – Exeter, Emma Webb –
sameinexeter@hotmail.co.uk
- Torbay ME/CFS Support Group – Chrissy Evans 01803 554724 –
me-cfs-torbay@hotmail.co.uk

National Groups:-

- * Action for ME – www.actionforme.org.uk
- * The ME Association – 0844 576 5326
- * AYME – www.ayme.org.uk – 0330 2211 223
- * ME Research UK – www.meresearch.org.uk
- Tymes Trust – www.tymestrust.org – 0845 0003 9002
- 25% Group (for severe ME sufferers) www.25megroup.org –
01292 318611

(* Members with the MRC Medical research Council and NHS National Institute for Health Research of the CFS/ME Research Collaborative)