



Hampshire Friends with M.E.
(Incorporating the Isle of Wight)

Registered Charity No: 1101610

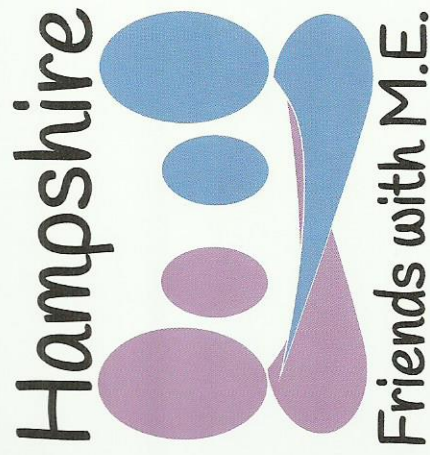
Affiliated to the national charity Action for M.E.

**A friendly county-wide support group
for people with M.E./C.F.S**

To become a member of Hampshire Friends
with M.E. or for further details **Contact Us**

HFwME Phone: 0845 834 0325

The Community Centre
Brinton Lane
Hythe
SOUTHAMPTON
SO45 6DU



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How would I benefit from joining the group?

- Social and emotional support
- Information and advice
- Regular newsletters
- Online support and interaction, including a members' only Facebook site
- Benefits information, including claims for ESA and PIP
- A contact list, showing at a glance who lives nearby, online, or at the end of the phone
- Local group meet-ups across the county
- Outings across the county where members can enjoy visiting places and/or participating in fun and interesting M.E.-friendly activities
- Telephone support for severely affected members

We believe that meeting and talking to fellow sufferers can play an important role in the acceptance and management of the illness.

M.E. (Myalgic Encephalopathy)/Chronic Fatigue Syndrome

M.E./C.F.S. is a disabling condition affecting the central nervous system and immune system. The National Institute for Health and Clinical Excellence states that M.E./C.F.S. is a relatively common illness, yet the physical symptoms can be as disabling as multiple sclerosis, systemic lupus erythematosus, rheumatoid arthritis, congestive heart failure and other chronic conditions. Simple mental or physical tasks can leave the person feeling shattered or struggling to function.

What are the symptoms?

The main symptom is a severe, debilitating fatigue, usually made worse by physical exercise. This is far more than just tiredness or exhaustion.

Other symptoms include:

- Cognitive dysfunctions
- Chronic sore throat
- Muscle pain
- Multi-joint pain
- Non-refreshing sleep
- Headaches, often severe
- Tender and swollen lymph nodes

What existing members say about their local support group:

"Meeting others and discovering how much we had in common helped me to regain my confidence. Now I no longer feel alone"

"Social and emotional support is very important to us. We chat, joke and generally provide light relief for ourselves – we're not just fellow sufferers, we're friends too."

"It's great to swap management advice and share our experiences with different treatments. Now I can cope with the illness better."

"Some people think that support groups like ours just sit and moan about our illness. Far from it! We laugh and trade stories with friends, rather than dwelling on the negatives"

