

Hampshire



Friends with M.E.

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



For:

- 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
- An online contact list of people who live nearby
- 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

HFwME Phone: 0845 834 0325

www.friendswithme.org.uk

Hampshire Friends with M.E. (Incorporating the Isle of Wight). Registered Charity No: 1101610. Affiliated to the national charity Action for M.E.