

Local Support Groups across the Northern Region

Throughout the North East there are a number of local ME Support Groups. All groups are run by people with ME and carers and each has its own individual style. Most groups meet on a regular basis for coffee and a chat or perhaps a talk by an invited speaker. Some are proactive in the campaign to raise awareness in their localities. All offer a confidential and sympathetic ear, and an opportunity to meet and share information. We endeavour to work closely with all local groups and provide practical help to set up and maintain their services.

Local ME Groups

- * Carlisle
- * Derwentside
- * Dunstan (Gateshead)
- * Durham and Chester le Street
- * Guisborough
- * Hartlepool
- * Houghton le Spring
- * Middlesbrough
- * Morpeth
- * Newcastle
- * Northallerton
- * South East Northumberland
- * TyneValley
- * Whitley Bay

Local Independent ME/CFS Charity
• Sunderland & South Tyneside

ME North East — Here to help all those affected by ME/CFS

An Independent Charity established in
2000.

There are an estimated 12,000 people
with ME across the North East and North
Cumbria.

Serving the needs of ME we provide:

Advocacy
Support
Help

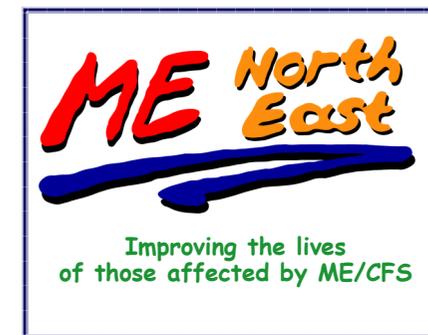
Understanding
Information

We empower the individual to
make informed choices

For more information contact:

ME North East, Bullion Hall,
South Approach, Chester le Street
Co Durham. DH2 2ES
Telephone: 0191 389 2222
or 0191 388 4228

e-mail info@menortheast.org
www.menortheast.org
[Facebook.com/MENorthEast](https://www.facebook.com/MENorthEast)



"The Voice for ME" in the Northern Region

Improving the quality of life for people with ME/CFS their families and carers

ME North East is a Company Limited by Guarantee
Registered Charity No. 1147821.
Company registered in England No. 8049170

Supported by
 The National Lottery®
through the Big Lottery Fund



ME North East works to:

- * Offer support and advice to people affected by ME/CFS
- * Work in partnership with health providers to develop and expand clinical services
- * Disseminate information and offer training programmes to the general public, health professionals & other agencies
- * Promote awareness of the illness within the medical, social services and education professions
- * Develop links with and increase the number of local ME groups
- * Provide advocacy and support to those affected and their carers
- * Support research into the cause of ME/CFS
- * Network with other volunteer agencies that can offer additional support to both patients and carers
- * Represent patients and service users across the North East region

ME North East offers:

- * A telephone help-line and a listening ear for people with ME, their carers and families
- * Home visits to discuss your individual needs
- * Advice on condition management and rehabilitation
- * Benefits advice and support filling out forms and helping with appeals
- * Providing up to date information on local, regional and national issues relating to ME
- * An Advocacy/Support Worker for Young People with ME
- * An Advocacy/Support Worker for those severely affected (housebound and bedbound)
- * Help to set-up, support and maintain local ME groups
- * Developing social media to engage and interact with members and friends of ME

Dedicated CFS/ME Clinics

In the North East Region there are Four Local NHS Multi-Disciplinary Teams offering diagnosis, assessment and therapeutic services:

- County Durham & Darlington
- North of Tyne (Newcastle, North Tyneside & Northumberland)
- South of Tyne (Sunderland, South Tyneside & Gateshead)
- Teesside

The regional CFS/ME Clinical Champion is Dr. Gavin Spickett.

Referrals are made to your local team by your GP. All GPs are aware of the referral criteria, and have access to information on the care and management of CFS/ME

Local CFS/ME teams see and treat adult patients in the mild to moderate stages of ME.

South of Tyne is the only team with dedicated children's services.

NHS services for the severely affected are limited and patchy.