

# Top Tips for Coping



**Feel your emotions**  
don't be afraid to cry and get cross to let some of the frustrations and anger out of your body.

- ◆ The Voice for ME/CFS in the North East
- ◆ The Regional Patient Representative for dedicated ME/CFS services
- ◆ We empower people to make informed choices

**Have a helpful and balanced routine**  
manage your day with regular rest breaks between activities

## Services include:

- ◆ Dedicated Young People's Worker
- ◆ Dedicated Telephone help line
- ◆ Links to ME/CFS services locally
- ◆ Up to date quality information
- ◆ One to one support and therapy
- ◆ Advocacy
- ◆ Social events
- ◆ Workshops
- ◆ Conference

**Carry out relaxation techniques**  
wherever you are, taking some deep breaths really can help calm you down and restore some of that much needed energy

**Conserve energy**  
use lifts/wheelchairs when you go out if you need to.

**Sleep Quality**  
Get a good bedtime routine to help you sleep

**Seek help with rehabilitation**  
Get support for your rehabilitation



Facebook—Jeanette Walker-Guy

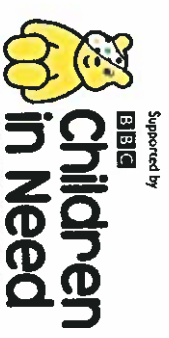
Tel: 0191 3884228  
m. 07719282977  
Email: [jeanette@menortheast.org](mailto:jeanette@menortheast.org)  
[www.menortheast.org](http://www.menortheast.org)  
[Facebook.com/MENorthEast](https://www.facebook.com/MENorthEast)

ME North East  
Bullion Hall  
Chester le Street  
Co. Durham  
DH2 2ES



Improving the quality of life for children and young people with ME/CFS

**Providing Services for Young People across the North East with ME/CFS**



ME North East is a company limited by guarantee  
Registered Charity No. 1147821  
Company registered in England No. 8049170.

# What is ME/CFS

## ME - Myalgic Encephalopathy CFS - Chronic Fatigue Syndrome

ME/CFS is characterised by severe, disabling physical and mental fatigue, both of which are markedly exacerbated by relatively small amounts of exertion.

This fatigue is accompanied by what is termed 'post-exertional malaise', whereby there is a delayed impact so that symptoms are at their worst later the same day, or the next day, following activity. The way that fatigue is described in ME/CFS is very different to normal everyday tiredness and to that seen in other medical conditions.

### Other symptoms include:

- ◆ **Pain**  
muscular, rheumatic or neuropathic
- ◆ **Headaches**  
similar to migraines
- ◆ **Sleep disturbance**  
unable to go to sleep and then of a very poor quality, or wanting to sleep all of the time
- ◆ **Sore throat**  
enlarged glands
- ◆ **Disturbance**  
in temperature control
- ◆ **Sensitivity**  
to light, noise & smell
- ◆ **Dizziness**
- ◆ **Cognitive impairment**  
Poor memory, concentration and attention span. Inability to properly organise thoughts and word finding abilities

Like many chronic illnesses, children and young people with ME/CFS are affected at different levels: mild, moderate or severe.

Early diagnosis can aid recovery.

Early treatment improves outcomes.

# ME North East

## Services we offer:

### Dedicated Young People and Families Support Worker

- \* **Home visit service** - a pre arranged visit to your home to discuss your individual needs
- \* **Condition Management and Rehabilitation** - help and support given
- \* **Telephone Support** - provided from Monday to Friday 9.00am 5.00pm, with a 24hr answer machine
- \* **Benefits** - support for families to access welfare benefit entitlements
- \* **Advocacy** - attend school reviews and meetings, negotiate concessions and reduced timetables
- \* **Information** - we continue to research relevant information regarding your illness
- \* **Therapy** - individualised therapy sessions to support physical, emotional or cognitive needs
- \* **Skype Service** - to maintain contact with those who live further away
- \* **Social Events** - A number of social events are arranged throughout the year for young people and their families

Like many chronic illnesses, children and young people with ME/CFS are affected at different levels: mild, moderate or severe.

Early diagnosis can aid recovery.

Early treatment improves outcomes.

\* **Awareness** - we strive to educate as many people as possible about this "invisible" and mis-understood illness, and deliver training to key professionals across the region

\* **Fundraising** - we arrange a number of events throughout the year in order to create awareness and increase funds for our organisation. Check out our website for the current events

\* **Friendship Groups** - want to talk to someone else who understands? We can put young people and their families in touch with others in similar situations

\* **Social media** - help set up and support Facebook groups specifically for our younger members

Our service is developing all the time... Please give us a call if you want to know more.