

The Chronic Fatigue Syndrome/ME Service for Adults

South Yorkshire and North
Derbyshire



Information Leaflet

About CFS/ME

Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) is classified as a neurological condition by the World Health Organisation.

CFS/ME is a condition which involves a complex range of symptoms including fatigue, malaise, headaches, sleep disturbance, difficulties with concentration and muscle pain.

The physical symptoms can be as disabling as other chronic conditions and are exacerbated by increased levels of physical and/or mental activity.

The fluctuating nature of the condition means a person may be able to do a task one day for a period of time, but may not be able to then do the same task a day or several days later.

People may be affected in different ways by this condition and can often feel isolated and unsupported.

As with all illnesses, physical and emotional factors affect recovery.

Our Service

The CFS/ME Service for South Yorkshire and North Derbyshire was set up in February 2005 as part of a national development of new services for people with CFS/ME across England.

The Service is a specialist therapy service for people affected by CFS/ME.

Our therapists can provide treatment and support for adults with CFS/ME and the people involved in their care. Depending on your own circumstances we may work directly with you or provide advice and support to services that are more local to you.

All decisions about the treatment that you receive are made with you in order to help you find ways to manage your condition.

We believe that everyone with CFS/ME has the potential to make improvements in their condition.

Your initial appointment

You will be offered an appointment with one of our therapists.

During the appointment we would like to hear about your experience of your condition and the way it has affected your lifestyle. This is to help us to have a better understanding of your difficulties. All information will be treated in a confidential manner.

At the end of the appointment we will then discuss possible options for managing your condition and decide together the most appropriate course of action.

As a service we offer you a jointly agreed number of sessions to help you reach a point where you feel more confident in managing your condition. The sessions can be provided via a group setting or individually. Our way of working is based on one or more of the following approaches:-

- Activity Management-balancing energy use and rest. This may include approaches known as:
 - Pacing
 - Graded Activity
- Graded Exercise Therapy (GET)
- Cognitive Behavioural Therapy (CBT)

This may include:-

- Help with concentration and memory
- Work related | educational advice
- Goal setting
- Stress management and relaxation
- Help with sleep and rest
- Emotional support
- Relapse strategies

Although we are currently unable to offer long-term support, we are happy for you to be re-referred to the service by your GP.

The Team

Anne Nichol:	Service Manager Occupational Therapist Physiotherapist
Mark Adams:	Physiotherapist
Judith Jones:	Occupational Therapist
Linzi Bound:	Occupational Therapist
Dr Jack Czauderna:	GP with Special interest in CFS/ME
Dr Anne-Marie Lister:	Clinical Psychologist
Chris Headford:	Service Administrator
Hazel Hart:	Secretary

Other useful contacts

<u>Sheffield ME Group:</u>	01142536700 (Listening Ear helpline - 0114 258 0146) Website: www.sheffieldmegroup.co.uk Email: info@sheffieldmegroup.co.uk
<u>Derbyshire ME Group:</u>	01332864120 Website: www.me-derbyshire.org.uk Email: use the link via website
<u>Doncaster ME Group:</u>	01302 787353 Website: www.leger.me.uk Email: mike@danum.me.uk
<u>Action for ME</u>	0845 123 2380 Website: www.afme.org.uk Email: admin@afme.org.uk
<u>ME Association</u>	0870 4441836 Website: www.meassociation.org.uk

Complaints

We aim to offer you a service that meets your needs in a sensitive and effective way. If you are unhappy with any aspect of this service, you can discuss this with your therapist, or you can talk to:-

Anne Nichol, Service Manager, Tel: 0114 229 2937

or

the pals Representative Peter Conlan
(Patient Advice and Liaison Service)

Tel: 01140800 0857539

Service Contact Details :-

CFS/ME Service
Fairlawns
621 Middlewood Road Sheffield
S61TT

Tel: 0114 229 2937