

The Clouds Counselling Service PROPOSAL would welcome suggestions and feed back.

* If support were required would you access the service?

* Do you feel this service would benefit Leger ME?

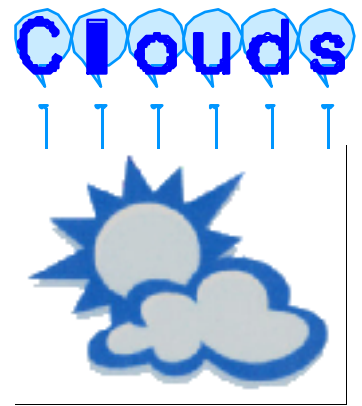
* What do you expect from the service?

* What would you require from the service?

* Are there any points you would like to be considered?

* If you do have any concerns about the service, what would be these concerns?

Please post to Leger ME Survey, 10 Thellusson Avenue, Scawsby, Doncaster, DN5 8QN. or leave for the attention of M. Valentine at the Postgraduate Centre.



The 'Clouds' Counselling Project Proposal

At the Leger ME AGM, a need was identified for a dedicated counselling service. Usually most clients can be serviced in 1-2 hours phone time, over several calls on our helpline. However, there are a significant number of clients who have complex long-term issues, who need time and also one-to-one guidance to deal with the consequences of their own illness or that of a relative, or partner. GPs have limited resources and these services do not necessarily have a profound knowledge of ME/CFS. It was proposed at the AGM, by a member with counselling qualifications, that Leger ME organise a specific counselling service specialising in ME/CFS related issues. This would free up the helpline as well as proving a valuable service to members.

It will be a separate project within its own right. The Clouds Doncaster Community Counselling Service proposal is at this moment being researched, negotiated and organised, for the benefit of the community and has offered to pilot a counselling project for Leger ME members, carers, families and friends. The aim of Clouds Community Counselling Service would be to deal with individual issues arising from ME/CFS. This is NOT a treatment for ME/CFS, nor would it be a substitute for treatment provided by the NHS or GPs but would be additional, in the way of offering professional support to all who wish to access this service.

What is Counselling?

"Counselling is giving respect and attention to another person with the aim of helping them to help themselves cope better with their problems".

Most of us at some point in our lives will experience problems and difficulties that leave us feeling emotionally drained and in despair. At such times we may feel unable to cope and need support. This is very common, completely natural and human, and there is no shame in asking for help. In today's highly charged and stressful society, more and more of us are under pressure. People from all walks of life are seeking help in counselling. The aim of counselling is to empower and enable the client find their resolution to their issues.

We would appreciate any professional feedback using the enclosed sheet.