

The role of our organisation, that was founded in 1987, remains profoundly important informing, supporting and representing patients. Services include help-lines, 20 page quarterly newsletters - full of the latest ME/CFS related news and contacts. We also organise local meetings and conferences and provide a website, members Egroup, lending library and special interest group contacts etc.

New members receive a bumper information pack including the latest newsletter, guideline booklet on diagnosis, symptom control and management of ME/CFS, contact and library lists and much more.

I would like to join the Sussex & Kent ME/CFS Society and enclose my cheque for £8.50 (min) payable to Sussex & Kent ME/CFS Society for one years subscription.

Name: _____

Address: _____

Post Code: _____ **Phone No:** _____

Email: _____

Send this slip along with your cheque to: **Sussex & Kent ME/CFS Society, PO Box 309, Brighton, BN50 9FR.**

M.E.



SUSSEX & KENT ME/CFS SOCIETY

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Research commissioned by the Sussex & Kent ME/CFS Society, estimates that in Sussex and Kent there are over 13,000 adults and children that are affected by Myalgic Encephalopathy/Chronic Fatigue Syndrome and that 3,000 of these are virtually house-bound.

ME/CFS is a common organic illness that can follow a viral infection or trauma and often causes widespread symptoms and a major change in a person's life and functioning. Many of the symptoms seem to reflect a change in the 'tuning' of the nervous system, and the immune system, with a knock-on effect on many body functions. ME/CFS is classified by the World Health Organisation (WHO) as a neurological disorder and the National Institute for Clinical Excellence (NICE) have issued guidelines for the medical profession.

Symptoms include profound physical and mental fatigue, muscle/nerve pain, concentration and short term memory difficulty along with sleep and mood disturbances. Gastric and vision problems are common as is a sensitivity to alcohol. The symptoms, which vary and fluctuate, can be exacerbated by over exertion and stress. Over time, most patients gradually improve.

The Sussex & Kent ME/CFS Society keeps in regular contact with support agencies and medical professionals and has eminent doctors as advisors. We work with the Primary Care Trusts of Sussex and Kent who have, with our help, established specialist NHS services for people with ME/CFS. We also work closely with the national patient bodies *Action for ME (AfME)* and the *Association for Young People with ME (AYME)*. Our organisation enjoys the support of several patrons including MPs that are members of an All Party Parliamentary Group that works in the interests of ME/CFS patients nationally.

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