

ME & YOU

The Newsletter of the
Mid & West Wales
ME Group

No. 95
Sept 2011

ME/CFS Services
in Wales
p3

Dr Sarah Myhill
reinstated
p3

ME/CFS Biobank
p5

Walk in the woods
with Mair
p8



Our Get-togethers

are mutual support groups which provide an opportunity for those with ME and their carers to meet with others in a similar situation, to share experiences and information, to dispel the feelings of isolation that the illness generates, and to offer social interaction and friendship.

What they cannot provide are miracle cures, or a diagnosis of ME! If you feel very much alone and that no-one really understands what you are going through, then come and meet with others who really do!

North/Mid Ceredigion

Wednesday 19 October, at 11am COFFEE and BUNS at the Coach House Frongog [Jan and Tony's] Aberystwyth.

Ring Derryan on 01970 828896 for directions or a local lift or Andrew on 01654 782294 if you are coming from north of Aberystwyth.

South Ceredigion/ Lampeter

Monday 3 October from 11am until 1pm at St Thomas Methodist Church, Lampeter.

Then on Oct 31, Nov 28.

Contact Mandy on 07925 378658 for details.

Carmarthenshire

Saturday 8 Oct 2011 at Cae Maen Day Centre, Coleshill Social Centre, Coleshill Terrace, Llanelli SA15 3BT at 2pm.

Ring John James pm 01267 233793 for further details. Meetings are usually on the 2nd Saturdays of the month except for December, [Dec 3].

For 2012 the dates are as follows:

Saturdays - 11th February, 14th April, 9th June, 11th August, 13 October, 1st December.

If you have not been to a get-together before, please ring as it is sometimes necessary to cancel a meeting or change the venue.

Montgomeryshire area

Meetings are held in Montgomery. Come and share experiences, have a cuppa and a laugh.

Please telephone Mike or Karen on 0796 9665419 [between 2-4pm only please] or email karen@kandm46.plus.com for more information and the date of the next get-together.





Attention members in Swansea, Bridgend, NPT!

Enclosed with this newsletter is a survey from the South West Wales Neurological Alliance {SWWNA}.

MWWMEG is a member because by joining with other organisations it is easier to make our voice heard.

PLEASE try to complete and return the questionnaire ASAP (this week preferably) as the results will be presented to health service commissioners at an event on October 12th. Apologies for the short notice.

MWWMEG will be at that event with a display. Please contact Derryan if you would like to attend. The details are below:

SWWNA awareness day

at Aberavon Beach Hotel, Port Talbot SA11 6QP

The day will consist of Guest Speakers giving presentations on living with Conditions, Pain Management, Patient Experience.

There will be Information Stands surrounding the hall on support and services for living with conditions.

Closing date for enquiries or attendance request is September 30th.

Question:

How do you tell the difference between a British Police Officer, an Australian Police Officer and an American Police Officer?

Answer:

First - Lets pose the following question:

You're on duty by yourself walking on a deserted street late at night. Suddenly, an armed man with a huge knife comes around the corner, locks eyes with you, screams obscenities, raises the knife, and lunges at you. You are carrying a Glock .40, and you are an expert shot, however you have only a split second to react before he reaches you. What do you do?

BRITISH POLICE OFFICER:

Firstly the officer must assess the man's Human Rights -

- 1) Is he newly arrived in this country, and does not yet understand the law?
- 2) Have I ever done anything to him that would inspire him to attack?
- 3) Am I dressed provocatively?
- 4) Could I run away?
- 5) Should I try and negotiate with him to discuss his wrong doings?
- 6) Does the Glock have appropriate safety built into it?
- 7) Why am I carrying a loaded gun anyway, and what kind of message does this convey to society?
- 8) Does he definitely want to kill me, or would he be content just to wound me?
- 9) If I were to grab his knees and hold on, would he still want to stab and kill me?
- 10) If I raise my gun and he turns and runs away, do I get blamed if he falls over, knocks his head, and kills himself? .
- 11) If I shoot and wound him, and lose the subsequent court case, does he have the opportunity to sue me, cost me my job, my credibility and the loss of my family home?

AUSTRALIAN POLICE OFFICER: BANG!

AMERICAN POLICE OFFICER:
BANG! BANG! BANG! BANG!
BANG! BANG! BANG! BANG!
BANG! BANG! BANG! BANG!



New directions for Powys

Powys Teaching Health Board has developed a discussion document on the future of NHS services in the county and is inviting local residents to contribute to the debate about how they would like services to develop.

Many local 'drop in' events have taken place where HB staff were on hand to answer questions on the document and listen to what communities have to say. Those still to be held will be at:

Newtown Hospital on 22nd September, 3-6pm and Ystradgynlais Hospital on 28th September, 3-6pm.

More info: <http://tiny.cc/jgkiv>

Coach Concessionalary Travel scheme to go

This scheme provides half price coach travel for disabled people and those over 60 within England and Wales but will be withdrawn by the UK government on Oct 31st.



National Express invite people to join their campaign <http://tiny.cc/hd0dx> and book their tickets before that date.

ME/CFS service development – your help needed!

All Health Boards in Wales have been told to develop services and WAMES is talking to the people responsible.

We need your help in 2 ways:

i) *to explain what it is like to have ME*

One of the things we are trying to communicate is that ME does not just equal fatigue, that there are many debilitating symptoms and that the fatigue is part of feeling ill and weak, not just feeling tired. Please send us a short description of your experience. We can use your 'Case studies' to help to illustrate those points.

ii) *are you able to get the help you need from the NHS?*

Some of you were good enough to take part in the WAMES survey a couple of years ago and we will be using that data. If you haven't taken part you can still do so by contacting Jan or downloading the questionnaire from the WAMES website <http://tiny.cc/bfkgm>

What we need to know

If you have already completed a questionnaire we would still like to know what has happened to you recently. For example:

- Are GPs giving a diagnosis and management advice?
- How confident are you that your GP understands your condition?
- Are they willing to visit patients at home?
- Are children getting good support from their paediatricians?
- Are you getting support from other people in the primary care team – nurses, Occupational therapists etc?
- Are you getting referrals to consultants, when necessary, and are they helpful?
- Which improvements to services would help most?

How to let us know

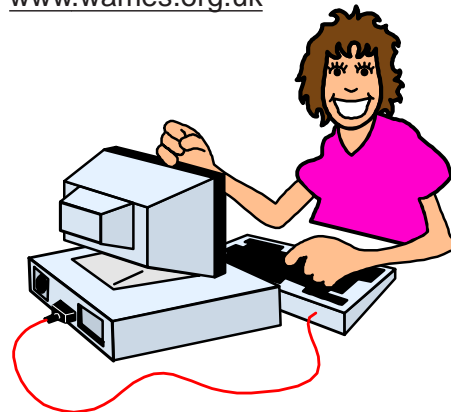
Please send a description of the

way that ME affects you and your experiences (good and bad) of the health service. We don't need an award winning essay and it doesn't have to be long. Many of us struggled to explain clearly to the GP how we felt, so a few unconnected sentences would give a good insight into the challenges GPs face.

Please add a first name to identify your paragraph – it doesn't have to be your real name – and the county you live in. If you'd like to add more about your experiences with doctors, treatments, Benefits, school, employment etc please do. It is always helpful to have real life examples when campaigning. A sample of your comments will be placed on our website. Please say if you don't wish us to use yours. Please send them to Jan – contact details on the back page.

News on the WAMES website

News and events of interest to people living with, caring for or working with ME in Wales are posted on the WAMES news blog. Keep up to date at www.wames.org.uk



Please pass on news items to enquiries@wames.org.uk

Blue Badge Scheme in Wales changes

This scheme provides preferential parking to people who are unable (or virtually unable) to walk because of a permanent and substantial impairment or who are registered as sight impaired.

This consultation is seeking views on a number of proposals to improve the Scheme in Wales to reflect the significant social changes that have taken place over the past 40 years, and to ensure the Scheme is administered efficiently, consistently and fairly.

Please submit your comments by 31 October 2011. Download the document and response form <http://tiny.cc/bjk34> or contact Blue Badge Team, Local Government and Communities (Integrated Transport Unit), Welsh Government, Cathays Park, Cardiff, CF10 3NQ

GMC reinstates Dr Sarah Myhill

In an astonishing U-turn, the General Medical Council reinstated Dr Sarah Myhill to the Medical Register in August. In the previous twenty one months Dr Myhill was either suspended from the Medical Register or forced to practise medicine under severe restrictions. The GMC has conducted a series of prosecutions against Dr. Myhill since 2001, during which time she has faced the prospect of 7 Fitness to Practise Hearings, the most recent having been booked for a full 25 days. All Hearings have been cancelled with no case to answer.



Dr. Myhill has observed "The GMC has been incompetently prosecuting me since 2001. In doing so it has broken its own procedures and the laws of the land. Allegations against me have been vexatious, inconsequential and often untrue. The GMC is a dysfunctional organisation, not fit for purpose".

Sources close to the GMC say that this has been an orchestrated witch hunt against Dr. Myhill and that the GMC will be deeply embarrassed by their most recent incompetent handling of her case. Indeed, embarrassment might not be the GMC's only problem because, after a recent Freedom of Information request, it has transpired that, even only considering the most recent action against Dr Myhill alone, the GMC has spent £62,751.60 on solicitors' fees and other external costs. In addition the GMC's own internal legal team has clocked up 147 fruitless hours on this most recent case, with the investigation team being unable to disclose its hours!

More information <http://tiny.cc/xcwwd>

Expert Patients Programme Re-branding

Following a period of consultation the Expert Patients Programme (EPP) in Wales has been rebranded and will now be known as EPP Cymru. EPP Cymru will be known as Education Programmes for Patients to reflect the development of EPP to reach a wider audience in the drive to extend self care education.



The Expert Patients Programme course will be known as Chronic Disease Self Management Programme (CDSMP). The name of our carer's course 'Looking After Me (LAM)' will remain the same.

If you would like more information visit: www.eppwales.org or ring 07920 528387

Free holidays for carers in Powys

Powys Carers Service has generously been offered 4 week-long holidays for Carers at Woodland Park Lodges near Ellesmere, Shropshire. They are offering the holidays to all Carers registered with them. If you know any Carers who would enjoy a holiday in a luxurious log cabin or you wish to register a Carer, then please call 01597 823800 no later than the end of November for more information.

The first two holidays are in Beech Lodge in Feb 2012 and Birch Lodge May 2012. They will allocate each holiday and let the families know just before Christmas that their application was successful. The next two holidays will be advertised early next year. More information www.woodlandparklodges.co.uk & <http://powyscarers.org.uk>

Crossroads Care

Crossroads Care supports carers by giving them a break from their caring responsibilities. Call Crossroads Care Association on 0845 450 0350 or use the email facility on their website www.crossroads.org.uk

There is a full list of local branches on the website, but the listing for Wales is a little eccentric. Services in South Wales are included in the main alphabetical list alongside services for England. Services in North and Mid Wales are placed at the very end of the list under the organisation's Welsh title Gofal Croesffyrd with the remainder of the information in English.

Blaenau Gwent Dial-a-Ride

This service helps disabled people with shopping trips, visits to friends and relations and doctors' and hospital appointments. All vehicles are wheel-

chair accessible. Normal hours are 9.00am to 5.00pm, Mondays to Fridays. But drivers are sometimes available at weekends and in the evenings for special occasions such as weddings, theatre trips and day trips. They may also be able to take people to holiday destinations throughout the UK.

Call 01495 315535 or use the email link from www.gavowales.org.uk Dial-a-Ride, 16a Market Square, Brynmawr, Ebbw Vale, Blaenau Gwent NP23 4AG. Office hours: Monday to Thursday 9.00am - 12.30pm; Friday 9.00am - 12.00pm.

Fuel Poverty

Nyth/Nest is a Welsh Government fuel poverty scheme. It aims to help reduce the number of households in fuel poverty and to make Welsh homes warmer and more fuel efficient.

If you are worried about the cost of heating your home, you can call 0800 512012 FREE on a landline or 0300 456 2655 FREE on a mobile phone. Advisers can help with:

- Saving energy
- Money management
- Making sure you are on the best tariff
- Whether you are entitled to benefits to boost your income.

You may also be eligible to receive home improvements at no cost to you, to make your home warmer and to reduce the bills. This service is available to everyone in Wales.

Ceredigion Red Cross Carers Service

The new contact for carers over 25 is Denise John djohn@redcross.org.uk on 01239 615945. The address is unchanged: Red Cross Carers Support Service, Unit 20, Parc Teifi, Cardigan SA43 1EW.



ME/CFS Biobank for UK research

3 charities – Action for M.E., the ME Association and ME Research UK – and a private donor have joined forces to fund the UK's first biobank of human blood samples for research into the causes of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS).

The biobank will be situated at London's Royal Free Hospital where it will be able to link in with the extensive research facilities at University College London.

By Christmas people will be able to register their interest. Initially, blood samples will only be collected from a group of patients currently enrolled in the ME/CFS Disease Register, including the Case History Research on M.E. (CHROME) database of severely affected patients.

The M.E./CFS Disease Register is one of six sub-projects within the National M.E./CFS Observatory, a research programme funded by the Big Lottery Fund and sponsored by Action for ME. It established a pilot for a national disease register of confirmed cases of people with the illness. The study recruited 29 general practices in East Yorkshire, East Anglia and London which recorded all cases of M.E./CFS they had under their care.

The earliest time that other donors will be able to donate blood is late 2012.

More information:
<http://tiny.cc/ncli7>

Campaign for first UK biomedical research & treatment centre

A campaign has been launched by patients with Myalgic Encephalomyelitis (ME) to raise awareness and vital funds for a centre of excellence, the first of its kind in Europe.

The centre aims to translate biomedical research findings into appropriate treatments for patients with ME as rapidly as possible. The research proposed will be of the most advanced possible with a focus on immunology and virology, building upon the research database and enabling new areas of cooperation with other biomedical research facilities.

The centre would be based at the University of East Anglia in Norwich, with access to the excellent facilities of the research park on campus. Patients seen at the new centre will be assessed according to the correct and up-to-date diagnostic criteria, which will provide the benefit of a positive diagnosis, rather than simply a diagnosis of exclusion of other causes, as well as the advantage of using well-defined patient cohorts for the research itself. Over £6000 has been raised in the first 6 weeks!

The *Let's do it for ME* campaign <http://tiny.cc/4og8u> has been launched by Invest in ME.
www.investinme.org/index.htm

ME: International Consensus Criteria

New diagnostic criteria for ME have been published by 25 authors from 13 countries, led by Canadian guidelines editors Bruce M Carruthers MD CM

FRCP(C) and Marjorie I van de Sande BEd GradDip Ed, and including WAMES' medical adviser Dr Nigel Speight. The panel used the Canadian consensus document as a starting point but made a number of significant changes, achieving 100% consensus and citing 123 publications to support its recommendations.

Main points include:

- "In view of more recent research and clinical experience that strongly point to widespread inflammation and multisystemic neuropathology, it is more appropriate and correct to use the term "myalgic encephalomyelitis"(ME) because it indicates an underlying pathophysiology."
- "...diagnosis should be made when the clinician is satisfied that the patient has ME rather than having the diagnosis restricted by a specified time factor. Early diagnoses may elicit new insights into the early stages of pathogenesis; prompt treatment may lessen the severity and impact."
- "A patient with ME will meet the criteria for post-exertional neuroimmune exhaustion (PENE), at least one symptom from three neurological impairment categories, at least one symptom from three immune/gastro-intestinal/genitourinary impairment categories, and at least one symptom from energy metabolism/transport impairments."
- "Post-exertional neuroimmune exhaustion is part of the body's global protection response and is associated with dysfunction in the regulatory balance within and between the nervous, immune and endocrine systems, and cellular metabolism and ion transport. The normal activity/rest cycle, which involves performing an activity, becoming fatigued, and taking a rest whereby energy is restored, becomes dysfunctional."

• “Atypical Myalgic Encephalomyelitis meets criteria for post-exertional neuroimmune exhaustion but has two or less than required of the remaining criterial symptoms.”

Abstract: <http://tiny.cc/vcnm>

Excerpts from paper:
<http://tiny.cc/doe6j>

AfME survey

Action for ME asked people in England with ME to share their views and experiences of specialist NHS CFS/M.E. services. The survey closed on 12 August with 977 people having responded.

The results show that the overwhelming majority (84.9%) were in favour of AfME campaigning to save existing services – and 92% were in favour of campaigning for more services across the UK .

At the same time, respondents felt some existing services were better than others. While most (54%) assessed their NHS service as good or best possible given that there is as yet no cure, 26% judged their service to be poor or very poor.
<http://tiny.cc/6pw5p>

The results of this survey show a more positive attitude to the clinics than past surveys have done, but is this because many people have left AfME in protest of their support of CBT/GET?

Prof Tony Pinching

has announced his retirement from medicine.
www.meassociation.org.uk/?p=7977

Simon Wessley and ‘death threats’

Over the last few months Prof Simon Wessley has been touring the media circuit with claims that he has experienced a series of death threats and threatening

phone calls because of his views on ME, and now has his mail routinely scanned for suspect devices. He also claims that he feels safer in Afghanistan than in Britain, and that scientists are being scared away from research into the condition because of intimidation.

The ME community have been working hard to condemn any threats from a tiny minority but also to highlight the extreme anger and frustration felt by people with ME at the refusal to acknowledge the research showing a wide range of physical dysfunction in ME.

Picking up that story the **Radio Wales Phone-in** at lunchtime in July asked the question: *Is ME physical or psychological?* They invited people with ME to ring in and talk about their experiences.

Dr Charles Shepherd from the ME Association, Dr Esther Crawley from the Bath University’s Dept of Paediatrics and Michelle and Sylvia Penny from WAMES were amongst the people who were interviewed. All condemned the extreme actions of a small group of people who harassed others. The points that were highlighted were the difficulty of getting a diagnosis and treatment in Wales, the debilitating nature of the condition and the desperate need for bio-medical research into the causes.

The *Radio Wales Phone-in* is available on You tube
<http://tiny.cc/5ca3n>

You can hear the Radio 4 Today programme news item and an interview with Simon Wessley <http://tiny.cc/ol18r> and read more about it on the BBC website. <http://tiny.cc/v7xabc>

Many people have been writing letters to newspapers and broadcasting websites. **Prof Malcolm Hooper** attacked Wessley’s media campaign and approach to ME patients in a letter to *The Observer* claiming that it was abusive:

‘For Wessely School psychiatrists to continually ignore the scientific evidence is wilful ignorance but to advise the DWP decision-makers and train ATOS examiners that ME is a mental disorder is deceitful and abusive; to section patients with ME and remove them from their distraught families is abusive; to make sick people worse by inappropriate interventions is abusive; to deny them financial support necessary to survive is abusive; to mock them and to misinform others about their serious disorder is abusive; to insist that they suffer from wrong thinking and a fear of activity when they suffer from a very serious medical disorder with reproducible multiple systemic abnormalities is abusive.’

A longer version of his letter can be read at <http://tiny.cc/4zntr>

In a letter to *The Telegraph* **Dr Charles Shepherd** of the ME Association pointed out: ‘The ME Association’s criticism of psychiatric research has no relationship to a desire to stigmatise mental illness. We are simply pointing out that without biomedical research there will never be an effective form of treatment for an illness that is estimated to cost the country over £3 billion per annum in lost taxes, benefit payments and medical care.
<http://www.meassociation.org.uk/?p=7859>

Prof Harrington promises real change in Benefits assessments

In a letter to those who attended his recent seminar. Prof Harrington says: ‘My take on things is that DWP and JCP (in collaboration with Atos where appropriate) are energetically implementing all of my recommendations. Some are complete while others are in progress.

The timescales of doing this are different for IB reassessment and

new ESA claims. In some cases I believe the JCP staff responsible have actually improved on what I had proposed in light of practical experience. I see real progress and am even more confident of improvements than I was in my interim report to the Minister in May. In addition, genuine advances are being made on the suggested changes to the descriptors as part of my Year 2 review.

To those of you who continue to see no progress, I urge you to be patient. Things are happening and you will see real changes to the fairness and effectiveness of the WCA in the near future even if it takes a while for things to change in a uniform way across the country.

As you will be aware, one of the things I am keen to do through this call for evidence is to collect robust evidence about what is and isn't working, moving, where possible, away from anecdotal reports. If over time you do not believe that appropriate progress is being made this is another area where robust evidence will help me in making my review as thorough as possible.'

More on Prof Harrington's review <http://tiny.cc/9ef6z>

Introduction to DLA

www.disabilityalliance.org/f23.htm

Atos doctors could be struck off

The Observer newspaper reports that 12 doctors employed by the firm that is paid £100m a year to assess people claiming disability benefit are under investigation by the General Medical Council over allegations of improper conduct. The doctors, who work for Atos Healthcare, a French-owned company recently criticised by MPs for its practices, face being struck off if they are found not to have put the care of patients first.

They also discovered that 7 of the doctors have been under investigation for more than seven months. The other five were placed under investigation this year following complaints about their conduct.

It is understood that the majority of allegations concern the treatment of vulnerable people when the government's controversial "work capability assessments" were carried out, but the GMC refused to comment on individual cases.

Full article <http://tiny.cc/4ab79>

Paying for Care

www.payingforcare.org.uk

This is a site with advice on paying for long-term care. Topics covered include:

- ◆ Needs assessment
- ◆ Care funding
- ◆ Home Care
- ◆ Power of Attorney
- ◆ Care costs
- ◆ Care entitlements
- ◆ Local authority information
- ◆ Care homes

They can be contacted at support@payingforcare.co.uk or on 0800 0845 045 Monday to Friday 9.00am – 5.30pm.

ME symptom checker

ME is such a complex disease; it can be very difficult, especially with brain fog and cognitive dysfunction, separating out and listing the many symptoms that you might have.

Based upon the Canadian Criteria and Greg and Linda Crowhurst's long experience, they have constructed a simple tool, which they hope will help people with ME to identify and easily list their symptoms. www.stonebird.co.uk/mesymptomquestionnaire.html

ME/CFS & menopause

I am writing a book about ME/CFS and the menopause (and how it affects people who have it and their families) and I am looking for volunteers. I am hoping to get as many women to complete a questionnaire or simply email me their own stories in their own words (all names will be changed unless otherwise requested) to help with this.

As a sufferer for over 12 years I am passionate about this project. Contact me at gina.bailey1@btinternet.com. Thank you in advance for your help.

Gas Safe Register (formerly CORGI)

This is the official list of gas engineers who are legally allowed to work on gas appliances.



Call the free helpline on 0800 408 5500 or visit the website at www.GasSafeRegister.co.uk.

Woodland Benefit by Mair Jones

I recently attended a woodland activities programme with Aber Active Woods.

Coed Lleol (www.coedlleol.org) coordinates this programme of woodland health and well-being in the Aberystwyth area in consultation with other organisations including the National Public Health Service. It was arranged for people suffering from chronic health conditions.

Research has found that our fundamental attraction to nature, known as biophilia, is believed to be emotionally important to us. In other words, our natural love for life helps sustain life.

As someone who has ME but has recovered enough to manage to walk about comfortably, and likes the outdoors, I thought I would give this a try. Some of the participants had been referred by their GPs but I phoned the organiser after seeing a newspaper article and was welcomed just the same.



The group met every Monday afternoon from 1-3.30pm as part of a 10 session programme between July and September 2011. I managed to attend all sessions apart from two and that was because I was away. One of my concerns was whether I would be able to keep up attendance. The organisers are very understanding and are aware that participants are struggling with health issues and accept that sometimes it is not possible to attend.

A thoroughly varied programme included visits to woodlands at Parc Natur Penglais, Aberystwyth; Coed Geufron, Penparcau; Allt Ddel, Penrhyncoch; the RSPB Ynys-hir nature reserve, and the Forestry Commission's Nant yr Arian Centre.

Activities led by trained leaders offered exciting new opportunities. I have gained new outdoor skills such as Nordic Walking, forest conservation, tree and flower identification, sensory art,

weaving using twigs, reading clues of wild animal habitation, insect and birdsong identification.

I feel my appreciation of being out in woodlands has been greatly enhanced. Quiet moments within the group also offered moments for contemplation, chi gung, poetry appreciation and listening to celtic tales. The provision of fruit as a healthy snack and tea and/or coffee made with freshly boiled water by the Kelly kettle on a woodland fire added the opportunity to relax and chat among new found friends.

I have gained much benefit in having a regular outdoor activity arranged on a weekly basis. It has now become part of my weekly routine and does not depend on the weather as sheltering in the woods on a rainy day with company is all part of the fun.

Meeting new people and finding common ground in the more



often unsaid challenges we face, are precious shared moments. Shared activities offer opportunities for friendship, trust and sharing. This positive support is most heart-warming, and as one who has spent a lot of time on my own due to ME, enjoyably beneficial.

I have gained local knowledge of woodlands, two of which are very close to where I live, and have grown an attachment to them. I now look forward to visiting them in the autumn when the leaves change their colours and fall as I would look forward to visiting a friend. I feel a sense of part ownership of the woods, they are becoming mine shared.

The programme is free for participants and the only questions asked are questionnaires to help with funding. There are no health assessments and leaders express understanding of varying levels of abilities and are flexible accordingly. The group accommodates its needs as they arise e.g. they will split into two if some wish to complete a stronger activity while others want to take things at a slower pace.

Aber Actif Woods hope to continue this programme and may be able to offer more of these sessions in the near future. After all it can't be wetter than the summer that's just been! If you are interested in being a participant on one of these programmes but not sure whether your level of mobility or ability is appropriate to the group, or want more information, just contact myself, Mair Jones - details on the back page, or;

Zena Williams, Coed Lleol Partnership Officer
08464 560 342/07811 176 072
zenawilmot@smallwoods.org.uk

**The Mid and West Wales
ME Group supports
WAMES
Welsh Association of
ME & CFS Support**

Signs in English - in foriegn countries

Cocktail lounge, Norway:

"ladies are requested not to have children in the bar."

Doctors office, Rome:

"specialist in women and other diseases."

Dry cleaners, Bangkok:

"drop your trousers here for the best results."

In a Nairobi restaurant:

"customers who find our waitresses rude ought to see the manager."

On an Athi river highway:

"take notice: when this sign is under water, this road is impassable."

On a poster at Kencom:

"are you an adult that cannot read? If so, we can help."

In a city restaurant:

"open seven days a week and weekends."

A sign seen on an automatic restroom hand dryer:

"do not activate with wet hands."

In a cemetery:

"persons are prohibited from picking flowers from any but their own graves."

Tokyo hotel's rules and regulations:

"guests are requested not to smoke or do other disgusting behaviours in bed."

On the menu of a Swiss restaurant:

"our wines leave you nothing to hope for."

In a Tokyo bar:

"special cocktails for the ladies with nuts."

Hotel, Yugoslavia:

"the flattening of underwear with pleasure is the job of the chambermaid."

Hotel, Japan:

"you are invited to take advantage of the chambermaid.."

In the lobby of a Moscow hotel across from a Russian orthodox monastery:

"you are welcome to visit the cemetery where famous Russian and soviet composers, artists, and writers are buried daily except Thursday."

A sign posted in Germany's black forest:

"it is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for this purpose."

Hotel, Zurich:

"because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose."

On the box of a clockwork toy made in Hong Kong:

"guaranteed to work throughout its useful life."

in a Swiss mountain inn:

"special today - no ice-cream."

Airline ticket office, Copenhagen:

"we take your bags and send them in all directions."

Cat Massage

AhaJokes.com



How to borrow from the Postal Library

Phone, email or write to the librarian, suggesting alternatives in case the item you want is out on loan. If the item has been posted to you, please include the cost of postage when you return the item [cheque made payable to Mid Wales MEG, or low denomination postage stamps]. Items will be sent by second class post unless otherwise requested, on a 4 week loan. Contact the librarian to extend your loan or join a waiting list.

Group Contacts

Chairman, Webmaster, DTP and WAMES Rep.

Tony Thompson
The Coach House Frongog
Aberystwyth SY23 3HN
Tel/fax 01970 636515
Tony@midwalesmegroup.org.uk

Secretary

Derryan Paul
11 Nant Seilo
Penrhyncoch
Aberystwyth SY23 3HD
Tel 01970 828896
Derryan@midwalesmegroup.org.uk

Librarian, Campaign Coordinator and WAMES Rep.

Jan M Russell
Address as for Tony above.
Tel/fax 01970 636515
Jan@midwalesmegroup.org.uk

Membership and Finance

L. Mair Jones
3 Cwrt yr Angor, Trefechan
Aberystwyth SY23 1BN
Tel 01970 627290
Mair@midwalesmegroup.org.uk

Group Website

www.midwalesmegroup.org.uk

Local contacts

Brecknock & Radnor

Richard Jones Tel 01874 622310
richard.j5@virginmedia.com

Carmarthenshire

John James Tel 01267 233793
rjames939@btinternet.com

Lampeter Area

Mandy Williams Tel 07925 378658

Meirionnydd

Andrew Currie Tel 01654 782294
Andrew@55frogs.bbmax.co.uk

Montgomery, Newtown, Welshpool Area

Karen and Mike Rippon Tel 0796 9665419 (between 2-4pm only please) karen@kandm46.plus.com

Pembrokeshire

Helena Tel 01348 881249 (daytime only)
helena@marshcottage.net

Swansea

Graham McFenton
Tel 01792 896452
grahammcfenton@sky.com

Activities

- ◆ Meetings in different venues - details on front page. Everyone is welcome.
- ◆ Information, and understanding by email or phone.
- ◆ ME & You, approx. every 2 months
- ◆ Postal Library - books, audio and video tapes about ME. Lists available from Jan or Mair.

Subscriptions

If you have not done so already, please let Mair have your subscriptions as soon as possible.

Copyright

We are happy for articles and news items to be quoted or copied, provided the intended meaning is preserved and the author/source and *ME & You* is properly acknowledged.

**Next issue Dec, 2011.
Contributions to Tony, Jan
or Derryan, please, by
15 Nov, 2011.**