

CHRONIC FATIGUE SYNDROME/ ME

Information Leaflet

What is CFS/ME?

CFS/ME is a group of symptoms that result in a persistent fatigue state. It is characterised by fluctuating symptoms which can result in a 'boom and bust' pattern of energy and activity. CFS/ME is diagnosed when other fatigue causing conditions have been excluded as the cause of your symptoms. Symptoms include:

- ◆ Extreme fatigue and post exertional malaise
- ◆ Sleep disturbance and non-restorative sleep
- ◆ Swollen glands and/or sore throat
- ◆ Muscle and joint aches and pains
- ◆ Impaired concentration and memory
- ◆ Mood changes
- ◆ Autonomic regulation problems; such as poor temperature and blood pressure control
- ◆ Reduction in the ability to function at your normal level

Who is the service for?

The service is for adults with a diagnosis of CFS/ME who are registered with a GP in the Stockport and Tameside and Glossop areas.

What do we offer?

We are a small multidisciplinary team of nurses, physiotherapists, a CBT therapist and an occupational therapist. We do not have a doctor on the team. We offer a six to eight session energy management programme, which aims to support people self-manage their CFS/ME symptoms. To maximise the benefits of this programme we can offer one to one physiotherapy, occupational therapy and CBT where applicable. This programme can be delivered individually at clinic or in a group setting. We also offer home visits where appropriate. The management programme includes:

- ◆ What is CFS/ME
- ◆ What is activity?
- ◆ Rest and breathing
- ◆ Boom and bust
- ◆ Energy management principles
- ◆ Physical activity
- ◆ Pain and posture
- ◆ Memory and concentration
- ◆ Sleep
- ◆ Stress, thoughts and feelings, and assertiveness
- ◆ Goal setting and managing setbacks

Contact us

CFS/ME Service, 2nd Floor Woodley Health Centre, Hyde Road, Stockport, SK6 1ND
Telephone: 0161 835 6684 Fax: 0161 204 5198

If you would like this leaflet in a different format, for example, in large print, or on audiotape, or for people with learning disabilities, please contact:
Patient and Customer Services, Poplar Suite, Stepping Hill Hospital. Tel: 0161 419 5678.
Email: PCS@stockport.nhs.uk.

This information can be provided in other languages and formats if you are unable to read English. Please contact the Patient and Customer Services department and inform them of your preferred language. The department telephone number is 0161 419 5678. You could also email PCS@stockport.nhs.uk.

يمكن توفير هذه المعلومات في لغات وأشكال أخرى إذا كنت غير قادر على قراءة اللغة الإنجليزية. الرجاء الاتصال بدائرة خدمات المرضى والزبون وإبلاغها بلغتك المفضلة. رقم هاتف هذه الدائرة هو 0161 419 5678. يمكن كذلك بعث بريدًا إلكترونيًا إلى PCS@stockport.nhs.uk.

আপনি যদি ইংরেজী পড়তে না পারেন তাহলে এই তথ্য অন্যান্য ভাষায় এবং ফরম্যাটে দেওয়া যেতে পারে। দয়া করে পেশেন্ট অ্যান্ড কাস্টমার সার্ভিসেস এর সাথে যোগাযোগ করে তাদের জানিয়ে দিন আপনার ভাষাটি। ডিপার্টমেন্টের টেলিফোন নম্বর 0161 419 5678, আপনি এছাড়াও ই-মেইল করতে পারেন PCS@stockport.nhs.uk এই ঠিকানায়।

如果您不能閱讀英語，這些資料是可以其他語言和格式來提供。請致電患者及客戶服務部門，並告知他們您的首選語言，該部門的電話號碼是 0161 419 5678，您還可以發送電子郵件至 PCS@stockport.nhs.uk –

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Te informacje mogą być udostępnione w innych językach i formatach jeśli nie potrafisz czytać po angielsku. Proszę skontaktować się z działem 'Patient and Customer Services' i poinformować ich o twoim preferowanym języku. Numer telefonu tego działu to 0161 419 5678. Możesz także wysłać email pod: PCS@stockport.nhs.uk

اگر آپ انگریزی نہیں پڑھ سکتے تو یہ معلومات دوسری زبانوں اور صورتوں میں بھی فراہم کی جاسکتی ہیں۔ براؤ کر م پیشہ اور کسٹمر سروس والوں سے رابطہ کر کے انہیں بتائیں کہ آپ کو نئی زبان میں معلومات چاہتے ہیں۔ ان کا فون نمبر ہے 0161 419 5678۔ آپ انہیں PCS@stockport.nhs.uk پر ای میل بھی کر سکتے ہیں۔

Our smoke free policy

Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more.

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