

Serving ME/CFS patients, carers and interested parties in Glamorgan



MESiG 2013 Christmas Party!



Saturday 16th November
1-4pm

Line up includes:

M.E Art Display by Life with Art

Comedienne: Lorna

*Lorna writes all of her own material from her observations of people. Not only that, it is written in rhyme. It is so clever and it always strikes the right chord to make you laugh.

Accompanying Singer/Actor: John Jenner

Bran Tub *Please bring a gift up to £5 wrapped which goes in a box and we exchange gifts.

Food *If possible please bring a plate of food i.e. crisps/ nuts etc.

Relaxing/ Massage Area

Portcullis House

21 Cowbridge Road
East,
Cardiff, CF11 9SR



On site parking

Disabled access

Please get in touch if attending

Contact Chris on 02920762347, 07825641970, Mesigwales@gmail.com

Contents

Front Page: M.E. Christmas Party 2013	Page 1
Contents	Page 2
Special Christmas Support Group Meeting	Page 3
International Awareness Day 2013 review	Page 4
Martine opens up about Depression	Page 5
Noted activist Tom Hennessy passes away & How to avoid catching a cold	Page 6-7
M.E/CFS and Nausea-a remedy	Page 8-9
Healing Rooms Cardiff	Page 10
Award Ceremony– Miriam Is A Winner	Page 11
Events for your diary	Page 12
Assist Training review	Page 13
Pilates Course review	Page 14
Lottery Funding Award & Support Group Appeal	Page 15
What can MESiG do for you?	Page 16-17
AGM Awareness Event review	Page 18-19
Biomat available on loan from MESiG & Tea in the Park review	Page 20-21
Marianne Gutierrez: A Happier, Healthier Lifestyle review & Thank You ASDA	Page 22-23
MESiG on Social Media	Page 24
Contact and Support	Page 25-26
Benefits Advice	Page 27
M.E.S.I.G Committee	Page 28

SPECIAL CHRISTMAS SUPPORT GROUP MEETING

Monday 2nd December

2-4pm

Tea and Cake

@ Bethel Church

Llangrannog Road, Llanishen, Cardiff, CF14 5BL

All welcome, members, friends, family, carers, partners.

Please contact us to let us know you are coming.

Email: mesigwales@gmail.com

Tel: 029 20762 347

Text: 07825 641 970



International M.E.

Awareness Day 2013 review



International M.E. Awareness Day – 12 May 2013

M.E. -
a living death

"All Fall Down For M.E." Event held at Old Palace Yard, opposite Houses of Parliament, London SW1.

On 12 May 2013, my wife Christalla, step-daughter Irene and I travelled to London by car to attend the "All Fall Down Event". Given that we were in the Westminster area of central London we had to park a couple of miles away from the venue due to the lack of local parking facilities. We arrived with literally minutes to spare!

The event facilitator gave the instruction that on the stroke of 3pm everyone would lie on the ground and lie silent and still for two minutes. Big Ben chimed and everyone lay down. There was an eerie silence for what seemed to be a lot longer than a couple of minutes.

Some people stopped to ask what the protest was about, but most just walked past with hardly a glance at the bodies lying prone on the ground. I guess I shouldn't have been surprised, Londoners are used to all manner of and occurrences taking place in their city.

At the close of the event we mingled with the other protesters some of whom were amazed at the distance we had travelled to attend. We met a woman who was also from Wales who said that she hadn't been aware of the existence of MESiG.



A few people shared some heart rending stories with us and in particular I remember speaking to a couple from England whose young child was too ill to travel to the event with them. They were so thankful that so many people had attended to support the cause. We estimated that upwards of a hundred people were present that day.

By Ken Bailey

Martine opens up about Depression



There are several well known celebrities with ME/CFS, and perhaps the most famous is Cher, who has shown zero interest in bringing her star power to bear in assisting others with our disease--a loss for patients everywhere. (You can learn more about Cher's ME/CFS on the ProHealth Forums at <http://ow.ly/pAZKh>).

Here we present news that actress Martine McCutcheon suffers from ME/CFS, and we wish this struggling survivor all the best. Actress Martine McCutcheon's 7-year Battle With ME/CFS October 8, 2013
Article available on ProHealth:
<http://ow.ly/pB03B>.

British actress/singer Martine McCutcheon, star of Love Actually, reveals that her long battle with ME/CFS and depression has put an end to her career and driven her into bankruptcy. Martine McCutcheon won a Laurence Olivier Award for her portrayal of Eliza Doolittle in My Fair Lady, and her pop single, Perfect Moment, reached No. 1 in five countries. Prior to Love Actually, she was best known for her role as Tiffany Mitchell in BBC's EastEnders. McCutcheon released her autobiography, Who Does She Think She Is? In 2000. "In a candid interview with The Sun newspaper, the star admitted she struggled with fainting fits and was confined to a wheelchair after one particularly frightening episode, while she also piled on weight and felt too unwell to work. She stayed at home and went weeks without leaving the house, and at her lowest point,

'I couldn't cope with everyday things, even feeding my dog!'

she confessed she felt suicidal, would just say, 'Please, whatever this is, it is making me feel so bad, just let it kill me'... I don't know if the ME or the depression came first, all I knew was life felt like hell every day... "The longest I went without leaving the house was a month. I didn't want to see or speak to anyone. I couldn't cope with everyday things, even feeding my dog. The low point was when I was lying on the sofa and could not move. I felt suicidal... I did think it would be better if I just didn't wake up."

McCutcheon's financial problems spiralled out of control after she lost an endorsement deal last year due to her health troubles and she was unable to pay her bills.

After filing for bankruptcy, debt collectors took most of her possessions, even her precious engagement ring. She adds of losing the ring, given to her by her husband Jack McManus: "I burst into tears. I was devastated... I had given them everything I had, so when the ring went as well, it was just heartbreaking."

McCutcheon admitted the bankruptcy proceedings set her back in her health battle, but she is now making good progress and hopes others suffering from depression and ME will appreciate her speaking out about her condition.

You can read more about Martine McCutcheon's challenge here.

<http://ow.ly/pAX1j>

By: [ProHealth](#)

Noted Activist Tom Hennessy Passes Away After 25-Year Battle with ME



April 16, 1954-
September 9, 2013
Resided in Boca Raton, FL

On Monday, September 9, 2013, Thomas Michael Hennessy, Jr. passed away in Boca Raton, Florida after a 25-year battle with ME/CFS. He was 59 years old. The family received friends at Our Lady of Mercy Catholic Church, 9200 Kentsdale Rd, Potomac, MD on Thursday, September 19, 2013 from 10-11am with Mass of Christian Burial following at 11am at Interment Gate of Heaven Cemetery.

Tom Hennessy's contributions to the ME/CFS community have been enormous. He was the originator of International ME Awareness Day on May 12th, and founded the advocacy organization RESCIND (no longer online). Although he was severely ill, Tom testified eloquently, and passionately, at numerous national and international ME/CFS conferences and meetings, never failing to drive home the point that people with ME aren't tired, but sick.

Before falling ill with ME in 1988, Tom was a successful sales and advertising executive in Marin County, California. In spite of what he described as "chronic mono" following a severe flu, Tom continued to work 12-hour days, until a final collapse left him bedridden for 18 months. He never recovered.

On April 15, 1989, Tom was asked, at the last minute, to speak at the first international CFS conference, held in San Francisco, California. In his own words, Tom gave an "in your face" speech, which stole the show. "We are SICK, often deathly ill, and we are NOT fatigued!" he said. "If you do NOTHING else today, then lock the doors, get together and knock heads and come up with an ACCURATE definition and CHANGE THE NAME!" This speech catapulted Tom into the national spotlight, and from that day forward he remained a fierce advocate for legitimizing the illness in the face of government and insurance industry attempts to minimize the devastating effects on individuals who contract ME/CFS, as well as its cost to society as a whole.

No one could have stated the case for the eradication of the demeaning name "chronic fatigue syndrome" better than Tom himself, so I am including the full text of his 2011 CFSAC testimony below. His words deserve to be read, and re-read, many times over. In the wake of worldwide efforts to classify ME/CFS as a psychiatric illness, and of the virtual incarceration of Karina Hansen, on the heels of the recent attempt by HHS to redefine ME/CFS out of existence, in the CDC's continuing failure to adopt an accurate case definition, in the NIH's refusal to fund research, in the black-listing of medical professionals who seek to treat patients with ME/CFS, and in the subversion of the very agencies and organizations that are supposed to represent our interests, but instead seek to undermine us, Tom's words still ring out loud and true.

"There are NO more excuses. Slow people need to learn by repetition, so I again say, the theme for now and the future is 'NO MAS!' [No More!]"

Read more:

<http://www.pumphreyfuneralhome.com/obituary/Thomas-Michael-Hennessy-Jr./Boca-Raton-FL/1243170>

<http://phoenixrising.me/interviews-3/10317-2>

<http://www.youtube.com/watch?v=7ea1GV0SZEg>

How to Avoid Catching a



Cold



There are 200 different cold viruses out there lying in wait for us, but they can be outwitted. *Dr Margaret Stearn* gives the 10 key rules to follow to avoid catching a cold.

- | | |
|---|--|
| 1) Wash your hands after being in a crowded place or in the same room as someone with a cold. | 6) Take a walk to boost your immune system. |
| 2) Don't touch your nose and eyes unless you have to. | 7) Fewer colds seems to be one advantage of getting older. |
| 3) Wear gloves when you travel on public transport. | 8) Try a nasal spray. |
| 4) Wrap up warm. | 9) Banish stress. |
| 5) Cover your nose when it is cold. | 10) Don't waste your money on cheap Echinacea. |

More information visit :

<http://www.saga.co.uk/health/body/howtoavoidacold.aspx>

M.E/CFS and Nausea

- a remedy

For as often as I've had ME/CFS I've been plagued by often extremely severe nausea. Not just occasionally but every single day.

Mostly it's a minor aggravation, but the last few months it's been horrendous—imagine, if you will, suffering your worst-ever hangover, while simultaneously being seasick. You won't even get close.



I know, from past experience, that drugs don't work— I've been through the entire anti-nausea pharmacopeia over the years, but there are a couple of things that do. Ginger is the best, either crystallised or as ginger wine (ginger ale used to be good to, but these days it's loaded with artificial sweeteners, with no ginger**).

**Slightly OT, but when, and more importantly, why, did tonic water become hideously sweet, instead of being bitter, as it's supposed to be? They'll be sweetening beer next!

Crystallised ginger is problematic, because I love the stuff, so it promptly gets eaten, but neither that nor the wine have been of any benefit lately, and it's not exaggerating to say that some days I've pushed almost to the brink of suicide (and if you've never experienced totally debilitating nausea, you really can't grasp just how devastating it is).

I have though, found a remedy, entirely by accident. Like many people with COPD, I'm plagued by bouts of coughing, for which I take codeine linctus, but I've been coughing so much lately that I've used up almost all my mouth's supply and, as you can no longer buy it over the counter, I needed another solution.

For some years I've bought Jakemans (no apostrophe), Honey, Lemon and Menthol cough sweets. Not perfect, but they mostly subdue the cough reflex. However, a few days ago, I noticed I felt less nauseous while sucking them. So I had more. And they work! Looking at the ingredients, there's no reason why they should, but they do.

OK, I'm still a little nauseous, but it's dramatically reduced and, as you saw yesterday, I can function more or less normally, and write—something that's been a major challenge of late (it's not usually— I can normally write a couple of pages about pretty much

M.E/CFS and Nausea

- a remedy continued

anything, without too much difficulty, but lately it's been hard just putting half a dozen words together). So now, I have a routine— and as soon as I get up, I suck a cough sweet, and the difference is amazing. If I start to feel uncomfortably pukey, I'll have another. I'm probably getting through 3, maybe 4, a day, which isn't bad (30kcal each, for those who worry about such things).

In addition, not feeling as if I'm perpetually about to toss my cookies means I've been able to take my supplements, which make a huge difference to the way I feel. If you have ME/CFS, don't believe those who say **vitamins and other supplements** ([../2010/03/10/supplements-for-mecfs-2/](http://ronsants.wordpress.com/2010/03/10/supplements-for-mecfs-2/)) have no benefits— they do!

So, if you want to suck it and see, Jakemans cough sweets are available from Sainsbury's, in the pharmacy section by the Paracetamol, at least in my local store, at 60p for 100g (13 sweets). Possibly elsewhere, too.

If you can't get them, anything similar should get the job done. And if you're in the north-west of England, give Uncle Joe's Mint Balls a try— they work well, too.

I have a feeling that almost anything strongly and aromatically flavoured might work just as well.

By the way, if you're plagued by a cough, then the same thing applies— sucking something pungent will calm things down nicely.

August 12, 2010 by Ron

More information visit:

<http://ronsants.wordpress.com/2010/08/12/mecfs-and-nausea-a-remedy>



Healing Rooms Cardiff

Page 10

Healing Rooms provide a safe, caring and confidential environment where anyone can come to receive prayer for any physical, emotional, mental or spiritual problem by the power of God and through the name of Jesus Christ. People from any faith or none are welcome and prayer is offered free of charge.

Starting Friday 4th October

7.30-9.30pm



Sessions take place on the first Friday of each month

Bethel Church Centre

Llangranog Road,

Llanishen,

Cardiff

CF14 5BL

(off Templeton Avenue)

Contact:

07825 641 970

Facebook Page:

www.facebook.com/#!/pages/Healing-Rooms-Cardiff/542147062522999

Award Ceremony-

Our Miriam Is A Winner

Over 80 volunteers attended the 'Best Ever' RCT Volunteer Awards on Friday 14th June at Abercwmboi Rugby Club presented by famous Welsh author Catrin Collier.

Our Miriam was put all her hard work for Miriam was not free receive her award Anna were willing to food provided and of Miriam. (Always

Overall, the event and great fun with the Award evening wine and



forward for an award, for MESiG. Unfortunately to attend the event to but Chris and her sister step in, eat the lovely enjoy the night on behalf so accommodating).

was an amazing success over 100 people attending and enjoying a buffet, entertainment.

In Wales, over 50,000 people volunteered within an organisation and a further 200,000 volunteered informally, meaning that in RCT alone, 24,000 people are volunteering. Interlink recognises that the time and effort each volunteer contributes is amazing and wonderful and each nominee was a winner, but three volunteers were selected by a panel for their unique work for the Norah Huxley Award for Outstanding Achievement.

These volunteers were Janet Mulcock, nominated by Rhondda Housing, Barbara Powell by Pontyclun Bosom Pals and Jeff Flatters by TABS in Porth.

Dee, your treasurer nominated Miriam. Well done Dee. Well done Miriam.

By Christalla Bailey



Events For Your Diary

November Support Group Meeting

Monday 4th November

11-12.30pm

Llanishen Community Shop

Llangranog Road, Llanishen,

Cardiff, CF14 5BL.

(off Templeton Avenue)

Saturday 16th November

1-4pm

Portcullis House

21 Cowbridge Rd East

Cardiff, CF11 9SR



MESiG 2013

Christmas Party!

Christmas Special Support Group Meeting

Tea and Cake

Monday 2nd December

2-4pm

Bethel Church

Llangrannog Road, Llanishen,

Cardiff, CF14 5BL



Buy a 2014 Calendar to help raise funds and awareness about the hard facts of Human Trafficking and supporting a fantastic charity based in Wales 'Cymru Against Human Trafficking' who support victims of trafficking. Our aim is to sell as many calendars as we can for this cause.

So buy one for all the family, it makes an excellent Christmas gift. Contact Irene on 07891712344 for more details.



Chained: No More 2014 Calendar

ASIST Training

Course

The two day suicide and first aid intervention took place at BAVO in Maesteg on the 19th and 20th June 2013. The course was attended by Chris Bailey and Peter Baxter.

The basis of the training model was to identify people at risk of self harm and then go through a process of inviting the person to talk, review the risk at that time then design a safe plan contract. This could include contacting the persons GP and other resources to provide psychiatric help.

It was thought the course- perspective as many and other chronic risk of depression and



would be of use from MESiG sufferers of ME/fibromyalgia debilitating illnesses are at possible self harm.

The course was designed. Other people social workers, police

informative and well attending were teachers, officers and care workers.

Part of the first days study included stories from all the attendees regarding their own experiences with self harm and suicide. It was quite shocking how we all had first hand experiences to relate. Suicide is not a subject that seems to be talked about enough. Many people have periods of depression and have thoughts of self harm.

The course taught us to identify the actions of people at risk (lack of interest in appearance, withdrawal from friends, abuse of alcohol/drugs etc). The next step was to review the immediate risk (Are you having thoughts of suicide? Do you have pain at times that feels unbearable?) Last step was to arrange a risk specific safe plan. This is designed to keep the person safe by disabling the suicide plan, ease the pain and link to an appropriate health worker. In extreme cases then immediate involvement of emergency services would be appropriate.

Chris and I thought the course was well worth attending. In the weeks after the course I engaged with many people I thought could have a problem. The more the subject is talked about the better, as there is plenty of help available to people with problems. The whole problem of depression and suicidal/self harm appears to very common affecting many people at some time in their lives. Any way to help people in this situation is a good thing and the ASIST course is a useful way of hopefully making a positive impact on people affected by these problems.

By Peter Baxter

Pilates Course review

MESiG would like to extend a great big Thank You to the Millennium Stadium Charitable Trust.

They allocated us funding to run an 8 week Pilates course for people with ME, Fibromyalgia or Chronic conditions.

This course ran on Wednesdays from 4th September - 6th November 2-3pm, in Bethel Church, Llangranog Rd, Llanishen, Cardiff, CF14 5BL.

The course was led by Pilates instructor Kalbir Kaur-Mann. Kalbir has a great understanding of disability as she has MS. She has found that Pilates has really helped her with her condition, which is why she became a Pilates instructor, to help others benefit too.



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CHARITABLE TRUST
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Below are some quotes from people who took part:

“Amazing group of ladies attending. The group is a family of people suffering from the same frustrating and debilitating illness. The course is helpful and works at the pace of those involved with fabulous understanding of the illness”.



“It’s been some time since I’ve been able to do exercise of this kind as my muscles are weak and sore but I managed to find a level that suited me. I can feel the benefit in muscle tone and overall sense of well being”.

“With every stretch I could feel stress leaving my body. I really enjoyed the relaxation at the end of sessions followed by tea and biscuits”.

Thank you Kalbir, thank you Bethel church, thank you and well done to the people who attended.

Article by Christalla Bailey

Lottery Funding

Award



MESiG want to thank the lottery fund '**Awards For All**' for the £5000 allocated to them for awareness raising.

This money has been used to purchase business cards, flyers, leaflets, banners, posters, information stand, projector and screen, ipad, camera/camcorder, tripod, dictaphone, software and training.

Thank you Lottery Fund

Support Group Appeal!



Do you live in Swansea or Bridgend?

Do you want an M.E support group in your area?

If you are willing to host one or want to be part of one, please get in touch, especially if you live in Swansea or Bridgend.

MESiG can help you get started if you are willing to host a support group. We can put a flyer together, help with advertising, connect you with other sufferers. Even come along to your first meeting.

It is very satisfying to host and you get to meet likeminded people. Long term friendships are formed which prove to be invaluable through the struggles of life with M.E.

Think of a meeting place, this can be your home or a coffee shop. Work out a suitable time to meet, (most members prefer an afternoon). Keep it to 2 hours maximum on a monthly basis.

If you are interested please email : mesigwales@gmail.com

What Can MESiG Do For You?

MESiG as a Charity aims to assist people with M.E. in a number of different ways. We realise that there are many people who are severely affected, living quietly and frequently in isolation. People may be given a diagnosis but then do not know who to turn to for support and advice, so we are looking for the best ways to help and encourage people.

Awareness:

It is essential that we inform people about M.E. and lay to rest the myth that M.E. is just feeling tired, an excuse for not being able to work, a form of school phobia or to do with depression. We are aiming to educate people in general, the families of M.E. sufferers, G.Ps, nurses, Care Agencies, Carers and anyone who comes into contact with the illness. As you know we have already been to the Welsh Assembly to speak to the Members. We now have equipment that will enable us to go out to Groups and give presentations in order to educate people. The meeting on November 16th in Portcullis House in Cardiff will also be an Awareness Day, in addition to an early Christmas Party so make sure you come, and bring others people with you.

Home Visits:

Some people with M.E. are too unwell to attend the monthly Support Group and need help and advice in their own home. We are endeavouring to visit people and meet their needs. So far we have been able to assist people to fill in forms to claim benefits, support them to attend medical or specialist appointments, or liaise with professionals or Support Agencies. We can provide support for home Medicals regarding a benefit claim.

Application For Benefits:



Benefit forms often appear very daunting. There are Agencies who can assist with the filling in of these forms but it is often difficult to get appointments as they are extremely busy and also spend time attending Appeals. We will help to fill in forms with members on condition that we are not blamed if the Benefit applied for is not successful but we can also assist to follow up on a claim until it is awarded. We have learned from advice and experience the best way to fill in forms regarding M.E. and we can take an objective view. Many people unintentionally write or talk themselves out of receiving a Benefit to which they are entitled, as they portray themselves as more able than they actually are. For example: Someone may state: I can cook a meal for myself. When asked by us how often this is done, they may say that they CAN cook a meal but they haven't actually been well enough to cook for weeks, or they may AIM to cook once a week, if and when they have the ingredients, but have not been well enough to go to a shop, therefore have not cooked.

It can be very stressful for our members to meet and interview people to become a personal assistant in their home (rather than having Carers visiting from an Agency). We have been able to sit in on interviews and assist as required. We have also attended meetings with Social Workers, Specialists, Occupational Therapists and Psychologists, as people feel very vulnerable during these meetings or need to talk to someone about what has been discussed afterwards.

Finding a GP and relating to a GPs:

We have assisted members to find a GP and have been to see the Practice Manager in order to pave the way and find out if the GP is supportive of M.E. One difficulty encountered regarding our members is that they may be seen as 'difficult patients' when they fail to keep their appointments and have not phoned to cancel because they are asleep or too ill to make the call. It is distressing when vulnerable to receive a letter stating that you are being asked to leave the Practice, so we have intervened to explain the situation.



Appointments with GPs etc:

It is always advisable to have someone with you when attending a medical appointment. Some of our members do not have a family member or friend who is available, willing or able to support them, so we will try to help whenever possible. One of our members had a very upsetting time when at an appointment regarding an injury. The fact that she had M.E. seemed to colour the way she and the injury was regarded. Had another person been there with her the outcome may have been different. As a result she is still having ongoing problems from that injury a long time after it occurred. On the bright side we have been able to support members to attend therapeutic sessions such as support meetings, once a week for six weeks, for people with long term health conditions, or to attend Pilates, or Physiotherapy.

So just ask us if you have a problem. We may be able to help you to deal with a particular issue or situation.

Please email : mesigwales@gmail.com

*Miriam Wood
Political Liaison Officer*

AGM / Awareness

Event review

25th May 2013

Our AGM/awareness event was held in Portcullis House, 21 Cowbridge Rd East, Cardiff City Centre.



This venue was made available to us by a charity organisation 'Life With Art'. Life with Art was established in 2010 with the purpose of helping young and disabled people throughout the United Kingdom through education in the Arts. They support both National Charities and Local Communities. They focus on helping their clients through painting, photography and drama workshops. (Visit www.lifewithart.co.uk for more details).

MESiG were paid £1000 to use the venue! In the backdrop there was an amazing display of art work depicting ME.

We started with a few problems in getting into the building as keys provided didn't work. This was eventually resolved and by the time people started arriving, all was sorted. It was wonderful to see people working together to set up and organise.

We started with the AGM. Your committee now comprises of Chair-Despoulla Hill, Treasurer-Deirdre Penny, Secretary-Robert Goodman, Political Liaison Officer-Miriam Wood, Newsletter Editor-Irene Davies, Committee Members-Peter Baxter and Mary Jones.

There was a talk by Dr Charles Shepherd followed with a question and answer time. Food and drink was available to purchase. We had our usual raffle. Several stands were selling goods, this included our talented Steve with his woodwork, Lois and her sister selling cakes, Despoulla selling jewellery and Dee selling plants.

Graeme Butterworth from Diverse Cymru was available as a benefit advisor. Graeme also gave a talk.

About 50 people attended, with some travelling a fair distance to be there.



AGM / Awareness

Event review

continued

Thanks goes to the helpers on the day: Julie Cornish, Denise Thomson, Linda Tatham, Lysha Leach-Nnadi, Philip Davies, Robert Goodman, Peter Baxter, Miriam Wood, Dee Penny, Peter Dawkins, Steve Baker, Despoulla Hill, Lois and sister, Kathy and Alun Mathias for the lend of tea urn, City Temple for lend of chairs, speakers Charles Shepherd and Graeme Butterworth, Shanty and her husband from Life With Art. Bethan and David from Life With Art who made it all possible.



Many thanks also to the committee for all the preparations beforehand. £200 was raised on the day with the raffle, food, cakes and plants.

An extra £500 was added to the £1000 by Life With Art for the problems with getting into the building. This money is going towards sending a sufferer to Burrswood hospital. The person is in a desperate situation and we put on a fundraiser in February to raise the funds needed. We raised half in February through the Valentine day event. This event completes the funding needed.

Life With Art have offered us the building again. See Christmas party event due Saturday 16th November.

Please let us know what events, talks, speakers you would like us to provide. We are here to serve you our members. All feedback welcome.



BioMat available on loan from MESiG

What health benefits does your BioMat offer? The list is surprisingly long. Because the BioMat far infrared rays penetrate deeply into the body and address imbalances at the cellular level, it can be used to treat a wide range of health complaints. Because the BioMat encourages states of deep relaxation, it is also effective in reducing stress and promoting meditation. All BioMat products offer the following health benefits:



Reduced pain, stiffness, swelling and inflammation

Far infrared ray heat therapy is widely used to treat patients suffering from arthritis and muscle and joint ailments including sprains, neuralgia, bursitis, muscle spasms, joint stiffness and soreness, and age-related stiffness and pain. BioMats encourage the dilation of peripheral blood vessels, increasing the delivery of oxygen-rich blood to muscles and promoting the elimination of metabolic waste products.

BioMats increase blood circulation and improved cardiovascular health

BioMats increase circulation and heart function by raising body temperature, expanding blood vessels and increasing peripheral blood flow and volume.

Decreased toxins and oxidants in the body

BioMats stimulate the sweat glands to release toxins and waste, including heavy metals, residual alcohol, nicotine, sodium, sulfuric acid and cholesterol.

Improved immune system

The deep heat from the far infrared rays raises your body temperature, provoking an immune reaction and conditioning your immune system. Your immune system is further purified by the elimination of toxins and waste.

Improved relaxation and sleep patterns

The deep-penetrating warmth of the BioMat soothes the body and mind, releasing

deep-seated tensions and encouraging relaxation and equilibrium. A feeling of calm and contentment, and even euphoria, is not uncommon after use of the BioMat.

And more...

New studies also suggest that BioMats establish more balanced pH levels in the body, improves cellular absorption of oxygen and nutrients, restores hormonal balance and improves lymph flow and endocrine production. The lymphatic system delivers nutrients and oxygen to the cells of the body, and removes cell waste, while the endocrine system regulates hormonal uptake in our bodies, which controls everything from our mood, tissue growth and health to metabolism and sexual and reproductive functions.

Some home users experience health benefits the first time they use the BioMat; for others, the full range of benefits become apparent after several weeks of use.

Sourced from Biomat.com

MESiG have a Biomat available for members to borrow for up to 3 weeks. This was purchased through fundraising events after a member lent us theirs and a huge benefit was found.

Please email if interested mesigwales@gmail.com

Tea In The Park

14th August 2012 review



Even though the weather was not very good (it rained) our spirits were not dampened and we enjoyed the view across the lake.

It was heartening to see some twenty members who felt able to attend, together with friends and family. Three new members joined us sitting along a long table drinking tea and coffee and eating various goodies.



It was a very good opportunity to talk casually to others, getting to know them better and understanding their problems.

The time went very quickly and there was a reluctance to leave.

Perhaps next time the sun will shine upon us.



By Mary Jones

Marianne Gutierrez-

A Happier Healthier Lifestyle review

Marianne is married and has four children and four step children. Her eldest son set up her website for her, to keep her occupied while she was recovering from M E, and this is how I got to know her. She seemed to know so much, because she had done endless research in her quest to regain her health, and I used to ask her questions, and she always had the answer and was very approachable.

notices for us to put around and advertised Marianne's visit on our website and in our magazine, so we had a good crowd at our June Support meeting and the Llanishen Community shop was soon bustling until we all sat down to listen to what Marianne had to say - Chris with camera at the ready!

Marianne told us how important a healthy diet is. How important it is to eat fresh



Marianne is a qualified Remedial Massage, Aromatherapy Therapist and Teacher of Exercise. She works from her room at home, and also teaches Relax, Tone and Stretch class. She is not a nutritionist, but has certainly done her homework on healthy diet, and has done so much relentless research to get herself well, that I felt sure that our group would benefit from her experience. She kindly agreed to come all the way from her home in Devon to talk to our members. We all looked forward to hearing what she had to say. Chris Bailey had printed

local organic meat from animals bred outside in the natural way. How everything packaged and food in tins is sprayed with sulphur which is not healthy for us, and can affect us in an adverse way, sometimes causing awful nausea and other health problems. We should avoid all additives and preservatives to gain our health. How we should drink raw milk, but if not available, at least full cream organic milk. We should buy fresh organic fruit and vegetables that have not been sprayed with dangerous chemicals and prepare our food at home: from scratch.

We should move every joint of our body every day and gently tone and stretch. Positive thought is so important to achieve a more harmonic lifestyle, and lastly Marianne stressed the importance of a supplement of Magnesium, Calcium and Zinc, as many people with M.E seem to be deficient in these minerals.

There were many questions at the end of her talk, and after she had answered all the questions, she told us that she had written a book about her illness and her journey to wellness to achieve the busy lifestyle that she now leads as a wife, proud Grandmother and Therapist/Teacher. I have read her book and can thoroughly recommend it, and gives more details of all the things that helped her recovery to health. It is well written, and to the point in plain language, but written with humility and above all, Humour.



Her book is called A Happier, Healthier Lifestyle, and Marianne has also made a DVD on her Tone and Stretch program. Both can be ordered from her website. You can also ask questions through her website and she is always happy to give an answer.

www.mariannegutierrez.com

Written by Dee Penny

THANK YOU ASDA

- £50 Donation

When in the Coryton ASDA Store a few months back. I noticed that there were collection boxes for three different charities just inside the main doors, but that the boxes had green buttons in them not money. I was intrigued, so I asked at the customer services desk, what it was all about. The young women there explained that the store was supporting local charities.

When customers paid at the till they were awarded a quantity of green buttons, according to the amount that they spent. They could then put the buttons into the charity box of their choice. Each charity would get a donation from ASDA according to the amount of buttons collected. I then asked if MESiG could be included, and I explained a little about us and that we are a local charity. The answer was 'Yes' and I was given a form to fill in. In July and August it was our turn, so I made sure to tell everyone to boost our collection, and when I shopped there, I cheekily asked for extra's and no-one said 'no'.

The result was that we became Second Top Charity of the month and were awarded a cheque for £50. A Card was sent to say A Big Thank You to ASDA and all Staff, and also thank you to the Customers that chose Us.

By Dee Penny

MESiG; on Social Media



Please 'Like' our Facebook page:

ME Support in Glamorgan M.E.S.I.G



Follow us on Twitter:

@MesigWales



Send us a message:

Mesigwales@gmail.com



Visit our Website:

www.mesupportinglamorgan.co.uk

ME Association

7 Apollo Office Court,
Radclive Road,
Gawcott,
Buckinghamshire
MK18 4DF

Tel: 01280 827070 10am - 3.30pm

Email: meconnect@meassociation.org.uk

Website : www.meassociation.org.uk

25% ME Group

21 Church Street
Troon
Ayrshire KA10 6HT

Tel: Office 01292 318611

Advocacy line: 01292 312369

Website: www.25megroup.org

ME Connect

Helpline 08445765326

10am-12pm, 2pm-4pm, 7pm-9pm weekdays

STIFF (UK)

PO Box 1484
Newcastle-under-Lyme
Staffordshire, ST5 7UZ

Tel: 01782 562366

National ME Centre

Disablement Services Centre.
Harold Wood Hospital
Gubbins Lane
Harold Wood
Romford

Essex, RM3 0BE **Tel:** 01708 378050

Website : www.nmec.org.uk

Brame

30 Wimmer Avenue
Winterton-on-sea
Great Yarmouth
Norfolk
NR29 4BA

UK **Tel/Fax:** 01493393717

Email: info@brame.org

Action for M.E.

PO Box 2778
Bristol
BS1 9DJ

Membership/general: 0845 123 2380 /
0117 9279551

Mon - Fri: 9.30am - 5pm

Telephone support: 0845 123 2314

Mon - Fri: 11am - 3pm

Welfare rights helpline: 0845 122 8648 (Membership only service)

Monday: 1pm - 5pm
Tuesday: 9.30am - 12.30pm & 3.15pm - 6.45pm

Wednesday: 1.30pm - 4.30pm

Thursday: 9.30am - 1pm

Friday: Closed

Email: admin@afme.org.uk

Website: www.afme.org.uk

MCS Matters

(Multiple Chemical Sensitivity)

Gordon D McHenry

UK Co-ordinator

Global Campaign for recognition of MCS

Tel Helpline: 01446 794 700

Tues & Thurs 2—4 and 6—7pm (manned when able)

Fibromyalgia Association

PO Box 206
Stourbridge
West Midlands
DY9 8YL

Helpline:

Tel: 0844 887 2444 (10am - 4pm Mon - Fri)

Email: fmauk@hotmail.com

The Young ME Sufferers Trust

PO Box 4347

Stock
Ingatestone
CM4 9TE

Tel: 0845 003 9002

(best between 11 –1 and 5—7pm week-days)

Website: www.tymestrust.org

Welsh Association of ME & CFS Support (WAMES)

Tel: 029 20515061

Email: enquiries@wames.org.uk

Website: www.wames.org.uk

C.L.I.P-

Coping and Living in Pain, support group.

Tel: Richard Goss, 01443 757378

Gloria Edmunds, 029 20530593

Steve Sweetman, 02920214339

Email: pain.help@ntlworld.com

Association of Young People With ME (AYME)

10 Vermont Place
Tongwell
Milton Keynes
MK15 8JA

Email: info@ayme.org.uk

Tel: 08451 23 23 89

10am-2pm Mon-Fri

Website: www.ayme.org.uk

Useful Telephone Numbers

A range of useful information leaflets can be obtained from any of the groups.

Benefits:

Citizens Advice Bureau

Tel: See telephone directory for nearest office

Website: www.citizensadvice.org.uk

Dial UK (Disability Information and Advice Line services)

Tel: 01302 310 123

Website: www.dialuk.info/index.asp

Benefits Helpline

Tel: 0800 88 22 00

Social Care:

Assessment Centre

Will help with occupational therapy and evaluations

Tel: 029 2052 0984

Occupational Therapy:

Tel: 029 2076 7404

Travel

National Rail Enquiries

Tel: 0845 748 4950

Disabled assistance

Advance notice is required by the train operator.

Bus and Coach:

National Express

Tel: 0870 580 8080

Travel Line

Tel : 0870 608 2608

VEST: for help with local lifts and transport for the disabled - *Ring* 029 20490325 and ask for an information pack.

Carers Line

Tel: 0808 808 7777

The Samaritans

24 hour confidential and emotional support helpline and email service for anyone in crisis.

Tel: 0845 90 90 90

Email: Jo@samaritans.org

A 4 ME

Third Floor
Canningford House
38 Victoria Street
Bristol
BS1 6BY
Tel: Lo-call 0845 123 2380 or 0117 927 9551

Fax: 0117 9279552

Email: admin@afme.org.uk

Website: <http://www.a4me.org.uk>

Welsh Association of ME & CFS

Support (WAMES Young People)

Michelle Penny

Tel: 029 20515061

Email: michelle@wames.org.uk

Website: www.wames.org.uk

(Carers—same as above but contact

Sylvia Penny—same tel no.

Benefits advice and Support

If you are having problems with your benefits, need some advice or your benefit entitlement checked, you might like to get in touch with one of the three listed below.

The Law Centre

41-42 Clifton Street

Adamsdown

Cardiff

TEL: 029 20498117

Drop in: Monday, Wednesday, Friday

10-12.30

Tuesday, Thursday 2-4.30

Phone advice: Monday and Thursday

Speakeasy Advice Centre

166 Richmond Road

Cardiff, CF24 3BX

TEL: 029 20453111

Riverside Advice

41a Lower Cathedral Road.

Cardiff

TEL: 029 20341577

M.E.S.I.G Committee Members

Despoulla Hill (Chair)

Tel: 07786147681

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Dee Penny (Treasurer)

Tel: 02920842499

Email: deirdrepenny@yahoo.co.uk

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Miriam Wood (Political Liaison Officer)

Tel: 07826520959

Email: Miriam_melody2000@yahoo.com

.....

Irene Davies (Newsletter Editor)

Tel: 07891712344

Email: Irenedavies01@hotmail.com

.....

Linda Tatham (Website Facilitator)

Tel: 07967514172

Email: lindatat@btinternet.com

.....

Peter Baxter

Tel: 07831886699

Email: Peterbaxter91@yahoo.com

.....

Mary Jones

Email : dh.jones94@ntlworld.com

*Please send us anything you wish us
to submit in next newsletter: poem,
recipe, personal story, question etc.*

or email

Irenedavies01@hotmail.com

mesigwales@gmail.com



M.E.S.I.G

(M.E. Support In Glamorgan)

75 Llanon Rd

Llanishen

Cardiff

CF145AH

Tel :02920762347

www.mesupportinglamorgan.co.uk

[Email: mesigwales@gmail.com](mailto:mesigwales@gmail.com)

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