

## Pocklington ME/CFS Support group – November 2017 Newsletter (1)

This group was started in September 2015 with help from the ME Association who publicised it in their magazine and on their website. We very quickly had our first few members.

It is recognised that people with ME/CFS type illnesses sometimes have difficulties attending meetings, but for those of us who are able to meet up, we have made some good friendships.

I have been wondering how we can ensure everyone benefits from being a member of the group. After discussion with other members it was thought as a start it would be good idea to send a Newsletter each month, so here goes.

### **Meeting November 2017**

As usual some of us attended the 12.30 Meditation Session at Kilnwick Percy Buddhist Centre before we met up at the World Peace Cafe. Six of us got together, having a laugh, putting the world to rights and as normal during conversation we picked up a few tips on how others deal with such complex health problems. Another member joined us for a short time and we were so pleased to hear of the improvement to her health.

### **Events**

Recently, Val Hetherington became Social Secretary, [events@pocklingtonmecfs.org.uk](mailto:events@pocklingtonmecfs.org.uk) Please contact Val if you would like an event organised or if you would like to join us at one of the events.

**Goodbye Christopher Robin** - Three members spent a pleasant afternoon at the Art Centre in Pocklington. Afterwards some succumbed to the delights of coffee and a Rocky Road cake.

### **Friday 24 November at 1.00pm - Murder on the Orient Express – Price £5**

It is suggested that we meet in the foyer 20 minutes before the film is showing. From past experience these early showings are very popular and we need to be there early if we want to sit together.

### **14 December at 13.30pm – Christmas get together at Val's house**

Wine, soft drinks and mince pies for every dietary need can be provided, but any food/drink contributions welcome. Val offers to play the best Christmas music ever, from her ancient collection. Sofas will be available for napping on should the excitement prove too much.

### **Christmas celebration – Date and venue to be decided**

The thought is that it would be better to have a get together after Christmas, but please let Val know by **6 December** if you are interested in attending and if you have any ideas.

### **Yoga**

An email was sent on 3 November, there is a class which might be suitable for people who have problems exercising. It will be held in Market Weighton on 2, 9 and 16 of December, between 9 and 10.30 am.

The instructor has personal experience of ME/CFS and would be happy to explain how she could help us in the future. Please let us know if you are interested in yoga.

### **Unrest**

There has been a lot of publicity given to this film but showings seem quite late at night.

**\*\* Hot off the press \*\*      there is a showing in York on  
Thursday, 16 November at 10.50 am in The City Screen cinema.**

You may be aware that a DVD is being released in December and we have ordered a copy. More on this later but if you wish to order your own copy follow this link  
<https://www.unrest.film/watch/#DVD>.

**NICE guideline 53 – to be reviewed**

The guideline for adults with ME/CFS, issued in 2010 caused great controversy; it was reassuring to hear it is to be reviewed

<http://www.meassociation.org.uk/2017/09/breaking-news-nice-decides-to-fully-update-its-guideline-on-mecfs-20-september-2017/> .The ME Association website is full of interesting information should you wish to educate yourself, knowledge is power when trying to get proper medical help.

Recently, the ME Association posted an item linking Gulf War Syndrome and ME/CFS. One of our members is a patient at Hull Royal Infirmary where they conducted research about this in 2011. She has posted a reply if anyone is interested in learning more.

<http://www.meassociation.org.uk/2017/11/research-exercise-induced-changes-in-cerebrospinal-fluid-mirnas-in-gulf-war-illness-chronic-fatigue-syndrome-and-sedentary-control-subjects-11-november-2017/>

**Website** - You may be aware of our website <http://www.pocklingtonmecfs.org.uk/index.php>

If you have any information that you wish to share for the Newsletter, or any ideas how we can help all members, please email Jill Mizen [jillmizen28@gmail.com](mailto:jillmizen28@gmail.com).

Best wishes,

Elizabeth.

**Date of next meeting Wednesday 6 December at the Buddhist Centre World Peace Cafe, Kilnwick Percy from 1 pm.**