

SOLIHULL & SOUTH BIRMINGHAM ME SUPPORT GROUP

SSB Information Service

General Information on ME:

We have a limited supply of ME Association Leaflets (available by post only)

- The ABC of symptom Management
- Anaesthetics & ME
- Anxiety & Panic Attacks

- Caring for a person with ME
- Coping with the problem of Pain'
- Cognitive Dysfunction in ME/CFS' - a short explanation leaflet for carers, employers etc.

- Depression & Anti depressants
- Diet and ME/CFS - the story so far
- Dental care – your questions answered

- Energy Management
- Explaining ME/CFS to people' – A handy short explanation and symptom chart for those returning to work, going into hospital etc.
- Flu Vaccinations

- Gastric and Irritable Bowel Symptoms
- Going into Hospital
- Healthy Eating in CFS/ME

- Information for 'ME' and my carer [which includes a handy form to fill in to help describe your symptoms and needs]'

- ME, Children and Young People
- ME/CFS - your questions answered
- ME/CFS - Is it a neurological disease [looking at the evidence]
- ME – What gets in the way of Good Management' – helpful tips on acceptance of ME and the skills required for managing ME.

- New and Experimental Treatments
- Nutritional supplements in ME - Myth or Miracle Cure?

- Orthostatic Intolerance

- 'Pacing' for people with ME
- Prognosis and Permanency

- Vitamin D deficiency and ME/CFS [\(PTO for Welfare & benefits Info\)](#)

Contact Jenny to order some leaflets:
tel: 0121 689 0777 textphone: 07785 958 872
email: jennylg@live.co.uk

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Welfare and Benefits Information now available

MEA Leaflets (available by post only):

- Benefits – reviews and Appeals for DLA and Attendance Allowance'
- Benefits and Tax Credits

- Carer's Allowance

- Disability Living Allowance – DLA is...
- Disability Living Allowance – Filling in the form

- Employment and ME/CFS
- Employment & Support Allowance (Filling in the ESA Limited Capability for Work Form ESA 50)

- Getting Help from Social Services

- Incapacity Benefit – Filling in the Form (probably redundant now...)

Work & Benefits Information packs (available by email – as a PDF; and by post):

DISABILITY LIVING ALLOWANCE

- DLA – Filling in the form on Physical Health Grounds
- DLA - Appeal General Information Pack
- DLA – Appeal Medical Challenge
- DLA – Giving Evidence on how far you can walk

EMPLOYMENT & SUPPORT ALLOWANCE

- ESA - Filling in the form on Physical health grounds (Spring 2011)
- ESA – Filling in the Form on Mental health grounds (Spring 2011)
- ESA - Appeal – General Information Pack
- ESA - Work Capability Assessment – form 214

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