

# 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](mailto: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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