



# Omega Newsletter

Volume 67

Autumn 2009

We have lots of varied articles for you this time. There are Diana's thoughts about humidity (p.6), Jo's moving reflections (p.7) and Norman's account of the ME Research Scene including his own recently published research. Jan tells us more about the OMEGA Meditation Group and others (p.10). She also reports progress on the website (p.8). Cathy describes the important link OMEGA has made with Oxfordshire Neurological Alliance. There is an intriguing suggestion for ICE (see p.8).

Last time we gave details of the talk on benefits at the AGM, here we follow up with information about social care (p.10) and your Chair's AGM report (p.2-3).

The main OMEGA event coming up is the Christmas lunch on Monday 7<sup>th</sup> December at 12.45 for 1pm. We hope to see you there if you are able. It is at Oxford Brookes Restaurant in Headington. Our thanks to Catherine for arranging this. **Do note that we need your deposit by Friday 23<sup>rd</sup> October with your choice of meal.** Full details on p.11

Our local groups continue to meet. (For details see the back page.)

Some people find these smaller, informal gatherings easier than big meetings. If you are well enough and would like to meet with fellow MEers and these venues are all too far away from you why not set up a gathering in your area? We can email a message to members so anyone can come and of course publicise it in the Newsletter, given notice. In the past we have met in one another's house for tea or coffee, or sometimes found a venue, café or pub with a quiet space.

Next issue our theme is 'Whatever gets you through...' We already have some inspiring articles; do you have anything special that helps you get through the difficult times, or that has helped you in general. Let us know at the usual address. We plan future themed issues of special interest to carers, including child carers, and your experiences of the social care system. In another we would like to focus on what is important to those of us who are more severely affected.

This edition has been produced with the invaluable help of Mary Horan, who has done the lay-out for us. Thank you Mary.

Patricia Wells, Editor for this issue.

## OMEGA AGM – 28 March 2009

Omega's Annual General Meeting was a short business meeting held before the talk on benefits, which we reported last time.

There were 23 of us at the AGM in Kidlington. First we introduced ourselves to people sitting next to us. There were apologies from Diane Drayson, Nathan Smith, Lesh Lender, Zoe Williams and other absent friends and members too ill to be there.

**Constitution:** The present constitution is out of date and we are working to revise it. It was proposed to consider the revised constitution at next years AGM and this was agreed.

**Accounts:** Lewis presented the accounts. (For detail see p.4)

### **Votes of Thanks:**

We passed a vote of thanks for all the hard work of our members who have helped in the past. In particular we thanked:

- **Pauline** who has done publicity for OMEGA – organised a memorable lie-in once for ME Awareness Week, quietly sorts out the Christmas lunch every year. Pauline found the 4 Pillars Hotel and set up our social meeting there. Our good wishes for her future.
- **Lewis**, who has so carefully looked after our money for several years and put in an enormous amount of work to prepare the accounts for us. We are grateful to Helen Garfitt for agreeing to take over looking after the money.

- **Barbara**, who with Lewis has done the press publicity for meetings, got the meeting rooms ready, put out cups, picked up the key, and done all sorts of unobtrusive work that made our meetings go well.

Tony reminded us that lots of members work very hard to make meetings happen and that members of the Clinic Group put in long hours to campaign for better treatment for everyone with ME.

### **Chair's Report:**

Patricia reminded us that OMEGA has two functions. One is to support one another and share experience and information. The other is to campaign for better recognition and treatment. OMEGA has been running for about 20 years and been campaigning and working closely with NHS for ten years this year.

We are a self-help group; we are all ill or carers and struggle not to do too much just running our own lives. Despite our very limited energies, we manage to do a great deal, and we have many achievements to be proud of. We do most of this informally mostly by phone or email; indeed, some of our activists can't get out at all but play an important part in our organising and campaigning i.e. in thinking about our work. As we do not have a Committee Secretary (to call meetings, take minutes and follow up decisions) the committee haven't met in person for some time. Helping with OMEGA is good fun; we do it co-operatively as a team

and share jobs so as to lessen the pressure. We all drop in and out of helping as our energies allow. We all need one another, and welcome all the offers of help from members.

This is why we are so very glad to be getting some outside help. We welcome our new volunteer helpers. Kim Francis is our web developer. (Kim joined the meeting and talked to many people in the break about their ideas for the website. Also see Jan's report on p.8.) We welcomed Mary Horan too, though she wasn't able to be with us. Mary is helping with our administration and designed the posters for the AGM and later the publicity posters for ME Awareness Week. We are in discussion with another volunteer too, also from Oxford Brookes University. Our volunteer helpers were recruited at the Volunteer Fair there which some members attended earlier in the year.

Our social and support activities include the Four Pillars social on the first Monday in the month and a group in Benson and a link group in Wantage. Other social events are the Spring Tea, Summer Picnic and Christmas Lunch (see p.11). We sometimes have meetings with speakers. We hope to be able to organise more of these now we have help. There is a regular meditation

group which people find wonderfully helpful (see p.9). We have the Newsletter, a telephone tree, email messages from time to time and very soon... a much hoped for website!

Most years we do something for ME Awareness Week. (This year, as you will know by now, the focus was on Children and ME.)

OMEGA's 'campaigning wing' is the "Clinic Group". This is longest running (10 Years) group in OMEGA. It did research about what services were needed, worked with the local Primary Care Trusts to set up OCCMET (the local community ME team). It now continues in a liaison role, represents OMEGA members on the NHS Advisory Group and provides training and information to the Team. The next objective is to get NHS and education services to improve service for children with ME.

We announced the recent success of our Clinic Group Secretary, Norman Booth, who was just back from presenting research results about the physical basis of the illness. This was at an international conference in the USA. We had a chance to talk to congratulate Norman over tea and talk to him about his research. (See Norman's article on p.5).

## OMEGA ANNUAL ACCOUNTS 2007

Bank credits at 1.1.07 (£)	
Current account	684.48
Deposit account	1008.55
<b>Total</b>	<b>1693.03</b>

Income (£)	
Subscriptions	498.00
Donations	157.50
AfME*	10.00
Fund raising	20.00
Deposit account interest	17.07
<b>Total</b>	<b>702.57</b>

Outgoings (£)	
Newsletters	245.20
Envelopes	17.91
Postage	175.67
Other printing	14.40
Other postage	14.06
Stationery etc.	17.31
<b>Total</b>	<b>484.55**</b>

Income brought down	702.57
Outgoing brought down	484.55**
Surplus for the year	218.02
	<u>1911.05**</u>

Bank credits at 31.12.07 (£)	
Current account	885.43
Deposit account	1025.62
<b>Total</b>	<b>1911.05**</b>

### Notes

1. The donations include £20 from a car boot sale.
2. \* 'Commission' for 2 Omega members joining AfME.
3. \*\* A further £128.02 expenses debited from the bank account on 4.1.08 is attributable to 2007.

## OMEGA ANNUAL ACCOUNTS 2008

Bank credits at 1.1.08 (£)	
Current account	885.43
Deposit account	1025.62
<b>Total</b>	<b>1911.05</b>

Income (£)	
Subscriptions	647.00
Donations	349.50
Kidlington Gardening Society	10.00
Meetings (cash)	7.00
Deposit account interest	8.54
<b>Total</b>	<b>1061.54</b>

Outgoings (£)	
Newsletters	200.00
Postage	94.02
Other postage	26.60
Stationery etc.	26.95
Hall hire	44.00
<b>Total</b>	<b>391.57</b>

Income brought down (£)	1061.54
Expenditure brought down (£)	391.57
	<u>669.97</u>
Surplus for the year (£)	669.97
Expenditure outstanding for 2007 (£)	128.02
	541.95
	<u>2453.00</u>
	<u>2453.00</u>
Bank credits at 31.12.08:	Current account (£) 1505.43
	Deposit account (£) 947.57
Total (£)	2453.00

## The ME Research Scene 2009

Although there is little research on ME taking place in the UK, there is some and it's making a world-wide impact to help us understand this debilitating illness and learn how to treat it. The paper "Chronic fatigue syndrome and mitochondrial dysfunction" that I helped to write with Dr Sarah Myhill and biochemist Dr John McLaren-Howard was published in January and has received wide interest. You can download it from [www.ijcem.com/files/IJCEM812001.pdf](http://www.ijcem.com/files/IJCEM812001.pdf).

In March I attended the biennial conference of the International Association for CFS/ME in Reno, Nevada where I gave a talk on this paper. Many attendees knew about it already and I received loads of compliments. Two of the major speakers mentioned its importance. (See link to review talk by Dr Anthony Komaroff at [www.iacfsme.org](http://www.iacfsme.org)). Dr David S Bell wrote on his website "This study is likely to be a landmark in the future". The outstanding question is – what causes the dysfunction? The conference lasted 4 days with attendees from 35 countries. The first day consisted of a series of talks for patients given by prominent experts. All speakers were very positive and summarized many new results. Prominence was given to the Whittemore-Peterson Institute (WPI) for Neuro-Immune Disease being built at the University of Nevada in Reno, and already carrying out research into ME/CFS. Facilities for treatment will follow.

Then in May the 4<sup>th</sup> International ME/CFS Conference organised by Invest in ME took place in London. Two OMEGA members attended as well as a GP and 2 therapists from Oxfordshire. There is now evidence that enteroviruses can persist in tissues years after the initial infection, and there is new evidence of bacterial infections in the gut of people with ME. Some of these produce hydrogen sulphide which can damage mitochondria, particularly if the body has been exposed to heavy metals such as mercury or nickel. All of these factors alter the immune system and its response. Advances are being made in treatment, with concentration on the most severely affected. As well as studies of the clinical symptoms, genetic studies, immunological profiling, gene expression arrays, viral arrays, cytokine analysis and neuroimaging are being carried out. Dramatic therapy results have been reported on orthostatic intolerance, immune system perturbations, and cognitive dysfunction using targeted strategies. The WPI will have such treatment capabilities as well as its research labs. In Europe a new clinic with multidisciplinary capabilities is being set up in Oslo, Norway. It diagnoses with the Canadian criteria. It has an ambulant team to visit housebound patients and coach GPs as well as in-patient facilities, consultants in infectious disease and neurology, and capability for biomedical tests. You may well ask – Why don't we have such a facility in England?

Finally on 11 July was the ½-day "Medicine and me: ME and CFS" held at the Royal Society of Medicine. There were some excellent talks, 3 by patients, and one on diagnosis by Abhijit Chaudhuri and 2 on research by Neil Abbot of ME Research UK, and by Stephen Holgate who is leading an MRC research initiative. The only professional talk on treatment was disappointing and there were very few health professionals in the audience. Hopefully there will be a follow-up one year from now on biomedical research. The meeting closed with a tribute from the 25% Group to those patients who have died from ME. For how long will the severely ill be ignored in England?

Norman Booth

## **It worked for me!**

We all have our little 'miracle stories' of things that have helped us. Sometimes they help other people and sometimes they don't, as ME seems to be a condition with symptoms unique to each individual. Here's an account of something that has made a big difference to my life recently. I can't guarantee it will help you, but it's worth thinking about.

Over the past 15 years or so I've noticed that I get a burst of energy for about 4-6 weeks in the spring, though this does not happen every year. Eventually I worked out that this must be connected with dampness levels. Spring is often a dry season. I go downhill again about June when humidity kicks in; I plateau if we have a dry autumn and then go downhill when winter's rain hits us.

Last year was a bad year for me. Spring was damp and so I did not get renewed energy. This meant I just kept going downhill from what was already a low point. I think last winter was the most depressing one I've had for years. When spring was damp again this year I began to feel defeated. What was the next winter going to be like for me? What could I do about it? Inspiration struck and I went out and bought a dehumidifier, just to see if it would help. I didn't think my house was damp but I was desperate enough to try anything. Perhaps I could better control the internal climate, even if I could do nothing about what was outside my house.

I ran my dehumidifier constantly. During the day it operated upstairs. At night it worked its magic downstairs. It was noisy, but as long as I had it operating on a different floor from me, I could cope with it. After it had taken about 50 litres of water out of the atmosphere, I started to smile again, and even occasionally to

laugh out loud at the television. I haven't looked back since.

I am not saying this is an instant cure; it has only improved the situation, not solved the ME. I don't know why it works. It could be connected with levels of humidity affecting me directly or it could be indirect by controlling mould spores. All I know is that from now on a dehumidifier will be an important part of my household equipment.

Even if you have not found a link between dampness and humidity, I would recommend the occasional use of one as I suspect our houses are damper than we imagine. Here are my top tips when shopping for one, based on my own experience.

First, buy the best you can afford. This was only an experiment so I bought a cheap model that only removes 6 litres of water a day. There are some that remove 20 litres a day, which means you don't have to keep them on for as long. There must be a saving in electricity there, not to mention a relief for those who are noise-sensitive.

Second, make sure it has a large water reservoir. It's no good having a machine with the capacity to remove 20 litres if the reservoir only holds 2 litres and you have to empty it every 2 hours!

Third, check out your prospective machine on [amazon.co.uk](http://amazon.co.uk) to see if there are any buyer reports. This could give you an idea of how noisy it is. Remember, though, that for most people this is the only dehumidifier they have bought so they have nothing against which to compare their purchase.

Diane Drayson

## Mum, myself and ME

'Would you like breakfast in bed this morning?'

Wow, who wouldn't like to hear those words on waking to yet another uncomfortable ME day!

I look down at my painful hands and think back to another pair of hands: visits to my dear Mum who spent her last years in a nursing home due to Alzheimer's and recovery from double leg amputations. I used to look at her misshapen hands and fingers and I would think how painful they must have been, and, gosh, I hope I don't inherit arthritis and, heaven forbid, that I should develop Alzheimer's! Our visits were as frequent as possible and always covered the same ground. Mum had always completely forgotten what we had previously discussed. In fact, she was constantly amazed that we had managed to find her and, after our visit, by the time we had reached the end of the corridor, she had entirely forgotten that we had even been!

That was nine years ago, but I still miss her terribly. Now, as I look at my hands, I realise that yes, I think I have

inherited that uncomfortable condition. I have been so busy for the last ten years, struggling to understand and cope with the mystery and pain of ME that I have not noticed my hands changing. It is only because the ME has decided to now join forces with the arthritis in the form of numbness in my hands, followed by pins and needles and pain, that I have really looked at them. Yes, an x-ray has shown up arthritis, and yes, they can put my thumbs back into their correct place. The miracles of surgery!

As for the Alzheimer's, I try not think about that.

So, in answer to the question put to me this morning by my wonderfully supportive husband John, without whom I really don't know how I would have coped during the bad times - 'Yes, this morning I would love to have breakfast in bed.'

Now I know that, despite the miseries of my ME, I really am a lucky lucky person!

Jo Porter

## OMEGA WEB-SITE coming soon! - we need photos

We are expecting access to our website space (which will be part of the Oxfordshire Voluntary Community Association (OVCA) to be organised very soon, and will let you all know as soon as it is ready to view. Kim, our web volunteer has been working very hard on overcoming some of the technical glitches. Meanwhile we have been busy polishing up the content, so everything should come together very soon.

We are trying to make the web-site attractive to use, so want to put a few photos in to represent some of Omega's members and activities. We already have some nice photos that we have used in newsletters before, of such things as the picnic, meditation class and the Christmas lunch. Are you happy for these photos to appear on the web-site? Please let us know if you are not - email [newsletter.omega@googlemail.com](mailto:newsletter.omega@googlemail.com).

Jan Seed

### **ICE for mobile phones**

ICE means 'In Case of Emergency'. Most of us carry our mobile phones with names & numbers stored in the memory but nobody else knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill the people attending us would have our mobile phone but wouldn't know who to contact.

Hence the 'ICE' Campaign. The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

All you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency). For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference! Some people enter ICE (Help).

It really could save your life, or put a loved one's mind at rest. ICE will speak for you when you are not able to.

For more information see websites:

[http://en.wikipedia.org/wiki/In\\_case\\_of\\_emergency](http://en.wikipedia.org/wiki/In_case_of_emergency)

<http://news.bbc.co.uk/1/hi/england/4667193.stm>

Suggested by Zoe

# Meditation and ME

You might wonder why people with ME would meditate. After all, don't we spend vast amounts of time quietly anyway? What's the difference? But even when we are resting we can sometimes have thoughts buzzing, or be unable to focus on anything else except pain. Sometimes we feel agitated, as well as exhausted, that makes it hard to be peaceful.

Meditation can be a chance for us to feel a deep calm and joy. To relax our bodies and clear our minds. To take delight in everyday moments and really experience them. Not to deny difficult emotions or bodily pain, but giving them the space to be without getting overwhelmed. It can give us tools for dealing with the difficult decisions of life. It can also allow us to have more compassion for ourselves and other people.

**OMEGA meditation group** has been meeting every month for about 18 months. We meet for 2 hours per session, including a break for tea and biscuits. The meditations are particularly suitable for people with ME. Meditation can be done sitting or lying. We are still open to new members. - both people with ME and carers. The next session is on **Friday 9<sup>th</sup> October 11am – 1pm**. If you are interested in joining the group, please email: **omega.meditation@phoncoop.coop** or phone Jan on **01865 718274**.

For those who would like more frequent meditation classes, there are a number of options:

## **Meditations For Living Well With Pain & Illness**

**Thursday Oct 22nd to Dec 10th 2009**

Time: 7-9.30 pm

Venue: St Ethelwolds, Abingdon

An 8 week secular course introducing mindfulness-based meditations and strategies for living well. (Breathworks: non-religious)

Cost £180.00 includes handbook, CDs, tuition and refreshments

A deposit of £60.00 is required to secure a place. Only 15 places.

For further information/to book contact Marguerite Wallis (Physiotherapist)

Tel: 01865 718240 Or email:

margueritewallis@phoncoop.coop

## **Mindfulness Meditation**

NHS secular course in Oxford; based on "Full Catastrophe Living" by Jon Kabat-Zinn. This course is only for people who are on the waiting list for Cognitive Behaviour Therapy (CBT).

## **Buddhist centres or groups**

Many of these have weekly or monthly meditation classes. These are usually free or ask for a donation. If you would like more details, please contact Jan - details as above.

## **Changes in Adult Social Care**

At the recent Oxfordshire Neurological Alliance meeting, Gary Simpson of Oxfordshire County Council described some changes in adult social care. People qualifying for social care (who have a disability and capital under £23,000) will be given their own personal budget and will have control over spending it. The website [takingcontroloxon.org.uk](http://takingcontroloxon.org.uk) has information about how adult social care works, gives more information about these changes and examples of different care plans. Even if you don't qualify under the capital rules for a personal budget you can still use the services of a broker to arrange care. For more details contact the Access Team on 0845 050 7666.

## **Neurological Alliance**

In March OMEGA joined the Oxfordshire Neurological Alliance and went to the launch. The Oxfordshire Neurological Alliance is essentially a campaigning group for people with different neurological conditions and it has members with conditions that range from Parkinsons and MS through to fibromyalgia and ME. At the launch Baroness Susan Greenfield gave a talk about The Brain in Health and Disease. We also went along to a recent committee meeting.

It is important that OMEGA is represented at these meetings. This is because, like the WHO, the Alliance recognises ME as a disabling neurological condition. For us patients this means that the NHS has to include ME (among other neurological conditions) in their plans to provide treatment. We hope to bring you news of NA's campaigns from time to time.

We also learned that one in five hospital beds are occupied by people with neurological conditions. Indeed West Berkshire Neurological Alliance has undertaken an initiative to fund a nurse to support people with rare neurological conditions for two years.

Our thanks to Cathy and to Norman Booth who are representing OMEGA in this important forum.

At the next committee meeting the focus will be on deciding the priorities for the Alliance. One of these will almost certainly be information. If you would like to feed into this meeting please email [cathiebrocklehurst@hotmail.com](mailto:cathiebrocklehurst@hotmail.com) with your suggestions.

Disclaimer:

We cannot recommend specific doctors or treatments, whether conventional or complementary medicine. However you may find it helpful to discuss potential treatments with other members, either at our meetings or by phone.

# Christmas Lunch 2009

**Monday 7<sup>th</sup> December at 12.45 for 1pm**  
**Brookes Restaurant, Oxford Brookes University,**  
**Gipsy Lane, Headington, Oxford OX3 0BP**

## Menu

Roasted red pepper soup, capsicum salad  
parmesan crusted bread

\*

Roast & braised Norfolk turkey with chipolata, smoked  
bacon, quince & sage stuffing, bread sauce & cranberry jelly  
goose fat roasted fondant potatoes

## Or

Tarte tatin of Cotswold brie, quince & cranberry  
Bensons cider gravy, roast vegetable boulangere,  
potato & sage puree

Both served with seasonal vegetables

\*

Baked Christmas cheesecake, cinnamon sorbet  
& mulled plums

The cost is £17.95 for the 3 courses. There is an additional cost of £2.00 for coffee or tea if you would like it. Plus a service charge/tip.

**To book:** if you would like to come **please send a deposit of £5 by Friday 23<sup>rd</sup> October.** Cheque made payable to Catherine Rye, stating your choice of traditional or vegetarian main course to Catherine at Hillview, Mill St, Stanton St John, Oxford OX33 1HQ

## Transport

Buses from the centre of Oxford which stop close to Brookes:

- No 9 Risinghurst & No 8 Barton run from Castle Street Stop E2
- Stage Coach 7C runs from Castle Street Stop E3
- Buses for the JR Hospital and Sandhills Park & Ride stop outside Brookes
- Brookes has its own bus for anyone to use that goes right into Brookes.

There is limited disabled parking at the restaurant and would best be left for those who have difficulty walking more than a few steps. If you have a blue badge and can walk a short distance there is parking opposite the university in the streets around Grays Road.

If anyone is stuck for transport please contact Catherine at [catherine@osc-ib.com](mailto:catherine@osc-ib.com) or on 01865 351469.

**OMEGA CHRISTMAS LUNCH** Monday 7<sup>th</sup> December at 12.45 for 1pm, Brookes Restaurant, Oxford Brookes University, Gipsy Lane, Oxford OX3 0BP **Book by Friday 23<sup>rd</sup> October.** Contact Catherine at [catherine@osc-ib.com](mailto:catherine@osc-ib.com) or on 01865 351469.

**Oxfordshire ME Group for Action (OMEGA).** General Enquiries to Lesh Lender at: 4 Bursill Close, Oxford OX3 8EW, Tel. 01865 766310, E-mail: [ltrl3@tiscali.co.uk](mailto:ltrl3@tiscali.co.uk)

**Meditation Group:** [Next meeting Friday 9<sup>th</sup> October 11am – 1pm.](#) Meetings held monthly. Details of all meetings from [omega.meditation@phonecoop.coop](mailto:omega.meditation@phonecoop.coop) or ring Jan on 01865 718274. All welcome.

**S Oxon Social,** Waterfront Café, Benson. Monday, 9th November 12midday to 2pm. (Ring Tessa Keys 01491 838727 for details.) On Oxford to Reading bus route. All welcome.

**Oxford area Social gathering.** Four Pillars Hotel, Sandford-on-Thames, FIRST MONDAY of EVERY MONTH. (Second Monday of the month if it is a bank holiday.) On bus route from Oxford. Phone Diane Drayson on 01235 520104 or Lesh Lender on 01865 766310.

**Wantage and Grove ME/CFS Support Group, WAGS,** meet at the Cornerstone Coffee Shop in Grove. Contact Dorothy Hillbeck at 01235 765329 for dates and times

### OMEGA Volunteers

Newsletter Editor

Chairperson	Patricia Wells	01865 554648
Treasurer	Helen Garfitt	01844 298619

Meetings Co-ordinators

Membership Secretary	Lesh Lender	01865 766310
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Publicity	Pauline Hammond	01865 718865
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Clinic Group Contact	Norman Booth	01235 833486
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OMEGA rep. for OCCMET	Janet Proudman	01865 723764
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Banbury Contact	Karen Finn	01295 272119
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Bicester Contact	Nicola Williams	01869 247714
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Witney and 'Invest in ME' Contact	Flora McKenzie	01993 774834
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South Oxfordshire ME/CFS Support	Tessa Keys	01491 838727
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Action for ME support line (open to all): Monday to Friday 11 am to 1 pm 0845 1232314, and also 6.30 to 8.30 pm Mondays (except Bank Holidays).

OMEGA Newsletter production team: Cathy Brocklehurst, Lesh Lender, Jan Seed, Mary Horan, Patricia Wells. Next copy deadline is 13<sup>th</sup> November 2009. To receive your newsletter by email, please write to: [newsletter.OMEGA@googlemail.com](mailto:newsletter.OMEGA@googlemail.com) with 'email newsletter request' in the subject line.

Contacting OCCMET: **New number: 01295 819191**, or e-mail to: [occmet.administrator@oxfordshirepct.nhs.uk](mailto:occmet.administrator@oxfordshirepct.nhs.uk)