



Welcome to Our September 2013 Newsletter

A Note from Maxine: (our new newsletter editor):
Please go easy on me. I've never done anything like this before. I am willing to try to help with our group. You will not have seen me at the meetings as I'm not very good at that time of night. I hope that I can come up to Alex's standard for editing the news letter.



Has she used a wheel chair when she went shopping this morning she'd be able to have a cup of coffee with us now.

With thanks to Invest in ME (www.investinme.org) for their kind permission to reprint this cartoon from the calendar available to download from their website.

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<u>DISCLAIMER:</u> Anything expressed within this newsletter may not necessarily represent the views of the editor, the Committee, nor the Bury/Bolton ME/CFS Support Group. Any products, treatments, or therapies featured are for information only and their inclusion should not be considered an endorsement.	

Dates For Your Diary

Longsight Meetings: Our main meetings, often with guest speakers, are held at Longsight Methodist Church, Longsight Lane. Harwood, Bolton, BL2 3HX, on the third Thursday of each month from 7.30pm until 9pm (except in April, August and December). There is a car park and blue badge parking on the street and the building is wheelchair accessible. Entrance is £1. Tea, decaf coffee, water, biscuits, etc provided. Gluten/dairy free also catered for. Any questions, please call Caroline on 01204 525955, or email caroline@mesupportgroup.co.uk.”

Thursday 19th September 7:30pm: **Bolton Mountain Rescue** will be talking to us about their great work, we know their talks are very popular!

Before their talk, we will be holding a very quick Extraordinary General Meeting, it will only last around 5 minutes: Caroline Higson would like to join the committee and needs to be officially voted in by members, as she was not able to at the AGM in March. Caroline is happy to assume responsibility of Group Leader duties and be the point of contact for new and existing members. It is essential that as many people attend as possible please and lend your support, just like at an AGM.

Thursday 17th October 7:30pm. **Bolton Healthwatch** will be joining us for a chat. Healthwatch is the new independent consumer champion created to gather and represent the views of the public in health and social care planning. Healthwatch will play a role at both national and local level and will make sure that the views of both the general public and the people who currently use services are taken into account when the new CCGs are setting up services. If you have any concerns you want them to know about, or have any questions, please come along and tell them, or let us know and we will pass on concerns or ask questions on your behalf (anonymously). Even if you do not live in Bolton, please come along anyway, as the more feedback they receive, the better, and the information they provide may be useful for you as well. We can provide you with details of your local Healthwatch if out of area. They will talk for a bit about their organisation and then we will break-off for a chat and they will come and talk to you in small groups to get your feedback. Once they've gotten our views, they can take these to the CCG.

Thursday November 21st 7:30pm: Pre-Xmas bring and share supper. As usual, this is always a popular meeting where we all bring food to share and have a good chat.

Radcliffe Socials: We meet informally on the first Wednesday of each month, our next will be on **Wednesday 3rd October at 2pm**, at **The Sparking Clog, Radcliffe Moor Road, Radcliffe, M26 3WY**. It has plenty of parking, good accessibility, comfortable seating and is relatively quiet. They serve very tempting chips that we just can't resist! For anyone who does fancy a snack, these start at just £1.50, with main courses from £3.50. We usually meet at the oval table next to the bar.

Prestwich Socials: We meet informally on the second Wednesday of each month, our next will be on **Wednesday 10th October at 2pm**, at **The Orange Tree, Fairfax Road, Prestwich, M25 1AS**. Everyone and their carers are welcome and we'll put a newsletter on the table so you can find us.

Yoga Classes: Are **3:00pm-4:15pm on Tuesdays** at the **Jubilee Centre, Darley Street (off Eskrick St), Bolton, BL1 3DX**. Designed to cater for the average ME sufferer, classes are free and yoga mats are provided. Please wear loose, comfortable clothing. Contact Olivia on 07746 197511, or olivia@oliviayoga.co.uk for more information. **Our yoga classes are currently being funded by Comic Relief and The Co-operative Membership Community Fund.**

Neuro Support Groups: These groups, run by Greater Manchester Neurological Alliance, provide information, advice and support for people with any type of neurological condition and/or

their carers. Call 0161 743 3701 or visit www.gmneuro.org.uk for information about meeting times and locations.

If you are thinking of attending any of our socials, whether you are a new member or a member who hasn't been able to attend for a while, please remember that you can bring along your carer or a friend. We don't bite, but we understand that meeting new people or if you have been house bound for a while, it can be quite daunting going out by yourself and we look forward to seeing you.

PLEASE DO NOT WEAR STRONGLY SCENTED TOILETRIES WHEN YOU ATTEND OUR MEETINGS, AS SOME MEMBERS ARE VERY SENSITIVE TO THESE PRODUCTS, THANK-YOU.



Supported by

**Bolton
Council**



Struggle with grip and dexterity?

If you struggle with grip, special equipment may help, such as foam cutlery, but it can cost about £30 for one fork, knife, spoon and teaspoon and other products have rather high price tags too! There is tubing that can be used to create the same effect for practically nothing, it just slips over the cutlery, pen, pencil, toothbrush hairbrush, etc (with a tight fit). A one metre length of this tubing is approx £5. It is called Plastazote tubing and comes in various widths. Get it from Nottingham rehab supplies on 0845 805 2236. Also available from Amazon, eBay, etc. Thanks to Jeff for the tip!

Also, I frequently drop glasses, plates, etc, due to weak and painful grip, so I've now taken to using lightweight plastic or melamine children's/picnic plates and glasses and have to say they are much easier to hold because they are not as heavy and don't use up as much energy. They also have the advantage that they come in many bright colours and look quite cool to be honest! They are very cheap, unbreakable (for the most part!) and easy to wash up. I have bright pink ones, Hello Kitty and Mr Men ones, ones with cats on, etc, but there are some plain ones or more subtle ones around too of course! I got mine from Home Bargains, B&M stores, etc. Some plates can be micro waved, some can't. I discovered this tip on holiday when I accidentally picked up plates from the kids buffet line and they were the find of the century for me (I am easily pleased!) Caroline.

Free Home Eye tests

Visioncall provide free (NHS) home eye tests to the elderly and housebound disabled people in the UK. They are able to visit your own home or any care home. They can visit you if you cannot visit a regular optician unaided. Visioncall have specialist eye tests for those living with Dementia and Alzheimers. See www.vision-call.co.uk or call 0845 050 1831

Discounted computers and laptops

Get Online at Home is a Microsoft backed scheme to provide affordable and easy to use computers. Desktops and Laptops are available at discounted prices starting from £95 for people receiving certain benefits and charities. This includes Disability Living Allowance, Housing Benefit, Income Support, Jobseeker's allowance, Pension credit, Attendance Allowance, Carers' Allowance, Incapacity Benefit/Employment and Support Allowance. The computers are ready to use. In addition to the built in Windows 7 accessibility software they have also included other accessibility software, for those with dyslexia, visually impaired people, etc. Included with the package is free telephone support to help you set up your computer for the first 30 days. They can also help you with broadband deals, etc. See www.getonlineathome.org or phone free on 0800 090 1297, Mon-Sun.

Get Me Toasty...Greater Manchester Energy Advice Service

Although the Warm Front scheme ended in January, if you are struggling to heat your home, you may be able to get help to improve the warmth and energy efficiency in your home from the Get Me Toasty scheme. Depending on your eligibility, they can help you with free or part-funded home improvements like cavity wall and loft insulation, boiler replacements and other more difficult measures like solid wall. It's not free for everyone, and there are two ways to qualify - either you must live in a qualifying postcode area OR you must be on certain types of benefits. Alternatively, by completing a few details online they can tell you automatically if it's worth having an assessment of your home. Go to <http://www.getmetoasty.com/> for details, or phone free on 0800 009 3363 to find out what you may be eligible for. Lines are open Monday to Friday, 9am - 5pm.

Free legal help:

LawWorks is a charity which aims to provide free legal help to individuals and community groups who cannot afford to pay for it and who are unable to access legal aid. LawWorks co-ordinates a network of legal advice clinics which offer an opportunity to drop in or make an appointment to speak to a solicitor for 30-45 minutes for free. Areas not covered include crime, immigration, asylum or family law issues. There doesn't appear to be a phone number on the website for contacting them, so please get a friend/relative to enquire if you have no access to the internet (or try your local library for internet access). Correspondence address: National Pro Bono Centre, 48 Chancery Lane, London WC2A 1JF · Registered Office: 5th Floor, 6 St Andrew Street, London, EC4A 3AE. <http://probonoaccess.lawworks.org.uk/>

Low cost vet care

This isn't anything to do with ME/CFS, but so many of us are struggling financially, this may be of help to some.

Animal Trust Veterinary Surgery (96 Castle Street, Bolton, BL2 1JL) are offering low cost vet care to everyone (not just those on benefits).

They are a not for profit company and offer free consults for sick and injured animals during normal opening hours and have monthly plans to help cover costs of boosters/treatments/etc. They offer out of hours emergency treatment for a £50 supplement (plus tests). There is no limit to the number of pets you can register with them and they treat dogs, cats, rabbits and some other small mammals, but you need to register with them and use them as your only vet. Please contact them for further info: 01204 527474. <http://www.animaltrust.org.uk/>

If you receive Housing Benefit or Council Tax help, you may be eligible for treatment from the PDSA (0800 731 2502)

Vet4pets also offer a one of payment of £99 to vaccinate your pet (cat, dog or rabbit) for life. You can purchase this at any time and must go every year and your animal must be up to date with its injections to qualify.

<http://www.vets4pets.com/healthy-pet-special-offers/vac4life/#.Udidzasgdo>

New local cat rescue organisation:



One of our members has co-founded a local cat rescue organisation. Out of the eleven volunteers, three of them have M.E. If you are considering getting a cat (or any animal), please consider adoption, rather than buying, as through no fault of their own, there are so many unwanted pets out there, mostly due to lack of neutering. My husband says I'm already at my maximum limit of two cats (that's not nearly enough, in my opinion!), otherwise I'd adopt from this very worthy organisation - Caroline.

"The Cat's Whiskers" (TCW) was formed a few months ago by a group of cat mad people with the same values and thoughts on cat rescue and rehoming. Anja Blahova co-ordinated it all and she spoke to a few friends, some of whom she had met on Facebook, about getting together and pooling their resources. The people Anja knew and trusted all had the same focus in what they did: The cat comes first.

After a few name changes and introductions over Facebook TCW launched as a Facebook group. There are four foster-mums in total, out of a team of eleven admins, who offer advice and help, do vet runs, run the website, etc. They also produce a monthly newsletter. This has all happened in just four months, they have rescued many cats and have a good rehoming rate. As well as rescuing and rehoming cats, which can cost over £150 for each cat (not including food!) they also aim to educate people about responsible pet ownership and neutering. No cat of a reproductive age is rehomed by them unneutered. They also advocate vaccinations, microchipping and flea and worm control. All cats have their full course of vaccinations before being rehomed and not just the initial dose.

They are also happy to talk to anybody on their group's Facebook page (<https://www.facebook.com/groups/pawsinneed>), or via email from the website (<http://www.thecatwhiskers.tk/>), about any cat-related query they may have. Anja and Kerry also specialise in rehabilitating feral cats or cats with behaviour problems. For £25 a week TCW will board a cat for rehabilitation if their owner's are struggling with their behaviour. This is another service offered that sets them apart from other cat rescue organisations.

They need to raise £4000 by the end of the year just to cover the vet costs of the cats they have in now...let alone any more cats that are taken in. Each member of the admin team is holding their own fundraising event, including regular car boot sales and a craft sale just before Christmas. The website has a 'donate' button which enables visitors to the site to make a one-off donation or set up a regular monthly donation. They have a 'wish-list', which includes much needed items such as any kind of cat-food, litter, treats, Asda or Tesco vouchers, cat-beds, unwanted bedding, towels and blankets, scratch posts, food bowls, cat carriers, etc, so please donate if you can!

If you wish to donate items or money to the cat rescue group, which has applied for charity status, please contact them via their website or Facebook group. Alternatively, you can pass the items onto Caroline at our Harwood meetings, or drop off to Caroline's house in Harwood, and she will make sure they get passed on.

TCW Facebook group: <https://www.facebook.com/groups/pawsinneed/>

TCW website: <http://www.thecatwhiskers.tk/>



Free I.T help for the disabled:

AbilityNet offers a free service to anyone with a disability of any age, to help them with their computer.

AbilityNet's ITCanHelp service has a network of disclosure checked volunteers across the UK who offer free computer assistance to disabled people in their own homes. They can diagnose and fix most computer related problems, install and set up hardware and software, help with internet, email and accessibility settings. Call their friendly team for advice on 0800 269 545 for any advice about computers and disability. If they don't know the answer, they'll try to find it! It's a free service for disabled people and the families, friends and carers who support them. Their website, <http://www.abilitynet.org.uk/>, includes a library of factsheets that provides expert advice for people who may need special hardware or software. Several of our members of use them and say they have been extremely helpful!

Nom De Plume.

A Banana and Blackberry freeze

These unexpected warm sunny days have called for a more informal type of dining; with fruit, warmed by the sun, best enjoyed as I walk about the garden, with our two Siamese cats in tow.

Now a little matured, I have come to appreciate the act of tending my garden. Much more than a space of ones own, it is a place I try hard to give myself over to, and in so doing, continue to reap ample reward. I am delighted with the produce I have grown so far. The Italian, and green beans, the neat, button-like tomatoes, juice laden peaches, frangipani-like mini strawberries, raspberries and Victoria rhubarb, are all wonderful. And with my first ever attempt at growing sweet corn, alongside blueberries, mulberries and gooseberries; a bounty of berries looks very probable indeed. Such a prospect has given cause to think how best one can capture this season.

We planted our thornless blackberry bush almost three years ago. Motivated, by a need to find a living, tangible connection to my Grandma, I knew exactly what was needed. But when the cane arrived, I looked doubtfully at the dry looking stick, failing to imagine quite how it would ever compete with the crop she and I used to pick all those summers ago.

Her blue rinse washing, left flapping in the wind, was I felt, a clandestine practice, as if to deny that I'd yet again succumbed to the taste of those hedgerows' blackberries that had marked the clothing she so lovingly prepared for me. Despite all efforts, I never would be the neat, modest, retiring granddaughter she so badly yearned for. Never able to contain these industrious fingers or enquiring mind of mine; forever we would remain destined the awkward couple: she the guide and me the clumsy student.

I think people find the lessons they need, and if lucky, the folk whose aim it is to help them. The lesson she is forever destined to whisper into me is on the merits of patience. Through every hurried response, and urgent gesture I make, on she chimes "less haste, more speed my dear". Indeed... In fact, it strikes me now, just how loudly the garden resonates this message. And so, this morning while admiring my heavy crop, I dared to pick another of those dark juicy jewels, and as I moved my face to the sun the clouds slowly fell behind me.

Ingredients:

- 8 firm but ripe large organic bananas
- A large punnet of organic ripe berries or any 6 alternative soft fruits
- 3 tablespoons of Golden syrup or Agave nectar
- 5 tablespoons of rose water
- A pinch of organic smoked salt flakes

Method:

1. Remove, and discard the peel from each banana, chop the fruit into 1/2 inch sized discs. Put the banana in to a freezer safe food bag then place into the freezer.
While waiting for the banana to freeze, which can take several hours, you may choose to either rest, and return when refreshed, or proceed on. At any rate, the banana will come to no harm if stored indefinitely.
2. Next, combine the rose water, berries and choice of syrup within a saucepan, bring all to a gentle simmer, stir and cook until the liquor has thickened. Sieve away the pips, then leave to cool completely.
3. Remove the banana discs from the freezer, placing them immediately into a food processor. Blend until a thick sand-like texture. Add a pinch of salt, and all of the berry sauce. Blend to a creamy texture. Taste and adjust sweetness if needed.
4. Quickly decant the blackberry and banana freeze into individual portion sized bowls. Cover in cling film, and swiftly return the dessert to the freezer, remove 5 minutes before you are ready to serve.

A Letter to Patients With Chronic Disease

Dr Rob lives in the US and runs a blog/diary on the internet. Some of us with chronic conditions may find it difficult to talk to doctors, or think they don't understand us. In one of Dr Rob's posts, he gives us an insight for what it's like on their side.

Reprinted with permission from: <http://more-distractable.org/2010/07/14/a-letter-to-patients-with-chronic-disease/>

Dear Patients:

You have it very hard, much harder than most people understand. Having sat for 16 years listening to the stories, seeing the tiredness in your eyes, hearing you try to describe the indescribable, I have come to understand that I too can't understand what your lives are like. How do you answer the question, "how do you feel?" when you've forgotten what "normal" feels like? How do you deal with all of the people who think you are exaggerating your pain, your emotions, your fatigue? How do you decide when to believe them or when to trust your own body? How do you cope with living a life that won't let you forget about your frailty, your limits, your mortality?

I can't imagine.

But I do bring something to the table that you may not know. I do have information that you can't really understand because of your unique perspective, your battered world. There is something that you need to understand that, while it won't undo your pain, make your fatigue go away, or lift your emotions, it will help you. It's information without which you bring yourself more pain than you need suffer; it's a truth that is a key to getting the help you need much easier than you have in the past. It may not seem important, but trust me, it is.

You scare doctors.

No, I am not talking about the fear of disease, pain, or death. I am not talking about doctors being afraid of the limits of their knowledge. I am talking about your understanding of a fact that everyone else seems to miss, a fact that many doctors hide from: we are normal, fallible people who happen to doctor for a job. We are not special. In fact, many of us are very insecure, wanting to feel the affirmation of people who get better, hearing the praise of those we help. We want to cure disease, to save lives, to be the helping hand, the right person in the right place at the right time.

But chronic unsolvable disease stands square in our way. You don't get better, and it makes many of us frustrated, and it makes some of us mad at you. We don't want to face things we can't fix because it shows our limits. We want the miraculous, and you deny us that chance.

And since this is the perspective you have when you see doctors, your view of them is quite different. You see us getting frustrated. You see us when we feel like giving up. When we take care of you, we have to leave behind the illusion of control, of power over disease. We get angry, feel insecure, and want to move on to a patient who we can fix, save, or impress. You are the rock that proves how easily the ship can be sunk. So your view of doctors is quite different.

Then there is the fact that you also possess something that is usually our domain: knowledge. You know more about your disease than many of us do – most of us do. Your MS, rheumatoid arthritis, end-stage kidney disease, Cushing's disease, bipolar disorder, chronic pain disorder, brittle diabetes, or disabling psychiatric disorder – your defining pain - is something most of us don't regularly encounter. It's something most of us try to avoid. So you possess deep understanding of something that many doctors don't possess. Even doctors who specialize in your disorder don't share the kind of knowledge you can only get through living with a disease. It's like a parent's knowledge of their child versus that of a paediatrician. They may have breadth of knowledge, but you have depth of knowledge that no doctor can possess.

So when you approach a doctor – especially one you've never met before – you come with a knowledge of your disease that they don't have, and a knowledge of the doctor's limitations that few other patients have. You see why you scare doctors? It's not your fault that you do, but ignoring this fact will limit the help you can only get from them. I know this because, just like you know your disease better than any doctor, I know what being a doctor feels like more than any patient could ever understand. You encounter doctors intermittently (more than you wish, perhaps); I live as a doctor continuously.

So let me be so bold as to give you advice on dealing with doctors. There are some things you can do to make things easier, and others that can sabotage any hope of a good relationship:

Don't come on too strong – yes, you have to advocate for yourself, but remember that doctors are used to being in control. All of the other patients come into the room with immediate respect, but your understanding has torn down the doctor-god illusion. That's a good thing in the long-run, but few doctors want to be greeted with that reality from the start. Your goal with any doctor is to build a partnership of trust that goes both ways, and coming on too strong at the start can hurt your chances of ever having that.

Show respect – I say this one carefully, because there are certainly some doctors who don't treat patients with respect – especially ones like you with chronic disease. These doctors should be avoided. But most of us are not like that; we really want to help people and try to treat them well. But we have worked very hard to earn our position; it was not bestowed by fiat or family tree. Just as you want to be listened to, so do we.

Keep your eggs in only a few baskets – find a good primary care doctor and a couple of specialists you trust. Don't expect a new doctor to figure things out quickly. It takes me years of repeated visits to really understand many of my chronic disease patients. The best care happens when a doctor understands the patient and the patient understands the doctor. This can only happen over time. Heck, I struggle even seeing the chronically sick patients for other doctors in my practice. There is something very powerful in having understanding built over time.

Use the ER only when absolutely needed – Emergency room physicians will always struggle with you. Just expect that. Their job is to decide if you need to be hospitalized, if you need emergency treatment, or if you can go home. They might not fix your pain, and certainly won't try to fully understand you. That's not their job. They went into their specialty to fix problems quickly and move on, not manage chronic disease. The same goes for any doctor you see for a short time: they will try to get done with you as quickly as possible.

Don't avoid doctors – one of the most frustrating things for me is when a complicated patient comes in after a long absence with a huge list of problems they want me to address. I can't work that way, and I don't think many doctors can. Each visit should address only a few problems at a time, otherwise things get confused and more mistakes are made. It's OK to keep a list of your own problems so things don't get left out – I actually like getting those lists, as long as people don't expect me to handle all of the problems. It helps me to prioritize with them.

Don't put up with the jerks – unless you have no choice (in the ER, for example), you should keep looking until you find the right doctor(s) for you. Some docs are not cut out for chronic disease, while some of us like the long-term relationship. Don't feel you have to put up with docs who don't listen or minimize your problems. At the minimum, you should be able to find a doctor who doesn't totally suck.

Forgive us – Sometimes I forget about important things in my patients' lives. Sometimes I don't know you've had surgery or that your sister comes to see me as well. Sometimes I avoid people because I don't want to admit my limitations. Be patient with me – I usually know when I've messed up, and if you know me well I don't mind being reminded. Well, maybe I mind it a little.

You know better than anyone that we docs are just people – with all the stupidity, inconsistency, and fallibility that goes with that – who happen to doctor for a living. I hope this helps, and I really hope you get the help you need. It does suck that you have your problem; I just hope this perhaps decreases that suckishness a little bit.

Sincerely,

Dr. Rob

Late Edition

Here's a brief roundup of some of the recent articles covering CFS/ME during August.

New research suggests that some diagnosed cases of CFS/ME may be more accurately described as inherited human herpesvirus-6 (HHV-6.) HHV-6 has long been linked to CFS/ME, but the virus is present in most people to some degree, and researchers have not been able to successfully demonstrate that it was a primary cause of the illness in all or many CFS/ME cases.

Source: Chronic Fatigue Syndrome or Inherited HHV-6? – About .com – 23rd August.

Two studies yield promising results using traditional Chinese treatments for chronic fatigue syndrome (CFS/ME). In a study of acupuncture, researchers found that people with CFS/ME made moderate improvement in physical fatigue, mental fatigue, and their health-related quality of life. While they saw some improvement in general mental health, it was to a smaller degree. In a Qigong study, researchers said CFS/ME participants had significantly less physical fatigue and depression, and marginally less mental fatigue. They also looked at anxiety levels and saw no significant changes. **Source: Acupuncture & Qigong for Chronic Fatigue Syndrome – About.com – 30th August**

Amelia Hurrell, aged 22, won the Sky Award for her Me & You app communication tool. She said, "My sister has ME, and her experiences at school inspired this project and I cannot believe how far it has come." The app she developed help students explain their complications and symptoms to teachers. It also offers tips for teachers on how to help and better integrate those with ME into the classroom." **Source: Amelia's ME app wins Sky work experience – Weston, Worle and Somerset Mercury – 4th August**

During August, there were many stories about teenagers with CFS/ME who had passed their exams with flying colours. They showed how courageous their achievements were in the face of a very difficult illness.

Increasingly, research is showing that Coenzyme Q10 (CoQ10) depletion is a key factor in FM and CFS/ME and that supplementation with CoQ10 can significantly improve symptoms. CoQ-10 is a vitamin-like nutrient that is present in virtually every cell of the body. **Source: CoQ10's Role in Fibromyalgia and CFS/ME – Prohealth.com – 4th August**

Some doctors are charging sick and disabled people between £25 and £130 for medical evidence to appeal decisions about their fitness to work. NHS GPs are telling patients they will only provide the necessary details to challenge controversial Work Capability Assessments if they pay. Others are refusing to help at all. **Source: GPs charge disabled up to £130 to appeal fitness-to-work decisions – Independent – 26th August**

A new study shows that a probiotic available commercially in the US for fortifying the digestive system, has effects beyond the gastrointestinal tract: it may also have effects against non-gut inflammation such as in psoriasis and chronic fatigue syndrome (CFS). **Source: Potential probiotic effects beyond gut: psoriasis, CFS – Medical News Today – 13th August**

A note from Caroline: We hope you enjoyed our September newsletter and I'm sure you'll agree that Maxine has done a wonderful job! Well done Maxine, and thank you for helping out!

Reminders

Equipment Hire: We have a wheelchair and two electric mobility scooters (small enough to fit in car boot for days out or holidays). If you wish to borrow any of these, please phone Pam on 01204 793 846.

Amazon: The group gets 5% commission when you shop at www.amazon.co.uk, but only if you follow the link from our own website www.mesupportgroup.co.uk.

Radar keys: We have Radar disabled toilet keys available at cost (£2.35, plus 50p if posted, or you can pick up at our Harwood meetings). Contact Caroline on 01204 525 955 or email caroline@mesupportgroup.co.uk