



## Useful contacts

### Local

Name	Description	Phone No	e-mail	Website
Lochaber PVFS/ CFS/ ME Support Network	Local support for those affected and carers	07786 590 450 (text or leave a message, someone will get back to you soon)	m.e.lochaber@googlemail.com	<a href="https://www.facebook.com/pages/Lochaber-PVFS-CFS-ME-Support-Network/130798726941730">https://www.facebook.com/pages/Lochaber-PVFS-CFS-ME-Support-Network/130798726941730</a>  www.me-lochaber.org.uk
Community Car Scheme	Can give you a lift door to door, cost equivalent to bus	(01397) 701 222	<a href="mailto:carscheme@carelochaber.org">carscheme@carelochaber.org</a>	
CAB	Advice on benefits etc	(01397) 703943	admin@lochabercab.casonline.org.uk	<a href="http://www.citizensadvice.org.uk/">http://www.citizensadvice.org.uk/</a>
Hydrotherapy pool	Warm and lovely	(01397) 704 359	info@fortwilliam-hydrotherapypool.co.uk	<a href="http://www.fortwilliam-hydrotherapypool.co.uk/">http://www.fortwilliam-hydrotherapypool.co.uk/</a>
Stick-seats	Light walking sticks that fold into a seat	0161 427 5532		<a href="http://www.subn.org/stockport_me_group/mobility.shtml">http://www.subn.org/stockport_me_group/mobility.shtml</a>
Audio books - Calibre	Charity providing free audio book library to those who cannot read print	01296 432 339	enquiries@calibre.org.uk	<a href="http://www.calibre.org.uk/Default.aspx">http://www.calibre.org.uk/Default.aspx</a>
Talk Lochaber	Charity providing local news in audio form for those who cannot read print	(01397) 702 744  Edith Knowles		
Pims (promoting independence & mobility skills)	Group for people in S Lochaber with chronic health problems that make it difficult to get out the house.	01855 832 047	Amy.McDougall@highland.gov.uk	<a href="https://www.facebook.com/pages/PIMS/162488517151063?v=info">https://www.facebook.com/pages/PIMS/162488517151063?v=info</a>
Lochaber Hope	Confidential counseling service that supports Lochaber people to cope with a wide range of sensitive and personal issues	07780942977	info@lochaberhope.org.uk	<a href="http://www.lochaberhope.org.uk/">http://www.lochaberhope.org.uk/</a>
Shopmobility Lochaber	Lends mobility scooters	(01397) 700 051	shopmobility1@madasafish.com	<a href="http://www.shopmobilitylochaber.org.uk/">http://www.shopmobilitylochaber.org.uk/</a>

### Local cont/

Voluntary Action Lochaber	VAL exists to advise, support and develop Voluntary and Community activity	(01397) 706 044	admin@valochaber.org	<a href="http://www.valochaber.org/">http://www.valochaber.org/</a>
Alexander technique (Claire Rennie)	Holistic therapy (not a cure)	07762 736 514	claire@hiteltd.co.uk	<a href="http://www.hiteltd.co.uk/">http://www.hiteltd.co.uk/</a>
Handy Person Scheme	Can fix things around the house for you	(01397) 706 333	info@lcr.org.uk	<a href="http://www.highland.gov.uk/livinghere/housing/housingfortheelderly/handypersonscheme/">http://www.highland.gov.uk/livinghere/housing/housingfortheelderly/handypersonscheme/</a>
Advocacy Highland	provide free and confidential independent advocacy advice	07717 704635	val@advocacy-highland.org.uk	<a href="http://www.advocacy-highland.org.uk/">http://www.advocacy-highland.org.uk/</a>

### National

Name	Description	Phone No	e-mail	Website
Action for ME	UK charity for people with Myalgic Encephalomyelitis (M.E.) and their carers	0845 123 2380	support@actionforme.org.uk	<a href="http://www.actionforme.org.uk/">http://www.actionforme.org.uk/</a>
ME Association	Charity with helpline for all	0844 576 5326	meconnect@meassociation.org.uk	<a href="http://www.meassociation.org.uk/">http://www.meassociation.org.uk/</a>
Invest in ME	Charity raising funds for bio-medical research	02380 251719	info@investinme.org	<a href="http://www.investinme.org/index.htm">http://www.investinme.org/index.htm</a>
ME Research UK	National charity funding biomedical research into ME-CFS	01738 451234	meruk@pkavs.org.uk	<a href="http://www.meresearch.org.uk/">http://www.meresearch.org.uk/</a>
25% Group	Support Group for Severe ME Sufferers	01292 318611	enquiry@25megroup.org	<a href="http://www.25megroup.org/">http://www.25megroup.org/</a>
Samaritans	Confidential counseling	08457 909090	jo@samaritans.org	<a href="http://www.samaritans.org/">http://www.samaritans.org/</a>

### Children's

Name	Description	Phone No	e-mail	Website
The Young ME Sufferer	National UK service for children and young people with ME and their families	0845 003 9002		<a href="http://www.tymestrust.org/">http://www.tymestrust.org/</a>
Action for ME for young people	Kid's section of Action for ME	0117 927 9551	<a href="mailto:admin@afme.org.uk">admin@afme.org.uk</a>	<a href="http://www.a4me.org.uk/">http://www.a4me.org.uk/</a>

### Books

Author	Title	
Dr Darryl Ho-Yen	Better recovery from viral illnesses	<a href="http://www.dodonabooks.co.uk/">http://www.dodonabooks.co.uk/</a>
Jon Kabat-Zinn	Full catastrophe living	
Catherine Saunders	Understanding severe ME – info pack	<a href="mailto:understandingsevereme@hotmail.co.uk">understandingsevereme@hotmail.co.uk</a>
Dr Anne McIntyre	M.E. (Chronic Fatigue Syndrome) : A Practical Guide	

### Websites

<a href="http://www.thewel.org/theWEL/Home.html">http://www.thewel.org/theWEL/Home.html</a>	The Wellness Enhancement Learning Program at Glasgow Homoeopathic Hospital (part of the NHS)
<a href="http://www.thewel.org/theWEL/Video_Part_2_b%29_Nutrition.html">http://www.thewel.org/theWEL/Video_Part_2_b%29_Nutrition.html</a>	Video from Glasgow Homoeopathic Hospital with useful nutrition advice (it's over an hour long)

