



Useful contacts

Local

Name	Description	Phone No	e-mail	Website
Lochaber ME/CFS Support Network	Local support for those affected and carers		m.e.lochaber@googlemail.com	https://www.facebook.com/pages/Lochaber-PV-FSCFSME-Support-Network/130798726941730 www.me-lochaber.org.uk
Community Car Scheme	Can give you a lift door to door, cost equivalent to bus	(01397) 701222	administrator@carelochaber.org	www.carelochaber.org
CAS	Advice on benefits etc	(01397) 705311	admin@lochabercab.casonline.org.uk	http://www.lochabercab.org.uk/
Hydrotherapy pool	Warm and lovely	(01397) 704359	info@fortwilliam-hydrotherapypool.co.uk gary.davidson@highlifehighland.com	http://www.fortwilliam-hydrotherapypool.co.uk/
Audio books - Calibre	Charity providing free audio book library to those who cannot read print	01296 432339	enquiries@calibre.org.uk	http://www.calibre.org.uk/Default.aspx
Talk Lochaber Talking News Federation (TNF)	Charity providing local news in audio form for those who cannot read print	(01397) 704005 Patricia Gillies		
Lochaber Hope	Confidential counseling service that supports Lochaber people to cope with a wide range of sensitive and personal issues	01397 704836	reception@lochaberhope.org.uk	http://www.lochaberhope.org.uk/
Shopmobility Lochaber	Lends mobility scooters	(01397) 700051	shopmobility2015@gmail.com	https://www.shopmobilitylochaber.co.uk/

Local cont/

Voluntary Action Lochaber	VAL exists to advise, support and develop Voluntary and Community activity	(01397) 706 044	office@valochaber.org	http://www.valochaber.org/
Handy Person Scheme	Can fix things around the house for you	(01397) 706 333	info@lcr.org.uk	http://www.highland.gov.uk/livinghere/using/housingfortheelderly/handypersonscheme/
Advocacy Highland	provide free and confidential independent advocacy advice	01463 233460	info@advocacy-highland.org.uk	http://www.advocacy-highland.org.uk/

National

Name	Description	Phone No	e-mail	Website
Action for ME	UK charity for people with Myalgic Encephalomyelitis (M.E.) and their carers	08001386544	welfare@actionforme.org.uk	http://www.actionforme.org.uk/
ME Association	Charity with helpline for all	0844 576 5326	meconnect@meassociation.org.uk	http://www.meassociation.org.uk/
Invest in ME	Charity raising funds for bio-medical research	02380 643736	info@investinme.org	http://www.investinme.org/index.htm
ME Research UK	National charity funding biomedical research into ME-CFS	01738 451234	meruk@pkavs.org.uk	http://www.meresearch.org.uk/
25% Group	Support Group for Severe ME Sufferers	01292 318611	enquiry@25megroup.org	http://www.25megroup.org/
Samaritans	Confidential counseling	116123	jo@samaritans.org	http://www.samaritans.org/
ME Action	Global ME charity			www.meaction.net/uk

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		https://www.tymestrust.org/
Action for ME for young people	Kid's section of Action for ME	0117 927 9551	questions@actionforme.org.uk	https://www.actionforme.org.uk/

Books

Author	Title	
Jon Kabat-Zinn	Full catastrophe living	
Catherine Saunders	Understanding severe ME – info pack	understandingsevereme@hotmail.co.uk
Dr Anne McIntyre	M.E. (Chronic Fatigue Syndrome) : A Practical Guide	
Dr Charles Shepherd	Living with ME	
Dr Sarah Myhill	Diagnosis and Treatment of CFS and ME	

Websites

The Wellness Enhancement Learning Program at Glasgow Homoeopathic Hospital (part of the NHS)	http://www.thewel.org/theWEL/Home.html
Video 1 hr+ from Glasgow Homeopathic Hospital with useful nutrition a	http://www.thewel.org/theWEL/Video_Part_2_b%29_Nutrition.html