

Patient Support Groups And Benefits Information

‘To equip people affected by CFS / ME with the skills for self-management towards a better quality of life’.



Pride in our older people's and adult community services

Support Groups

Peterborough Area

- **ME and CFS Self Help Society** – Diane Newman
01733 552872
07742 615952
MECFSSelfHelpPboro@btinternet.com / MECFSSelfHelpPboro@outlook.com
The group meet on the last Monday of the month at the Healthy Living Centre, Princes Street, Peterborough PE1 2QP (next to Thomas Walker Medical Centre) 2.00pm – 3.30pm. During Bank Holiday's meetings are held the Monday before. Meeting Dates in 2018: 26th March, 25th June, 24th September, 22nd November.
- **ME, Myself and Fibro** - CFS, ME & Fibro Support Group
Meeting first Weds of every month at 6.30 pm at Peterborough Greyhound Stadium, Fengate, Peterborough. PE1 5BP.
[Facebook.com/MeMyselfAndFibroUK](https://www.facebook.com/MeMyselfAndFibroUK) or contact Hannah on 07715 883725
- **Market Deeping 'Foggies Support'** – Rachel Southwell
01733 252024
Raeseouth8@gmail.com

This group has a monthly coffee morning and more formal meetings occasionally.

- **Peterborough ME Support Group** – John Dunham
01733 203480
pboromesg@ntlworld.com

Cambridge Area

- **Cambridge support group:**
Please look at the website www.cambridgеме.org.uk for further details.
- **ME Cambridge** – bi monthly meetings
07756 819954 – text or leave message
- **Burwell Group** – please contact for further details
07974826467 / Facebook page – please search Roses for M.E.
mariamunn@mypostoffice.co.uk

- **Cambridgeshire Rural ME tea and Chat**

<http://crmetea.org/>

Meet once a month in a garden centre coffee shop, either side of Huntingdon.
Adults with ME who live in Cambridgeshire and surrounding areas.

National

- **Action for ME**

General enquiries – 0117 927 9551 (Monday to Friday 9am -5pm)

Welfare advice and support – 0800 1386544

welfare@actionforme.org.uk

- **AYME (Association of Young People with ME)**

01908 379737 (Monday to Friday 8.30am – 4.00pm)

www.actionforme.org.uk/children-and-young-people/introduction/

- **ME Association – ME connect helpline**

0844 5765326

meconnect@meassociation.org.uk

Welfare Benefits Information

Action for ME has produced a range of factsheets (listed below) about the benefits available, including information on applying and, if necessary, appealing welfare benefits. Please visit www.actionforme.org.uk/living-with-me/welfare-benefits/

- Guide to welfare benefits
- ESA: filling in the form
- ESA: reconsiderations and appeals
- Supporting evidence for PIP and ESA claims
- PIP: filling in the form
- PIP: reconsiderations and appeals
- Universal Credit: an overview
- Permitted Work
- DLA: a guide to filling in the form
- DLA: revisions and appeals
- DLA face-to-face medicals for adults and children

- DLA for children under 16
- Blue Badge

Action for ME recommends that you speak to a Welfare Advisor before making any benefits decisions, to ensure the best possible outcome. Their confidential Welfare and Support Service is open between the hours of **10am and 2pm Monday-Friday, on Freephone 0800 138 654**. If you cannot get through on the Welfare Line or you are requesting support with benefit forms or appeals you can email them at welfare@actionforme.org.uk. In the email state what benefit you are applying for. If you are contacting them for support with an email include:

- How many points you have been awarded
- Which part (daily living, Mobility or both) you wish to appeal
- The date of the deadline for your appeal (this will be 1 month after the date of your decision letter).

This will help them to prioritise urgent requests and support as many people as possible.

Benefit Support Organisations

Peterborough Area

- **Disability Peterborough** – Monday to Thursday 10am – 4pm
John Mansfield Centre, Western Avenue, Dogsthorpe, Peterborough, PE1 4HX
01733 265551 Email: dialpeterborough@btconnect.com
www.dialpeterborough.co.uk
- **Department of Work and Pensions** – Referral by healthcare profession
They can provide a service whereby they will help people who have no one to help them and need assistance with benefit forms. They offer phone calls and home visits where needed. Please discuss with a member of the team if you would like us to refer you.

Fenland Area

- **Disability Cambridgeshire** – serve south east Cambridgeshire
01480 839192
www.disabilitycambridgeshire.org.uk

Email: Info@disability-cambridgeshire.org.uk

- **Disability Huntingdonshire**

Pendrill Court

Papworth Everard

Cambridgeshire

CB23 3UY

Telephone:

01480 748 168 (for landlines)

0330 3553 256 (for mobiles at landline rates)

Office hours - Monday to Thursday 9.30am to 2.30pm

Email: info@dish.org.uk

Rural areas

- **Village Benefits** – covers areas outside Cambridge city and Peterborough
01353 666990

National

- Benefits and Work
www.benefitsandwork.co.uk

Adult CFS / ME Service

Tel: 0330 7260077

Press 2 for Huntingdon area
Press 3 for East Cambs and Fenland area
Press 4 for Peterborough area
Press 5 for Cambridge area

Email: cpm-tr.cfsme@nhs.net

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Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



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