

Introduction to Myalgic Encephalopathy (ME)

Purpose

1. The Health and Wellbeing Standing Committee provides Members with the opportunity to scrutinise health and social care services and seek possible improvements for the people of Nottinghamshire.
2. This report addresses a request from the Committee to consider the care and treatment available to people in Nottinghamshire affected by ME.

Information

3. Following correspondence from service users expressing concern at the support available to people affected by ME, the Health and Wellbeing Standing Committee agreed to receive an introduction to services currently available in Nottinghamshire.
4. A briefing note on ME and related conditions is attached as an appendix to this report.
5. Members are invited to consider the information contained within this report, the appendices and any additional information provided at the meeting and determine whether the current services require further consideration and/or review.

Services

6. The NHS in Nottinghamshire use the pathway recommended by the National Institute for Clinical Excellence (NICE). A copy is attached as an appendix to the report.

7. An ME service is provided by Nottingham University Hospitals, based at the City campus. It offers a 12 week course based on cognitive behaviour therapy, exercise and activity management.
8. A new Community Rehabilitation Service is currently being developed in Mansfield which is expected to have two specialist nurses.
9. Additional support and information available includes:
 - **www.nottsinfoscript.co.uk** – Has a wealth of information about symptoms, emotional wellbeing, home and local services, voluntary support groups, leisure, finance advice etc.
 - **ME/ Chronic Fatigue syndrome, Nottingham.** For adults. www.meshnottingham.co.uk
 - **Flame, Nottingham.** Self help group for lesbians suffering from ME. Provides a confidential, safe and supportive space to give and receive positive support.
 - **ME and Fibromyalgia support group, Mansfield.** A group for people in Mansfield.

Recommendation

10. It is recommended that the Health & Wellbeing committee:
 - i. consider the information provided and
 - ii. identify any further information required as appropriate.

Councillor Ged Clarke

Chairman of Health & Wellbeing

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Background papers: nil