



Sending Christmas and New Year Wishes



To all our members, supporters and fellow organisations

We are also aware it can be a difficult time of year for some people not only because of coping with ME/CFS and Fibromyalgia but there maybe other reasons too. We hope everyone has a peaceful holiday season.

Christmas Meeting! Great Guest Speaker, Great company, great food and a lot of sugar!



Thank you to Ayshe for leading the meeting and Jacky and Jackie for helping I was unable able to go like some others who had a virus or were having a bad day so its been great to see the pictures.

Our guest speaker was Tony from The Money Advice Unit, Herts County council. It was a pleasure to have him visit and he was a great help with advice on benefits, forms and appeals. More details from Tony on Page 2



Then there was a Secret Santa, Christmas Crackers and lovely food bought in by everyone. I can also spot some Santa hats. Chatting on Facebook I see everyone went home full of sugar and put their feet up to recover. I hope everyone is rested, see you in January or on facebook. Hugs xx



Relaxation and Therapy Taster Morning coming soon



We are excited to announce Community Development Action Hertfordshire. www.cdaherts.org.uk will be funding a morning of Relaxation and Therapy tasters including Reiki, Reflexology and Massage. Members who can't attend we will be sent a Mindfulness, Relaxation CD so you too can benefit. We would like to thank them for this opportunity. Details will be emailed in the New year.

The Money Advice Unit Hertfordshire

Tony Sloan Visited us from The Money Advice Unit (MAU) and gave us these details.

The MAU is part of Hertfordshire County Council's Health and Community Services. We work in partnership with Children's Services, housing providers, district and borough councils, voluntary groups and others to deliver advice on benefits and debt.

The MAU runs targeted take-up projects to increase benefits received by particular low-income groups or individuals e.g. carers, disabled children, vulnerable older people etc. All the projects provide benefit checks and advice on claiming. This could be through telephone advice and information, help with form filling and representation. Some projects accept referrals from professionals only – others from members of the public themselves.

Care and Support Benefits Advice (CASBA project)

Advice and assistance about benefits for:

Disabled or older people and carers who are being assessed by, or receiving services from, HCS (e.g. home care, day care, enablement, transition, direct payments etc) – must be referred by HCS staff

Carers referred by Carers in Herts

Carers under 65 (who can refer themselves directly to this project - ring **01438 843456** or email mauadmin@hertfordshire.gov.uk)

Please see the next page for more useful numbers.



Next Meetings

Wednesday 11th January: Well being Service talk for first 30 mins on free counselling, CBT and courses available for people with chronic conditions,

Wednesday February 8th: Talk on Mindfulness for first 45 mins.

Wednesday March 8th: St Albans M.E Group Annual General Meeting

All meetings will be 11am to 1pm (2nd Wed of the month) London Colney Community Centre, Caledon Rd, London Colney, St Albans AL2 1PU. Parking available

£2 contribution. Refreshments provided.

Yoga: Wed 4th Jan and Wed 1st Feb 5pm London Colney Community Centre. £2

If member has any enquiries or anyone would like to join our group or has any enquiry please email stalbands.m.e.group@gmail.com.

Call on Mon 10am to 1pm 0203 290 7088 Local rate. Website: stalbandsmegroup.org.uk

Local services and numbers

Hertfordshire County Council : Adult social care, help in your home, equipment, assessments and blue badge Call: 0300 123 4040

Money Advice Unit Hertfordshire County Council 01438 843456

St Albans District Council 01727 866100. Emergency out of hrs 01727 811155

C.A.B Tel 03444 111 444

Home-start provide support for families with children upto 12yrs and have experience with M.E support for parent or child with M.E/Fibro 01438 367788

Warm Home Discount scheme, help towards utilities bill 0345 603 9439

St Albans Good Neighbour scheme for vol drivers,befriending etc (01727) 830 713

Harpenden Helping Hands Click here for details 01582 764 599

St Albans & District Age UK: Information and Advice 0300 345 3446 Visiting scheme 01727 859 583

Counselling & CBT : Hertfordshire NHS Well being Service self referral &GP
Tel 0300 777 0707

Hyperbaric Oxygen Therapy at Hertfordshire MS Therapy Centre. Available for people with M.E/CFS/Fibromyalgia, free tasters usually available 01462 684 214

Hertfordshire community meals: Hot meals delivered 0330 2000 103

Young people with M.E AYME 0330 2211223 10am-2pm mon to fri

M.E Association Helpline 0844 576 5326

Fibromyalgia Action UK Helpline 0300 999 3333

Samaritans 116 123

Hertfordshire Adult CFS and pain self management service 01727 897542

Hertfordshire Action on Disability Advice, information and equipment 01707 324581

Carers in Herts, support for carers, 01992 586969

Some Parish Councils offer shopping schemes and community transport please check with your local Parish council.

If you have anymore useful numbers or links please email them to stalbans.m.e.group and we will add it to the list. Thank you.