

Publications List

**M.E. is also known as Chronic Fatigue Syndrome (CFS).
It may also be diagnosed as Post Viral Fatigue Syndrome (PVFS).**

Booklets	Members	Non-members	Quantity	Cost
All about M.E. - an introduction	£2	£3		
Your child and M.E. 2003 For parents and families of under 18s with M.E.	£2	£3		
Pacing for people with M.E.	£2	£3		
Facts and Figures	£2	£3		
Men and M.E. Report	£2	£3		
Information sheets				
Controlling symptoms How to manage sleep disturbance, pain and mood problems	Free	£1		
NHS healthcare for people with M.E. Outlining what help is available from the NHS and how to make the most of this	Free	£1		
Welfare rights information sheets				
A guide to benefits Benefits available to people with M.E.	Free	£1		
Benefits for students Benefits available to people in education	Free	£1		
Personal Capability Assessment How to fill in the form and a guide to the incapacity benefit medical examination	Free	£1		
Personal Capability Assessment: Revisions and Appeals A guide to help you through the process	Free	£1		
Disability Living Allowance How to fill in the form and a guide to the medical examination	Free	£1		
Disability Living Allowance: Revisions and Appeals A guide to help you through the process	Free	£1		
Disability Living Allowance for children under 16 A guide to claiming DLA for your child	Free	£1		
Permitted Work An explanation of the changes to therapeutic work from April 2002	Free	£1		
Blue Badge Parking Scheme What it is and how to obtain a badge	Free	£1		
Employment and Support Allowance (ESA) How to fill in the form plus Diary and Easy Read	Free	£1		
			Page 1 Subtotal	

Reports and guides	Members	Non-members	Quantity	Cost
ME Diagnosis: Delay Harms Health (2005) Early Diagnosis: why is it so important. A report from the ME Alliance	Only available to download free at www.afme.org.uk			
Executive summary - ME Diagnosis: Delay Harms Health (2005) As above	Free	Free		
The Chief Medical Officer's working group report on CFS/M.E. - A guide (2002)	£2	£4		
The Chief Medical Officer's working group report on CFS/M.E. Children and Young People's guide (2002)	Free	£1		
Severely Neglected: M.E. in the UK (2001) A report examining the experiences of severely ill people in accessing health and social care	£1	£2		
Welfare Reform Consultation Report No one written off	£2	£3		
M.E. /CFS Research Summit Workshop	Free	Free		
For professionals				
Guidance on the management of CFS/M.E. A guide for professionals but useful for sufferers	Free	Free		
Other publications				
Travel and Transport A list of resources and members advice including concessions available to disabled people	Free	£1		
Holiday and Respite Care A list of places to stay that are ME friendly.	Free	£1		
Grant Information for Individuals in Need For people looking for financial assistance	Free	£1		
ME: A Guide A brief guide to ME/CFS for people who know someone living with ME	Free	Free		
Directory of support Signposting to useful organisations. Includes a list of worldwide patient organisations	Free	£1		
M.E. and Yoga Including a list of teachers specialising in classes for people with M.E.	Free	£1		
Facts & Figures Results of 2006 More Than You Know Campaign	£1	£2		
Men & M.E. 2006 More Than You Know Campaign	£1	£2		
Library List Members only postal lending library list	Free	n/a		
Annual Review	Free	Free		
Awareness leaflet Leaflet alerting people to the symptoms of M.E./ CFS and signposting to Action for M.E. for information, support and services. (poster also available – see below)	Free	Free		
Poster	Free	Free		
			Page 2 Subtotal	

