

## Publications List

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

<b>Booklets</b>	<b>Cost to members</b>	<b>Cost to non-members</b>	<b>Quantity</b>	<b>Cost</b>
<b>All about M.E. - an introduction</b>	£2	£3		
<b>Your child and M.E.</b> For parents and families of under 18s with M.E.	£2	£3		
<b>Pacing for people with M.E.</b>	£2	£3		
<b>Information sheets</b>				
<b>Controlling symptoms</b> How to manage sleep disturbance, pain and mood problems	Free	£1		
<b>NHS healthcare for people with M.E.</b> Outlining what help is available from the NHS and how to make the most of this	Free	£1		
<b>Guidance on seeing a private practitioner</b> Information for people considering treatment with a private practitioner	Free	Free		
<b>Welfare rights information sheets</b>				
<b>A guide to benefits</b> Benefits available to people with M.E.	Free	£1		
<b>Benefits for students</b> Benefits available to people in education	Free	£1		
<b>Personal Capability Assessment</b> How to fill in the form and a guide to the incapacity benefit medical examination	Free	£1		
<b>Personal Capability Assessment: Revisions and Appeals</b> A guide to help you through the process	Free	£1		
<b>Disability Living Allowance</b> How to fill in the form and a guide to the medical examination	Free	£1		
<b>Disability Living Allowance: Revisions and Appeals</b> A guide to help you through the process	Free	£1		
<b>Disability Living Allowance for children under 16</b> A guide to claiming DLA for your child	Free	£1		
<b>Permitted Work</b> An explanation of the changes to therapeutic work from April 2002	Free	£1		
<b>Blue Badge Parking Scheme</b> What it is and how to obtain a badge	Free	£1		
			Page 1 Subtotal	

<b>Reports and guides</b>	<b>Cost to members</b>	<b>Cost to non-members</b>	<b>Quantity</b>	<b>Cost</b>
<b>ME Diagnosis: Delay Harms Health (2005)</b> Early Diagnosis: why is it so important. A report from the ME Alliance	Only available to download free at <a href="http://www.afme.org.uk">www.afme.org.uk</a>			
<b>Executive summary - ME Diagnosis: Delay Harms Health (2005)</b> As above	Free	Free		
<b>The Chief Medical Officer's working group report on CFS/M.E. - A guide (2002)</b>	£2	£4		
<b>The Chief Medical Officer's working group report on CFS/M.E. Children and Young People's guide (2002)</b> As above, with particular reference to children and young people.	Free	£1		
<b>Severely Neglected: M.E. in the UK (2001)</b> A report examining the experiences of severely ill people in accessing health and social care	£1	£2		
<b>For professionals</b>				
<b>Guidance on the management of CFS/M.E.</b> A guide for professionals	Free	Free		
<b>Other publications</b>				
<b>Travel and Transport</b> A list of resources and members advice including concessions available to disabled people	Free	£1		
<b>Holiday and Respite Care</b> A list of places to stay that are ME friendly.	Free	£1		
<b>Grant Information for Individuals in Need</b> For people looking for financial assistance	Free	£1		
<b>ME: A Guide</b> A brief guide to ME/CFS for people who know someone living with ME	Free	Free		
<b>Directory of support</b> Signposting to useful organisations. Includes a list of worldwide patient organisations	Free	£1		
<b>Annual Review</b>	Free	Free		
<b>Awareness leaflet</b> 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		
<b>M.E. and Yoga</b> Including a list of teachers specialising in classes for people with M.E.	Free	£1		
			Page 2 Subtotal	

