

ME Local Network

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Aims of the ME Local Network (agreed in October 2021):

- To create a national network of local ME patients' groups to provide support and connections between us, acknowledging our groups often support people with related conditions.

"Local ME patients' groups" here means:

Groups run by and for people with a diagnosis of ME, CFS, ME/CFS and/or fibromyalgia and/or Long Covid or whose symptoms meet the diagnostic criteria of the NICE guideline NG206 on ME/CFS; and whose membership is drawn primarily from a particular geographic area within the UK.

- To get the 2021 NICE guideline NG206 on ME/CFS fully implemented by local and national health authorities.
- To create a map or database so that when people contact us we can refer them to an already known group that is part of our network, supporting local voices.
- To provide support to people within our network where a local group does not exist.
- To strengthen the relationship between national charities/organisations and local groups through communication, and promote the understanding of local issues at a national level, including the local impact of national policies and practice and the specific challenges that local groups face.
- To ensure the grassroots voice is heard.
- To strengthen each other's local groups by supporting each other through sharing documents, so that they do not need to be created by each group, and whatever makes each other's groups easier to run. Where groups have paid staff, provide support for other groups to help them run more effectively.
- To help people setting up their own groups, through provision of resources and experience as to how to make it work and raise awareness etc.
- To use our network to put us in a position to reach some of the most housebound and ill people in our communities.

Main communication channels: emails and Google Chat.

Main meetings the First Friday of every month. Meetings around specific themes organised in between the main meetings (e.g. Health Services, Benefits work).