



Sheffield Health  
and Social Care  
NHS Foundation Trust

# ▶ Myalgic Encephalomyelitis/ Chronic Fatigue Syndrome (ME/CFS) Service

South Yorkshire and North Derbyshire  
Information for our service users





## About ME/CFS

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a complex medical condition which can affect multiple systems in the body.

ME/CFS affects each person differently and varies widely in severity. The symptoms include debilitating fatigue and unrefreshing sleep as well as difficulties with memory and concentration.

People typically experience post-exertional malaise, where symptoms are made worse by seemingly small amounts of increased activity whether physical, cognitive, emotional or social.

ME/CFS is a fluctuating condition so a person may be able to do a task on one day, but may not then be able to do the same task a day or several days later because the symptoms have become disabling. This can be confusing for the individual as well as their family, friends and colleagues.

ME/CFS affects people in different ways and individuals can often feel isolated and unsupported. Additional physical, cognitive, environmental and emotional demands can affect recovery.

## About us

The ME/CFS Service is a specialist therapy service for adults affected by ME/CFS. We are a multi-disciplinary team including occupational therapists, physiotherapists, a GP with special interest in ME/CFS, a clinical psychologist and a consultant psychiatrist.

Our clinicians provide therapy and support for people with ME/CFS as well as the people involved in their care.

Depending on your circumstances we may work directly with you or provide advice and support to services that are more local to you, or already involved in your care.

All decisions about the therapy that you receive are made jointly with you in order to develop a personalised plan to help you find ways to self-manage your condition.

Referrals to our service are made by GPs, who will complete a form which includes a series of blood screening investigations.

## Your initial assessment

You will begin by discussing your current symptoms, what makes them worse and what helps. We will discuss the

onset and progression of your symptoms. We will then explore the impact of your ME/CFS symptoms on all aspects of your life and things you may have tried already. If appropriate we will confirm a diagnosis of ME/CFS.

We will explain to you what our service offers and discuss with you the treatment options. You will have time to consider these options before making a joint decision regarding accessing a treatment programme.

We may also discuss referral to alternative services, if in discussion with you this feels most appropriate to meet your needs.

## Treatment approach

Our treatment approach is based on the updated NICE guidelines for ME/CFS (2021).

We will support you to learn and develop skills and techniques to help you to

manage your symptoms of ME/CFS and improve your quality of life.

During your treatment programme you will cover topics including:

- Understanding ME/CFS
- Activity management
- Quality rest
- Physical stress
- Mental/cognitive stress
- Emotional stress
- Understanding persistent pain
- Working with thoughts
- Sleep
- Nutrition
- Communication
- Managing flare ups

The programme involves practical activities and doing things a little differently. You need to be prepared to 'give it a go' to access this approach.

## Treatment options

Following your assessment and confirmation of a diagnosis of ME/CFS you may choose one of the following options:

- Information on self-directed management and an open appointment for 12 months.
- Three to six individual treatment sessions.
- Six group programme sessions.

Following all of these treatment options you will be given an open appointment for 12 months. You will also be provided with a treatment manual and signposted to digital resources as appropriate.

## Other useful contacts

### **Sheffield ME and Fibromyalgia Group**

0114 253 6700

[www.sheffieldmegroup.co.uk](http://www.sheffieldmegroup.co.uk)

[info@sheffieldmegroup.co.uk](mailto:info@sheffieldmegroup.co.uk)

### **Derbyshire ME Group**

01332 735692 / 01332 832836

[me-derbyshire.org.uk](http://me-derbyshire.org.uk)

### **Doncaster ME Group**

01302 787353

[danum.me](http://danum.me)

[mike@danum.me.uk](mailto:mike@danum.me.uk)

### **Action for ME**

0117 927 9551

[www.actionforme.org.uk](http://www.actionforme.org.uk)

[questions@actionforme.org.uk](mailto:questions@actionforme.org.uk)

### **ME Association**

0344 5765326

[www.meassociation.org.uk/contact-us](http://www.meassociation.org.uk/contact-us)

[meconnect@meassociation.org.uk](mailto:meconnect@meassociation.org.uk)



## Get in touch

If you need to get in touch with us you can reach us using the contact details below.

The service is open from 9am to 5pm, Monday to Friday. We are not an acute service, if you are experiencing acute physical or mental health symptoms please contact your GP or local emergency services.

### Address

ME/CFS Service for South Yorkshire and North Derbyshire  
Michael Carlisle Centre  
75 Osborne Road  
Sheffield  
S11 9BF

### Telephone

0114 226 3232

### Email

[sheffield.cfsmeservices@nhs.net](mailto:sheffield.cfsmeservices@nhs.net)

### Website

[www.shsc.nhs.uk/mecfs](http://www.shsc.nhs.uk/mecfs)

## Your feedback

If you have a concern, compliment or complaint about the care you have received you can discuss this with your therapist or get in touch with our complaints team on [0114 271 8956](tel:01142718956) or [complaints@shsc.nhs.uk](mailto:complaints@shsc.nhs.uk)