

# Richmond & Kingston



## M.E. Group

Serving Richmond & Kingston Boroughs & the surrounding areas

### USEFUL RESOURCES ON ME AND CFS FOR SCHOOLS

#### Government publications:

National Institute of Clinical Excellence (NICE) Guideline '*Chronic fatigue Syndrome/Myalgic Encephalomyelitis*' August 2007.

<http://guidance.nice.org.uk/CG53>

Department for Education '*Ensuring a good education for children who cannot attend school because of health needs: Statutory guidance for local authorities*' January 2013.

<http://www.education.gov.uk/aboutdfe/statutory/g00219676/health-needs-education>

American Institute of Medicine '*Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Redefining an Illness*' February 2015

<http://iom.nationalacademies.org/Reports/2015/ME-CFS.aspx#sthash.Iy3JarW0.dpuf>

#### Recent Biomedical Research

Dr VanNess presents, '*A Realistic Approach to Exercise and Rehabilitation in ME/CFS*' at the Watershed in Bristol' February 2014. (Video)

<http://www.workwellfoundation.org/research-and-latest-news/>

Prof Julia Newton, '*Metabolism and the muscles*' July 2014 (Webinar and Transcript) <http://www.mereseearch.org.uk/news/newton-talks-muscle/>

Hornig M, Gottschalk G, Peterson DL, Knox KK, Schultz AF, Eddy ML, Che X, Lipkin '*Cytokine network analysis of cerebrospinal fluid in myalgic encephalomyelitis/chronic fatigue syndrome*' March 2015 (Abstract)

<http://www.mereseearch.org.uk/news/immune-markers-in-csf/>

Michael Falk Hvidberg, Louise Schouborg Brinth, Anne V. Olesen, Karin D. Petersen, and Lars Ehlers 'The Health-Related Quality of Life for Patients with Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS)' July 2015 (Commentary and link to full paper)

<https://www.ncbi.nlm.nih.gov/pubmed/26147503>

ME Association "Register of Research" This is an A-Z index of all the most important research studies (and selected key documents and articles), listed by subject matter, that have been published on ME/CFS

<http://www.meassociation.org.uk/2018/04/me-association-monthly-summary-of-me-cfs-published-research-09-april-2018/>

## **Tymes Trust**

Tymes Trust (The Young ME Sufferers Trust) has a wealth of publications available for download from their website:

<http://www.tymestrust.org/tymespublications.htm>

In particular note:

Jane Colby, *False Allegations of Child Abuse in Cases of Childhood Myalgic Encephalomyelitis (ME)*, Argument & Critique, July 2014

<http://www.argumentcritique.com/publications.html>

Jane Colby *A Good Practice Guide to Education for Children with ME for GPs, Schools and Families*. June 2014.

Jane Colby *Professional Guides – 10 points on the Education of Children with ME* 2000.

Elizabeth Dowsett and Jane Colby *Long Term Sickness Absence due to ME/CFS in UK Schools: An Epidemiological Study With Medical and Educational Implications* 1997.

Jane Colby: *A Good Practice Guide to Education for Children with ME for GPs, Schools and Families*: <https://www.tymestrust.org/pdfs/gpguidev2.pdf>

## **Videos**

*Voices from the Shadows* Directed by Josh Briggs and Natalie Boulton. A one hour film bearing witness to the tragic consequences of psychiatric prejudice and medical ignorance for people with severe ME. DVD or Downloadable from <http://mubi.com/films/voices-from-the-shadows>

ME North East with TalentStar *ME – All About Me*, 2010 a 21 minute video featuring teenagers with ME/CFS <http://vimeo.com/9779788>

Dr. Nigel Speight interview on child protection issues:  
<youtube.com/watch?v=XcRZo1vO53c>

### **Facebook Site for Young People with ME**

ME Teens is a closed Facebook group for teenagers from 13 + with ME/CFS to come together and share interests and make friends.  
<https://www.facebook.com/groups/714975368564733/>