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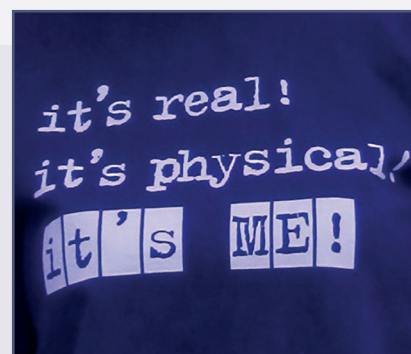


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Please select the items you wish to order from the list inside, then return to this page to complete your order.

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The MEA, 7 Apollo Office Court, Radclive Road, Gawcott,
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LEAFLETS - ALL PRICES INCLUDE P&P

	COST EACH	QTY	TOTAL COST
MEDICAL MANAGEMENT LEAFLETS			
A-Z OF SYMPTOM MANAGEMENT: Lists all the main symptoms of ME/CFS and provides guidance on the use of drugs and other forms of treatment. Also contains information about other medical conditions that cause the same symptoms. NEW. COMPLETELY REVISED IN 2020	£1.00		
ALTERNATIVE & COMPLEMENTARY APPROACHES TO MANAGEMENT: Looks at the pros and cons of the most popular alternative treatments on offer for ME/CFS.	£1.00		
AMITRIPTYLINE EXPLAINED: Describes the more common side-effects of this drug when used for pain relief or to help with sleep in ME/CFS, warns when it should not be taken, gives details of other medicines which alter its effects and indicates how it should best be used.	£1.00		
ANAESTHETICS AND ME: Covers the concerns that people with ME/CFS may face when they have to undergo an operation or invasive medical procedure. See also our leaflet <i>Going into Hospital</i> .	£1.00		
BLOOD TESTS EXPLAINED: At present, there is no diagnostic blood test for ME/CFS – but testing your blood is vital to rule out other illnesses that have similar symptoms.	£1.00		
CANCER, CHEMOTHERAPY, RADIOTHERAPY AND ME/CFS: Provides information on support that is available and advice on how to cope with what is obviously going to be a very difficult time. Also explains how cancer treatments may affect ME/CFS.	£1.00		
COGNITIVE BEHAVIOUR THERAPY (CBT): What is CBT? Why all the fuss? What happens if you go for a course of CBT? Our leaflet answers your questions about this talking therapy. There's also a summary of our report on CBT, GET and Pacing.	£1.00		
COGNITIVE DYSFUNCTION ALSO KNOWN AS 'BRAIN FOG': Difficulties with memory and concentration are often major issues for people with ME/CFS. This leaflet discusses coping strategies and whether drugs or supplements may help. It is also designed to help you explain these problems to employers, benefits agencies, etc.	£1.00		
COLD HANDS AND FEET: What causes these unpleasant symptoms and how might they be prevented and managed?	£1.00		
DENTAL CARE – YOUR QUESTIONS ANSWERED: Dental surgeon Dr Richard Cantillon answers your questions – from which toothpaste to use to local anaesthetics, antibiotics, and mercury fillings.	£1.00		
DEPRESSION AND ANTI-DEPRESSANTS: Explains when anti-depressants may be appropriate in ME/CFS, and discusses the different types available. Dr Shepherd discusses how lower doses might help with pain and sleep disturbance.	£1.00		
DISABILITY RATING SCALE: Includes a self-assessment table that people with ME/CFS can use to measure their level of ability. It could be useful when talking to health professionals and when applying for benefits.	£1.00		
DULOXETINE/CYMBALTA – ITS USE FOR PAIN RELIEF: Recent research suggests this drug might be useful for the relief of fibromyalgic and neuropathic pain. Dr Shepherd discusses the evidence for and against.	£1.00		
EMPLOYMENT ISSUES AND ME/CFS: An eight-page leaflet looking at the options facing someone at work, work-related benefits, the practical and financial help that may be available, ill-health retirement, taking 'Disability Leave' and the relevant laws. Contains new insert on 'Disability Passports', a scheme to help disabled people keep their jobs or to use when they consider a return to work.	£3.00		
ENERGY MANAGEMENT + ME CONNECT LEAFLET ON PACING: Balancing activity and rest is one of the most difficult aspects of managing your ME/CFS. Dr Shepherd's management file on energy management gives some guidance on how to achieve the right balance. The ME Connect leaflet is an introduction to pacing, the system that helps many people with ME/CFS manage activity and rest.	£1.00		
ESSENTIAL FATTY ACIDS AND EPA: Explains what these are, why they might be beneficial for people with ME/CFS and what side-effects can occur. The leaflet explains the quite complicated science involved.	£1.00		
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FIBROMYALGIA - WHAT IS FIBROMYALGIA?: Many people with ME/CFS also have symptoms of Fibromyalgia. In this leaflet, Dr Shepherd discusses the similarities between the two illnesses but he also explains that there are significant differences.	£1.00		
FLU VACCINATIONS AND ME (2019/20): Weighs up the pros and cons of flu vaccinations for people with ME/CFS.	£1.00		
GABAPENTIN – AN OPTION FOR MODERATE TO SEVERE PAIN: Dr Shepherd discusses when and why this drug might be used to treat moderate to severe pain.	£1.00		
GOING INTO HOSPITAL: Suggests what you should consider before admission and how to discuss your symptoms with the doctors and nurses. See also our leaflet <i>Anaesthetics and ME</i> and the ME Connect leaflet <i>Explaining ME to People</i> .	£1.00		
HEADACHES AND ME/CFS: Discusses the most common forms of headaches experienced by people with ME/CFS, suggests ways in which the pain might be relieved and urges patients to seek medical help urgently if any 'red flag' symptoms occur.	£1.00		
HOW TO DEAL WITH YOUR DOCTOR: Discusses your options if things are not working out well, particularly with your GP. There's also a brief discussion of hospital doctors and private consultants.	£1.00		
IMPORTANCE OF EARLY AND ACCURATE DIAGNOSIS: A quick guide to this important subject by Dr Shepherd. This is definitely one leaflet to show to your own doctor!	£1.00		
LYME DISEASE - THE FACTS: Lyme is becoming more common in the UK. Dr Shepherd discusses how this tick-borne disease is tested for and the drawbacks in that, the symptoms and signs which are sometimes confused with ME/CFS, how best to remove ticks, the treatments available and how Lyme can become horribly chronic if not treated soon enough.	£1.00		
LYRICA / PREGABALIN FOR PAIN RELIEF IN ME: A prescription-only drug used to treat moderate to severe pain in ME/CFS. It is not always tolerated. Dr Charles Shepherd discusses its use in detail.	£1.00		
IS ME A NEUROLOGICAL DISEASE?: Unfortunately the debate still rages in some quarters about whether the illness is rooted in our physiology or whether it's 'all in your head'. In this leaflet, Dr Shepherd provides chapter and verse to back up our belief in neurological causation. It will give supporters more evidence they need in their discussions. FULLY REVISED	£1.00		
MENOPAUSE, FEMALE HORMONES AND HRT: Considers some of the remedies that may work for you and some that have no scientific validity but which may still be useful.	£1.00		
MUSCLE ENERGY SUPPLEMENTS: Examines the scientific evidence for the use of over-the-counter supplements taken by people with ME/CFS who believe they help reduce exercise-induced muscle fatigue. Discusses carnitine, co-enzyme Q10, creatine and NADH/Enada.	£1.00		
NATURE OF FATIGUE IN ME/CFS: Describes the unique type of fatigue experienced by people with ME/CFS and why it is often used as a key diagnostic tool. In particular, this leaflet discusses carnitine, co-enzyme Q10, creatine and NADH/Enada.	£1.00		
OBTAINING AN ILL-HEALTH PENSION + PROGNOSIS AND PERMANENCY: Do you have a company pension and need to retire early? This leaflet looks at the problems involved and gives sources for further information. <i>Prognosis and Permanency</i> is a fully referenced leaflet that covers the thorny question: "Is the ill-health and disability likely to be permanent?"	£1.00		
ORTHOSTATIC INTOLERANCE IN ME/CFS: Orthostatic intolerance refers to problems in standing up or trying to remain standing. We regard orthostatic intolerance as a key as a key diagnostic feature of the illness. This leaflet explains what it is, how it's caused and what can be done to ease the symptoms. We have a separate leaflet on <i>Postural Orthostatic Tachycardia Syndrome (PoTS)</i> , (page 4).	£1.00		
PAIN - COPING WITH PAIN: Looks at the general principles of pain management and treatments in ME/CFS.	£1.00		
PERMANENT HEALTH INSURANCE POLICIES: Explains the ins and outs of buying this type of insurance, which is also known as Income Protection Insurance, and what you should be aware of when making a claim, or becoming involved in a dispute.	£1.00		
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POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME (PoTS): Some people with ME/CFS also have this condition but it can remain undiagnosed because of the lack of knowledge among health professionals. Based on a workshop on PoTS presented by Prof. Julia Newton and the charity PoTS UK at a CMRC conference in 2016.	£1.00		
PREGNANCY, CHILDBIRTH AND ME/CFS: What are the effects of pregnancy and childbirth on ME/CFS? Is the baby at risk? How do you cope after the baby is born? What about the father? These are just some of the questions considered.	£1.00		
PREMENSTRUAL SYNDROME/FEMALE HORMONES: Some women who have premenstrual syndrome symptoms also experience an exacerbation of their ME/CFS symptoms at this time. This leaflet looks at how this can be managed and also summarises the research that has been published into female hormone status in ME/CFS	£1.00		
RELAPSES, EXACERBATIONS AND FLARE-UPS: This leaflet explains how ME/CFS often involves relapses, exacerbations and flare-ups, and what causes this variability. It also discusses how to manage your ME/CFS when a relapse or exacerbation occurs.	£1.00		
SORTING OUT SLEEP DISTURBANCE + RESTLESS LEGS: This leaflet looks at how sleep patterns can change in people with ME/CFS and what type of sleep disturbances commonly occur. It gives guidance on how sleep disturbance can be treated. Also included is information on Circadin (prescription-only melatonin) and an item on Restless Legs Syndrome.	£1.00		
SPECIALIST REFERRALS: This leaflet provides up-to-date information on how to find a hospital specialist in ME/CFS – although in some areas of the UK they are in very short supply. It also discusses the specialist NHS services in England for people with ME/CFS, and has a section about paying privately to see a specialist.	£1.00		
STOMACH AND IRRITABLE BOWEL SYMPTOMS: This leaflet covers irritable bowel symptoms, how they are treated using drugs and self-help measures, and information on other conditions with similar symptoms.	£1.00		
STRESS, AND HOW TO HANDLE IT: Stress can seriously damage your health. This explains what's involved and offers coping strategies.	£1.00		
TEN KEY ASPECTS OF MANAGEMENT: This leaflet discusses all the issues that you need to know about as you struggle to cope with your illness. It also highlights sources of additional detailed support from both within the ME Association and elsewhere. Keep it by you as you go through life. You never know when you might need it next. COMPLETELY REVISED	FREE	1 ONLY	
THYROID DISEASE AND ME/CFS: Information on the thyroid gland, thyroid function tests, treatment of thyroid disease, and the overlap with ME/CFS.	£1.00		
TREATING ME/CFS, INCLUDING NEW AND EXPERIMENTAL APPROACHES TO MANAGEMENT: Reviews all the new drugs, supplements and alternative treatments that are now being used, or are being assessed in clinical trials, for the management of ME/CFS.	£1.00		
UNIVERSITY AND ME: Leaving home and heading off to university can be a daunting time for any person, particularly for those with a fluctuating and often hidden condition, such as ME. This leaflet by Pippa Stacey will help you to make the transition and come to the right decisions.	£1.00		
VACCINATIONS AND PRE-TRAVEL HEALTH PLANNING: Everything you need to know about preparing for a trip abroad. We also have a separate letter for travel operators about adjustments and assistance that may be required by people with ME/CFS (see <i>'To Whom It May Concern'</i> Letter on page 7) and a leaflet covering Travel Insurance.	£1.00		
VITAMINS AND VITAMIN SUPPLEMENTS: Everything you need to know about vitamins and vitamin supplements (and more).	£1.00		
VITAMIN B12 – COULD IT BE A SAFE AND EFFECTIVE FORM OF TREATMENT?: We receive regular queries and feedback about the use of vitamin B12 in ME/CFS. This used to be prescribed by doctors as a 'tonic' for people with a variety of complaints, especially those involving fatigue, but it is no longer used in this way. In this leaflet, Dr Charles Shepherd weighs up the evidence for and against its use.	£1.00		
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WHAT DO WE KNOW ABOUT THE CAUSES OF ME/CFS?: Dr Shepherd ponders the big questions and suggests ideas for future research.	£1.00		
<u>BENEFITS AND SOCIAL CARE INFORMATION</u>			
VITAMIN D DEFICIENCY: There is a growing interest in the role of Vitamin D – the ‘sunshine vitamin’ – in ME/CFS. This leaflet explores how the deficiency is diagnosed, the different treatments and overdosing dangers.	£1.00		
BENEFITS AND TAX CREDITS (INTRODUCTION): Tells you about DWP benefits including Sick Pay, Employment & Support Allowance, Income Support, Personal Independence Payment, Industrial Injuries Disablement Benefit, Jobseeker’s Allowance, Working Tax Credit, Universal Credit, Attendance Allowance, Child Tax Credit, Travel & Parking Concessions.	£1.00		
BLUE BADGE SCHEME: How to apply for this parking concession and our ‘To Whom It May Concern’ letter supporting an application.	£1.00		
CARER’S ALLOWANCE: This leaflet explains what it is, how to apply and what to do if you are turned down.	£1.00		
DISABLED FACILITIES GRANT: Getting help with adaptations to your home.	FREE	1 ONLY	
ESA – THE MEA GUIDE TO FILLING IN THE FORM: 35 pages. Our new three-part guide to assist people who intend to claim ESA and/or Universal Credit on ill-health grounds.	£3.00		
GETTING HELP FROM SOCIAL SERVICES: If you have ME and it affects your daily life, you may be able to get help from your local social services department. This essential guide, written by independent health writer and researcher Cathy Stillman-Lowe, tells you how the system works, and how to complain if you are not satisfied with the results of your application.	£1.00		
ME AND MY CARER: Few people really understand the effects of ME/CFS. This tick-box leaflet will help you get across the complexities of ME/CFS and how it affects you in particular. It is a good leaflet for carers – even for close members of the family who may sometimes need reminding of how ill you are.	£1.00		
PIP – THE MEA GUIDE TO FILLING IN THE FORM: Our guide on how to complete the paperwork, and make the most of your application for this benefit. PIP has replaced the Disability Living Allowance for all new applications. DLA can still be claimed for children below the age of 16.	£3.00		
RECONSIDERATIONS AND APPEALS FOR ESA AND PIP: The ME Association’s guide to challenging decisions that go against you after you’ve applied for Employment and Support Allowance (ESA) and Personal Independence Payment (PIP). The same rules apply for each benefit.	£3.00		
TOP TIPS WHEN CLAIMING BENEFIT: If you’re faced with the daunting task of filling in one of those complicated claims forms for ESA, PIP or Universal Credit, read our welfare rights adviser Ann Innes’ seven top tips. It could make all the difference to the quality of your application!	FREE	1 ONLY	
UNIVERSAL CREDIT EXPLAINED: A guide to Universal Credit (UC) - a new, non-taxable benefit for people of working age that has been introduced to replace means-tested benefits (excluding Council Tax Reduction, which is still claimed separately via your local authority).	£1.00		
<u>CHILDREN AND ME</u>			
CHILDREN AND ADOLESCENTS: A free-to-access 44-page medical review covering both diagnosis and management of young people with ME/CFS, co-authored by MEA paediatric adviser Dr Nigel Speight, can be downloaded here: https://tinyurl.com/vvcb7yh . We can supply a paper copy if you do not have computer access.	Paper copy of the 44 page medical review: £1.50 (UK); £4.50 (EUR) £6.00 (ROW)		
We can also supply a paper copy of the chapter on children and adolescents in the MEA purple book. In addition to diagnosis and management, this covers issues relating to education and child protection.	Paper copy of the chapter on children and adolescents: £1.00 (UK); £1.50 (EUR) £2.00 (ROW)		
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	COST EACH	QTY	TOTAL COST
DIET AND NUTRITION			
HEALTHY DIET IN ME/CFS: ME/CFS can have far reaching effects on day-to-day diet and eating. This leaflet explores current evidence about diet and healthy eating in relation to ME/CFS and the myths around them.	£1.00		
NUTRITIONAL SUPPLEMENTS IN ME – MYTH OR MIRACLE CURE?: This leaflet assesses the evidence for a number of supplements, some of which have a big following among people with ME/CFS. They include magnesium injections, Evening Primrose Oil, Omega-3 fish oil, Vitamin B6, NADH/Enada and L-carnitine.	£1.00		
GENERAL INFORMATION			
BOOK LIST: A short list of self-help books, reports and literature about ME/CFS.	FREE	1 ONLY	
LEAVING MONEY TO THE ME ASSOCIATION: Our leaflet on adding a codicil to your will.	FREE	1 ONLY	
ME/CFS – YOUR QUESTIONS ANSWERED: This leaflet explains ME/CFS and Post Viral Fatigue Syndrome (PVFS). It also discusses what makes the illness so different from other possible causes of chronic fatigue.	£1.00		
THE CASE FOR BETTER NHS SERVICES: The ME Association's evidence to the 2009 All Party Parliamentary Group on ME Inquiry into NHS Services for people with ME/CFS in England, plus a copy of their final report.	FREE	1 ONLY	
TRAVEL INSURANCE: Helping people with ME/CFS get the best value for their money while on the move. See also our leaflet on vaccinations and pre-travel health care and the 'To Whom it may Concern' letter on travel and accommodation.	FREE	1 ONLY	
FREE FACTSHEETS			
WHAT YOU NEED TO KNOW ABOUT ME: Aimed at those who come unarmed with any information about this illness. This leaflet lays out the basic things you need to know in order to grasp its scale, intensity and ferocity.	FREE	1 ONLY	
MEA RAMSAY RESEARCH FUND: This leaflet describes the operation of our designated research fund, which has donated over £1m to biomedical research in recent years and continues to invest heavily in cutting-edge projects.	FREE	1 ONLY	
MEA RESEARCH SUMMARY: A glorious immersion into the dizzying world of biomedical research into ME/CFS, which has been gathering pace in recent years. It updates on our state of knowledge as at the end of December 2018.	FREE	1 ONLY	
CLOTHING			
P&P for MEA T-Shirts, for GO BLUE T-Shirts and for baseball caps:			
Please add £3.85 for EUROPE or £5.35 for REST OF THE WORLD			
 MEA T-SHIRTS - IT'S REAL. IT'S PHYSICAL. IT'S ME! Purple 'Fruit of the Loom' cotton. In sizes: S, M, L, XL, XXL. State size(s) required in the box.	 UK £8.00		
 T-SHIRTS - GO BLUE FOR ME! Blue 'Fruit of the Loom' cotton. In sizes: S, M, L, XL, XXL. State size(s) required in the box.	 UK £8.00		
 BASEBALL CAPS - HOW WILL YOU WEAR YOURS? Purple baseball caps with ME Association logo.	UK £8.00		
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ME CONNECT LEAFLETS			
ANXIETY AND PANIC ATTACKS – YOUR QUESTIONS ANSWERED: Tips on managing anxiety and panic attacks. This leaflet also contains a list of other sources of support. FULLY REVISED	£1.00		
CARING FOR A PERSON WITH ME: Support for carers and where to find out more.	£1.00		
COUNSELLING – YOUR QUESTIONS ANSWERED: What is counselling? How can it help people with ME/CFS? How do you find a good counsellor? This leaflet answers all your questions.	£1.00		
EXPLAINING ME/CFS TO OTHER PEOPLE: This leaflet contains an extensive range of articles that will help you challenge other people's misperceptions and prejudices about ME/CFS, while remaining on talking terms!	£2.00		
JUST DIAGNOSED? WE ARE HERE TO HELP: This leaflet guides you gently through what ME is, how to manage your illness and gives simple advice about pacing. There's an introduction to benefits, guidance about your emotions and how to explain things to other people and where to start to get some help.	£2.00		
MANAGING YOUR EMOTIONS: This leaflet gives advice about how to get through some of the more difficult times in life.	£1.00		
ME – WHAT GETS IN THE WAY OF GOOD MANAGEMENT: This leaflet discusses how careful management can help people control their ME and feel better.	£1.00		
SEVERE ME/CFS – HELPING YOU COPE WITH IT: A 12-page booklet giving practical advice and information about coping strategies for when you are very ill. It includes a two-page, personalised handout for the people most involved with your care. Also includes guidance on nutritional assessment in severe ME/CFS.	£3.00		
'TO WHOM IT MAY CONCERN' LETTERS			
BLUE BADGE APPLICATIONS AND WHEELCHAIR USE IN ME/CFS: Making it clear that applications should not be refused on the erroneous grounds that ME/CFS is psychological.	FREE	1 ONLY	
DISABILITY AIDS, ADAPTATIONS AND SERVICES: This letter summarises the evidence needed to back up your applications.	£1.00		
IMMUNISATIONS AND ME/CFS: Summing up the evidence both for and against a link between immunisations and ME/CFS.	£1.00		
EXAMINATIONS AND ME/CFS: Summing up the special arrangements that may be needed when students with ME/CFS sit exams.	£1.00		
TRAVEL AND ACCOMMODATION: What travel companies, airlines and hotels should know about your requirements.	£1.00		
  MEA NOTELETS - LITTLE FLYING GEMS: Top quality – to replace our popular 'Botanical' notelets (no longer available). Blank inside for your own message. Five of each of two designs in a pack of 10.	£3.50 (UK) £6.20 (EU) £7.20 (ROW)		
 ME ALERT CARD: Credit card size. Keep it in your purse or wallet.	£1.00 (UK) £1.60 (EU and ROW)		
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	LIVING WITH ME: Self help guide by Dr Charles Shepherd, medical adviser to The MEA. 496pp. Published by Vermillion, 1999.	£12.50 (UK and BFPO) £15.50 (EU) £18.50 (ROW)		
	MYALGIC ENCEPHALOMYELITIS AND POST VIRAL FATIGUE STATES: THE SAGA OF ROYAL FREE DISEASE: Reprint of Dr Melvin Ramsay's book to mark the 50th anniversary in 2005 of the outbreak at the Royal Free Hospital. 68pp. Reprint published by The ME Association, by kind permission of Dr Ramsay's family.	£6.00 (UK and BFPO) £8.90 (EU) £10.50 (ROW)		
	THE 'PURPLE BOOK' – MAJOR NEW EDITION FOR 2019 – ME/CFS/PVFS: AN EXPLORATION OF THE KEY CLINICAL ISSUES: Written by MEA medical adviser Dr Charles Shepherd and consultant neurologist Dr Abhijit Chaudhuri. Includes some substantial updates for this - the 11th edition of the ME Association's world-beating clinical and research guide. Look up all the latest key findings relating to research, diagnosis and management of ME/CFS here. And we have sufficient funds to send free copies to your GP, consultant or other healthcare professional.	£9.00 (UK and BFPO) £16.00 (EU) £19.00 (ROW)		
The 2020 edition will be available in May. In the meantime we still have a few copies of the 2019 edition				
	ILLNESS MANAGEMENT SURVEY REPORT: 4,200 people took part in our Illness Management survey published in 2010. Read the results of the largest-ever survey of the opinions of people with ME/CFS into how they coped with their illness.	£6.00 (UK and BFPO) £9.90 (EU) £11.50 (ROW)		
This report can be obtained as a free download from the MEA website: www.meassociation.org.uk/shop/books/managing-me-survey/ .				
	EARLY DIAGNOSIS DELAY HARMS HEALTH: 16 page leaflet. Early Diagnosis - why is it so important? A 2005 report from The ME Alliance: lead author, Dr Charles Shepherd.	£1.50 (UK and BFPO) £2.00 (EU) £4.00 (ROW)		
	MEA PIN BADGES	£3.60 (UK and BFPO) £6.50 (EU) £7.00 (ROW)		
	MEA TROLLEY/LOCKER COIN: Just the thing to keep on your key ring! 1xTrolley Coin: £2.00 / 6xTrolley Coins: £10.00 / 12xTrolley Coins: £18.00 (UK and BFPO) 1xTrolley Coin: £4.75 / 6xTrolley Coins: £12.50 / 12xTrolley Coins: £24.00 (EU) 1xTrolley Coin: £6.00 / 6xTrolley Coins: £14.00 / 12xTrolley Coins: £26.00 (ROW)			
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NOW THAT YOU HAVE COMPLETED YOUR ORDER, PLEASE GO TO THE FRONT PAGE OF THE ORDER FORM AND ENTER YOUR FINAL DETAILS. PLEASE RETURN THE ENTIRE ORDER FORM TO US				