



“It is a constant battle with the NHS. It is very unfair to have to fight for support that should be readily available especially when I am not well. Most GPs and other staff at my local practice are unwilling to listen or to help” - Lucy



**ME
Awareness
Week
2021**

Health and
Social Care

meassociation.org.uk

“Health and social care professionals should: acknowledge to the person the reality of living with ME/CFS and how symptoms could affect them, take time to build supportive, trusting, and empathetic relationships, use a person-centred approach to assess people’s needs, involve family members and carers...”

***NICE Draft Guideline
ME/CFS 2020/21***

Hope for a Better Future?

#NHS4MECFS

THE ME ASSOCIATION

me