



LEEDS & DISTRICT M.E. GROUP

YOUR LOCAL SUPPORT GROUP FOR PEOPLE WITH M.E./C.F.S.

REGISTERED CHARITY NUMBER 1062677

Enquiry Line: 0113 298 2070 - website: www.ldmeg.org.uk

USEFUL NUMBERS LIST

updated September 2007

This list has grown over the years as a result of information passed on to us by our members and while we try to make sure all the information is up to date we cannot be held responsible for any inaccuracies. Any use you make of the information in this list is your own responsibility. The Leeds & District ME Group does not recommend any particular treatments or services. Before trying any new therapy you should discuss it with your doctor. Please remember, a therapy which helps some people might not help you and could make you worse.

If you find that any of this information is out of date or inaccurate please contact:
The secretary, PO Box 419, Leeds, LS6 9AL
☎ 0113 298 2070

ADVICE AND INFORMATION

CITIZENS ADVICE BUREAU (CAB): www.citizensadvice.org.uk
Leeds: 0870 120 2450 – Wakefield: 0870 121 2044 – Bradford: 0845 120 2909
For other local CAB offices please see the national website.

DISABILITY INFORMATION ADVICE LINE (DIAL): www.dialuk.info
Leeds: 0113 214 3630 - textphone: 0113 214 3627
Bradford: 01274 594 173
Wakefield/Castleford: 01977 723 933 or 934 - textphone: 01977 724 081
Free advice about issues for anyone experiencing disablement, including welfare benefits and appeals. Also has information on disabled facilities when out and about, wheelchair hire, and holidays.

LEEDS WELFARE RIGHTS UNIT: 0113 2149006 - welfare.rights@leeds.gov.uk
Free advice on welfare benefits and rights issues. Help with DSS forms and appeals. Home visits available if necessary. Surgeries throughout the city - phone for further details.

THE PAY & EMPLOYMENT RIGHTS SERVICE: Advice line: 01924 439381 - www.pers.org.uk
Advice on employment rights including the Disability Discrimination Act, which can apply to people with M.E./C.F.S.

DISABILITY LAW SERVICE: 020 7791 9800 - textphone: 020 7791 9801 – www.dls.org.uk
39-45 Cavell Street, London E1 2BP
National service providing free legal advice for disabled people - advice@dls.org.uk

DISABILITY RIGHTS COMMISSION: 08457 622 633 - textphone: 08457 622 644
www.drc-gb.org - Provides information about disabled people's rights, especially with regard to the Disability Discrimination Act.

RADAR - THE DISABILITY NETWORK: 020 7250 3222 - textphone: 020 7250 4119
12 City Forum, 250 City Road, London EC1V 8AF - www.radar.org.uk - radar@radar.org.uk
A national charity run by and for disabled people.

DISABLED GO: www.DisabledGo.info
A guide by Leeds city Council on accessible local services for disabled people.

HAREHILLS & CHAPELTOWN LAW CENTRE: 0113 249 1100
Legal advice.

ALLERGY

ACTION AGAINST ALLERGY: 020 8892 2711&020 8892 4949 - www.actionagainstallergy.co.uk
PO Box 278, Twickenham, Middlesex. TW1 4QQ.
A national charity helping people with all kinds of allergies.

ALLERGY UK: www.allergyfoundation.com - info@allergyuk.org
Allergy UK Helpline 01322 619 898
3 White Oak Square, London Road, Swanley, Kent BR8 7AG
A national charity helping people with allergies.

BACK PAIN

BACKCARE: HELPLINE: 020 8977 5474 & local rate number: 0845 130 2704
16 Elmtree Road, Teddington, Middlesex TW11 8ST - www.backcare.org.uk
The charity for healthier backs, providing info on the causes, treatment and management of back pain.

CANDIDA

NATIONAL CANDIDA SOCIETY: 01689 813 039
PO Box 151 Orpington, Kent BR5 1UJ
www.candida-society.org.uk - info@candida-society.org.uk
Provides information about candida.

CARERS; SUPPORT AND ADVICE

CARERS UK: 020 7490 8818/Carers advice line: 0808 808 7777 - www.carersuk.org.uk
20-25 Glasshouse Yard, London EC1A 4JT - info@carersuk.org
Information and support through a nationwide network of groups.

CROSSROADS: 0845 450 0350
Leeds: 0113 271 6457 - www.crossroads.org.uk/leeds
Airedale and Bradford: 01274 588 990 - www.airedale.bradford.org.uk
10 Regent Place, Rugby, Warwickshire CV21 2PN
A national charity supporting people who care for a disabled person at home.

LEEDS CARERS' CENTRE: 0113 246 8338 - www.carers.org/leeds
6-8 The Headrow, Leeds, LS1 6PP – info@carersleeds.org.uk
Publishes a bi-monthly magazine with news about all aspects of caring, subscription is free.
Provides befriending service for carers who feel isolated and in need of emotional help. They also have a directory of local support groups.

WAKEFIELD & DISTRICT CARERS ASSOCIATION: 01924 305 544
25 King Street, Wakefield WF1 2SR – info@carerswakefield.org.uk
Information and support for carers of all ages.

WAKEFIELD YOUNG CARERS: 01924 304 112

Supporting young people who look after a disabled person. youngcarers@barnados.org.uk

COMPLEMENTARY THERAPIES

A list of qualified practitioners can be obtained from the associations below:

BRITISH MEDICAL ACUPUNCTURE SOCIETY: 01606 786782

www.medical-acupuncture.co.uk - admin@medical-acupuncture.org.uk

BRITISH ACUPUNCTURE COUNCIL: 020 8735 0400

63 Jeddo Road, London, W12 9HQ - www.acupuncture.org.uk - info@acupuncture.org.uk

BRITISH HOMEOPATHIC ASSOCIATION: 0870 444 3950

Hahnemann House 29 Park Street West, Luton LU1 3BE - www.trusthomeopathy.org

SOCIETY OF HOMEOPATHS: 0845 450 6611

11 Brookfield, Duncan Close, Moulton Park, Northampton NN3 6WL

www.homeopathy-soh.org - info@homeopathy-soh.org

BRITISH REFLEXOLOGY ASSOCIATION: 01886 822 017

Monks Orchard, Whitbourne, Worcester WR6 5RB - www.britreflex.co.uk - bra@britreflex.co.uk

GENERAL OSTEOPATHIC COUNCIL: 020 7357 6655

176 Tower Bridge Road, London SE1 3LU - www.osteopathy.org.uk - info@osteopathy.org.uk

NATIONAL FEDERATION OF SPIRITUAL HEALERS: 01932 783164

Old Manor Farm Studio, Church Street, Sunbury-on-Thames, Middlesex, TW16 6RG

www.nfsh.org.uk Healer referral line: 0845 123 2767

NATIONAL INSTITUTE OF MEDICAL HERBALISTS: 01392 426 022 - www.nimh.org.uk

Elm House, 54 Mary Arches Street, Exeter EX4 3BA

COUNSELLING AND BEREAVEMENT

SAMARITANS: 08457 90 90 90 (24 hours) - www.samaritans.org.uk - jo@samaritans.org

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

LEEDS COUNSELLING (WPF): 0113 245 0303 - www.leedscounselling.org.uk

National website: www.wpf.org.uk

Leeds Bridge House, Hunslet Road, Leeds LS10 1JN – info@leedscounselling.org.uk

Confidential service near Leeds City Centre. Fees based on personal circumstances.

YOUTH POINT: 0113 274 9959 – youthpoint@hotmail.com

Cardigan Centre, 145-149 Cardigan Road, Headingley, Leeds LS6 1LJ

Free information, support and counselling for young people aged 13 to 19.

MARKET PLACE: 0113 246 1659 – 28 Kirkgate, Leeds, LS2 7DJ

Free counselling for young people aged 13 to 25 in Leeds city centre.

WOMEN'S COUNSELLING & THERAPY SERVICE: 0113 245 5725

www.womenstherapyleeds.org.uk - info@womenstherapyleeds.org.uk

Oxford Chambers, Oxford Place, Leeds LS1 3AX

Psychotherapy for women in Leeds.

CRUSE BEREAVEMENT CARE: 0113 234 4150
Day by day helpline: 0844 477 9400 - www.crusebereavementcare.org.uk
They also have a drop-in group each month.

WAY FOUNDATION: 0870 011 3450 - www.wayfoundation.org.uk - info@wayfoundation.org.uk
PO Box 6767, Brackley NN13 6YW
A self help and support group for widowed men and women under 50.

EDUCATION

SKILL - National Bureau for Students with Disabilities: 0800 328 5050
www.skill.org.uk - skill@skill.org.uk
Chapter House, 18-20 Crucifix Lane, London SE1 3JW

NATIONAL ASSOCIATION FOR THE EDUCATION OF SICK CHILDREN (NAESC)
18 Victoria Park Square, Bethnal Green, London, E2 9PF - 020 8980 8523

FAMILY SUPPORT

HOME START: 0800 068 6368 - www.home-start.org.uk
Leeds: 0113 244 2419 – Wakefield: 01977 603 860 – Bradford: 01274 666 711
A befriending service for families with children (at least one of whom must be under five) who are under stress for any reason, they provide emotional support but not home help services.

CONTACT A FAMILY: 0808 808 3555 (mon to fri 10am to 4pm & mon 5.30pm to 7.30pm)
A national telephone helpline service for families and carers of children with ill health, disabilities, or special needs. They provide advice and information on benefits, special educational needs, respite care and a sympathetic listening ear. www.cafamily.org.uk

FIBROMYALGIA

FIBROMYALGIA ASSOCIATION: www.fibromyalgia-associationuk.org - fmuk@hotmail.com
National Helpline: 0870 220 1232 (mon to fri 10am to 4pm)
Benefits Helpline: 0870 751 7389 (mon & fri 10am to 12noon)
P.O. Box 206, Stourbridge, West Midlands, DY9 8YL.

STIFF U.K: 01782 562 366 (mon to fri 11am to 4pm)
PO Box 1484, Newcastle under Lyme ST5 7UZ - www.stiffuk.org - stiffuk@btopenworld.com
Provides information about Fibromyalgia, which is a condition similar to M.E. but where pain rather than fatigue is the main symptom. Some people may have both conditions.

CASTLEFORD FIBROMYALGIA SUPPORT GROUP: 01977 555 547
They hold a meeting on the first Thursday of each month.

HELP AND SUPPORT

BRITISH RED CROSS: West Yorkshire: 01274 620 999 - www.redcross.org.uk
Responds to emergencies, trains first aiders and helps vulnerable people regain their independence.

WILLIAM MERRITT DISABLED LIVING AND MOBILITY CENTRE: 0113 305 5332
St Mary's Hospital, Green Hill Road, Armley, Leeds LS12 3QE
Providing information and advice for disabled people, elderly people, carers and professionals.

DISABLED LIVING FOUNDATION: 0845 1309177 (mon to fri 10am/4pm) 020 7289 6111
Provides information about aids for people with disabilities. www.dlf.org.uk

LEEDS CENTRE FOR INTEGRATED LIVING: 0113 214 3599

www.leedscil.org.uk – info@leedscil.org.uk

Armley Grange Drive, Leeds LS12 3QH

Provides a number of services for people with disabilities e.g. advocacy service for those who would like someone to speak on their behalf in dealing with official bodies etc.

CARE & REPAIR: www.careandrepair-england.org.uk - www.care-repair-leeds.org.uk

Leeds: 0113 240 6009 - Wakefield: 1924 290 949

A voluntary organisation, that helps the elderly on low incomes and the disabled to improve their homes. Advice on repairs, improvements and adaptations. Help with obtaining reliable builders and help with applying for grants.

CITIZEN ADVOCACY INFO & TRAINING (CAIT): 020 8880 4545

A national charity promoting citizen advocacy.

HOLIDAYS

HOLIDAY CARE: 0845 124 9971

www.holidaycare.org.uk - info@tourismforall.org.uk

Holiday information and advice for disabled people e.g. accessible accommodation and financial assistance. They also publish directories of nursing and residential homes, which offer short-term respite care. DIAL & RADAR also give help and advice on holidays.

LIBRARY SERVICES

LEEDS LIBRARY SERVICES - AT HOME SERVICE: 0113 395 2324

A mobile service delivering books and other library services to the housebound in Leeds.

CALIBRE AUDIO LIBRARY: 01296 432 339

www.calibre.org.uk

A free lending library of books on tape for anyone who cannot read ordinary print books, posted directly to your door. Over 7,000 titles to choose from, over 1,000 children's books.

MENOPAUSE

BURMANTOFT'S MENOPAUSE CLINIC: 0113 295 3359 (Wednesday 12.30pm-2.45pm)

MIGRAINE

MIGRAINE ACTION ASSOCIATION: 01536 461 333 - www.migraine.org.uk

Unit 6, Oakley Hay Lodge Business Park, Great Folds Road, Great Oakley, Northants NN18 9AS. A national charity providing information about migraine.

M.E./C.F.S. – NATIONAL GROUPS

ACTION FOR M.E.: 0845 123 2380 (mon to fri 9am to 5pm) 0117 927 9551

Third Floor, Canningford House, 38 Victoria Street, Bristol, BS1 6BY.

Action for M.E. is one of two national charities supporting people with M.E. They provide information, self-help and support services, and they campaign to improve the lives of all people with M.E. Members receive a quarterly magazine and have access to a number of telephone helplines. They can also put you in touch with other local ME groups if you live outside the Leeds area. www.afme.org.uk - admin@afme.org.uk

M.E. ASSOCIATION: www.meassociation.org.uk

meconnect@meassociation.org.uk

Members – 0870 444 1835 - Non-members – 0870 444 1836

4 Top Angel, Buckingham Industrial Park, Buckingham MK18 1TH

The M.E. Association is one of two national charities offering support to people with M.E.

Members receive a quarterly newsletter and have access to information and support services.

ASSOCIATION OF YOUNG PEOPLE WITH M.E. (AYME): 08451 232 389

PO Box 5766, Milton Keynes MK10 1AQ - www.ayme.org.uk - info@ayme.org.uk

A national charity for children and young people with M.E. (5 to 25). It is free to join. A young people's organisation run by the members for the members.

TYMES TRUST: The Young ME Sufferers Trust : 0845 003 9002 (11am to 1pm & 5pm to 7pm weekdays) - www.tymestrust.org PO Box 4347, Stock, Ingatstone, CM4 9TE

A national charity supporting children and young people with M.E.

Also see: www.youngactiononline.com. - jane@youngactiononline.com

BRAME: 01493 393 717 - www.brame.org

30 Winmer Avenue, Winterton on Sea, Great Yarmouth, Norfolk NR29 4BA

BRAME aims to increase awareness of M.E./C.F.S. in Britain and around the world.

25% GROUP: - www.25megroup.org - enquiries@25megroup.org

21 Church Street, Troon, Ayrshire, KA10 6HT 01292 318611

Supporting those with severe M.E. who are housebound, bedbound or use a wheelchair.

OTHER LOCAL M.E. GROUPS

For information about other local M.E. Groups please contact Action for M.E.

NHS SERVICES

LEEDS & WEST YORKSHIRE CFS/ME SERVICE: 0113 305 6513

Outpatients Suite, Newsam Centre, Seacroft Hospital, York Road, Leeds LS14 6UH

NHS Service treating people with M.E./C.F.S. The service offers in depth advice on managing the illness from a team of experienced occupational therapists. They also have the services of a physiotherapist, Cognitive Behaviour Therapy nurse and psychiatrist. To attend this service you must be referred by your G.P. karen.grimshaw@leedsmh.nhs.uk

LEEDS HEALTH AUTHORITY - www.leeds.nhs.uk

Specialist Services and Complementary Services - 0113 295 2185

NHS DIRECT: 0845 4647 (24 Hour) - www.nhsdirect.nhs.uk

Confidential helpline, which will give you information and advice about worrying health problems. They also have information about health information services, late night pharmacies, and out of hour's dentists.

PATIENTS ASSOCIATION: 0845 608 4455

www.patients-association.com - mailbox@patientsassociation.com

PO Box 935, Harrow, Middlesex, HA1 3YJ

A charity formed to help NHS patients with many aspects of NHS care. The helpline deals with patient enquiries & queries

OSTEOPOROSIS

NATIONAL OSTEOPOROSIS SOCIETY (NOS): National Helpline: 0845 450 0230
Northern Area: 01423 779 662 - www.nos.org.uk - info@nos.org.uk
Dedicated to supporting people with osteoporosis, promoting bone health, funding research, prevention and treatment

PAIN

PAIN CONCERN HELPLINE: 01620 822 572 (mon to fri 9 to 5 & fri 6.30 to 7.30)
www.painconcern.org.uk - info@painconcern.org.uk
PO Box 13256, Haddington, EH41 4YD
Provides information and support for pain sufferers

BRITISH PAIN SOCIETY: 020 7269 7840
info@britishpainsociety.org
Third Floor, Churchill House, 35 Red Lion Square, London, WC1R 4SG
Promotes education, training and research in all fields of pain.

PANIC ATTACKS

NO PANIC: freephone 0808 808 0545 (daily 10am to 10pm incl bank hols) - www.nopanic.org.uk
Providing information and support for people with anxiety disorders.

PMS/PMT

NATIONAL ASSOCIATION FOR PREMENSTRUAL SYNDROME (NAPS): 0870 777 2177
www.pms.org.uk (includes chat room) - contact@pms.org.uk
41 Old Road East Peckham Kent TN12 5AP
NAPS provides advice and support to those affected by and treating PMS and postnatal depression. NAPS is completely independent. They undertake research, clinical trials, professional development and provide clinical advice.

PRIVATE MEDICAL

DOCTOR SARAH MYHILL: 01547 550 331 - www.drmyhill.co.uk
Upper Weston, Llangunllo, Knighton, Powys LD7 1SL
Dr Myhill is a private practitioner who treats people with M.E.

BREAKSPEAR HOSPITAL: 01442 261 333
www.breakspearmedical.com
Hertfordshire House, Wood Lane, Hemel Hempstead, Herts. HP2 4FD
A private hospital treating people with allergy and environmental illness.

SEASONAL AFFECTIVE DISORDER (S.A.D.)

S.A.D. ASSOCIATION: 01903 814 942 - www.sada.org.uk/
PO Box 989, Steyning, BN44 3HG
Provides information and support for people suffering from SAD.

There are various companies that supply light boxes, including:
OUTSIDE IN: 01954 780 500 - www.outsidein.co.uk
DAYLIGHT COMPANY: 020 8964 1200 - www.uk.daylightcompany.com

SHOP MOBILITY

National Helpline: 08456 442 446 - www.justmobility.co.uk/shop - Info@shopmobilityuk.org

Phone in advance for information about each scheme.

Leeds City Centre: 0113 246 0125

Leeds White Rose Centre: 0113 277 3636

Wakefield: 01924 787 788

Bradford: 01274 434 076

Manchester Trafford Centre: 0161 747 8046

Sheffield, Meadowhall: 0845 600 6800

Contact the national helpline or website for details of other schemes.

STATE BENEFITS

DEPARTMENT FOR WORK AND PENSIONS (DWP): www.dwp.gov.uk

Comprehensive website with information about Benefits and Pensions.

BENEFITS ENQUIRY LINE: 0800 882 200

Provides information about benefits and application forms. Run by the Benefits Agency.

TRANSPORT

ACCESS BUS SERVICE: Bradford area: 01274 304 297 (mon to fri 7.30am-4pm)

Leeds area: 0113 348 1900 (mon to fri 7.30am-4pm)

A free door-to-door bus service for shopping and other trips within West Yorkshire, for those with mobility problems. The buses are equipped with wheelchair lifts. You need to fill in a registration form first - phone the number and they will send you one.

WOMEN

WOMEN'S HEALTH MATTERS: 0113 276 2851

Bridge House, Balm Road, Leeds LS10 2TP - admin@womenshealthmatters.org.uk

An independent voluntary organisation run by women for women. The project uses community development approaches to work with women so that they have the confidence, skills and knowledge to make choices about their own and their families health.

WOMEN'S NATURAL HEALTH ADVISORY SERVICE: 01273 487 366

PO Box 268, Lewis, East Sussex BN7 1QN