

Part of Our Community



Claire Laurenson, Community Support Coordinator works with the Kapiti Support Group and is looking forward to helping set up a group in Horowhenua.



Members give support to one another, who enjoy informal lunch meetings each month.



John, a member of the Kapiti group.

WellMe Wellington Region ME/ CFS Support Group Inc

Chronic Fatigue Syndrome CFS affects people of all ages and socio-economic groups and is devastating. CFS, also referred to as Myalgic Encephalopathy ME, is not chronic tiredness that we all feel from time to time. It is an autoimmune disease that leaves sufferers exhausted and feeling very ill after minimal physical or mental activity.

WellMe was set up to provide information, support and empowerment to those with ME/CFS as well as Sjorgens Syndrome,

Lupus, Fibromyalgia and long term chronic autoimmune or inflammatory illness.

The Kapiti support group has around 40 members and makes a concerted effort to have informative guest speakers when it comes together on the third Wednesday of the month (except January) at the Waimea Café, Waimea Road, Waikanae Beach from



Empowering People with **Myalgic Encephalopathy/Chronic Fatigue Syndrome** & Related Conditions

11am until 1pm. Due to demand a group in the Horowhenua area is now being set up.

For any information please contact Claire Laurenson, Community Support Coordinator Ph 0800 632 847 or support@wellme.org.nz or visit www.wellmecfs.wordpress.com

“We can’t change our condition - it is out of our control. We can however change how we relate to it. It is part of our life but not all of our life”

Be Prepared

Knowing what to do, and having what you need available, in a power cut will keep you safe and more comfortable

DO call Electra 0800 567 876 (0800 LOSTPOWER) to report a power cut

DO use your gas BBQ or camp stove for cooking

DO disconnect sensitive appliances at the wall

DO keep torch and batteries handy at all times

DON'T use candles as they may cause fires

DON'T go near broken power lines!



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