We have compiled some frequently asked questions, which will give you an insight into what we do and how we can help children, young people and their families.

**What is it all about?**

We are a multi-disciplinary team who offer advice, support and individual treatment programmes for children and young people diagnosed with Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME). We also have a crucial role in coordinating the many services involved in caring for the child/young person and their families. We offer rehabilitation packages tailored to the individual based upon the recommendations within the NICE Guidelines for the diagnosis and management of CFS/ME.

The team currently sees children and young people from the whole of Greater Manchester and offers different packages of intervention based upon clinical need. As the service develops it hopes to offer interventions further afield within the North West.

**How can I refer children/young people to the service?**

Children and young people up to the age of 16, with unexplained Chronic Fatigue can be referred to the service by a Consultant Paediatrician or a Senior Child and Adolescent Mental Health Service (CAMHS) professional. All investigations as defined within the NICE Guideline for the diagnosis and management of CFS/ME in adults and children must have been completed first and the results be normal. Referrals for the 16 and 17 year old age group should be discussed with the team to decide the most appropriate service for the young person. Please contact the service if you wish to discuss a referral.

The team have a referral pathway, and a referral form which can be accessed electronically at:

www.manchesterCFSME.nhs.uk

Click on Services and then follow the link for our service.
Who is part of the team?
Alex Woore — Co-ordinating Clinician
Dr Paul Abeles — Clinical Lead/Consultant Clinical Psychologist
Lisa Taylor — Senior Physiotherapist
Kim Peak — Occupational Therapist
We will also work closely with a designated Paediatrician.
The team has a broad range of experience and expertise in
managing CFS/ME, which will be offered through this specialist
service.

Where are we based?
Chronic Fatigue Clinics will be held at the Royal Manchester
Children’s Hospital.
Assessments and follow up may also be offered and undertaken
within the hospital. Occasionally, and if the child/young person is
severely affected, we will be able to visit the family at home.

Liaison and referrals
A significant element of the service will be the consultation and
liaison with local clinicians and other professionals further afield.
Our aim is to raise awareness of CFS/ME and our specialist services.
We can also offer training sessions across the region.

Referrals should be sent to:
Alex Woore, Co-ordinating Clinician
Manchester CFS/ME Service for Children and Young People
Harrington Building
Royal Manchester Children’s Hospital
Hathersage Road
Manchester M13 9WL

Further information about the service or advice on referrals can be
acquired from the above address or by contacting our secretary.
Tel: 0161 701 4516 Monday-Friday 9.00 am-5.00 pm. Answer
machine available at all other times.
Alternatively please e-mail the team directly at cfs.me@cmft.nhs.uk
No Smoking Policy

The NHS has a responsibility for the nation’s health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজিতে বুঝতে কিংবা বুঝাতে পেরেছেন? (BENGALI)
क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है? (HINDI)
तथ्य भाषा कार्यक्रम पात्रता क्वालियां में सुरक्षित हैं? (GUJARATI)
विवेक सी अंग्रेजी बोलने वाले से समझौता रेखा निर्माण है? (PUNJABI)
Miyey ku adagtahay inaad ku hadasho Ingridisida aad sahamto (SOMALI)
هل لديك مشاكل في فهم أو التكلم باللغة الإنجليزية؟ (ARABIC)
你有困難講英語或明白英語嗎? (CANTONESE)
کیا آپ کو انگریزی میں سوالات کے لیے یا پاسخات کے لیے مشکل ہے؟ (URDU)

☎ 0161 276 6202/6342

Manchester CFS/ME Service for Children and Young People
Royal Manchester Children’s Hospital
Oxford Road
Manchester
M13 9WL
Tel: 0161 701 4516

www.cmft.nhs.uk

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