



ACT ME/CFS Society Inc
(Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)
(ABN 56 424 583 916)

Dear Inquirer

Thank you for your inquiry regarding ME/Chronic Fatigue Syndrome and/or Fibromyalgia. Enclosed is a membership application form, a pamphlet and information about the Society.

The ACT ME/CFS Society Inc. is a not-for-profit organisation co-ordinated by volunteers. We receive a grant from the ACT Government and the rest of our finances come from membership subscriptions, donations and fundraising ventures.

We aim to provide support, information and advocacy for people affected by Myalgic Encephalomyelitis (**ME**)/ Chronic Fatigue Syndrome (**CFS**) and/or Fibromyalgia Syndrome (**FMS**). The Society is a member of SHOUT (Self Help Organisations United Together) which is a secretariat and first point of contact for several member groups. For all inquiries the SHOUT Office is open from 9.30 am to 5 pm Monday to Friday.

The ACT ME/CFS Society provides support services, such as monthly support group meeting and a self help course. We provide information about ME/CFS/FMS and related illnesses to members, medical practitioners and the public. We also raise funds for research into ME/CFS and hold events to raise awareness in the ACT region.

Please remember that other illness can have similar symptoms to those of ME/CFS and it is strongly recommended that you seek diagnosis from a qualified medical practitioner. A person who takes on the diagnosis of ME/CFS without confirmation, runs the risk of having an entirely treatable disorder remain unrecognised.

Membership is available to people with ME/CFS/FMS, friends, family, health professionals and any interested parties. Please complete the attached application form and return it with your subscription to the above address. You will be forwarded an information kit, a "Coping with CFS" booklet and a copy of the Canadian Overview Guidelines (Doctors Guidelines for ME/CFS). You will receive a quarterly newsletter throughout the year and have full access to our resources.

As we rely on volunteers and donations to provide the above services we are always eager to hear from anyone who may be able to contribute towards the running of the Society. Please indicate on your application form if you are able to help.

I trust you find this information helpful

Yours sincerely

Mary Campbell
President

The CFS/FMS Empowerment Project
This Project is proudly sponsored by the ACT Government as part of the Community
Inclusion Fund
"Building our City – Building our Community"