OUH Fatigue Service

Outpatient service for adults with Chronic Fatigue Syndrome (CFS/ME)
Who is the service for?
The OUH Fatigue Service is for adults with Chronic Fatigue Syndrome (also known as ME) who are able to access an outpatient clinic at the Churchill Hospital in Headington, Oxford.

How to access the service
To access our service you will need to be referred by your GP to one of the specialist medical clinics at the Oxford University Hospitals. At your specialist medical clinic appointment you will be able to discuss treatment options and, if appropriate, you will be offered the option of being referred to the Fatigue Service.

What happens in clinic sessions?
You will initially be offered an assessment appointment to determine how best the service can benefit you. Appointments are approximately one hour. Length of treatment will depend on your individual circumstances. Some sessions can be held over the telephone if you have to travel a long distance to the hospital.

Treatment
Our therapists offer NICE (National Institute of Clinical Excellence) recommended treatment for CFS/ME. These are Graded Exercise Therapy (GET) and Cognitive Behavioural Therapy (CBT). These treatments focus on helping you to develop the tools to overcome your difficulties.
Members of the CFS team
Dr Daniel Zahl, Clinical Psychologist
Amanda Wall, Clinical Specialist Physiotherapist

We work part time. If you need to contact us please leave a message on the answer machine and we will return your call.

How to contact us
Tel: 01865 225218
CCVTM
Churchill Hospital
Old Road
Headington
Oxford
OX3 7LE

Further reading / information
‘Overcoming Chronic Fatigue – A self help guide using Cognitive Behavioral Techniques’ by Mary Burgess and Trudie Chalder

‘Coping with Chronic Fatigue’
by Trudie Chalder

‘Chronic Fatigue Syndrome (CFS/ME) – the facts’
by Frankie Campling and Michael Sharpe

www.nhs.uk/conditions/chronic-fatigue-syndrome/Pages/Introduction.aspx
Other useful contacts

**Action for ME**
www.afme.org.uk
PO Box 2778
Bristol BS1 9AJ
Tel: 08451 232380
Email: admin@afme.org.uk

**OMEGA**
Local Oxford CFS/ME support group
www.oxnet.org.uk/OMEGA
4 Bursill Close
Headington
Oxford OX3 8EW
Tel: 01865 766310
Email: ltrl3@tiscali.co.uk

**Expert Patient Programme**
Find an EPP local to you
www.expertpatients.co.uk
Freephone: 0800 988 5520
Email: enquiries@eppcic.co.uk

**AYME**
Association of Young People with ME
www.ayme.org.uk
10 Vermont Place
Tongwell
Milton Keynes MK15 8JA
Helpline: 08451 23 23 89
Email: info@ayme.org.uk
If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@ouh.nhs.uk