

What is the Oxfordshire CFS/ME Service?

We are a community based service for adults and young people over the age of 14.

Who is in the team?

The team is made up of a clinical lead who is a highly specialised practitioner in CFS/ME and two further specialist CFS/ME therapists in the team.

What people say about the service

“My experience of this service has been excellent. I was really appreciative of the time I was given. I was able to work together with my clinical specialist to create a plan for managing my health. The clinician was incredibly supportive and kind and her professional yet inviting manner made me feel very relaxed when talking about my condition”

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Chronic fatigue syndrome/
Myalgic encephalopathy

Oxfordshire CFS/ME Service

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What is CFS/ME?

CFS/ME is a relatively common condition with a wide range of symptoms that can be just as disabling as other chronic health conditions. It can affect anyone, including children and can have a profound impact on the person and their families.

The main symptom of CFS/ME is extreme fatigue. This is very different from ordinary tiredness.

In addition, people with CFS/ME may have other symptoms, including:

- Flu-like symptoms, painful glands and frequent sore throats
- Joint and muscle pain
- Headaches
- Sleep disturbance
- Digestive problems
- Memory and concentration difficulties
- Dizziness and/or nausea
- Sensitivity to light and sound
- Fast or irregular heart beats

The severity of symptoms can vary from day to day, or even within the day. Simple mental or physical tasks can leave the person feeling exhausted and struggling to function.

Who will make the diagnosis?

There is not a specific test for CFS/ME but there are clear guidelines to help clinicians to diagnose the condition.

The symptoms of CFS/ME are similar to the symptoms of some other illnesses. It can therefore take a while to be diagnosed because other conditions with similar symptoms need to be ruled out first.

The diagnosis is made by looking at your history and carrying out blood tests to exclude other conditions that could cause or explain the fatigue.

Your GP will carry out a series of blood tests and usually make the initial diagnosis. They may refer you to our service to confirm the diagnosis.

What is the treatment?

There is no single way of managing the condition that works for everyone, but there are a number of treatment options:

- Advice on managing the condition may be enough to help you.
- A combination of advice and specialist treatments (group or individual) for CFS/ME may be offered.
- There might be other services that may be recommended for you.

The clinician will discuss the options with you and take into account your circumstances and preferences.