



## Who are we?

The Symptom Management Service provides support to people living with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia and other Post Viral illnesses including Long Covid. Everyone’s experience of living with these conditions is different. Some people will experience one or two symptoms, and others might have many. The impact on daily life and well-being can range from very mild to very severe.

## What do we do?

Our ethos is that symptoms can be managed and their impact on life reduced even if it is not possible for your symptoms to resolve completely. We aim to support people to live a life which is driven by their values rather than their symptoms and to help them make positive changes such as:

- Returning to activity and movement
- Building daily routines
- Managing anxiety and uncertainty
- Coping with aches and pains
- Support to manage breathlessness
- Helping to manage fatigue and energy levels
- Returning to work and adjustments
- Supporting you to sleep better
- Dealing with cognitive fatigue and brain fog
- Re-engaging in hobbies and activities

### Who can access?

- Age over 16 years
- Resident within a Gwent Local Authority or registered with a GP in one of these areas
- Diagnosis of ME/CFS, Fibromyalgia or other Post Viral Illnesses
- Persistent symptoms for more than three months that are affecting function and quality of life

### Therapies-led Multi-Disciplinary Team

- Occupational Therapy
- Physiotherapy
- Psychology
- NERS Exercise Practitioner

**The team works collaboratively with other specialities within the health board based on individual needs**

It is important that if you have concerns about your symptoms, have new symptoms or symptoms that are worsening, you should speak to your GP, Consultant or Allied Health Professional about your concerns. They will want to rule out other causes for your symptoms that can be treated in different ways before you use our service.

If you feel you require our assistance, please contact us by telephone on 01633 831965 or via email at [abb.symptommanagementservice@wales.nhs.uk](mailto:abb.symptommanagementservice@wales.nhs.uk)

There is no test to diagnose ME/CFS, Long Covid or Post Viral Fatigue. We do not diagnose, offer any tests or send people for scans.