

Omni Vision



NEW! THE NIGHTINGALE ME DEFINITION

WORKING TOGETHER : MEA AND TT

NICE IS ANYTHING BUT NICE

Gibson Inquiry Press Release

‘[The NICE] guidelines have been widely criticised by patient groups and by the APPG on ME. Chair Des Turner MP described them [...] as “not fit for man nor beast”. Dr Ian Gibson MP of the Inquiry described them as useless.’

Latest Parliamentary Recognition



I am delighted to send my best wishes to everyone involved in the Tymes Trust.

We all have a shared responsibility for our shared future. Individuals, families, government, business, and voluntary organisations all have a vital role to play. [...] I would like to congratulate the Trust for all it has achieved and for the difference you have made to so many lives.

David Cameron
Leader of the Opposition

*Read the full message at
www.tymestrust.org*

The Trust is pleased that our Executive Director Jane Colby was asked to assist the Nightingale Research Foundation in Canada with the Nightingale Definition of ME - a new definition of ME as a testable disease, totally distinct from CFS. See www.tymestrust.org.

We have submitted a robust response to the National Institute of Clinical Excellence regarding their proposed CFS/ME guideline, which we consider unsuitable in major respects.

In 2006, the ME Association asked us to assist with their children’s work. We also ran a joint training session for ME Connect and Tymes Trust volunteers. This co-operation is set to continue with further initiatives in 2007.

Many good wishes at this festive time of year. Pace yourselves! Inside, you’ll find your card and our newest publication, very apt for the season. We’ll expand on our news in the next full issue of *Vision*; why not send us yours?

Kindest regards,

Keith Harley
Chair of Trustees

The Young ME Sufferers Trust

2006-3



U 2 Do

SUSIE'S MINI-PIC

Things 4



Colour in this Winter picture (best with felt tips on this shiny paper).

How many berries can you count?

MAKE A CHRISTMAS CARD

Take photocopies of Susie's Mini-Pic, colour and stick on card. Fold and write inside for colourful Christmas cards for relations and friends.



Send for our snowy window clings to brighten up your room! Mums, Dads or friends can write if you're too ill to ask.





Winter Morning

Children playing in the - - - -
 Muffle up from top to toe.
 Though it's fun and looks so nice
 Fingers soon get cold as - - - -

Inside I am warm as - - - - -
 Listening for the latest post.
 Now I hear it from my - - - -
 Up the path the postman's tread.

Stuff held tightly in his grip,
 Being careful not to - - - - -
 Tiptoeing with great precision
 Carrying our Mini V - - - - -!

Find the missing rhymes. Count the dashes - one for each missing letter.
 As you can't all get out and about, the top prize is a Tymes Trust calendar to take you on a Virtual Tour.



Can you draw a Winter Tree? I've got lots of new prizes! I'm in charge as usual ... and I'd like to print your tree in Vision.

You can still enter the competitions in the previous full issue of Vision. Why not colour Susie's hearts? Count them too for another prize!



Sebastian Says

The Winter Tree

An old tree stands, cruelly stripped bare;
 A jagged fork against cold blue sky,
 All beauty, colour, produce gone,
 It's bark so cracked, old and worn.

But can one see that deep inside
 There is still life and changing shape?
 It knows the splendour of what's in store,
 Its roots go deeper than ever before.

And it can stand through any storm,
 Though whipped and lashed by bitter winds,
 Bravely it will keep its strength,
 For it knows this time will surely end.

Robin Sansom 2006

Can you send me a poem about the seasons?



A Bevy of Bears

We were just thinking that Mr Harley's annual gift of Bears would not start with the customary B (remember the Bobby Bears and the Beefeater Bears?) when he met with a Bevy of Bears all called Le Blanc. (Blanc = white, for non French-speakers.) Here they are, direct from Chamonix, all as white as white.



*Geroff my hat ... leggo my scarf ...
whose arm is this? FROMAGE!*

If you'd like one to keep you company, just let us know how you'll make this snowy bear feel at home. You can email us on the contact form at www.tymestrust.org or send in a letter.



Dear Jane

I must get these cards sent off to you, so you can send them to the poor lonely children that are missing so much of their childhood and their teenage years. It's so good of you to send them cards when they are not getting any from friends. I know and understand, as I'm going through it all with my daughter, who has had ME for 7 years.

From a modest mum who wants to remain anonymous



Thank you very much for the lovely birthday card. It was nice of you to think of me as I only have one friend because all my other friends have lost contact.

Thank you again,
Love Chloe (age 10)

Thanks to all who send cards for us to use. Don't forget to tell us if you prefer not to receive Christmas or birthday cards for religious or other reasons.

Parents : could you be a friendly voice on the telephone for two hours a week? Please call 01245 401080 for details.

And finally ... if you spend your gift money at Amazon, please go via www.tymestrust.org - it won't cost more but helps our funds.



Cover photo by Mark Lever