

# Do you have experience of M.E.?

**Mentor M.E. is Action for M.E.'s new volunteer peer-mentor support network for people living with, or caring for someone with, M.E. in Scotland.**



Action for M.E.'s Mentor M.E. peer-mentor support aims to:

- empower people living with M.E. and their carers to manage the condition in line with individual circumstances and while living their lives as fully as possible
- grow a volunteer peer-mentoring network, rolling it out in stages across different areas of Scotland between 2016 and 2021
- develop a strong sustainable network led by people living with M.E.

The Mentor M.E. peer-mentor support network will provide its volunteers with:

- tailored training and skills development sessions
- matching for mentors and mentees
- on-going one-to-one and group support
- the opportunity to support others living with M.E.
- increased insight into condition management in different circumstances.

## Could you take part in this project?

If you have a few hours a fortnight to spare, we are looking for volunteers who have (or have direct experience of) M.E., or who have experience of the illness through supporting a friend or family member with M.E. You might be looking for support yourself, or wanting to share your knowledge, skills and experience with someone who needs supporting.

We are now developing the Mentor M.E. network in Edinburgh, Lothians and Fife, and begin recruiting volunteer mentors in September 2016. Training and skills-development sessions for mentors will follow in November and December 2016 before we match them with people seeking mentoring support from early 2017.

## Want to find out more?

If you are interested in becoming part of the Mentor M.E. peer support network, please contact:

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Action for M.E.'s Mentor M.E. peer support network is a five-year project funded by the Health and Social Care Alliance Scotland (the Alliance) and the Scottish Government from the Transforming Self-Management in Scotland Fund.



Action for M.E. works to end the ignorance, injustice and neglect experienced by people with M.E. Find out more at [www.actionforme.org.uk](http://www.actionforme.org.uk)

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