

Our Key Objectives:

1. Enable people to access a diagnosis and receive support with symptom management
2. Enable people to explore and obtain available financial support from the government
3. Enable community connections, provide validation, and reduce isolation
4. Provide education and information for health professionals and self-management

Our Values:

Compassion, Respect, Equity,
Patient-centred, Collaboration

We are informed by:

- Code of Health and Disability Services Consumers' Rights
- Hui Process and Meihana Model for building client relationships

OUTCOMES (HOW we contribute to our community)	1. Illness experience is acknowledged and validated 2. Clarity around suitable approaches for managing the illnesses 3. Sense of community 4. Reduced feelings of isolation 5. Improved wellbeing 6. Support for whānau 7. Wider awareness of ME/CFS	1. Expert assessment provides clients with clarity of health issues 2. GPs are supported to diagnose 3. Tailored guidance for each person 4. Improved functionality 5. Improved wellbeing 6. Accommodations from whānau, educators, workplaces 7. Fewer people attending Emergency Department	1. Sense of community and understanding 2. Friendships 3. Reduced isolation 4. Improved wellbeing	1. More stable income from MSD 2. Reduced stress 3. Awareness of supports available 4. Support to reduce symptom flares 5. Improved wellbeing	1. Increased understanding of ME/CFS in government departments and the health and community sectors 2. Increased public awareness 3. Improved support from others 4. Reduced stigma
	1. Website 2. Newsletter 3. Group Meetings with discussion and presentations 4. Social media presence and campaigns 5. Welcome information packs and other resources 6. Library 7. Contribution to Health Pathways content for Health Professionals 8. Contribution to public-facing content on Health NZ Topics	Registered Nurse Service provides.... 1. Diagnostic assessments 2. Support with symptom management 3. Support with common comorbidities 4. Advocacy with client's health team 5. Referrals to other health and social services 6. Support for students at Southern Health School 7. Education for health professionals, whānau, teachers, and others	1. Online Peer Support Groups on Facebook 2. In person and online facilitated meetings 3. Informal social catch ups and activities 4. One-on-one connections with friendly callers	1. Work and Income Advocacy Service 2. Living with ME/CFS section on website 3. Outreach volunteers for gardening, housework, friendly contact, and more 4. Equipment for loan 5. Intervention fund 6. Health and wellbeing activities e.g. online Tai Chi sessions, art and craft activities	1. Submissions to government with other ME/CFS organisations 2. Collaboration with other ME/CFS organisations for awareness campaigns 3. Providing education and guidance for health professionals 4. Relationship with Health NZ 5. Sharing resources 6. Collaborating with wider health & community sector
ACTIVITIES (Our program areas)	Information Sharing and Validation	Clinical Support	Connections	Practical Support	Advocacy and Networking