



ME/CFS Australia (Victoria)

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LINK UP PROJECT 2009

As a member of ME/CFS Australia (Victoria), you are invited to take part in the Link-Up Project.

The project aims to link people via the telephone or internet for a friendly and fairly informal discussion; much like a support group over the phone. Each Link-Up consists of about six people and a trained facilitator, and sessions usually last for about 60 minutes. Participants may of course disconnect earlier if they get tired. There is no ongoing commitment and no cost to participate.

If you would like to take part in a Link-Up, please complete the following details:

Personal details:

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____

Year diagnosed with ME/CFS: _____

I would prefer to 'Link Up' by: Phone Internet *

** For internet 'Link Ups' participants require:*

- A computer;
- Skype (available for free at <http://www.skype.com>); and
- A microphone for your computer.

Would you be able to provide these items for an internet Link Up?

Please indicate which type of session(s) you would be interested in:

- | | | | |
|---|--------------------------|---|--------------------------|
| Adolescents (Under 20 years) | <input type="checkbox"/> | Very Severe ME/CFS (Housebound) | <input type="checkbox"/> |
| Young Adults (18-30 years) | <input type="checkbox"/> | Fibromyalgia | <input type="checkbox"/> |
| Males | <input type="checkbox"/> | Multiple Chemical Sensitivities | <input type="checkbox"/> |
| Females | <input type="checkbox"/> | People Living Alone | <input type="checkbox"/> |
| Mixed Group | <input type="checkbox"/> | Parents / Carers / Partners (Please circle) | <input type="checkbox"/> |
| Creative Group (For people interested in arts and craft, music, acting, photography, writing, etc.) | | | <input type="checkbox"/> |

Other (Please indicate): _____

Please return this form by post, fax or email this form to the ME/CFS Australia (Victoria) office.