

# Bacme

## British Association for CFS/ME

### BACME Chair

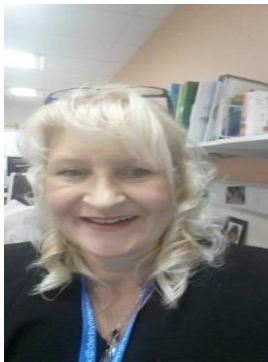
**Anna Gregorowski** Consultant Nurse with a special interest in Adolescents and Chronic Fatigue Syndrome (ME/CFS) BSc, MA RSCN



Anna is clinical lead of University College London Hospital TRACCS (Treatment and Rehabilitation of Adolescents and Children with Complex Conditions service) since September 2016. She has worked with children and young people with chronic fatigue syndrome (ME/CFS) since 1997, initially at Great Ormond Street Hospital, developing and leading an adolescent rehabilitation service. Anna's professional interests include chronic illness in adolescents; chronic fatigue syndrome (ME/CFS) and medically unexplained symptoms (MUS) in children, adolescents and young adults; family work; rehabilitative treatment; and transition of chronically ill young people from paediatric to adolescent and adult care.

### BACME Deputy Chair and Treasurer

**Christine Oliver** East Midlands Chronic Fatigue Syndrome/ ME Network Coordinator.



Christine is based at the Derby Chronic Fatigue Syndrome/ ME Service. She is a registered general nurse with over 30 years NHS experience, from front line nursing to leading positive change, to improving the experiences and outcomes for patients. She has commissioned and led service provision across a range of specialties and is delighted to be supporting BACME in the role as Deputy Chair.

### BACME Secretary and Research Lead

**Deb Roberts** BSc (Hons) MSc. Clinical Nurse Specialist and Nurse Researcher in CFS/ME.



Deb has been a registered nurse for over twenty five years with a background in intensive care and community before becoming a specialist in CFS/ME in 2006. Deb is particularly interested in patient engagement in research, supporting innovation in CFS/ME specialist practice and capturing outcomes from therapy programmes. Deb practiced as a Clinical Nurse Specialist for thirteen years at the Liverpool CFS/ME Therapy Service. She now lectures on the pre-registration adult nursing programme at Liverpool John Moores University, maintaining and her passion for raising awareness of CFS/ME.

## **BACME Communications Officer**

**Dr Vikki McKeever** GP and GP with specialist interest in ME/CFS MB BS MRCGP DRCOG DFSRH



Dr Vikki McKeever has been an NHS GP for 20 years. In 2013 she joined the Leeds and West Yorkshire CFS/ME service and has developed the role of GP with a specialist interest in CFS/ME within the multidisciplinary team. In 2018 she also joined the Yorkshire Fatigue Clinic team who provide an NHS ME/CFS service to patients from age 13 upwards. She has provided several education events on ME/CFS. She has an interest in the diagnostic skills required to differentiate ME/CFS from other conditions and enjoys the challenge of trying to understand the underlying mechanisms that cause symptoms.

## **BACME Education and Training Lead**

**Kirsty Northcott**- Senior Occupational Therapist



Kirsty has spent twenty years working in the NHS, specialising in CFS/ME for thirteen years. She is the Torbay and South Devon CFS/ME Service manager and Senior specialist. Kirsty has developed the service standard treatments as well as a new CFS/ME Mindfulness based Specialist Therapy group. Kirsty has taken on the role of Executive Education and Training lead for BACME as she is passionate about personal and professional development.

## **BACME PPI Lead, Patient/Carer representative**

**Ceri Rutter** BSc Speech and Language, P.G.C.E.



Patient/Carer representative and Chair of Plymouth & District CFS/ME Group.

Ceri has been involved with CFS/ME for 25 years as a patient, carer and support group Chair. She is interested in all aspects of support, research and provision for people with CFS/ME and those who work with them including maintaining and enhancing NHS Services.

## **BACME Board Member**

**Charlotte Adler** Specialist Occupational Therapist (BSc Hons) Occupational Therapy, MRCOT, MBACME



Charlie brings over 20 years' experience in fatigue management and vocational rehabilitation to her role as trustee for BACME. She has worked in the field of CFS/ME in the NHS and in New Zealand in a mental health setting. She currently works part-time for the Dorset CFS/ME Service. Her particular interests are in helping to support people with poor sleep, anxiety and fatigue, and those who would like to return to work. She is a trained NLP practitioner and also uses mindfulness and relaxation techniques. She helps facilitate change in individuals, encouraging recovery and believing each person has the resources to succeed.

## **BACME Board Member**

**Dr Pete Gladwell** BSc, PhD, MCSP.



Pete is a Clinical Specialist Physiotherapist in the Bristol Chronic Fatigue Syndrome/ME Service and team lead. He also works in the North Bristol NHS Trust Pain Management Service. Pete's clinical roles have included Pain Management Programmes and co-delivery with lay tutors. He has been involved with individual rehabilitation and group treatment in the Bristol CFS/ME Service since 2004. Pete also has a longstanding involvement with the Physiotherapy Pain Association, in the Chartered Society of Physiotherapy, collaborated extensively with Action for ME, and has co-authored a report on the Action for ME 2010 rehabilitation survey. Pete's PhD investigated the use of TENS devices by people with chronic musculoskeletal pain. He supports undergraduate physiotherapy education about CFS/ME, and is also involved in the delivery of the Masters level fatigue course at the University of the West of England.

## **BACME Board Member**

**Rhonda Knight** BSc, PG Dip. Dietetics, PG Dip Counselling, RGN (retired), PGCE



Rhonda was a senior lecturer in Adult Nursing at the University of the West of England in Bristol after working as a senior nurse specialising in working with people with dementia and their families in acute medicine, and is now a service user representative. Since her retirement from the university, she has been co-opted as a volunteer at North Bristol Trust, where she co-facilitates the MBCT programme as well as many other projects, education/training and research that needs the participation of a service user, both in the hospital trust and at the university.

## **BACME Board Member**

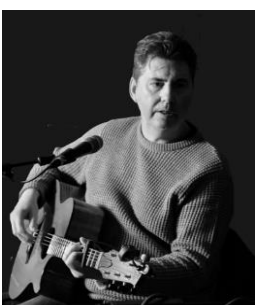
**Beverly Knops** Specialist Occupational Therapist DipCOT, MRCOT, MBACME. Vitality 360.



Beverly has been qualified for over 30 years and has vast experience in pain and fatigue management and in training others. She works part time within the North Bristol NHS Trust, working in both pain management and fatigue management clinics. Alongside this she manages Vitality360, a rehabilitation company also specialising in Pain and Fatigue. She is particularly interested in supporting people in retaining and returning to work where this is a realistic goal. Beverly has been an integral BACME board member for many years and her contribution to the organisation is extensive.

## **BACME Board Member**

**Les Parry** BA (Hons) Dip Mus. PGCE HNC Health and Social Welfare.



Les is a retired SEN Senior Teacher of 20 years' experience. Les is formerly Head of Creative Arts and Religious Studies in an all age SEN School in Wirral. Les has specialised in teaching children and young people with complex and challenging educational, emotional and behavioural difficulties. Before embarking on a career in teaching, Les worked for 10 years as an outreach Schools and Youth Worker for British Youth for Christ (BYFC) whilst running his own business. Les has been a Patient Representative at the Liverpool NHS Service for several years and currently runs a local support group.

## **BACME Board Member**

**Dr Jayne Woodcock** Clinical Psychologist PhD, DClinPsy

Jayne is the Principal Clinical Psychologist working within the adult team of the CFS/ME Service for South Yorkshire and North Derbyshire. She is passionate about health psychology and the accessibility of psychological care for anyone experiencing a life-changing chronic illness. Her previous role was in stroke rehabilitation and she has been working specifically with adults with CFS/ME for the last 9 years. Jayne has been involved in several service development initiatives and in teaching and training for other services as well as providing consultation and supervision. She draws from a wide range of psychological therapy models and has particular expertise in Compassion Focused Therapy. Her previous experience in neuropsychology also informs her current work, particularly in terms of helping people understand and manage cognitive difficulties.