

We're Turning West Berks Purple

To Raise Awareness of

Fibromyalgia, CFS & M.E

10th -12th May 2019



#TurnWestBerksPurple *I Miss My Life*

16-30
years old

Fibromyalgia

FIBRO-FOG

Talking Therapy

M.E PAIN CFS

FORGOTTEN

TEARFUL

Lonely

Nausea & Sickness

Gentle Exercise

Sleep Disorder

#PurpleForFibromyalgia

HEADACHES

ISOLATED

Pain Management

I Can't Do That

Chronic Fatigue

Cognitive Disorder

Depression & Anxiety

Hyper Sensitivity

Physiotherapy

SLEEP

Mis-understood

'FLARE'

#MillionsMissing