

FOI 0164/2025 Response

Request

Please can you let me know what support the Chronic Fatigue Syndrome Service offers to CFS patients? Does your service have a Dietician with specialist knowledge of CFS and IBS and knows what foods/supplements are best for CFS and IBS patients?

Response

The Trust do not specifically provide assessment, diagnosis, or interventions for people with a main presenting problem of chronic fatigue syndrome.

Our primary and secondary care mental health services do not provide assessment, diagnosis, or interventions for people with a main presenting problem of chronic fatigue syndrome or IBS.

We can provide information about sleep hygiene to those who present with sleep difficulties in our secondary care services and in our NHS Talking Therapy Services.

However, chronic fatigue syndrome would be a secondary issue and not the main presenting complaint. We would therefore ask the GP to refer an individual to their associated sleep clinic or chronic fatigue syndrome clinic.