**Support Groups for ME/CFS, Long Covid, and Fibromyalgia in Scotland**

**Locations of Support Groups in Scotland**

Several Scottish cities and at least one island community host support groups specifically for ME/CFS, Long Covid, or Fibromyalgia. In particular, major population centers like **Glasgow, Edinburgh, Aberdeen, Dundee (via a Tayside regional group), Perth,** and **Inverness** have local support organizations or meet-up groups for patients with these chronic conditions . For example, Edinburgh and Aberdeen each have established fibromyalgia or ME self-help groups , and Inverness is home to a combined ME, Fibromyalgia, and CFS support group . In the west, Glasgow hosts support meetings for those with fibromyalgia and chronic fatigue , and the Tayside/Angus/Perthshire Fibromyalgia network covers the Dundee and Perth area .

Scotland’s island communities are also represented: notably, **Orkney** has an active support group (F.A.M.E. – “Fibromyalgia and ME/CFS Support Group”) based in Kirkwall . This group raises awareness and offers peer support for the many island residents living with fibromyalgia or ME/CFS. (By contrast, we found no dedicated local support group on Shetland or the Western Isles in the sources reviewed.) These support groups – whether meeting in person or operating online – serve as important resources for patients and carers, offering mutual support, information, and advocacy.

**Prevalence of Chronic Illness by City**

Official health data indicate that all three conditions – ME/CFS, Long Covid, and Fibromyalgia – affect significant portions of the population. Table 1 below summarizes the **most recent prevalence estimates** for each condition and the approximate number of people affected in each Scottish city (and Orkney) with a support group. These figures are based on nationally reported prevalence rates applied to local population sizes:

* **ME/CFS:** Epidemiological studies and government reports suggest a population prevalence of roughly **0.2–0.4%** for ME/CFS . Here we use the upper end (~0.4%) as an estimate, consistent with the widely accepted range (i.e. up to 4 in 1,000 people).
* **Long Covid:** As of early 2024, about **3.2%** of people in Scotland were experiencing self-reported Long Covid symptoms (lasting >4 weeks) . This rate comes from the Office for National Statistics’ infection survey and is used to estimate affected population by city.
* **Fibromyalgia:** Health authorities (e.g. NHS) state that fibromyalgia may affect **up to 1 in 20 people** (~5% of the population) to some degree . We use 5% as the approximate prevalence for fibromyalgia, in line with these estimates.

**Table 1.** *Estimated prevalence of ME/CFS, Long Covid, and Fibromyalgia by city, with approximate number of affected individuals in each location.* Sources for prevalence rates: ME/CFS , Long Covid , Fibromyalgia .

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| City | ME/CFS (≈0.4% of pop.) | Long Covid (≈3.2% of pop.) | Fibromyalgia (≈5% of pop.) |
| Glasgow (pop. ~632,000) | ~0.4% (≈2,500 people) | ~3.2% (≈20,200 people) | ~5% (≈31,600 people) |
| Edinburgh (pop. ~523,000) | ~0.4% (≈2,100 people) | ~3.2% (≈16,700 people) | ~5% (≈26,000 people) |
| Aberdeen (pop. ~228,000) | ~0.4% (≈900 people) | ~3.2% (≈7,300 people) | ~5% (≈11,400 people) |
| Dundee (pop. ~148,000) | ~0.4% (≈600 people) | ~3.2% (≈4,700 people) | ~5% (≈7,400 people) |
| Inverness (pop. ~47,000) | ~0.4% (≈190 people) | ~3.2% (≈1,500 people) | ~5% (≈2,300 people) |
| Perth (pop. ~47,000) | ~0.4% (≈190 people) | ~3.2% (≈1,500 people) | ~5% (≈2,300 people) |
| Orkney – Kirkwall (pop. ~22,000) | ~0.4% (≈90 people) | ~3.2% (≈700 people) | ~5% (≈1,100 people) |

Despite some uncertainty in these figures, **official data confirm the substantial impact of chronic illnesses across Scotland**. For example, applying a 0.4% ME/CFS rate suggests **over 20,000 Scots have ME/CFS** nationally, and using a 3.2% rate for Long Covid equates to roughly **168,000 people in Scotland with Long Covid as of 2024** . Fibromyalgia’s prevalence (around 5%) could mean well over **250,000 Scots affected** to some degree.

**Sources:** The prevalence estimates are drawn from NHS Scotland, Public Health Scotland, and government reports. ME/CFS rates are taken from a Scottish Government working group report (widely accepted 0.2–0.4% prevalence) . Long Covid prevalence comes from the Office for National Statistics and Scottish Government data (3.2% of the population as of March 2024). Fibromyalgia prevalence is based on NHS and parliamentary reports indicating up to 1 in 20 people affected. City population figures are from National Records of Scotland mid-year estimates. Support group locations are documented by patient organizations and local news sources (e.g. ME Association, UK Fibromyalgia, #MEAction Scotland, The Orkney News).

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| Group Name | Conditions Supported | Meeting Location / Online Access | Contact Details | Meeting Frequency | Region Served |
| Long Covid Support (online community, UK charity) | Long COVID (patients & carers) | Online – Private **Facebook** group; regular **Zoom** support calls | Website: [longcovid.org](https://www.longcovid.org)  Facebook group (private, moderated) | Ongoing online forum; Zoom calls scheduled regularly | Nationwide (including Scotland) |
| Long Covid Support: Scotland (online group) | Long COVID (peer support in Scotland) | Online – Private **Facebook** group (focus on Scottish lived experience) | Facebook: “Long Covid Support: Scotland” (private group) | Ongoing online peer support (daily posting) | Nationwide (Scotland-focused) |
| Asthma + Lung UK Long Covid Online Group | Long COVID (breathlessness focus) | Online – **Zoom** sessions (registration via Asthma+Lung UK) | Website: Asthma + Lung UK (register for Long Covid support group) | First Tuesday of each month, 12:00–1:00pm | Nationwide (including Scotland) |
| Long Covid Chat Group (North Ayrshire) (CHSS) | Long COVID | **Ardrossan Library**, 43 Princes St, Ardrossan (North Ayrshire) | Via CHSS: Email [email protected] or call 0808 801 0899 | Every 2nd Friday, 2:30–4:00pm | North Ayrshire (Ayrshire & Arran) |
| Women’s Health Support Group (CHSS) | Long COVID; Chest/Heart/Stroke conditions | Online – **Microsoft Teams** (women-only group) | Via CHSS: Email [email protected] or call 0808 801 0899 | Every Thursday, 11:00am–12:00pm | Nationwide (Scotland-wide online) |
| The Friendship Cabin (Glenrothes) (CHSS) | Long COVID; Chest/Heart/Stroke; Long-term conditions | **Woodside Community Hall**, Glenrothes, Fife | Via CHSS: Email [email protected] or call 0808 801 0899 | Every Monday–Thursday, 10:00am–2:00pm (drop-in) | Fife (Glenrothes area) |
| Walk Moray (CHSS / Paths for All) | Long COVID; Chest/Heart/Stroke; Long-term conditions | Various outdoor locations in **Moray** (health walks) | Website: [pathsforall.org.uk/walk-moray](https://www.pathsforall.org.uk/walk-project/walk-moray)  Facebook: @walkmoray | Weekly guided walks (Mon–Fri, times/locations vary) | Moray (Highlands/Grampian) |
| Sit Fit @ The BLC and Community Hub (Insch) (CHSS) | Long COVID; Chest/Heart/Stroke; Long-term conditions | **Bennachie Leisure Centre**, Insch, Aberdeenshire (seated exercise class) | Website: [blcinsch.scot](https://www.blcinsch.scot)  Facebook: @BLCInsch | Every Monday, 11:00–11:45am (social coffee after) | Aberdeenshire (Insch and area) |
| Long Covid Kids (Scotland) (online, Long Covid Kids charity) | Long COVID (children, youth & families) | Online – **Facebook** support group (for parents/carers in Scotland) | Website: [longcovidkids.org](https://www.longcovidkids.org)  Facebook group: “Long Covid Kids Scotland” | Ongoing online support (peer forum) | Nationwide (Scotland-focused) |
| Fibro Fighters North Lanarkshire | Fibromyalgia | **Community Action Newarthill**, North Lanarkshire (informal group) | Phone: 07722 881777   Email: vicechair.can@yahoo.com | Meetings in Newarthill (contact for schedule; informal meet-ups) | North Lanarkshire (Newarthill area) |
| Cumbernauld/Kilsyth Fibromyalgia Support | Fibromyalgia, Chronic Pain | **Muirfield Community Centre**, Cumbernauld | Phone: 07549 666251   Email: marshallcarole999@yahoo.co.uk | Every Monday, 1:00–2:00pm | North Lanarkshire (Cumbernauld/Kilsyth) |
| Fibro Friends United (FFU) Scotland CIC (formerly Ayrshire Fibro) | Fibromyalgia (plus carer support) | **Crosshouse Hospital** (Kilmarnock) – 1st Tue; **Fullarton Connexions** (Irvine) – 3rd Thu | Phone: 07951 678213   Email: ffu-scotland@hotmail.com   Web: ffu-scotland.org   FB: @fibroscotland | *Crosshouse:* 1st Tue monthly, 7:00–9:30pm  *Irvine:* 3rd Thu monthly, 7:00–9:30pm | Ayrshire (East Ayrshire & North Ayrshire) |
| Aberdeen and District Fibromyalgia Support Group | Fibromyalgia | **Rubislaw Church Centre**, Aberdeen | Email: adfmsupportgroup@hotmail.co.uk   Phone: 0844 887 2497 | Last Saturday of each month (except Dec), 11:00am–1:00pm | Aberdeen City & Shire |
| Fibromyalgia/Chronic Fatigue & Pain Glasgow | Fibromyalgia, ME/CFS, Chronic Pain | **Glasgow** – meet-ups at local venues (contact for details) | Contact: Nichola Maclean – Email: nicholajmac@gmail.com | Meets regularly (peer gatherings; speakers occasionally) | Glasgow (and surrounding areas) |
| Fibromyalgia Support Group Lossiemouth | Fibromyalgia | **Lossiemouth** – local venue (contact organizers for location) | Email: karenmcsheffrey2501@sky.com   Phone: Karen 07583 834453; Susan 07935 223480; Fiona 07968 928559 | Contact organizers for meeting times (support via phone/email 8am–12am) | Moray (Lossiemouth / Elgin area) |
| “Your Fibro-My-Algia” Support Group (Central & SE Fife) | Fibromyalgia | **Coaltown of Wemyss Village Hall**, Fife | Phone: 07523 441647   Email: chair.fibro@gmail.com | First Saturday of each month (except January), 11:00am–1:00pm | Fife (Kirkcaldy & SE Fife region) |
| Fibro/M.E./Poly Stranraer & District (multi-condition) | Fibromyalgia, ME/CFS, *Polymyalgia* (Poly) | **Stranraer & District** – local meet-ups, plus Facebook group | Email: terihowe2006@btinternet.com   Facebook: “Fibro/M.E/Poly Stranraer & District” | Contact organizers for meeting dates (active online group) | Dumfries & Galloway (Stranraer area) |
| Paisley & Inverclyde Network (PaIN) Fibromyalgia | Fibromyalgia | **Paisley/Inverclyde** – local venues (support network) | Website: paisleyfm.org   Email: fibroinfo@paisleyfm.org   Phone: 0844 887 2369 (Mon–Fri 10am–4pm) | Regular meetings and activities (contact for details) | Renfrewshire & Inverclyde |
| Inverness ME, Fibromyalgia & CFS Support Group | ME/CFS, Fibromyalgia | **Inverness** – local meet-ups (support group) | Email: glenesk28@hotmail.co.uk   Phone: Brenda 01463 238533; Fiona 01463 220757; Suzy 01463 790644 | Meets regularly (contact for schedule) | Highlands (Inverness & vicinity) |
| Fibromyalgia Friends Scotland (Fibro Scot) | Fibromyalgia | **Nationwide (Scotland)** – phone/email support; merged from Ayrshire group | Website: [fibroscot.co.uk](http://www.fibroscot.co.uk)   Email: fibromyalgiafriends@hotmail.co.uk / info@fibroscot.co.uk   Phone: 0844 887 2440 or 0141 561 9280 | Helpline and networking; check website for events (merged with FFU) | Nationwide (Scotland) |
| Fife Fibromyalgia Support Group (St Andrews) | Fibromyalgia | **St Andrews Hospital**, Fife (meeting room) | Phone: 07887 785015 (evenings)   Email: maxine.kinnes@gmail.com (Contact: Maxine) | Last Saturday of each month, 11:00am–1:00pm | Fife (St Andrews and area) |
| Edinburgh Fibromyalgia Support Group (“ELFS and IMPS”) | Fibromyalgia | **Edinburgh & Lothians** – phone contact group (no fixed venue) | Email: elfs3@hotmail.com   Phone: 0844 887 2380 / 0844 887 2428 | Phone support available; periodic social meet-ups and speaker events (Edinburgh area) | Edinburgh & Lothians |
| Falkirk & District Fibromyalgia Support Group | Fibromyalgia | **Falkirk area** – meetings (contact for venue) | Email: falkirkfibro@yahoo.co.uk | Meets regularly (contact for dates/venue) | Falkirk & surrounding district |
| Grangemouth Fibromyalgia Support Group | Fibromyalgia | **Grangemouth** – meetings (contact for venue) | Email: falkirkfibro@yahoo.co.uk (same contact as Falkirk group) | Meets regularly (contact for details) | Grangemouth (Falkirk district) |
| Montrose Fibromyalgia Support Group | Fibromyalgia | **Montrose** – meetings (contact for details) | Phone: 0845 345 2311   Email: am-fm@fsmail.net | Meets regularly (contact for schedule) | Angus (Montrose & district) |
| Wigtown Fibromyalgia & Long Term Conditions Group | Fibromyalgia; Long-Term Conditions | **Wigtown** – meetings (easy exercises, social) | Phone: 01988 700501 or 01988 840646 (daytime)   Email: jrw4071@aol.com | Meets regularly (e.g., exercise session “Use It or Lose It” weekly) | Dumfries & Galloway (Wigtown area) |
| Tayside, Angus & Perthshire Fibro (TAPFM) | Fibromyalgia | **Tayside/Perth/Angus** – multiple locations (check website) | Website: [tapfm.co.uk](http://www.tapfm.co.uk)   Email: enquiries@tapfm.co.uk | Regular meetings (see website for schedule) | Tayside (Perthshire & Angus regions) |
| West Lothian Fibromyalgia Support Group | Fibromyalgia (also welcomes ME/CFS) | **West Lothian** – monthly meet-ups (*hybrid:* Zoom & in-person) | Phone: 0844 887 2388   Website: [wlfibromyalgia](https://sites.google.com/site/wlfibromyalgia) | Monthly meetings (approx.) – **Zoom** sessions and coffee meet at West Calder Community Centre | West Lothian (Livingston/West Calder) |
| West Lothian ME Self-Help Group (WLMESH) | ME/CFS (also chronic pain/fibro) | **West Lothian** – monthly meet-ups (*hybrid:* Zoom + in-person) | Website: [wlmesh.co.uk](http://www.wlmesh.co.uk)   Email: wlmesh@live.co.uk   Phone: 07804 586553 | Meets roughly monthly – online Zoom and in-person coffee chats in West Calder | West Lothian (county-wide) |
| Edinburgh M.E. Self-Help Group (Edmesh) | ME/CFS (Myalgic Encephalomyelitis) | **Edinburgh** – open meetings, social gatherings in Edinburgh area | Website: [edmesh.org.uk](http://www.edmesh.org.uk)   Email: info@edmesh.org.uk   Phone: 0845 625 2025 | Quarterly open meetings (with guest speakers) and informal social meet-ups | Edinburgh & the Lothians |
| Cathcart ME Support Group (Glasgow) | ME/CFS | **Cathcart Trinity Church Hall**, Glasgow | Phone: (Tony) 0141–571–1991; (John) 0141–632–2486 | Last Thursday of each month, 7:30pm (with guest speakers or light exercise sessions) | Glasgow (Cathcart/Southside) |
| Glasgow ME/CFS Support Group (online community) | ME/CFS | Online – **Facebook** group (peer support and friendship in Glasgow area) | Facebook: “Glasgow M.E./CFS Support Group” (private group) | Ongoing online support; local meet-ups occasionally organized | Glasgow & Surrounding Areas |