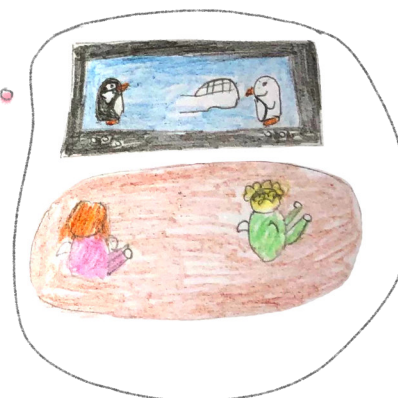
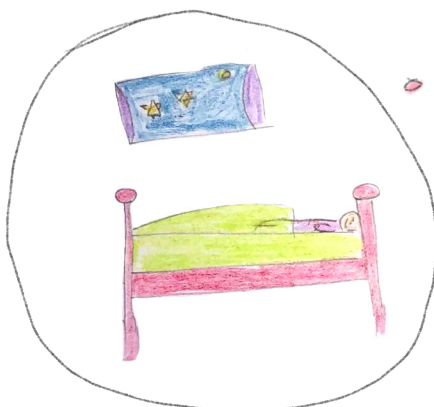
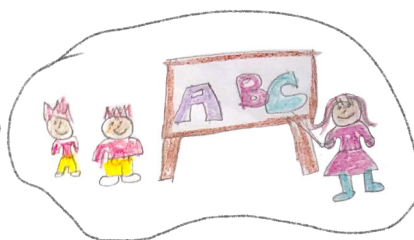


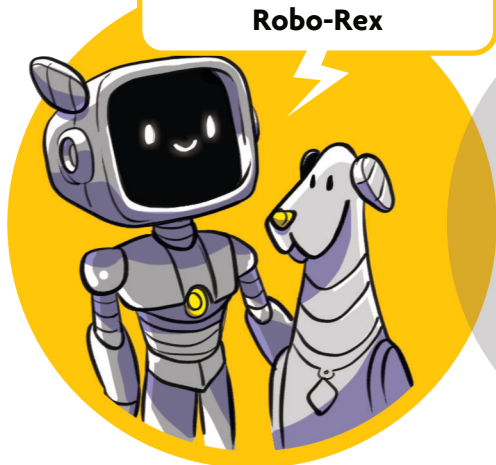
# ROBO-ROBYN

## AND THE POORLY BATTERY



This picture was drawn by a 7 year old to show how she felt when she had CFS/ME.  
Read on to learn about CFS/ME and how the doctor can help you.

Hi! I'm Robo-Robyn  
and this is my dog  
Robo-Rex

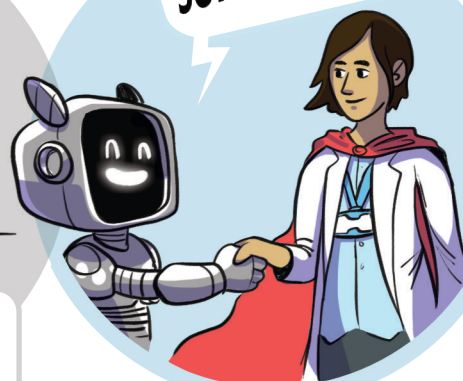


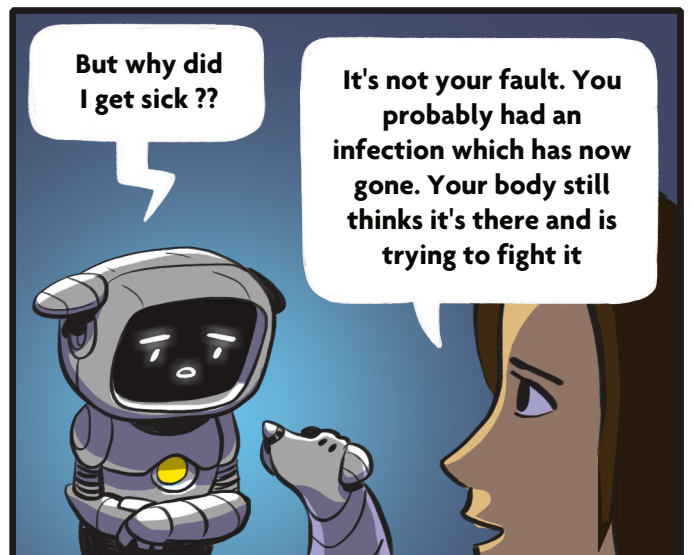
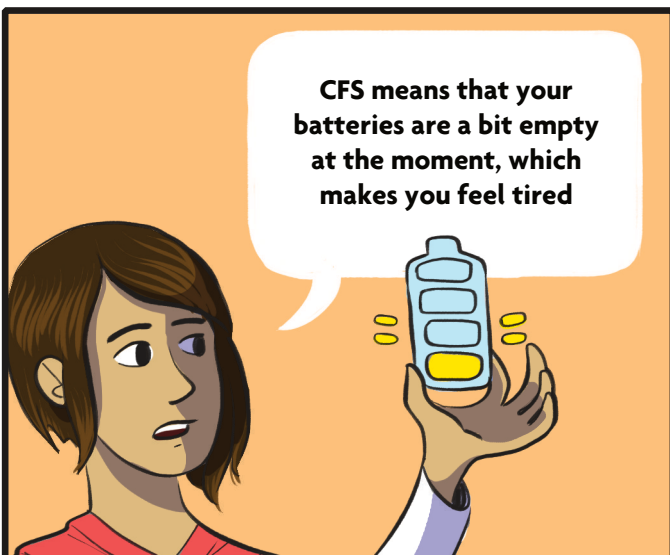
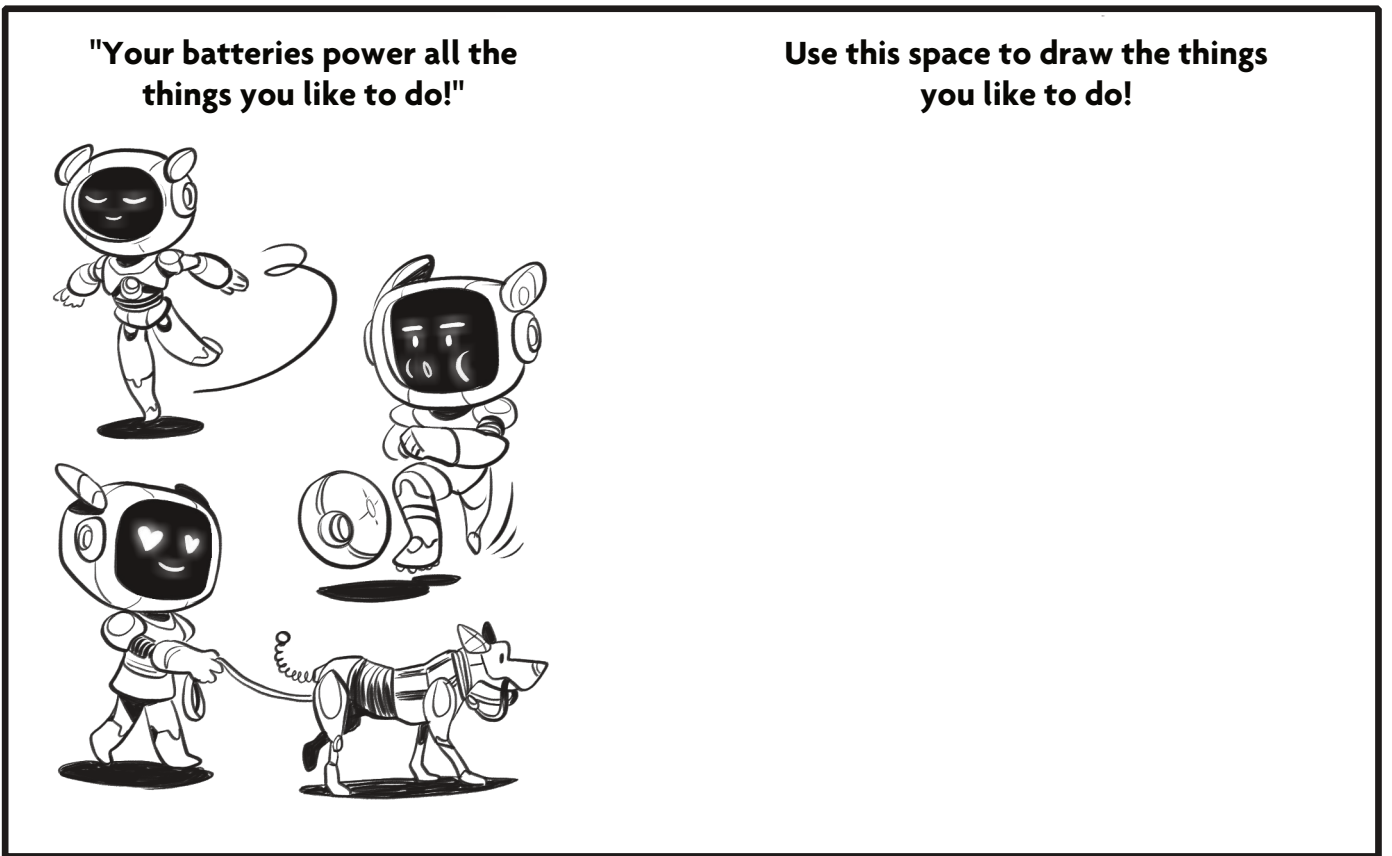
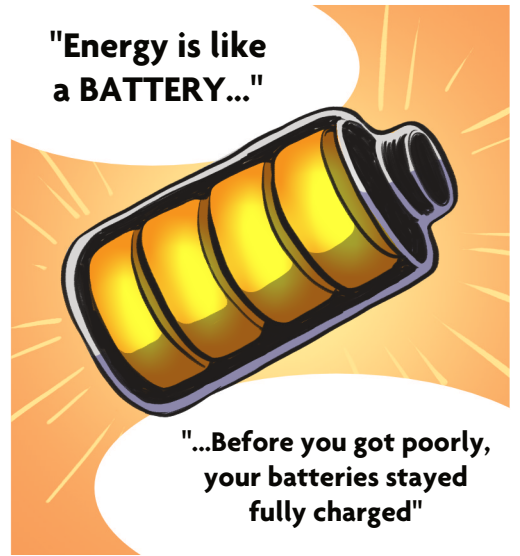
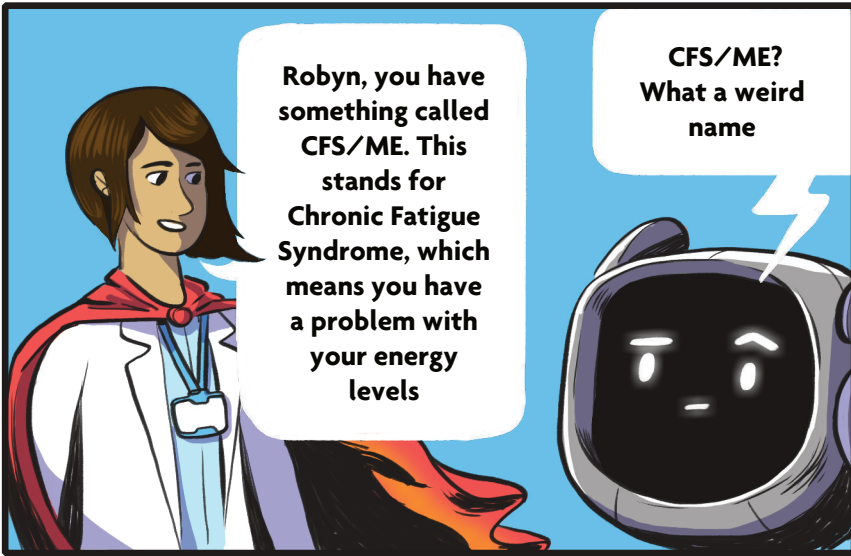
I've been feeling  
poorly for a while...



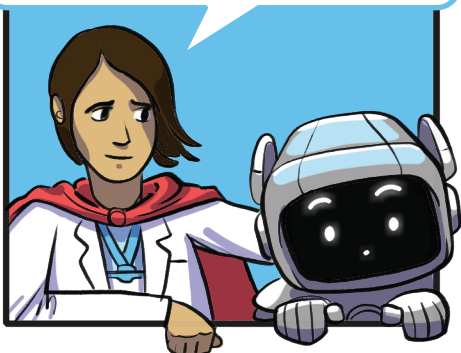
So my family and I  
are going to visit...

**SUPER-DOC!**





Don't worry Robyn, we will find some ways to help you get your energy back. But first let's go meet some children who can tell you more!



So Robyn went off to make some new friends. They all had CFS/ME too and they told Robyn what it feels like:

This is Adam, he manages to go to school, but at the moment he is too poorly to do the hobbies he likes.

If I do energetic activities, I crash and get really tired



Fuzzy thinking

Sore, achey arms

Legs feel weak, heavy and slouchy

Head ache

Sore throat



This is Meera, she is too unwell to go to school at the moment and sometimes has to use a wheelchair

I just feel really tired, no matter how much I've slept

Droopy eyes

And this is Lyra

I feel like bleurgh, I feel tired and sick

Poorly tummy



Robyn noticed that some of the children were happy, but one of the children felt frustrated, sad and worried



frustrated

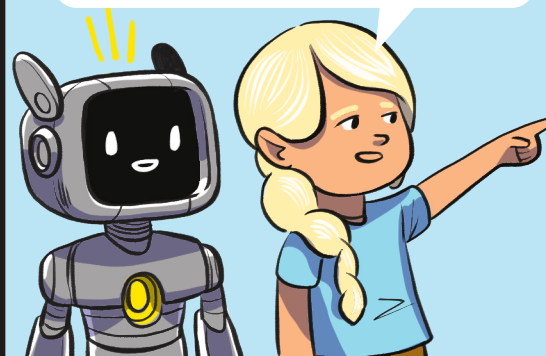


sad



worried

Go back to see the Super-Doc, she will have lots of advice on how you can get better!

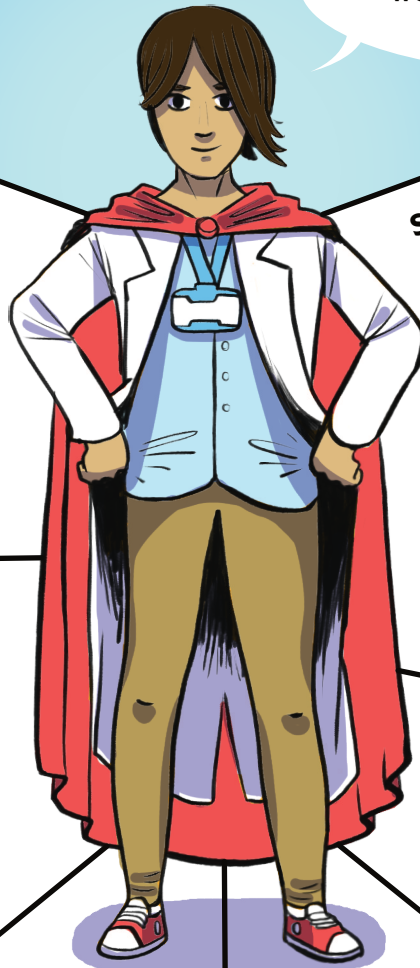


I'm looking forward to getting to know you.  
Let's work together to find things that will help you feel better!

You and your doctor will work together to fill in the boxes below

**School:** We'll help your teacher and school do things that make you feel better

**Sleep:** Let's try to improve your quality of sleep

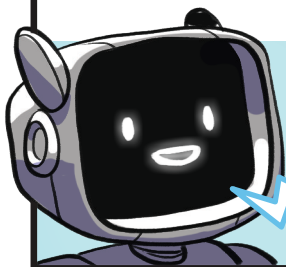


**Emotions:** Don't worry if you feel sad, we can figure out how to make you happy again

**Medication/tablets:** You might be given some tablets to help you feel better

**Draining:**  
We'll find out what drains your batteries

**Charging:**  
Let's find some activities that can charge you up



Lots of children with CFS/ME get better, here's what they said:

Hi Robyn!  
Everything is going well right now.  
I'm getting better!

I'm feeling good because the doctor has ways to make you feel better



Royal United Hospitals Bath  
NHS Foundation Trust

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