

Contact details

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Chairman	Celia Marshall 460965 16 Banks Howe Onchan. IM3 2ET
Treasurer	Alan Cooper
Secretary	Jane Stacey
Resource Manager	Craig Morris
PR and Webmaster	Nicky Rowaichi
IT Support	Mark Henthorne
Youth Liaison	Annie Kissack
Catering	Elizabeth Adams,
Members	Olwyn Henthorne

We campaign for:

- ≈ access to specialist care,
- ≈ better understanding by medical professionals,
- ≈ encouraging access to the ME/CFS Service at the Community Health Centre, Westmoreland Road, Douglas, **within 3-6 months of falling ill**
- ≈ to raise funds for vital research.

We hold monthly meetings throughout the Island. If you would like a friendly chat with others who know what you're going through, or if you prefer a telephone conversation. please get in touch.



Manx Registered Charity no. 381

Patron H.E. The Lieutenant Governor Mr Adam Wood
President: Phil Gawne MHK

MEMBERSHIP CARD and PROGRAMME 2016

Our aim is to provide support and information for those with **Myalgic Encephalomyelitis (M.E.)**, **Chronic Fatigue Syndrome (CFS)** and **Fibromyalgia**, their family members and carers.

M.E. is a complex neurological disease which affects people of all ages. There is no cure, but good management will lead to a better lifestyle

ME Support (IOM) - PROGRAMME 2016

Sat 9 January 1.00pm

Onchan Methodist Church Lounge, Main Road, Onchan

Sat 20 February 11.00am

Cherry Orchard Hotel, Port Erin. Lounge next to Reception

Sat 12 March 1.00 pm

Onchan Methodist Church Lounge, Main Road, Onchan

Mindfulness with Mike Kewley

Sat 9 April 2.00pm

Annual General Meeting at Onchan Methodist Church Hall, Main Road Onchan

Sat 7 May 2.00pm

Ramsey Park Hotel, IM8 3AR

Sat 14 May: Walk for ME. Douglas Promenade 11.00am

Thurs 12th May: ME Awareness Day

Sat 18 June 1.00 pm

Onchan Methodist Church Lounge, Main Road, Onchan
Pets for Therapy Pam Kelly

Sat 16 July 11.00 am

Cherry Orchard Hotel, Port Erin. Lounge next to Reception

Sat 13 Aug 2.00pm

Bowling Club Café, North end of Peel Promenade

Sat 20 Aug 10.00 – 4.00pm

Bagpack Shoprite Victoria Road

Sat 10 Sept 1.00pm

Onchan Methodist Church Lounge, Main Road, Onchan

Sat 8 October 1.00 pm

Onchan Methodist Church Lounge, Main Road, Onchan.
Mindfulness with Mike Kewley

Sat 12 November 11.00am

Cherry Orchard Hotel, Port Erin. Lounge next to Reception

Friday 2 December 7.30pm

Christmas Concert. Onchan Methodist Church