

Contact details

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Chairman & Membership Celia Marshall 460965
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Campaign Manager & President: Phil Gawne

VP and Resource Manager: Craig Morris

Treasurer & Data Protection : Alan Cooper

IT Support Mark Henthorne

Youth Liaison Annie Kissack

Catering Elizabeth Swan

Safeguarding Eleanor Cooper

Members: Olwyn Henthorne,

Steph Maddrell, Sue Williams

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.

All information held is in compliance with the Data Protection Act.



Manx Registered Charity no. 381

Patron H.E. The Lt. Governor Sir Richard Gozney

President: Phil Gawne. Vice-President: Craig Morris

MEMBERSHIP CARD and PROGRAMME 2019

A Self-Help Group working to end the ignorance, injustice and neglect faced by people with the chronic neurological condition Myalgic Encephalomyelitis (M.E.), or Chronic Fatigue Syndrome (CFS) and Fibromyalgia.

We provide information to help people improve their health, work with professionals to improve care, and raise money for research.

ME Support (IOM) - PROGRAMME 2019

Sat 12 January 2.00pm

The Whitestone Pub, Ballasalla

Sat 9 February 2.00pm

Onchan Methodist Church Lounge, Main Road, Onchan
GEMS ('Gentle Exercise: Medical Support' like tai chi sitting down) with Steph Maddrell

Sat 9 March 2.00 pm

The Whitestone Pub, Ballasalla

Sat 6 April 2.00pm

Annual General Meeting

Onchan Methodist Church Lounge, Main Road Onchan

Sat 11 May 2.00pm

The Whitestone Pub, Ballasalla

Sun 12th May: International ME Awareness Day

Sat 1 June 2.00 pm

Onchan Methodist Church Lounge, Main Road, Onchan

Sat 13 July 2.00pm

Onchan Methodist Church Lounge, Main Road, Onchan
Paws for therapy: come along a meet the lovely therapy dogs

Sat 11 Aug 2.00pm

Ramsey Park Hotel, IM8 3AR

Sat 8 Sept 2.00pm

Onchan Methodist Church Lounge, Main Road, Onchan
Chair Pilates with Steph Maddrell

Sat 12 October 2.00 pm

The Whitestone Pub, Ballasalla

Sat 9 November 2.0pm

Onchan Methodist Church Lounge, Main Road, Onchan

Friday 6 December 7.30pm

Christmas Concert. with Manx Choir *Caarjyn Cooidjagh*
Kirk Christ Church, Church Road. IM9 5LW.
Just outside Port Erin