



M.E. Support (IOM)

IOM Registered Charity Number 381

5 Feb 2019 Update 48

Forthcoming Events:

Please invite family and friends to any of these events.

Sat 9 Feb 2.00pm: Onchan Methodist Church Lounge. Steph Maddrell will do leading a short session of Chair Tai Chi, which we hope you will find very relaxing. Then there will be a chance for coffee and chat.

Sat 9 March 2.00pm: The Whitestone Ballasalla

Sat 6 April 2.00pm Onchan Methodist Lounge: AGM.

Adult Therapy Service

Based in Central Community Health Centre (CCHC), Westmoreland Road, Douglas. IM1 4BR This team offers a Service of Physiotherapy and Occupational Therapy. Team Leader Jenny Brown, OT Jo Robert, PT Nicky Perry. They have a wide range of responsibilities. But they are able to give advice to ME patients around self-management - pacing, stress, activity management, etc. If you would like an appointment, please ask your GP to refer you.

24 Jan 2019 there was a debate in the House of Commons about ME. Hopefully this increased awareness will lead to an improvement in support for patients.

Fundraising



Fri 7 Dec Annual Christmas Concert with Caarjyn Coodjagh. Many thanks to Annie Kissack and Caarjyn Coodjagh for a lovely evening in Port Erin. We raised £84. The choir also went Carol Singing at Tynwald Mills and raised a further £183.

Sat 22 Dec: Backpack at Shoprite Onchan. Many thanks to Elizabeth Swan for this event which raised an amazing £370. Elizabeth has now resigned from the committee due to family commitments. We would like to thank her for all her energy and enthusiasm over the past four years.

30 Nov: Peel Charity Shop presented us with a cheque for **£2,000**, for which we are enormously grateful.

Change of address: I have moved to 41 Windermere Drive, Onchan. IM3 2DN

There is a ME closed facebook page. Search for ME Support Group Isle of Man

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Patron: The Lt Governor, Sir Richard Gozney. President: Phil Gawne. Vice President: Craig Morris
Chairman: Celia Marshall, Secretary: _____ Treasurer: Alan Cooper, Resources Manager: Craig Morris.
Campaign Manager: Phil Gawne, IT Support: Mark Henthorne, Youth coordinator: Annie Kissack.
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