



M.E. Support (IOM)

IOM Registered Charity Number 381

15 April 2019 Update 49

Forthcoming Events:

Please invite family and friends to any of these events.

Sat 11 May 2.00pm: The Whitestone Ballasalla. Coffee and chat.

Sat 1 June 2.00pm: Onchan Methodist Church Lounge. Main Road, Onchan. Coffee and chat

Sat 13 July 2.00pm Onchan Methodist Lounge.

Paws for Therapy: come along and meet the lovely therapy dogs.

Campaign News

Petition

Craig Morris is planning to present a petition on Tynwald Day requesting that the Gov ***Establish a Select Committee to investigate the adequacy of provision for ME sufferers.*** He has also set up an online version of the petition which already (on 15 April) has 874 signatures.

DVD's to MHK's

We have sent a copy of the ***Unrest*** DVD to all MHK's and MLC's, with a letter requesting that a proper service of support is set up.

The Independent Living Centre: A walk in Service in Westmoreland Road open Wednesdays 10.30 – 2.00. Provides helpful aids eg bath boards or shower seats etc.

Member Tips

These tips are passed on, as they have helped some members. As a charity we can not actually carry out any verification.

- **Banana Tea** before bed is great to help you sleep. Bananas are full of potassium and magnesium.
- **Optimum Health Clinic:** an online clinic which will give individual support and advice to ME sufferers over the internet or by phone.
- **ANS Rewire** by Daniel Neuffer (author of CFS Unravalled). Advice online or with DVD's.

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.
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