



M.E. Support (IOM)

IOM Registered Charity Number 381

8 Feb 2018 Update 42

We hope you survived Christmas, and we can now all look forward to longer days in the Springtime.

Forthcoming Events:

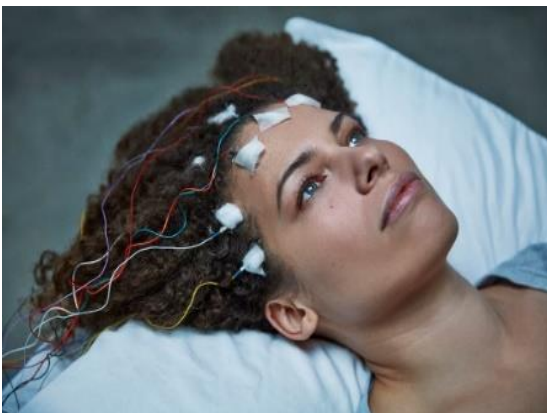
Sat 17 Feb 2.00

Monthly coffee meeting in the lounge at Onchan Main Road Methodist Church
Come along for a coffee and chat

Sat 17 March 2.00

Monthly coffee meeting in the lounge at Onchan Main Road Methodist Church
Amanda Brown will be there to tell us about aromatherapy

Please invite family and friends to any of these events.



The film *Unrest* by Jennifer Brae shown at Broadway Cinema in Nov was superb. It gave a real insight into the highs and lows of trying to live with and manage ME/CFS. If you missed it, it can be accessed online via Netflix. We have ordered some copies of the film on DVD for our group. Please let me know if you would like to borrow a copy.

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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, Catering: Elizabeth Adams.

Committee Members: Olwyn Henthorne, Wendy Heaton, Sue Williams, Eleanor Cooper, Steph Maddrell.

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