



# M.E. Support (IOM)

IOM Registered Charity Number 381

## 26 July 2018 Update 45

### Forthcoming Events:

*Please invite family and friends to any of these events.*

**Sat 11 Aug 2.00pm: Onchan Main Road Methodist Church Lounge. Mike Kewley will give us a short talk about Mindfulness,** followed by refreshments and chat. Many people find mindfulness very helpful. If you cannot make this meeting, Mike runs monthly drop-in groups in Douglas, Ramsey, Peel and Castletown. For info go to his website [www.myfreemind.org](http://www.myfreemind.org)

**Sat 8 Sept 2.00pm: Come along to the Whitestone Pub, Ballasalla, for coffee and chat.**

### Sat 22 Sept 11.00 – 3.00. Awareness Cycle Day at NSC

Elizabeth Adams will be aiming to cycle on a static bike 11.00 – 3.00 at the NSC. There will be an unused static bike next to her, representing all the sports equipment that ME sufferers can no longer use. She is raising awareness. We hope to have press, local radio etc all present. Please come along to support. She will need people to give her a break some times!!!! Or just come along and chat to the team.



### Mobile Library: Bibliotherapy

The mobile library will visit anyone, in town or country, who cannot get to a library. If you would like a one-to-one visit, at your house, they will bring you books of your choice, including audiobooks, and stay and chat if you wish. Contact them on [www.familylibrary.im](http://www.familylibrary.im) or email [info@familylibrary.im](mailto:info@familylibrary.im) or phone 640650



Pauline gave us a very interesting talk about Reiki in June.

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, Catering: Elizabeth Swan.

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

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