



# M.E. Support (IOM)

IOM Registered Charity Number 381

## 16 Sept 2018 Update 46

**Sat 22 Sept 11.00 – 3.00 at NSC**

**Fundraising and Awareness Day**

**Come along and support Elizabeth**

Elizabeth Swan 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, and hoping to raise funds too!!

We hope to have press, local radio etc all present. Please come along to support her, have a coffee, and chat to the team. Plenty of seating available.

If you are fit, please take a turn on the bike for a few minutes to give Elizabeth a break!!!!

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**Fri 26 October 7.30 for 8.00pm Beetle Drive. Tickets £3**

**St Mary's Church Hall, Port St Mary**

This is always a really fun event playing 'Beetle', followed by refreshments.

So come along for an enjoyable night out.

For tickets or info, please contact John Morris 835718 or 415010

### **Regular Forthcoming Events:**

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

**Sat 13 Oct 2.00pm**

**Onchan Main Road Methodist Church Lounge.**

**Steph Maddrell will lead a short introduction to Chair Based Pilates,**  
followed by refreshments and chat.

**Sat 10 Nov 2.00pm**

**Come along to the Whitestone Pub, Ballasalla, for coffee and chat.**

**Fri 7 Dec 7.30pm**

**Annual Christmas Concert with Caarjyn Coodjagh. Port Erin**

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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