



# M.E. Support (IOM)

IOM Registered Charity Number 381

## 18 July 2020 Update 58

### Future events

#### Zoom meeting -Saturday 25 July 2.00pm

Our next monthly meeting will be via Zoom for any members who wish to take part. To take part in the Zoom meeting, you will need to have downloaded Zoom onto your smart phone, tablet or laptop. To join the meeting you should click on the link below:

<https://us02web.zoom.us/j/81198626029?pwd=WEZwd2s5Q1dTskhLRWhkSIF1QjR4QT09>

Celia can also send you an invitation on your email. This personal email will also include the meeting ID and password. If you would like to take part, please email Celia on [celia@manx.net](mailto:celia@manx.net).

After that we will resume our monthly meetings face to face.

**Sat 15 Aug 2.00pm: Tea and cake at Milntown  
Café, Lezayre Road, Ramsey**



**Sat 26 Sept 2.00pm: Onchan Methodist Lounge:  
GEMS (Gentle Exercise: Medical Support) with  
Steph Maddrell**

**Sat 30 Oct 2.00pm: Onchan Methodist Lounge:  
Try your hand at Calligraphy with Wendy Heaton**

There is a ME closed Facebook page. ME Isle of Man (Myalgic Encephalomyelitis) Celia Marshall  
[celia@manx.net](mailto:celia@manx.net) 460965 41, Windermere Drive, Onchan. IM3 2DN

Patron: The Lt Governor, Sir Richard Gozney. President: Phil Gawne. Vice President: Craig Morris, Chairman: Celia Marshall, Treasurer & Data Protection: Alan Cooper, Resources Manager: Craig Morris. Campaign Manager: Phil Gawne, Youth coordinator: Annie Kissack. Safeguarding: Wendy Heaton & Eleanor Cooper, Committee Members: Steph Maddrell, Hazel Jordan. Email: [celia@manx.net](mailto:celia@manx.net). Phone 07624 383871. Website: [www.mesupportiom.info](http://www.mesupportiom.info)