



# M.E. Support (IOM)

IOM Registered Charity Number 381

## 28 Aug 2021 Update 64

### Forthcoming Events: *Please invite family and friends*

#### **Sat 25 Sept: Mindfulness with Mike Kewley. 2.00pm Onchan Methodist Church Lounge**

This is a real favourite as we welcome Mike back. Very many people find the practice of Mindfulness to be beneficial to their health and well-being.

#### **Sat 30 Oct: Paws for Therapy. 2.00pm Onchan Methodist Church Lounge**

This is another real favourite with members. Come along and meet the lovely dogs, and chat with the volunteers who give up their time to go into schools, nursing homes etc, to help people.

#### **Sat 13 Nov 2.00. Coffee and chat at the Whitestone Pub, Ballasalla.**

We have lots of members in the south, so it is good to meet up there.

On 14 August we enjoyed a very relaxing coffee and cake at Milntown



### **Programme**

We are currently compiling the programme for 2022. If you have any ideas about what you would like us to include, please let me know. [Celia@manx.net](mailto:Celia@manx.net)

### **Campaign News**

Our Campaign Team have been continuing to work hard liaising with DHSC about the setting up a Community based ME Service. The detailed proposals are currently with Treasury awaiting approval. We are optimistic that we should hear some good news soon.

### **Foodbank**

The IOM Foodbank is there to assist with people if they are experiencing problems. They can help get you out of a crisis situation. You can simply refer yourself for assistance if needed. They have a facebook page so it is easy to get in touch.

Or just phone 0808 162 4610

Celia Marshall [celia@manx.net](mailto:celia@manx.net) 460965 41, Windermere Drive, Onchan. IM3 2DN

There is a ME closed Facebook page. ME Isle of Man (Myalgic Encephalomyelitis)

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

Safeguarding: Wendy Heaton & Eleanor Cooper. Committee Members: Hazel Jordan, Annie Kissack, Juan Corlett

Email: [celia@manx.net](mailto:celia@manx.net). Phone 07624 383871. Website: [www.mesupportiom.info](http://www.mesupportiom.info)