



M.E. Support (IOM)

IOM Registered Charity Number 381

1 Dec 2021 Update 67

Forthcoming Events: *Please invite family and friends*

Fri 3 Dec 7.30: Annual Christmas Concert with Manx Choir Caarjyn Coidjagh.

CANCELLED DUE TO COVID

We are so sorry to have to cancel this event, which Annie and her choir have run so successfully for the past seven years. But we will be back next year. So keep safe over the festive season.

Sat 15 Jan 2.00. Coffee and chat Onchan Methodist Church Lounge. Come along and share your favourite poem.

Sat 12 Feb 2.00. Onchan Methodist Church Lounge: Mike Kewley will be leading a short Mindfulness session. This has been rescheduled from earlier this year. Many people find Mindfulness really helpful in trying to manage the condition.

You should have received your 2022 Programme and membership card in the post. If not, please let me know. Have you changed your address in the last year or so? If so, please let me know. Celia 4760965

NICE Guidelines Finally published

The new NICE Guidelines were on published 29th October 2021 and are fully supported by the The ME Association in UK. The guideline:

- Recognises that ME is serious and complex medical disease
- Emphasises the need for early and accurate diagnosis – preferably within 3 months of the onset of symptoms, which normally follow an acute viral infection, and where there are important overlaps with Long Covid
- Provides sensible guidance on activity and energy management in order to avoid symptom exacerbation **and no longer recommends GET**
- Recognises the special problems faced by children and those with severe ME

This is all brilliant news, which we hope will lead to a better understanding and treatment for ME.



On behalf of us all at ME Support (IOM), I would like to wish you a peaceful and safe Christmas. Take care of yourself. Do not feel obliged to live up to the expectations of others. Be kind to yourself, and hopefully we will look forward to more understanding and awareness in the new year.



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

Patron: The Lt Governor, Sir John Lorimer. President: Phil Gawne. Vice President: Craig Morris. Chairman: Celia Marshall.

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

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