



## M.E. Support (IOM)

IOM Registered Charity Number 381

### 1 Feb 2022 Update 68

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

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

**Sat 5 March 12.00 noon**

Lunch at the Whitestone Pub, Ballasalla. No need to book. Just come along and join us for an informal lunch and chat.

**Sat 2 April 2.00. Onchan Methodist Church Lounge AGM**

Please come along to this important meeting when you can hear the reports of the current committee. I am stepping down as chairman, and we will be electing the committee for the coming year. There will be vacancies on the committee, so if you are interested in taking on this responsibility, please let me know.

**Celia Marshall** [celia@manx.net](mailto:celia@manx.net) 460965

#### **Campaign News**

The campaign is moving on fast. We have been working closely with the Long Covid support groups. There have been lots of questions asked by different MHK's in Tynwald about the promised Service for ME and Long Covid. Juan Corlett and Craig Morris have been working with Manx Care, and have been interviewed on Manx Radio and in the press.

#### **Manx Care Listening Events**

Manx Care are keen to hear the views of ME people about their needs, and are hosting two Listening Events:

**Thurs 10 Feb 1.00 – 3.00pm at the Best Western Palace Hotel, Central Promenade.**

**Wed 3 March 4.00 – 6.00pm at the Comis Hotel, Santon**

If you are able to, please go along and make your views known.

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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.

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

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