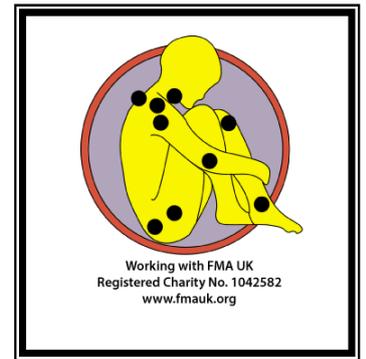




Welcome to Our October 2016 Newsletter.



Monthly focus.

New wheelchair: The group has acquired a new manual wheelchair, thanks due to a previous donation made in memory of Chris Hampson. Our old wheelchair was in need of replacing, due to many years of use. This one is lightweight, can be dismantled for easier handling and has a comfy padded seat. It is a self-propelled one, so that attendants can push the person in it, but the person in the chair would also be able to reposition/turn themselves when left unattended. Many thanks to the family and friends of Chris Hampson for their generosity which enabled this purchase.

Dates For Your Diary:

Bolton Main Meetings at Wildlife Trust Centre, Bury Rd:

Our main meetings, often with guest speakers, are now held at The Wildlife Trust Centre, 499-511 Bury Rd, Bolton, BL2 6DH.

They occur on the third Thursday of each month from 7.30pm until 9pm-ish (except in April, August and December). The building is past Morrisons/Home Bargains/Brightmet Health Centre on the right hand side as you go into town, very near the junction before you turn onto Crompton Way from Bury Rd.

Entrance is £1, carers are free. Tea, decaf coffee, water, biscuits, orange squash, etc provided. Gluten/dairy free also catered for. Any questions, please call Caroline on 01204 525955, or email caroline@mesupportgroup.co.uk.

Parking: If you come to our Bolton main meets at the wildlife centre, you might have had to double park when the small car park is full.

We mentioned that blue badge holders can park on the main road at the meeting time when displaying their badge correctly.

We now see that people without a badge would also be able to park on the main road at that time, as the restrictions end at 6:30pm, and our meeting is 7:30pm with people arriving from 7pm. **Bolton Council parking services have verified this is correct.**

Obviously, this is a main road, so do be careful if you choose to park here, badge or no. This option may not obviously be suitable for some, but an option if places are full and you can't walk from the other side street or parking available elsewhere.

If you happen to be parked behind someone who is blocking you in due to lack of spaces, please ring the door buzzer for reception and ask the Wildlife Trust staff member on duty upstairs to pass on the message (with car details) to us, and the car owner can come down. This means you don't have to trek up and down again. Hope you can join us.

Our meetings are kindly supported by Sport Relief, administered by Forever Manchester

Thursday October 20th 7:30pm Gail Sumner. She will be talking to us about her work with Dr Perrin's NHS research and the other interesting things she is involved in

Yoga Classes: Are **3:15pm-4:15pm every Tuesday** at the Jubilee Centre, Darley Street (off Eskrick St), Bolton, BL1 3DX. Designed to cater for the average ME& FM sufferer, classes are free and yoga mats are provided. **Carers/friends etc welcome**, also free of charge. Please wear loose, comfortable clothing. Please contact our instructor Lisa. Mobile: 0770 803 66 36 Email: lisayogatori1@gmail.com. **Our yoga classes are currently being funded by The BIG Bolton Fund, administered by Bolton CVS and Forever Manchester.**

Prestwich Socials: **The Woodthorpe, Bury Old Road, Prestwich, M25 0EG.** This is a very roomy pub, with ramp access, a disabled toilet, a variety of comfortable seating and free parking outside. It also serves a range of full meals and snacks if anyone is hungry. We meet on the **second Wednesday** of the month at 2pm, so the next meeting is **Wednesday 12th October 2016 and Wednesday 9th November 2016** Numbers have been low lately, so we may have to rethink or cancel this social.

Please try not to turn up too late, because if numbers are low and those attending are not feeling very well on the day, it would be a shame if you missed us.

If you are thinking of attending any of our socials, whether you are a new member or a member who hasn't been able to attend for a while, please remember that you can bring along your carer or a friend. We don't bite, but we understand that meeting new people or if you have been house bound for a while, it can be quite daunting going out by yourself and we look forward to seeing you.

PLEASE DO NOT WEAR STRONGLY SCENTED TOILETRIES WHEN YOU ATTEND OUR MEETINGS, SOME MEMBERS ARE VERY SENSITIVE TO THESE PRODUCTS, THANK-YOU.



DISCLAIMER: Anything expressed within this newsletter may not necessarily represent the views of the editor, the Trustees, nor the Bury & Bolton ME/CFS & Fibromyalgia Support Group (Registered Charity Number: 1161356). Any products, treatments, or therapies featured are for information only and their inclusion should not be considered an endorsement.

Reminders:

Volunteers: We are looking for volunteers who can help with all activities of running the group, if you think you can contribute, from home or at meetings, when your energy permits, please contact Caroline. **We are really struggling to keep the group going;** we are just a small number of sufferers, so we need all the help we can get please. Please

contact Caroline on caroline@mesupportgroup.co.uk or 01204 525 955 for more information. The group will unfortunately have to gradually cut services as we cannot continue like this.

Equipment to Borrow: We have a sparkly new manual wheelchair, and two electric mobility scooters (small enough to fit in car boot for days out or holidays) and two pairs of SmartCrutches (ergonomic elbow crutches). If you wish to borrow any of these, please phone Pam on 01204 793 846. To try the SmartCrutches, call Caroline on 01204 525 955.

Social Media: Please follow us on twitter on: @BBMECFS

Also our Facebook page just for members is www.facebook.com/groups/buryboltonmecfs/
And our new open page

<https://www.facebook.com/bbmecfsopen>

Don't forget our own web page <http://www.mesupportgroup.co.uk/>

Recommended GP's: Don't forget, we have a list of recommended GP's! If you have a sympathetic or helpful GP, please let us know, as people ask us for one in their area all the time. 01204 525 955, caroline@mesupportgroup.co.uk.

Newsletter Articles: Please carry on sending us anything you would like to share with the rest of the group; whether it is a whole page, or just a few lines, it all counts! It could be recipes, tips, experiences, book reviews, etc. Deadline for the newsletter is the last day of the month. Please send your contributions to: maxine@mesupportgroup.co.uk. Via email where possible please.

Benefit and Work guides: Remember, for anyone filling in benefit forms or if you have appeals/tribunals, we have excellent guides available via post or email (saves us funds). Phone Ruth on 0161 766 4559 or email ruth@mesupportgroup.co.uk.

Amazon: The group gets 5% commission when you shop at www.amazon.co.uk, but only if you follow the link from our own website www.mesupportgroup.co.uk.



READ MY LIPS. DOCOTR - EXERCISE ONLY MAKES HER EXHAUSTION EVEN MORE
OVERWHELMING.

with thanks to Invest in ME (www.investinme.org) for their kind permission to reprint this cartoon from the calendar available to download from their website.

Sorry

No Trick or Treaters Please



*There are no treats here.
Please be polite on Halloween night.*

Hello

Trick or Treaters Welcome



*There are treats here, but remember
be polite on Halloween night.*

TREACLE
safe4autumn.com

