

Celebrating Funding from St Albans District Council

We have been awarded £3387 from St Albans District Council which is to get the group started and for its first year. Not only does this make our group possible, it gives us recognition in our community, that we matter and we are a part of it.

We would like to take this opportunity to thank St Albans District Council and our local Centre for volunteers service who helped us get set up and for there support and advice on funding applications.

Sizzling September Meeting/Open Day

What a scorcher! It certainly was a hot day. As well as some of our current members we had some new people and guests.

We were joined by Mike from Carers in Herts which was a surprise for one of our members as he use to teach her. Another member who use to see him at music events. A lovely chap who spoke to us about recognising who carers are...family, friends and children, what needs they may have and how they can be supported. This could be with advice, registering for a carers passport to get discounts in 300 places!, counselling, respite and lots more. Please visit www.carersinherts.org.uk for more details or call 01992 586969

We had Steve from St Albans Good neighbours who let us know they can be contacted to arrange befriending, practical help, lifts, shopping etc. Please contact him on 01727 830713. This is for people in St Albans.

Kate from the Centre for Volunteers Service joined us who helped the group get started and supported us with the funding application. So it was nice to be able to show her what we have achieved up to now.

Artists, Photographers and Poets!

At the Open day some of our members exhibited some of their fantastic work. It was great to see what can be achieved with the base line we have. Thank you for sharing :) x

Finally thank you to those who helped set it up and do refreshments, much appreciated :) x



Jon's sponsored swim raises £480

Congratulations to one of members Jon who swam 2 miles to raise money for St Albans M.E group. Our Hero!

Jon has been with us from day one when we had our first meeting.

From all of us Thank you x

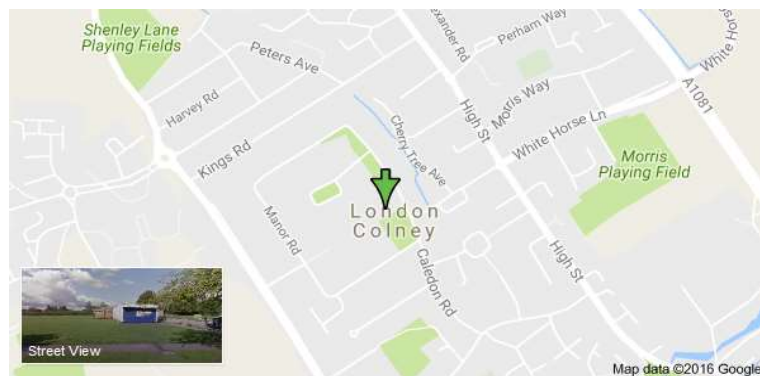


NEXT MEETINGS

Wednesday 19th October, Wednesday 9th November, Wednesday 14th December

All meetings are 11am to 1pm at Caledon Community Centre, Caledon Rd, London Colney, St Albans AL2 1PU (Map below). You can come just for a little while or the 2hrs depending on how you feel. We also understand you may not be able to attend meetings at all or sometimes.

It is situated in a playing field but you can park right near the entrance. £2 contribution towards refreshments . If you are new to the group please complete a membership form. For more details or to get a membership form email stalbands.m.e.group@gmail.com



Hyperbaric Oxygen Therapy in Letchworth, Herts.

Free taster sessions available at various MS Therapy Centre including Letchworth

Email oxygen@hmstc.net
Or phone Mark or Claire on 01462 684 214.

Website: www.hertsmstherapy.org.uk/oxygen-therapy/

Setting up a phone line for the group

We will be setting up a phone line for the group and any outside enquiries. To start off with it will be managed one morning a week from 10am to 1pm as a trial. It is going to be a skype account with a landline number, local charge rate. Messages can be checked and dealt with any call backs etc.

If anyone would be interested in volunteering for a phone shift perhaps once a month please contact me by email. If needed we can provide a tablet while volunteering to enable you to do the task and any training and support.

Countdown to Christmas!



Yes there is no avoiding it Christmas is in the distant air! Which brings us to our Christmas meeting, any ideas and thoughts on what you would like to do? Jackie Burns is helping to organise it so email us any suggestions...ding dong!

Email for any enquiries from the newsletter : stalbands.m.e.group@gmail.com

If you would like to write something for the next newsletter or have any enquiries please email it, would be great to hear from you.

Best Wishes xx

New Monthly Yoga class

Thank you all for responding to the Yoga email. The majority wanted London Colney . So our first session will be Wednesday 2nd November 5pm £2 per session

This will be run by Dawn who has done some tasters for us at meetings. It can be seated, using a mat or standing depending on your capability.

The session will be 30 mins including relaxation to start off with but you can stop at any point and rest.

Please complete the health questionnaire attached with the newsletter email and return to stalbands.m.e.group@gmail.com

St Albans M.E Group Calendar Fact or Fiction ?

Those of you who are in the facebook group will have noticed a post by Jane suggesting a Calendar to raise funds for the group, after lots of giggles and should we do this I think the answer is yes!! Why not! We had suggestions of themes including: cakes, sheets even swimwear! Maybe it could be some of the artwork to. Does anyone remember the Danish bacon advert!

By coincidence I have a friend in London who has M.E and is coming to the next meeting, she is a photographer! be prepared! We will discuss further on facebook! Or email me any ideas. For those who can't attend meetings we will let you know the theme so you can send in your own pictures if you would like to be involved :)