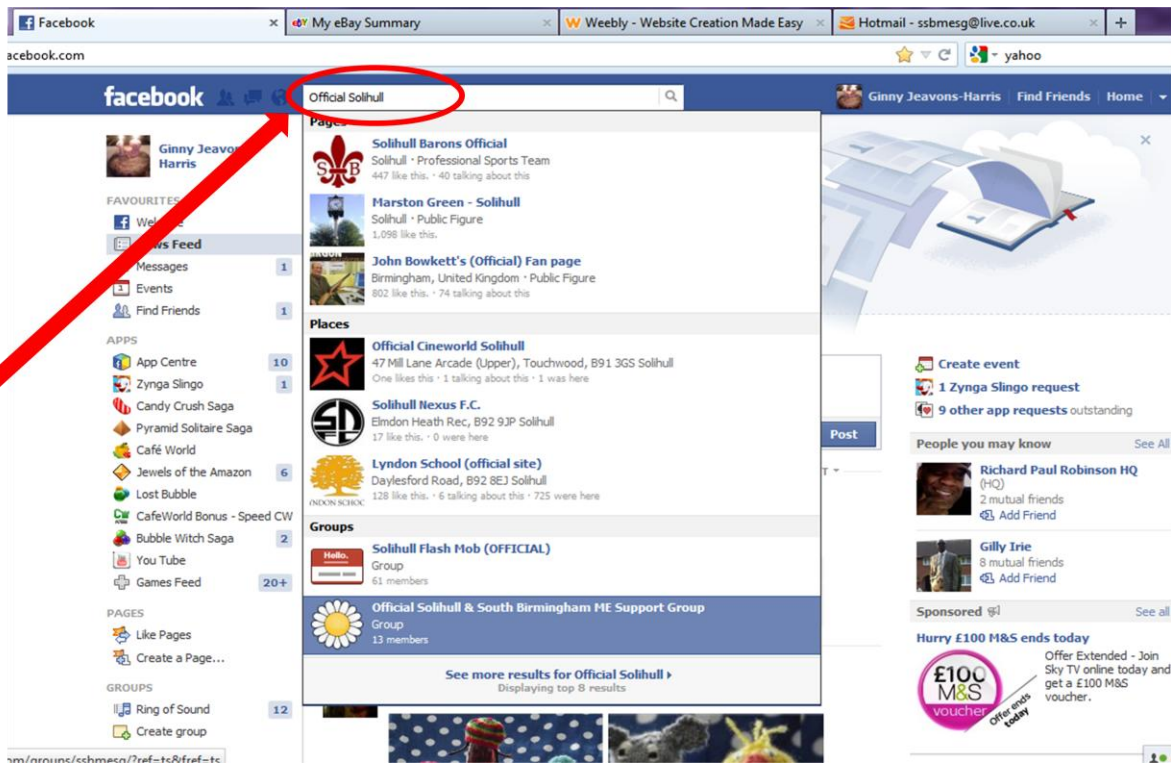


How to Join a Closed Group on Facebook

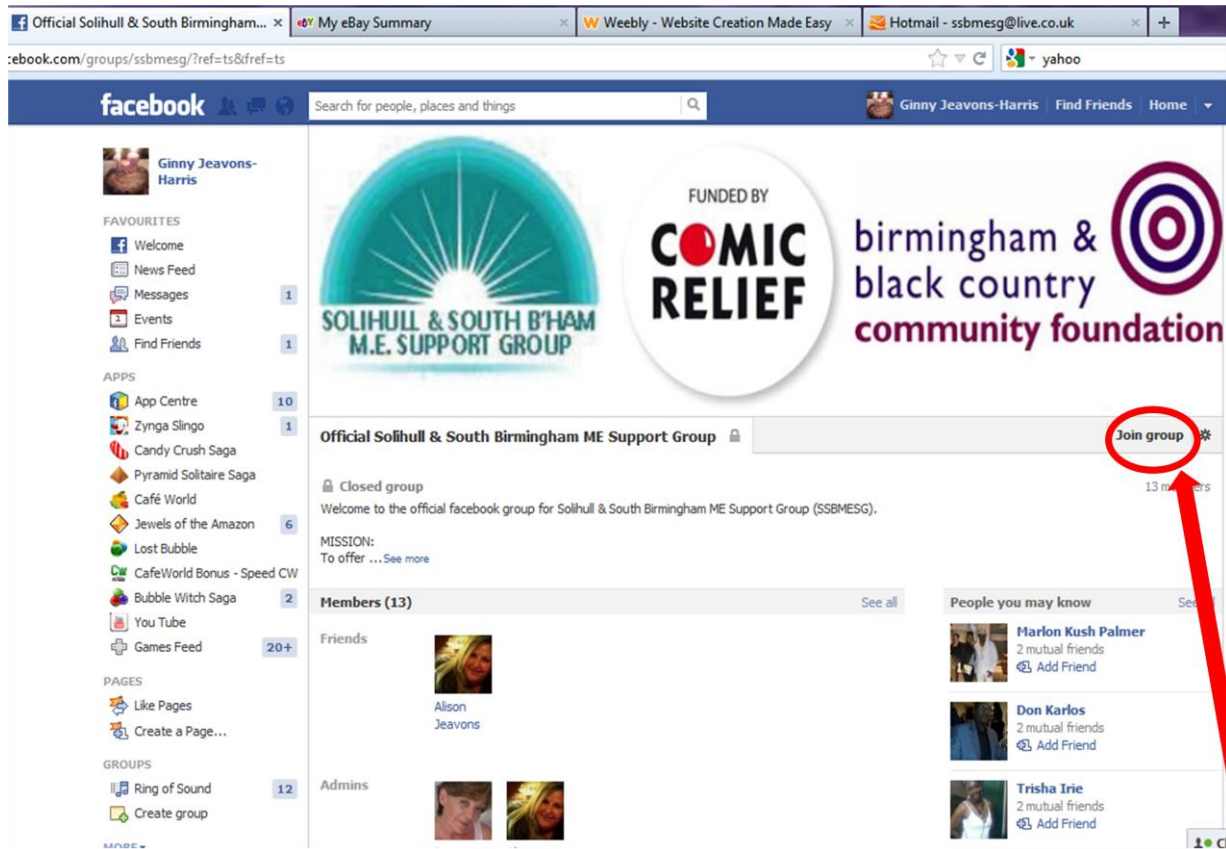
1. Type **Official Solihull & South Birmingham ME Support Group** in the search bar, at the top of the facebook page, as follows:



2. Choose **Official Solihull & South Birmingham ME Support Group** by clicking on the group from the drop down list (directly underneath where you have already typed in the search bar), as follows:



3. Click on **Join group**, on the right hand side of the page, underneath the group's heading, as follows:



4. You have now asked to join the group and an administrator (Jenny or Alison) will accept your request, so that you gain full access to the group. Welcome!