



# Solihull & South Birmingham ME Support Group



## ME Awareness Coffee Morning (in the afternoon)

Come and join us on Monday, 12 May 2014 at 1 pm

At 59, Cartland Road, Stirchley, Birmingham, B30 2SD



Delicious cakes and samosas for sale.



Games such as prize bingo (not too cognitively challenging!)



Table top sale.



## What will You be wearing?



We will be wearing our dressing gowns to remember that many of our members are so severely affected that they often have to choose between getting dressed or another activity like just having a wash or eating breakfast.

Please join in, if you can (it's optional) and it doesn't have to be your dressing gown – it could be pyjamas, slippers, pair of bed socks or a night cap!

## Contact Details



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