



**FALKIRK M.E. SELF-HELP GROUP**

# **Falkirk M.E. Self-Help Group**

**Do you have M.E./CFS?**

**For information and support regarding Myalgic Encephalomyelitis (M.E.) and Chronic Fatigue Syndrome (CFS), please contact:**

**Janette 01236 735498 or 01236 735498**

**Richard 01324 871480 or 07850343114**

**We meet on the second Thursday of the month from 6:30pm to 8:30pm at the St Francis Xavier's R C Church Hall (St Martha's Hall) 1 Hope St, Falkirk FK1 5AT.**

**We aim to provide information and support for sufferers, carers and their families.**

**We have guest speakers, social events, a regular newsletter, Facebook group and a new website [www.falkirkmesh.org](http://www.falkirkmesh.org)**

**New members are very welcome.**