Welcome to St Albans M.E Group.

The aim of St Albans M.E group is to socialise, provide information and support each other by having meetings, activities, events, newsletters, website: stalbansmegroup.org.uk and facebook group: St Albans M.E Group

We are a local community group run by volunteers. Most of us have M.E so please be patient with us it may take a little longer to get things done☺.

Currently there is **NO CHARGE** for membership, however donations are welcome and a suggested contribution of £2 at meetings. All donations and funding will go to the costs of running the group and events for the benefit our members.

Your membership details will not be shared with third parties. It will be used for the purpose of providing information, distributing newsletters and other communications as needed.

Meetings are held the 2nd Wednesday of each Month. 11am to 1pm at London Colney Community Centre, Caledon Rd, London Colney, St Albans, AL2 1PU. Refreshments provided

DATE OF APPLICATION dd/mm/yy

NAME Click or tap here to enter text.

ADDRESS Click or tap here to enter text.

TELEPHONE NUMBER Click or tap here to enter text.

ALTERNATIVE EMERGENCY NAME AND NUMBER Click or tap here to enter text.

EMAIL Click or tap here to enter text.

CAN WE EMAIL THE NEWSLETTER TO SAVE POSTAGE? YES  NO

DO YOU REQUIRE HELP WITH TRANSPORT FOR MEETINGS? (Only available to residents of St Albans and district subject to volunteers available) Yes  No

IF YOU WOULD LIKE TO HAVE GUESTS SPEAKERS/ADVICE /ACTIVITY AT MEETINGS PLEASE LIST SOME SUGGESTIONS

Click or tap here to enter text.

St Albans M.E Group aim to help the members have an atmosphere of friendship, respect and care for each other. we aim to treat every member equally, regardless of their age, disability, gender reassignment, marriage or civil partnership, pregnancy or maternity, race, religion or belief, sex, or sexual orientation.

We have a policy that if you have a cough, cold or similar virus we ask you to not come to a meeting, for obvious reasons.

Thank you for completing please return to stalbans.m.e.group@gmail.com or post to Correspondence address: Maxine Ellis, St Albans M.E Group, 11 Greensleeves close, St Albans, AL4 0BD.

Best wishes

Maxine Ellis (Chairperson)