

Richmond & Kingston



ME Group

**Peer support for people with
ME/CFS, Long Covid or Fibromyalgia
and their families and carers**

- Regular newsletters
- Meet-up & chat online on Zoom or in local cafes.
- Online Mindfulness, Crafting & Silent Reading
 - Website packed with useful information
- Active closed email network for exchanging information
 - Benefits signposting
 - Facebook & X feeds
- Free-to-access postal library

**Most members are from in and around Richmond and Kingston, but
we have members as far afield as Scotland, Wales and Dorset.**

**If you know someone who might like to join
– please send them the link below**

Free membership for those in financial hardship

**For more information or to join:
richmondandkingstonmegroup.org.uk/**

