

How to get to

**MEERBROOK VILLAGE HALL
MEERBROOK
LEEK
STAFFORDSHIRE ST13 8SL
OS map grid reference: SJ 988 608**

Turn off the A53 Leek to Buxton road at the Blackshaw Moor crossroads, by the side of the Three Horseshoes pub. Follow the road past Tittesworth Reservoir, into Meerbrook village itself and go straight on past the Lazy Trout pub and the church on the right. The village hall is a single storey building on the right as you leave the village. There is room for parking to the side and in front of the hall.

Sorry, there is no direct service bus to Meerbrook – the nearest bus route is on the A53 and would then involve a walk of about a mile and a half to get to the village from Blackshaw. If transport is a problem, please get in touch as it may be possible to organise a lift.

THE VENUE FOR MEETINGS MAY CHANGE ACCORDING TO DEMAND AND THE WEATHER CONDITIONS – for instance during winter months it may be better to meet somewhere less rural!

All group members will be kept informed about future meetings via e-mail/telephone. There is a list of dates and times of future meetings on the website:

www.megroupstaffsmoorlands.co.uk

Are **YOU** affected by **M.E.?** Then join **US**.....

We are a friendly, informal support group for anyone affected by the debilitating illness **ME** (myalgic encephalomyelitis, also known as chronic fatigue syndrome or **CFS**). The group has started meeting monthly at the quiet rural setting of Meerbrook Village Hall, not far from Leek. Meetings last about two hours and light refreshments are provided, but you can just come for a short while if you don't feel like staying for the full two hours.

Whether you are someone who has been diagnosed with ME/CFS; a relative, carer or friend; a GP or other medical professional; or someone who simply wants to know more about the illness, join our group, share information and experiences, let off steam, have a good laugh and help us to help each other cope!

**Contact: Barbara on 01538-300101
e-mail: me-staffsmoorlands@outlook.com
website: www.megroupstaffsmoorlands.co.uk**