

Invitation to 'Living and Learning with M.E.'



Evening storytelling event & afternoon workshop on Wed 23 March

Hosted by Action for M.E. at the Scottish Storytelling Centre, Edinburgh

Most people know at least one person affected by M.E. (Myalgic Encephalomyelitis, also diagnosed as Chronic Fatigue Syndrome). The condition is more common than multiple sclerosis or parkinson's disease, and can be equally disabling. Yet M.E. remains poorly understood. In the absence of treatment options or specialist support, people with M.E. and those who care for them have to become highly self-reliant. Through the *Living and Learning* project, Action for M.E. has tapped into the collective wisdom and learning of people with M.E. and carers to produce a new person-centred Guide to living with M.E.

This launch event for the new Guide will be held from 7-9pm with guest speaker Stuart Murdoch (musician, writer & filmmaker) and will feature storytelling performances by participants in the Living and Learning project and family members. These will be followed by an interactive Q&A session chaired by Blythe Robertson (Scottish Government) and including healthcare professionals. The evening will end with a Reception (wine, tea & coffee will be served) providing the opportunity to talk to participants and share experiences. There is no charge to attend the evening event and reception.

We are also holding an afternoon Story-Sharing Workshop from 2-4.30pm. Participants will share their M.E. self-management experience and the workshop is open to anyone wanting to know more about managing this illness or to share your story. A charge applies to the workshop, details below.

Both the evening event and workshop will be held at the Scottish Storytelling Centre in Edinburgh (43-45 High Street, EH1 1SR), **on Wednesday 23rd March 2016.**

Wednesday 23rd March 2016 | 7-9pm (2 hours) | Free (ticketed) | 16+

Living and Learning with M.E. with guest speaker, Stuart Murdoch

Participants in Action for M.E.'s *Living and Learning* project and family members share their experiences of managing life with M.E. through creative storytelling. Q&A session will follow this chaired by Blythe Robertson (Scottish Government). This will be a great opportunity to bring experience, expertise and pro-active ideas together. Come and join the conversation!

Wednesday 23rd March 2016 | 2-4.30pm (2.5hrs) | £8 (£6 conc.) | 18+

Story-Sharing afternoon Workshop: Living and Learning with M.E.: Stories of Self-Management

Treatment options are limited for those with M.E., meaning most have to self-manage their illness. **Michael Williams**, storyteller and project facilitator with Action for M.E., invites anyone with experience of M.E. and/or anyone wanting to know more about this illness to attend and share your story. Places are limited (max 12 participants) so please book early.

To register for the evening event or workshop call 0131 556 9579 (open 10am-6pm Mon-Sat) or book online at: <http://www.tracscotland.org/scottish-storytelling-centre/centre-events> (Nb. a £1 fee applies to online and phone bookings)

Tickets can also be booked in person at the Storytelling Centre Box office.

Places at both the workshop and evening event are limited so we advise early booking to avoid disappointment. We look forward to seeing you there!

This event is possible due to the work of participants in the Living and Learning project and facilitators, the Scottish Storytelling Centre's support as host and our project funders at the ALLIANCE.