



conquering CHRONIC ILLNESS SUPPORT GROUP

Melbourne Conquering Chronic Illness Support Meets and Casual Cafe Catchups For 2018

The Events

These are FREE events held each month for people either diagnosed with or wishing to know more about their chronic illness and we welcome their carers, partners, parents, friends and family as well. **It is for people who have been diagnosed with a Tick-borne or “Lyme-like” illness, MECFS, Fibromyalgia, MCS, EMF and Mould/ or Mycotoxin illness.** Whether some people still have no idea or are confused but have some sort of a long term chronic illness that fits the above, you are very welcome.

Facilitation and Aim

Until further notice, these are facilitated by Peter Owen, a patient with multi systemic long term chronic illness. It is a casual peer support group led by the members themselves and if there are no speakers arranged, the discussion and support are determined by those present with topics they wish to discuss on the day. **The main aim is to help people feel they are not alone in their journey, have the support and positive encouragement of others and also to learn better ways to cope with their illness and find help with potential causative ideas and treatment.** This is for proactive people who want to gain ideas as to different treatment options from people faced with these illnesses based on others experience. We discuss many topics and cover many areas. Participants can then go and research and discuss information gained from these meetings with their own practitioners.*

Speakers

There is as much as possible a speaker arranged for these meetings from different practitioner backgrounds talking for approximately 1/2 to 1 hour on different topics concerning the complex nature of these similar chronic illnesses. These speakers will be promoted for each meeting via the meeting group email contact list or Facebook on the CCI, Lyme Disease Victoria, MECFS Australia, Australian Toxic Mould and other Facebook groups. If no speakers are arranged, it will be a discussion support group meeting.

Please Note*

No information garnered from any person attending the group or from the attending speakers can be conceived as medical or other advice. Do not act on any advice from any of these meetings without consulting your own practitioners for your individualised treatment.

ALL THESE MEETINGS ARE CHEMICAL FREE EVENTS

That means, please do not wear any strong natural or otherwise, deodorants, aftershaves, perfumes or hair products etc, that may upset chemically sensitive people. Of course we cannot control other people who come to the cafes where we hold the cafe catchups.

MEETING VENUES - DATES NEXT PAGE*

NIIM - National Institute of Integrative Medicine

21 Burwood Road, Hawthorn Victoria 3122

Upstairs access to 3rd floor via lift

Meeting time is 10.45 am for an 11 am start.

PARKING is available at the rear or on side streets close by.

The nearest **train station** is **Hawthorn**,

Held every second month on the second Thursday of the month. See dates over.

CAFE CATCHUP AFTER NIIM MEETUP People are welcome to join for a coffee or meal at “The Social Glutton” cafe after the event at 103 Burwood Rd Hawthorn. Top of hill same side as NIIM close to Power St. <https://www.yelp.com.au/biz/the-social-glutton-hawthorn>

Ivanhoe Health Store

96 Upper Heidelberg Road, Ivanhoe Victoria 3079

Upstairs on the second floor. Access via stairs only.

Meeting time is 12.45 pm for a 1 pm start.

Ivanhoe Health Store is open Sundays 10 am till 3pm.

PARKING is available on the street or in the underground carpark at Woolworths close by. The nearest **train station** is **Ivanhoe**

Held on the second of every other month to the NIIM support meeting on the second Sunday of the month mostly. See dates over

CAFE CATCHUP BEFORE IVANHOE MEETUPS If people like to meet before the event you can join us at the gluten free “Caffe Strada” at 11.30 am before for coffee/brunch at 197 Upper Heidelberg Rd Ivanhoe. <http://www.caffestrada.com.au/>



***As much as possible we try to keep these dates and venues, but please note these may change. Notes about the meetings and any changes will be made via email and Facebook, so please stay up to date or contact the facilitator for any possible changes prior to the day.**

Melbourne Chronic Illness Support Meetings

Date	Venue	Time
<i>Thursday 12th January 2018</i>	<i>NIIM</i>	<i>NO EVENT</i>
Sunday 11th February 2018	Ivanhoe	12.45 pm for 1 pm
<i>Thursday 8th March 2018</i>	<i>NIIM</i>	<i>10.45 am for 11 am</i>
Sunday 8th April 2018	Ivanhoe	12.45 pm for 1 pm
<i>Thursday 10th May 2018</i>	<i>NIIM</i>	<i>10.45 am for 11 am</i>
Sunday 10th June 2018	Ivanhoe	12.45 pm for 1 pm
<i>Thursday 12th July 2018</i>	<i>NIIM</i>	<i>10.45 am for 11 am</i>
Sunday 12th August 2018	Ivanhoe	12.45 pm for 1 pm
<i>Thursday 13th September 2018</i>	<i>NIIM</i>	<i>10.45 am for 11 am</i>
Sunday 14th October 2018	Ivanhoe	12.45 pm for 1 pm
<i>Thursday 8th November 2018</i>	<i>NIIM</i>	<i>10.45 am for 11 am</i>
Sunday 9th December 2018 (Social Event)	Ivanhoe	12.45 pm for 1 pm

The meetings usually are for around 2 hrs and if talks are planned these can vary from 1/2 to 1 hour approximately. Please note as much as we try to keep these venues, dates and times consistent on the 2nd Thursday of every 2nd month and in between on the 2nd Sunday of every other month, they may be subject to change so please stay informed.

Contact Peter Owen

Email info@conqueringchronicillness.com.au for email registration or further info

Phone (for emergency for meeting days only) **Peter Owen 0408 265 125**

PM Peter via [Facebook](#) for email registration or further info

<https://www.facebook.com/peter.owen.9619>

Facebook Events The meetings will be promoted each month to members of the CCI groups, Lyme Disease Victoria, MECFS, Mould, Fibro and other groups

Conquering Chronic Illness Facebook group-Educational database of health articles and not a support group. All are welcome to join.

www.facebook.com/groups/ConqueringChronicIllness/

Conquering Chronic Illness Facebook Support group Victoria Only

www.facebook.com/groups/ConqueringChronicIllnessSupport/

Website-slowly being built and coming sometime in the future

www.conqueringchronicillness.com.au



Melbourne Chronic Illness Casual Cafe Catch ups

Each month* there is also a casual cafe catch up for people, family, friends and carers.

These events are held at different cafes generally around the central and north and central east parts of Melbourne and are **held mostly on the 4th Saturday of each month.**

This provides people with 2 opportunities each month with about 2 weeks in between support group events, to meet with people in a more social casual situation. This is to have a coffee or meal and chat about latest ideas people may be doing as well to help each other. The following are the dates for

these events and these will also be promoted by the group co-ordinator via the meeting group email contact list or on Facebook on Lyme Disease Victoria and MECFS, Mould and other Facebook groups. **May be subject to change*

Date	Venue	Time
Saturday 27th January 2018?	TBA	1 pm to 4 pm approx
Saturday 24th February 2018	TBA	1 pm to 4 pm approx
Saturday 24th March 2018	TBA	1 pm to 4 pm approx
Saturday 28th April 2018	TBA	1 pm to 4 pm approx
Saturday ? May 2018	TBA	AWARENESS EVENTS
Saturday 23rd June 2018	TBA	1 pm to 4 pm approx
Saturday 28th July 2018	TBA	1 pm to 4 pm approx
Saturday 25th August 2018	TBA	1 pm to 4 pm approx
Saturday 22nd September 2018	TBA	1 pm to 4 pm approx
Saturday 27th October 2018	N/A	1 pm to 4 pm approx
Saturday 24th November 2018	TBA	1 pm to 4 pm approx
Sunday 9th December 2018 End Of Year Social Event above Ivanhoe Health		

EAST GIPPSLAND SUPPORT GROUP

Sue Braggs support group leader in Bairnsdale East Gippsland Region

<https://www.facebook.com/groups/620875131405790/>

Contact Peter to see if there are other support groups in outer Melbourne or other Victorian areas.