

A Mountain to Climb.... For M.E.

Blue Sunday
The Tea Party For M.E.
14th May 2023

Alongside the fabulous 'Tea Party For M.E',
we will be running a raffle.

If you have any items you would like
to donate please get in touch with me (Jo)
at 'A Mountain to Climb for M.E' on insta
or email - amtc4m.e@gmail.com

The raffle will be promoted during April & May.
All monies raised will be given to M.E. charities.

This year open to UK only

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- 🎗 Dig out your best cups & saucers
- 🎗 Wear something blue
- 🎗 Have a slice of cake, or two
- 🎗 Donate the price you'd pay in a café to an M.E charity*
- 🎗 Post a photo of your little tea party set up to social media
- 🎗 Join others online as they do the same from their own homes



#BlueSunday2023
#TeaPartyForME2023



*Visit www.the-slow-lane.com/donation-pages