

Blue Monday

Monday 12th September for Balance Awareness Week

We're taking part in Blue Monday to raise money and awareness for the Ménière's Society – a charity dedicated to supporting people with dizziness and imbalance from vestibular disorders.

What

Please wear blue clothing on Monday 12th September 2016 and make a donation (£1+) to the Meniere's Society. If possible, please bring something for a fundraising bake sale. If you also have something you would like to donate for a charity raffle to boost funds further, we and the charity would really appreciate it.

You can pay your donation by texting '**BALA16 £2**' to **70070** (you can change the donation amount accordingly).

Why

The Ménière's Society are asking people to take part in 'Blue Monday' on the first day of their global Balance Awareness Week to raise vital money and awareness for the charity.

The Ménière's Society is the only registered charity in the UK dedicated solely to supporting people with vestibular (inner ear) disorders causing dizziness & imbalance. They receive no Government funding & rely solely on fundraising & membership subscriptions to fund our vital work.

Thank you!

