**Sample email or letter**

Dear \_\_\_\_,

*Insert your story here. Share how ME has impacted your life.*

That's why I am fighting to improve the lives of people with myalgic encephalomyelitis (ME), commonly called chronic fatigue syndrome. ME is a debilitating disease that affects the brain and immune system. It impacts over 250,000 men, women and children of all ethnicities, ages, and genders in the UK and 15-30 million around the world. There are no effective treatments and many are left homebound or bedridden, without any access to medical care.

#MEAction is an organisation close to my heart that fights for recognition, medical education and research for people living with ME. Our goal is to raise £XX,000 this holiday season to support #MEAction. Your contributions help support a global community of over 30,000 patients and caregivers, of leaders, volunteers, and participants. Together, we are working to raise awareness, educate medical doctors, grow the scientific field, and build a thriving community of support and friendship.

To learn more, you can watch #MEAction co-founder Jennifer Brea's TED Talk, "What Happens When You Have a Disease Doctors Can't Diagnose": <http://j.mp/TEDTalkME>.

I hope you will join me in creating a world where all people with ME have access to compassionate, effective care.

Thank you in advance for your support,

*Signed*

PS–Your donations will be doubled thanks to a generous matching pledge!

**Sample Facebook Fundraiser Language**

*Insert your story here. Share how ME has impacted your life.*

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I hope you will join me! Thank you so much for your support!

PS–Your donations will be doubled thanks to a generous matching pledge!

To learn more visit:  
<http://j.mp/TEDTalkME>  
<http://meaction.net>