**UK/Scotland Letter Campaign**

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), sometimes called chronic fatigue syndrome. ME is a debilitating disease that affects the brain and immune system. It impacts over 250,000 people 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 housebound 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 £73,000 this holiday season to support #MEAction.

Over the past year, #MEAction has worked hard to:

* Demand that the ME community is heard at #MillionsMissing events across the globe.
* Continue to apply pressure on The National Institute for Health and Care Excellence (NICE) to publish the updated ME/CFS guideline in the UK.
* Ensure that people with ME have the access and support needed.
* Launch a research survey that will provide data to help generate better care and quicker diagnoses of ME and other similar chronic diseases.
* Improve outreach to underserved communities through new partnerships.
* Strengthen connections within the ME community through support groups, Artists Salons, and Facebook Live events.

Your donation today will sustain a global community of over 30,000 people with ME, carers, volunteers, and allies. Together, we can work to raise awareness, educate health professionals, 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*