**UK/Scotland Letter Campaign**

Dear \_\_\_\_,

I am a proud supporter of [#MEAction](https://www.meaction.net/) because #MEAction believes **BOLD** action is required to make a difference for the ME community. It is why **ACTION** is in their name.  
  
#MEAction lays it all on the line! As a member of this community, we put our bodies on the line in protest to fight for equity, justice, and a future we deserve. We challenge decision makers, educate clinicians, change harmful information, and fight for individuals. ***Insert your story on how #MEAction has enriched or empowered your life here.***Suggested Prompts:  
\* What [resource(s)](https://www.meaction.net/tools/) has helped you the most? (The Hospital Checklist? The Hospital Form? The Pacing Guide? The Pediatric Pacing Guide?)

\* What support has #MEAction provided for you? Have you benefited from our Facebook Groups? Have you benefited from our State Chapter Program? Have the Facets of ME Articles provided any helpful tips for you?  
  
\* What campaigns have you participated in or have found the most value in? Why did you choose to participate in that program/campaign?   
(#MillionsMissing Events/Protests? The Stop-Rest-Pace Campaign? Severe ME Artist Project?)  
  
\*Why does it matter/how does it feel to see ME featured in so many press articles?  
  
\* How does Still Sick, Still Fighting motivate you in your volunteer/activism role?  
  
\* What is important for you to see in advocacy and activism? How does MEAction align with that?  
  
\* When you first learned about #MEAction, what drew you to us? What values are important to you that you see in #MEAction?

It is because of #MEAction’s work, that I am continuing 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 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. And with Long COVID leading to a HUGE increase of ME diagnosis in the years to come, this work is **more important than ever before! And requires BOLDER Action than ever before!**

My goal is to help #MEAction raise £73,000 this giving season to support the **BOLD** future of #MEAction!

This year alone #MEAction’s **BOLD ACTION** has been able to accomplish:

**A very successful protest on the streets of Washington, D.C.**        
**Unprecedented Press Attention in** [**The New York Times**](https://www.nytimes.com/2022/09/19/us/politics/biden-covid-pandemic-over.html)**,** [**MedPage Today**](https://www.medpagetoday.com/infectiousdisease/longcovid/100806?xid=nl_mpt_DHE_2022-09-19&eun=g81777d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202022-09-19&utm_term=NL_Daily_DHE_dual-gmail-definition)**,** [**The Hill**](https://thehill.com/policy/healthcare/3651109-protesters-rip-biden-on-covid-pandemic-is-not-over/)**, and** [**The Independent**](https://www.independent.co.uk/news/uk/myalgic-encephalomyelitis-scottish-parliament-scotland-msps-holyrood-b2177301.html) **and** [**more**](https://www.meaction.net/2022/09/20/millionsmissing-press-hits-rolling-in/)**!**

**Great turnout for #MillionsMissing in Scotland**

**Launch of Mayo Clinic Project to Change the Future of Clinical Care**

**Department of Labor Accepting our Demands          
Launch of a New MEAction Podcast   
MEpedia's 3,347 articles views exceed 30+million**

**Stop Rest Pace Initiative Reaching the Newly Diagnosed in growing numbers  
Amazing speaker line up for #MillionsMissing London**

Your donation today will sustain a global community of over 30,000 patients, caregivers, volunteers, and allies for the future. Together, we can work to raise awareness, educate medical doctors, grow the scientific field, and build a thriving community of support and friendship. We can ensure that BOLD Action is at the forefront of the work we are doing to help those newly diagnosed with and living with ME!

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*