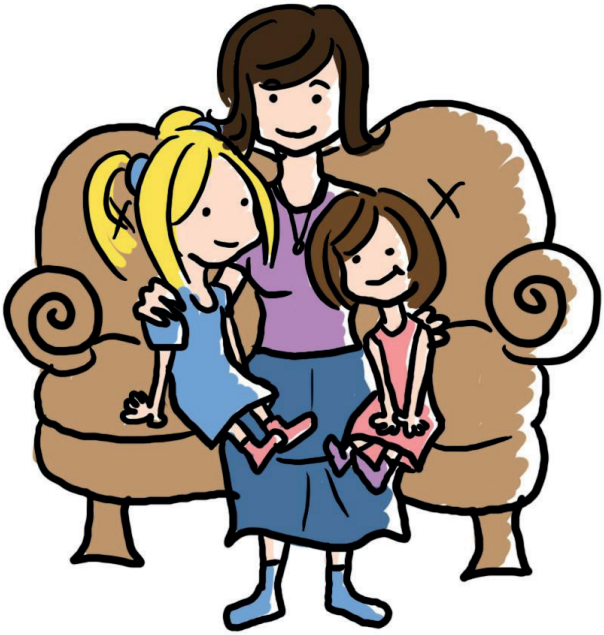
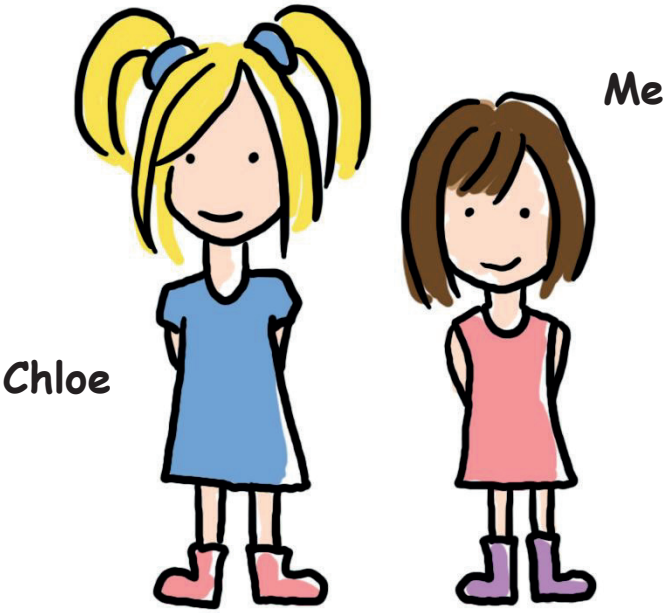
action for m·e



My Sister Has M.E.

My name is Sophie. My big sister Chloe is 7, she has M.E.

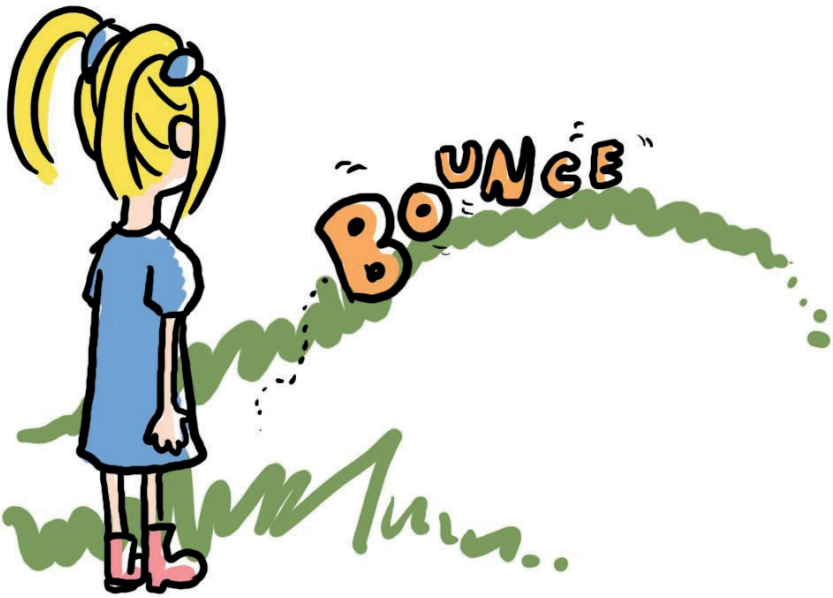


I don't get too sad, Mummy says Chloe's bounce will come back.

Chloe likes stickers, when she's tired
she gets upset cos she can't stick.

Sometimes I do the sticking for her.

Mummy says she lost her bounce. I miss her bounce.



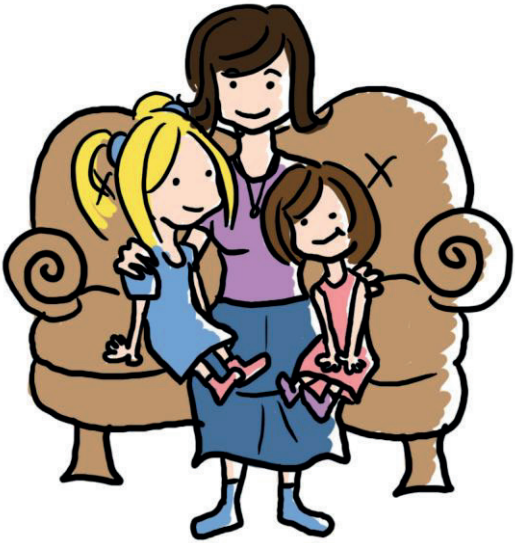
Sometimes she gets...

Head aches...

Eye pains...

Chloe can't go to school much which makes her sad. I draw pictures to make her smile when she's sad.

When she has bad M.E. pains she needs more cuddles. Sometimes I want more cuddles!!



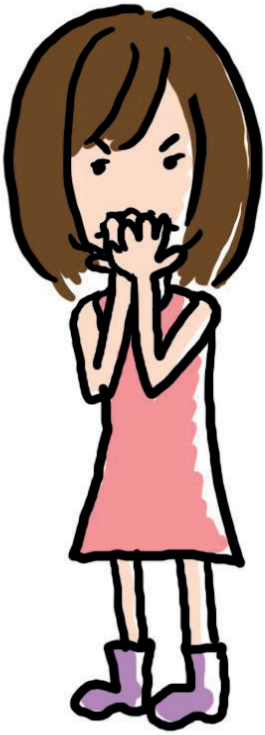
But I know mummy wants to cuddle me too.

Tummy pains...

Leg aches...

And confused!

When her head hurts I have to be quiet. I can't have my friends round.



That makes me cross; I don't want to be quiet!

We can't go on holiday. This makes me sad.

Its okay, me and mummy go on pretend holidays!!

Then we can say 'Bye Bye M.E!'

Words by Annalise Brown, aged 7.
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