Find your parliamentary   
candidates’ postal/email   
addresses at   
www.yourvotematters.co.uk

Date

Dear candidate name

I am/my daughter/son/wife/husband/friend/neighbour is one of the 250,000 people in the UK who have the chronic neurological condition, myalgic encephalomyelitis (M.E.)

As my parliamentary candidate, I ask that you pledge to take action to end the ignorance, injustice and neglect faced by people like me/my daughter/son/ wife/husband/friend/neighbour.

Research shows that M.E. scores lower on health-related quality-of-life tests than most other chronic conditions – yet those living with the illness experience considerable barriers to appropriate healthcare, social care and welfare benefits and social care, which exacerbates this already complex and challenging condition.

It’s a really good idea to personalise the letter here by sharing your experience of M.E. We suggest keeping it to no more than a few paragraphs, as candidates will be receiving lots of correspondence and will only have a short time to read each letter.

If you are elected, the UK charity Action for M.E. can support you to highlight M.E. in parliament. You can:

* contact Action for M.E. on policy@actionforme.org.uk or call 0117 937 6623
* find a briefing on supporting constituents with M.E. at www.actionforme.org.uk/me-in-parliament

Please will you pledge to take action? I look forward to hearing your response.

Yours sincerely

Your name

Your address and post code

Your email address if you have one

PS. I have been inspired to contact you by Action for M.E.’s 2017 M.E. Awareness Week campaign, #MEmatters. Please consider tweeting your support @actionforme