Find your representative’s   
postal/email addresses for

[Scotland](http://www.parliament.scot/mspfinder/index.html), [Wales](http://www.assembly.wales/en/memhome/) or [Northern Ireland](http://www.niassembly.gov.uk/your-mlas/)

Date

Dear representative’s name

I am/my daughter/son/wife/husband/friend/neighbour is one of the 21,000 people in Scotland/12,000 people in Wales/7,000 people in Northern Ireland who have the chronic neurological condition, myalgic encephalomyelitis (M.E.).

As my representative, 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.

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 your 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