Dear \_\_\_,

I know you are busy in your constituency but I would be grateful if you could spend just a couple of minutes to read the information below on behalf of the people in this constituency with Myalgic Encephalomyelitis (M.E.) also known as Chronic Fatigue Syndrome (CFS). I am writing about this issue as I have been personally impacted by this condition.

Will you pledge to meet with Action for M.E. to discuss how you can work with them to improve the lives of people with M.E.? If you are willing to make this pledge, all you have to do is [email Action for M.E.’s Policy Officer](mailto:policy@actionforme.org.uk) saying yes with your name and they will contact you in the new year.

M.E. affects roughly 250,000 men, woman and children in the UK and one in four people with M.E. are severely affected by the condition and are house/bed-bound. This is the equivalent to a person with M.E. living on every street in the UK. Action for M.E.’s 2019 survey of people with M.E. found that 92% have felt socially isolated because of their condition with 4 out of 5 people stopping or reducing paid work. The results also show that 33% of respondents require full or part time care and 1 in 4 said it has affected their decision to have children.

I appreciate that this is a busy time so thank you for reading this e-mail. Just knowing that I have an MP who is committed to standing up for people with M.E. makes a huge difference.

Kind regards,