**Template Letter to your LOCAL MP**

**This is a suggested template. We would recommend making your letter to your MP as personal as possible.**

*[INSERT YOUR ADDRESS]*  
*Address*  
*City*  
*Postcode*

*[Insert MP Name]*  
*House of Commons*  
*London*  
*SW1A 0AA*

*Date [insert date]*

Dear *[insert MP name]*

I am writing to ask you to support Action for M.E.’s manifesto and work with the charity to improve the experience of your constituents living with M.E.

As a *[insert own story/condition/experience here]* this is particularly important to me.

As you may be aware, Myalgic Encephalomyelitis (M.E.) is a long-term fluctuating illness that causes symptoms affecting many body systems, most commonly the nervous and immune systems. Symptoms of M.E. include constant pain, extreme sensitivity to noise and light, and persistent fatigue associated with post-exertional malaise. We recognise that M.E. may be an umbrella term for several illnesses.

M.E. is not a new condition, nor one which many can recover quickly or easily from. Many in our community will experience these symptoms for decades and recent figures have shown that only 5% of people affected will ever recover.

The overwhelming experience of children, young people, and adults with M.E., as well as their carers and parents, is that they too often struggle to get access to the support that they need because of a lack of understanding and awareness of M.E. Many in our community feel isolated, left behind, forgotten or even “hidden from society.”

Long COVID is another post-infectious syndrome that has clinical and pathological overlaps with M.E. As many as 1 million people could have a diagnosis of long COVID and research is suggesting up to 50 per cent of those with this condition could meet the diagnostic criteria for M.E.

I am pleased to see the publication of the draft interim delivery plan on ME/CFS in September and I eagerly await the Government’s response to the consultation. The full implementation of the plan will be a significant milestone for the M.E. community with the potential to transform lives.

Ahead of the next general election, Action for M.E. has developed a manifesto on M.E. with three key calls. I stress the importance of these calls being adopted by Government as a means to demonstrate support for the M.E. community and prevent what, in many cases, is a lifetime of pain and isolation. The manifesto calls for:

* The full implementation of the interim delivery plan on ME/CFS
* Appropriate and consistent coding of M.E. by GPs
* Properly funded research into M.E.

Progress has been made in recent years on some of the calls, but much greater action is needed. I would therefore value your support as my MP in ensuring that Government works to embrace each of Action for M.E.’s calls.

In addition, I know that Action for M.E. would be delighted to meet with you to discuss their manifesto, why the calls are important and what more you can do in Parliament to improve the lives of your constituents living with M.E.

If this is of interest or if you require any further briefings on the campaign asks, please reach out at [actionforme@connectpa.co.uk](mailto:actionforme@connectpa.co.uk).

Thank you in advance.

Yours sincerely,

[Insert name]