

Thank you for becoming an Action for ME Parliamentary Champion



As a Parliamentary Champion, you can help ensure the experiences of people with myalgic encephalomyelitis (ME) are better understood in Parliament and considered in policy decisions.

ME is a complex, chronic and disabling condition affecting multiple systems in the body. It is characterised by debilitating fatigue, pain, cognitive dysfunction and hypersensitivity to light, sound and movement. The hallmark symptom is post-exertional malaise, where even minimal activity can cause a significant worsening of symptoms.

Too many people with ME still face misunderstanding, delayed diagnosis, poor access to specialist care, and welfare systems that do not properly recognise fluctuating and energy-limiting conditions.

How we will work together to support people with ME:



Raise ME in Parliament through written and oral questions, debates, parliamentary and committee activity. We can draft questions and provide debate briefings, speaking notes and supporting evidence.



Engage Ministers and senior stakeholders on issues affecting people with ME. We can draft letters and provide relevant background information and policy briefings.



Support constituents with ME by signposting them to trusted information and raising concerns with local services where appropriate. We can provide information and support with constituent casework.



Promote Action for ME's campaigns and priorities by engaging with our briefings, campaigns and parliamentary events. We will keep you informed of key developments and opportunities to take action.



Build cross-party awareness of ME and the need for better recognition, research and support. We will provide evidence, key messages and opportunities to work with parliamentarians across political parties.

Support with constituent cases

Action for ME provides practical, emotional and information-based support for people living with ME, their families and carers. If you have a constituent with ME who would like further information, Action for ME would be happy to facilitate support.

Services include:



1. Information & Support

Helping people with ME and their carers understand the challenges they are facing, break down complex issues, consider next steps, and find appropriate support.



2. Family Support

Supporting families caring for a child or young person with ME, including help to identify key issues, understand available options, and communicate with schools, services and professionals.



3. Healthcare Services

Providing individually tailored support for people with ME, including access to clinical advice, physiotherapy, counselling and emotional support where appropriate.

Please visit www.actionforme.org.uk for further information.



Get in touch

For briefings, parliamentary questions, casework support or information about Action for ME's policy priorities, please contact: actionforme@connectpa.co.uk