

**ACTION
FOR M.E.**



A £1 MILLION VISION FOR CHANGE



Millions of people worldwide are living with the devastating impact of Myalgic Encephalomyelitis (ME), a complex and often misunderstood chronic illness. Studies have shown that around 50% of people with long Covid also have symptoms that directly mirror ME, meaning that in the UK alone, there are more than 1.3 million people with ME or ME-like symptoms, including post-exertional malaise, ranging from debilitating fatigue and pain to severe neurological and cognitive difficulties.

Despite the scale of this crisis, research funding remains critically low, and many individuals face stigma, isolation and inadequate care.

At Action for ME, we believe this must change. That's why we have launched BreakthroughME, an ambitious £1 million campaign to drive transformational progress in research, care and awareness.

**BreakthroughME is more than a fundraising campaign.
It's a movement for hope, discovery and empowerment. With your support, we can achieve
the breakthroughs that people with ME so desperately need.**

Why Action for ME?

Action for ME is the UK's leading charity dedicated to improving the lives of people with ME. Since 1987, we have been at the forefront of research, support, and advocacy.

Research and Innovation: We fund groundbreaking biomedical research to uncover the causes of ME, develop diagnostic tools and explore new treatments.

Information and Support: We provide direct, life-changing support to individuals and families affected by ME.

Healthcare Services: We offer individually tailored whole-person care through our team of doctors, physiotherapists, counsellors and chaplaincy.

Awareness and Advocacy: We amplify the voices of people with ME, fighting for recognition, equitable healthcare, and increased research funding.

"I was overwhelmed by the advice and support I received. It makes all the difference when you know there is someone who understands and is fighting your corner."

Julie



BreakthroughME: A £1 million Vision for Change

The BreakthroughME campaign will focus on three critical areas to address the urgent needs of the ME community:

Accelerate research and secure change for the future

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- Drive progress in scientific discovery through the first ever Genetics Centre of Excellence for ME, establishing new collaborations and increasing funding opportunities and knowledge.
 - Invest in our Future Leaders programme to bring in a new generation of researchers by funding a two-year fellowship and associated research costs.
 - Deliver Research Summits to bring together scientists and researchers from the worlds of ME, Long Covid and other post viral illnesses to expand insight and learning, and to accelerate research.

Critical support for people now

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- Improve lives through access to direct support and advocacy, meeting the increasing need for emotional support, symptom management and help to access health, social care, financial support and education.
 - Increase critical access to healthcare, expanding access to our doctors, physios and counsellors for adults and children with ME.
 - Ensure people can better manage and live with their illness by improving access to our online resources and information, and to reduce isolation through our online peer support forums for children, young people and adults.

Create lasting change for people now and in future generations

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- Build awareness and understanding to reduce stigma and improve services so that people with ME get the support and care that they need and deserve.
 - Advocate for policy changes to increase government funding for research and improve access to benefits and services.
 - Ensure people can access our support when they need it most. Many people still don't know that we exist and therefore don't access our services. We will ensure that we increase our presence so that people can find us easily, and we will enhance our fundraising to enable us to do even better, and to deliver more to more people.

The Power of your Support

Your gift to BreakthroughME will drive meaningful, measurable impact:

- **£250,000** could accelerate pioneering ME research through our Genetics Centre of Excellence and support early-career researchers through our Future Leaders' Network.
- **£100,000** could expand our information, support and advocacy services for people with ME, reducing isolation and ensuring that we are there for them when they need us most.
- **£60,000** could triple access to our healthcare services by increasing bursary provision, providing much-needed medical care not available elsewhere.
- **£10,000** could support the Future Leaders' Network programme for one year providing meetings, peer support, access to scientific knowledge, researchers and internships.
- **£5,000** could support ten families to access the support needed to care for their child.

Every pound raised will create a ripple effect, addressing immediate needs while laying the foundation for systemic change.

Your generosity will help people today, provide hope for tomorrow, and create change for many generations to come.

Thank you



A Call to Action: Join BreakthroughME

This is a pivotal moment for the ME community.

With your support, BreakthroughME can turn hope into action by accelerating research breakthroughs, ensure compassionate, effective care is accessible to all, and challenge stigma to create a more inclusive society.

We invite you to join BreakthroughME as a champion for change. Together, we can achieve the breakthroughs that will transform lives.

While we are deeply grateful for gifts of any size, a donation of £5,000 or more will enable you to become a Breakthrough Champion, playing a vital role in funding groundbreaking research, advocacy and support.

As a Breakthrough Champion, you will receive tailored updates on the impact of your generosity, exclusive insights into our work, and you will be part of an inspiring network of like-minded supporters who want to accelerate progress and secure change for the future.

How to Give

We would love to discuss how your philanthropy can align with the goals of BreakthroughME and create a lasting impact. Please contact us at breakthrough@actionforme.org.uk to arrange a conversation or find out more.



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doesn't just happen.
It's made.**

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