

Help provide support and hope to people affected by ME/CFS/LC



# Fundraising ideas for schools


- Wear something blue for ME and bring in £1
- Bake sale
- Walk/run for ME (sponsored, wearing something blue, collective distance, representing physical challenge for those with ME)
- Sponsored silence (Highlight how ME can leave people isolated)
- Design posters for ME awareness week (£1-£5 to enter) for MEA
- Read-a-thon (Counting how many books they can read in a week, highlighting how some with ME can't focus for that long)



Please pay funds in using:  
<https://meassociation.org.uk/donate>



## Fundraising Team

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