

Fundraising for The ME Association

Get ready to change lives with your fundraising!



INCLUDING:

- What we do and why we do it
- Choose how you want to fundraise
- Top tips for getting started

- Getting involved when you have ME/CFS



Registered Charity No. 801279



How to contact our fundraising team

Email:
fundraising@
meassociation.org.uk



FUNDRAISING
REGULATOR



WELCOME TO YOUR FUNDRAISING PACK!

What we do and why we do it

Thank you for choosing to support The ME Association (MEA).

Your efforts will make a real difference to the lives of people affected by Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome (CFS). These can be life-changing and indiscriminate medical conditions, that prevent adults and children from functioning normally.

We estimate that at least 250,000 people in the UK have ME/CFS.

There are no effective drug treatments at this time. The focus is on stabilising symptoms and improving functional ability with personalised interventions and appropriate self-management.

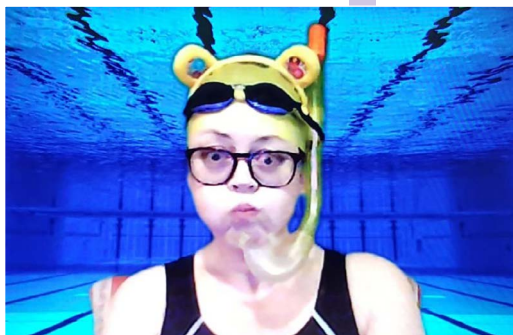
This can leave many unable to work, study, or even complete everyday tasks. Some are housebound or bedbound, struggling with extreme fatigue, chronic pain, and a range of other symptoms.

Despite its widespread impact, ME/CFS remains underfunded and under-researched, making your support more vital than ever.



Mary Corbett, fundraising for the ME Association

YOUR FUNDRAISING



Claire Ayshford-Smy,
fundraising for the ME
Association

This fundraising pack is designed to help you every step of the way. Whether you're planning on running, cycling, swimming, abseiling, hosting a bake sale, or coming up with your own unique challenge, we've got tips, resources, and inspiration to make your fundraising a success.

Every pound you raise will help us provide crucial support services, fund life-changing research, and advocate for better care and understanding of ME/CFS.

Together, we can create a brighter future for those living with ME/CFS.

Thank you for your support - let's get started!



Every pound you raise will help us provide crucial support services, fund life-changing research, and advocate for better care and understanding of ME/CFS.

Just £10 can pay for a valuable hour of our ME Connect helpline service, giving much needed support to those with ME and their families.

**If you raise £100 from your fundraising,
just think how many people you can help!**



Being Santa: fundraising for
the ME Association



*No matter your age
or ability, there
is something for
everyone to get
involved with!*



Sarah Elsby, fundraising for
the ME Association



CHOOSE YOUR METHOD

The fantastic thing about fundraising is that anyone can take part. No matter your age or ability, there is something for everyone to get involved with.

Fundraising at school

■ Fun run

What about a sponsored Santa Dash or a Reindeer Run to raise money over Christmas?

■ Bake sale

Who can resist a slice of generosity? Especially when it's topped with icing!

■ Teachers vs students

The ultimate showdown! Who will come out on top? Either way, it's all for a good cause.

■ Blue clothes day

Ask everyone to bring in £1 to wear something blue for ME.

■ Talent show

Showcase everyone's talents while raising money at the same time. You could sell tickets to raise money or have a bucket collection.

■ Summer Fair

Turn your annual school fair into a fundraiser for the ME Association!



The Moran family taking part in the Dundee
Kiltwalk, fundraising for the ME Association



Chocolate fountain fundraising event
at St Helen's School

CHOOSE YOUR METHOD

Corporates/Businesses

■ Sweepstake

Whether it's the Olympic medal table, the World Cup, the Grand National or any other sporting event, you could hold a company sweepstake. You could split the money raised between the winner and the ME Association.

■ Golf day

Invite a group of colleagues 'tee' up for a great cause. 'Drive' the donations up, 'putt' like a pro and don't 'fore'-get to pitch in.

■ Team-building physical challenges

A muddy obstacle course is always good excuse to get out of the office for the day, or why not sign up for a running event as a team? Take a look at our events page on the website for more info.

<https://meassociation.org.uk>

■ Raffle

Why not raffle off a hamper of treats with a lucky squares competition?

■ Collection tins

Could your business host one of our collection tins? Head to our website to register for a collection tin.

■ Charity of the year

An oldie but a goodie! Most companies will pick a charity that they choose to support throughout the year, through assorted fundraising efforts. Why not choose the ME Association?

■ Percentage fundraising

Sometimes it's as easy as adding a button to your till system and asking customers if they'd like to round up their bill.

■ Swear jar

At £1 per naughty word, it's surprising how quickly these fill up in a month. (Of course, we hope it takes you years to fill up the jar!)



CHOOSE YOUR METHOD

Community Groups

■ Quiz night

Whether it's down your local pub or in the community hall, channel your inner Mastermind for a round of general knowledge.

■ Tea party

Brew up some good. Your group could host a coffee morning and invite the local community to join you. Come for the cake and stay for the cause.

■ Music/comedy night

Whether it's karaoke or telling jokes; grab the mic, hit the high notes, raise the roof (and some funds) for the ME Association.

■ Sponsored litter pick

This eco-friendly event is a perfect opportunity to support your local community and fundraise at the same time

■ Car boot sale

De-clutter and host a car boot sale then donate your earnings to the ME Association.

■ Photography contest

Strike a pose and snap for a good cause. If you've got a passion for something, you could use this to raise vital funds.

■ Tombola

Everyone loves a tombola. They can be easily incorporated into any community event and can raise a good sum of money.



The Big Retro Picnic: fundraising for the ME Association



Anna Redshaw's Blue Sunday Tea Party: fundraising for the ME Association



CHOOSE YOUR METHOD

Individuals

■ Challenge events

Take on a physical challenge and get sponsorship. Whether it's through one of our challenge events or if you've got your own place, you can raise a huge amount of money for those battling with ME.

■ Birthday fundraiser

If you want a quick and easy way to raise money for the ME Association, you could set up a Facebook birthday fundraiser. People can donate instead of buying gifts or cards. It doesn't just have to be your birthday; you could do this for any special occasion!

■ Online gaming/streaming

After taking off during the pandemic, there is still a real appetite for this form of fundraising so get stuck in

■ Sponsored head shave

Brave the shave and show you care, just with a little less hair.

■ Give it up challenge

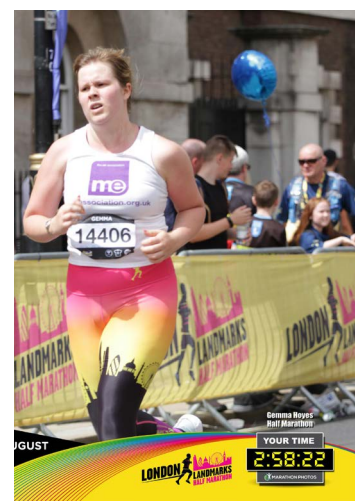
Whether it's chocolate, crisps or alcohol, give it up for a month and ask people to sponsor you.



Thalia Moore shaved her head and John Morsley took part in his local car boot, all to raise money for the ME Association



For a 21st birthday treat, Isobel Bromley jumped out of a plane at 15,000ft – for a tandem skydive that raised well over a thousand pounds for our Ramsay Research Fund!



Gemma Hoyes taking part in the London Landmarks Half Marathon





Lauren Childs brought together knitters and crocheters who sent squares over a 10-month period for the 'All about ME Knitathon'



Teenager Grace Baker-Earle, laid low and on beta blockers, she said she would try to walk half a mile every day until her 16th birthday to raise money for the ME Association

CHOOSE YOUR METHOD

Getting involved if you have ME

Many of our fundraisers have ME and it hasn't stopped them getting involved. You might just need be more creative and tailor your fundraising to your personal limits. There are still a number of ways you can get involved.

■ Coffee mornings

These can be done in the comfort of your own home either in person or virtually.

■ Online fundraisers

You could set up a Facebook fundraiser for your birthday.

■ Arts and crafts

Get creative by making jewellery, knitting, drawing or painting. You can then sell the items you make, raising money for the ME Association.

■ Personal challenges

If you feel able to, you could still take on a physical challenge event. It might be walking round your garden, yoga, or something non-physical like dyeing your hair blue for ME.



Minnie Isles took part in the West London 'Tough Mudder' to give thanks for what seems to be her recovery from her ME



Hannah Collins went caffeine-free to raise money for the ME Association during an ME Awareness Week



Matthew Blake, once a lead violinist with the Gateshead Youth Orchestra, managed to write and release his first song whilst bedbound with ME/CFS

Your health is our main priority, so we want you to have fun but fundraise safely. You know your limits and what you can manage.

Read more about fundraising with ME/CFS here:

<https://meassociation.org.uk/wzo5>

We have a dedicated team to support you with your fundraising to ensure that you undertake any fundraising safely.





The best way to get the ball rolling on your fundraising is to donate to your own page first!



TOP TIPS FOR GETTING STARTED

Hopefully we've given you some inspiration but maybe there's something you love doing, you've always wanted to do or maybe you've already got an idea in mind. Whatever you fancy doing, we're right behind you every step of the way.

JustGiving®

Set up a fundraising page

We recommend setting up an online fundraising page by visiting www.justgiving.com/meassociation or by scanning this QR code:



Did you know? The best way to get the ball rolling on your fundraising is to donate to your own page first!

Shout about it!

These days, the best way to let people know about your fundraising is to share your story on social media. You can tell people what you're doing, why you're doing it and share a link to your fundraising page. We do also provide paper sponsorship forms that you could take into your workplace.

Don't forget: If someone sponsoring you is a UK tax payer, their donation is eligible for gift aid. This means that we can claim 25% of the value of the donation back from the government, meaning we receive an extra 25p for each £1 donated!*

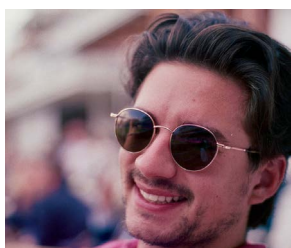
Matched funding

Some employers offer schemes that mean they match what you raise for charity. Simply ask your workplace if this is something they do and you could double your donations!



* In order to claim gift aid, we require the donors full name and address and they must tick the gift aid box on the donation/sponsorship form.

Top tip: One of the best ways to raise awareness is by promoting the charity through branding so get donning your T-shirt and snap a photo for us!



TOP TIPS FOR GETTING STARTED

Get branded up!

We can provide fundraisers with MEA branded T-shirts, running vests, posters, social media designs and much more!

Top tip: One of the best ways to raise awareness is by promoting the charity through branding so get donning your T-shirt and snap a photo for us!

Share your story

We are always looking for people to share their fundraising story with us. Sharing personal stories really help us promote the importance of the charity and the work we do.

Take a look: You can read about some of the inspiring fundraisers here: <https://meassociation.org.uk/u99j>

Let us help!

We have a dedicated team who are here to help you maximise your fundraising.

Get in touch with us by emailing: fundraising@meassociation.org.uk



Jack's 'Eight for a Mate' marathon sees Jack (number 6116) run eight marathons on behalf of his best friend, Freddie Denison-Smith (pictured above left), who has severe ME/CFS. The picture shows the scene at the Dorney Lake Half Marathon, which was organised by Freddie's sister Poppy to raise money for the ME Association.



ONTO THE SERIOUS STUFF

Like anything, fundraising has some T&Cs that must be followed. It's important to make sure that your fundraising is both safe and legal. If you're unsure about anything, please do just ask us and we're happy to help.

Catering

If you are having food at your event, take a look at the Food Standards Agency website for guidelines on usage and storage of food.

Liability

The ME Association cannot accept any responsibility for your event or anyone who participates in it. If your event involves the general public, we recommend that you seek advice regarding public liability insurance.

Licences

You may need to contact your local authority to check whether you need a licence. For instance if you're holding a raffle, auction, providing alcohol, collecting money in public. If you hold a small raffle on the day of your event, providing all ticket sales and the draw itself takes place on the same day, you do not need a licence. If your raffle lasts longer than 24 hours, you will need to apply for a licence.

Handling cash

Any money raised on Just Giving will come directly to the charity, so that's one less thing for you to worry about. However, if you collect any money in person, you should store this safely and securely, along with your paper sponsorship form if you requested one.

There are a number of options for you to pay in your fundraising monies:

Through our website:

Simply go to the 'Donate' page on our website:
<https://meassociation.org.uk/donate>

Cheques:

Please make cheques payable to 'The ME Association' and send to:

The ME Association, 7 Apollo Office Court,
Radclive Road, Gawcott
Bucks, MK18 4DF

Telephone:

Contact our head office by calling 01280 818963 to donate.

BACS:

If you would like to pay in your fundraising via BACS, please contact us to request the bank details.





Connect with the
ME Association via
social media:



Facebook:
[/meassociation](#)

Instagram:
[/meassociation](#)

X:
[/MEAssociation](#)

YouTube:
[/@ME Association UKCharity](#)

BlueSky:
[/meassociation](#)



THANK YOU!

Thank you for supporting the ME Association. By doing so, you are helping to provide support and bring hope to people with ME/CFS.

Contact:

fundraising@meassociation.org.uk

www.meassociation.org.uk

01280 818963

The Myalgic Encephalopathy Association Limited

Registered Address:

7 Apollo Office Court, Radclive Road,
Gawcott, Buckinghamshire MK18 4DF

Company No. 2361986

Registered Charity No. 801279

ME Connect Helpline:

We understand ME/CFS/LC/PVFS.

If you need help or want to talk, we're here.

When you call, you will speak to someone who will support you, with care and in confidence. We provide information, signposting and support.

FREEPHONE: 0808 801 0484

For opening hours please visit:

<https://meassociation.org.uk/me-connect>





“Thank you for producing such a helpful magazine. The standard is consistently high and each edition is interesting and varied. I need all the help I can get and this magazine is consistently encouraging, realistic, and helpful.”



THE ME ASSOCIATION

Changing attitudes and improving lives...

■ **COMMUNITY:** We provide a safe and welcoming community for people affected by ME/CFS and Long Covid who come together and benefit from sharing their experiences. We provide membership, an essential support service, excellent website resources and we host engaging discussions on the most popular social media channels. Knowing that you are not alone can be a great comfort and we are happy to answer your questions and share helpful tips.

■ **MEMBERSHIP:** We put the interests of members at the heart of everything we do. Your subscription means that we can support more people, campaign more effectively and fund more medical research. Members receive the exclusive ME Essential magazine which carries the latest news, medical information, personal stories, and feature articles. **Join us today!**

■ **SUPPORT:** ME Connect is the charity's support and information service. We listen and we understand. We provide a personalised service and we're here when you need us most. We have knowledge and understanding of these medical conditions. To view the ME Connect telephone helpline opening hours please visit: <https://www.meassociation.org.uk/me-connect>

■ **INFORMATION:** We produce reliable and timely information written by topic experts and have the **largest range of literature covering all aspects of life with ME/CFS and Long Covid**. We can show you how to recognise and manage symptoms, to get an accurate diagnosis, a referral to specialists, and to obtain the healthcare that you deserve. We also provide an **e-newsletter** and free access on the website to **Medical Matters** and other relevant information.

■ **RESEARCH:** We fund medical research via the **Ramsay Research Fund** and are especially interested in research that can find diagnostic markers, causes, and treatments. We support the UK ME/CFS Biobank and the Manchester Brain Bank, and have invested over £1m in medical research in the last 10 years.

■ **MEDICAL EDUCATION:** We arrange training for healthcare professionals, offer a medical magazine, ME Medical, and are working with the Government, NHS, Royal Colleges of Medicine, and Local Authorities to implement the recommendations of the 2021 NICE Clinical Guideline on ME/CFS – the successful result of 14 years lobbying and hard work.

“The MEA is doing exactly what it said it would by providing support, actively lobbying for recognition, improvements to health and social care, and funding biomedical research.”



THE ME ASSOCIATION

Changing attitudes and improving lives...

- **LOBBYING:** We campaign to raise awareness and bring about positive change. We believe in collaboration and work with the NHS and social care services, the Department of Health and Social Care, the British Association of Clinicians in ME/CFS (BACME), Forward-ME, the ME Research Collaborative (MERC), DecodeME, the All-Party Parliamentary Group (APPG) on ME, Physios4ME, the Chronic Illness Inclusion project (CII), Hidden Disabilities Sunflower, and Long Covid initiatives.
- **HEALTH & SOCIAL CARE:** The charity works with healthcare providers to successfully implement the NICE Guideline recommendations on ME/CFS and Long Covid to ensure that everyone receives the very best healthcare, wherever they live in the UK. We want well-trained healthcare professionals providing excellent services because timely intervention can lead to better health outcomes and improved quality of life.
- **DONATIONS:** In order to help more people and invest in medical research we depend on your generosity. If you feel able to make a donation or want to raise funds in other ways, please get in touch with the fundraising team: fundraising@meassociation.org.uk or you can **make a direct donation via the website.**

WHAT ARE ME/CFS AND LONG COVID?

We answer key questions about these medical conditions and compare similarities and differences. You'll also find the NICE Guidelines reproduced in full in an easy to use **database**.

MEDICAL MATTERS

Medical Matters is an easy to use online supplement to the more detailed literature. The same topic experts provide answers to commonly asked questions.

NHS REFERRAL SERVICES

If you need to locate an ME/CFS specialist service or Long Covid Clinic then we can help. We have listed all secondary care referral services in an easy-to-use **database**.

THE ME ASSOCIATION



Freephone

0808 801 0484

For opening hours visit:

meassociation.org.uk/me-connect

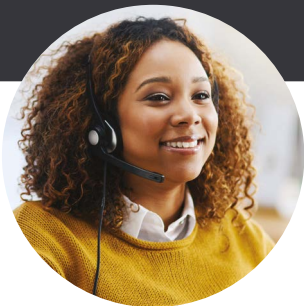
ME CONNECT

The Support and Information Service
for people affected by ME/CFS/PVFS
and Long Covid

Contact ME Connect

3 WAYS TO GET IN TOUCH:

by phone, email or
social media private message



HERE TO LISTEN

We are here to listen,
validate and empathise
with any issues you might
be facing.



VITAL SUPPORT

We are here to help
you reach an informed
decision.



SAFE ENVIRONMENT

We provide a safe,
confidential and
understanding
environment where
you can be heard
and understood.

We're here for you!



meconnect@meassociation.org.uk



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instagram.com/meassociation

meassociation.org.uk