



GOING BLUE FOR M.E.

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

Telephone: 01280 818964

Facsimile: 01280 821602

Email: meconnect@meassociation.org.uk

Website: www.meassociation.org.uk

GO BLUE for M.E. 2019

In ME Awareness Week (6th to 12th May 2019) we will all be working to show the world just how cruel and widespread this illness can be.

The theme of our awareness campaign this year is REAL M.E.

And we'll be demonstrating exactly how M.E. is indeed both Real and Physical by using REAL people, telling the world about this REAL disease. Basically trying to get the message across about what M.E. feels like across our whole community.

Our fundraisers will be going BLUE in lots of different ways – blue hair, blue cakes, blue faces, blue buildings... and we are here to help make that happen and support you as best we can.

If you want to chat through your ideas – to explore what you could do and how to go about it, do please get in touch.

If you need posters, leaflets or other supplies, to promote your activity or to help you to explain M.E. to others, please complete this form and return it to us as soon as you can – by post or by sending a scanned copy (of page 2) by email. And if you need help, advice or authority for raffles, street collections, and charity auctions, do please get in touch. We can help you to get the most out of your day.

Once you've decided what to do, please do join our official Go BLUE team in our JustGiving Campaign – so that you can see just how much your efforts will be making to the campaign. <https://www.justgiving.com/campaign/GoBLUE4ME-2019>
Just click on the "Start Fundraising" tab to set up your page.

Good luck with both your fundraising and your preparations. If you need any further help or support, please do not hesitate to get in touch with me.

Thank you for thinking of going BLUE for M.E. in 2019.

Regards

Helen Hyland
Fundraising Manager

YOUR CONTACT DETAILS:

Name

Address and Postcode

Email address

Contact telephone number



ONE FREE T SHIRT

One of our splendid *Go Blue for ME* T-shirts is free to our fundraisers. *Please tell us your size (generous S, M, L, XL, or XXL). You can purchase extra tops for your support team from our office or our website.*



2019 CAMPAIGN POSTER – REAL M.E.

Plaster these everywhere and help us to raise awareness of how serious and widespread this cruel illness can be. *Please tell us how many you would like.*



ME HURTS!

Our supporters describe how their M.E. feels. Ideal for describing this cruel illness to others. *Please tell us how many you would like.*

JUST WHAT IS ME – FACTSHEET

This describes how it is caused and how it makes people feel. *Please tell us how many you would like.*

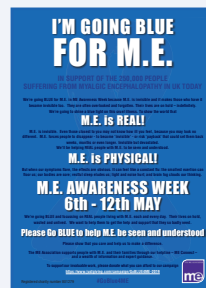
SPONSORSHIP FORM

For family and friends to support your efforts. *Please tell us how many you would like.*

DONATION ENVELOPE

If you are hosting an event or family celebration for M.E., then use these envelopes to help us recover valuable gift aid on guests' donations.

Please tell us how many you would like.



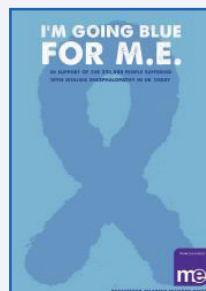
GO BLUE FOR M.E. POSTER

This explains why we go BLUE in ME Awareness Week. *Please tell us how many you would like.*



BLUE BALLOONS!

A great addition to all your fundraising events! *Please tell us how many you would like.*

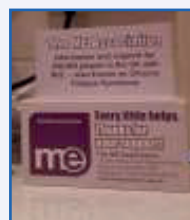


BLANK EVENT POSTER

For you to overwrite or otype the details of your own event. *Please tell us how many you would like.*

FUNDRAISING LEAFLET

To give you ideas for events that you could organise to supplement or support your challenge fundraising. *Please tell us how many you would like.*



FLATPACK CARDBOARD BOXES

Use for collections at functions or events, or leave one at your local shop. *Please tell us how many you would like.*

A PRESS RELEASE TO RAISE AWARENESS?

Where we can, we try to publicise efforts of our fundraisers in their local papers – to help raise awareness. Would you be happy for us to use your name in any publicity?

Please answer Yes/No