

The Coronavirus has, without doubt, impacted the lives of everyone around the world. In terms of our operation, we were fortunate to already be set up to provide most of our service remotely and virtually. We have been able to continue our services without much change, other than our face to face monthly clinics, which have moved to virtual appointments until further notice.

The forced isolation experienced by everyone during this time, is nothing new to many people suffering from ME/CFS and there is some early evidence indicating that some of those recovering from this virus are experiencing PVF (Post Viral Fatigue) and ME/CFS symptoms. We can only hope that if there is a positive to come out of all this, it would be a greater understanding and compassion for those suffering with this debilitating illness and the need for better services and support.

New CEO

The ME Trust is pleased to announce the appointment of its new Chief Executive, Helen Winning. Helen has taken over from Hannah Clifton, who has been on long term sick leave, but plans to return in a new role when she is well enough.

Helen brings a wealth of experience from her work in healthcare and the arts and charity sectors. She has been involved with the Trust as a member of the Fundraising Development Group for the past three years.

"I am delighted to have the opportunity to lead the ME Trust through the next phase of its development", she said.

"My top priority is to maintain the delivery of practical care and support for people with ME and their families, and to bring hope to those who suffer from this often invisible illness."



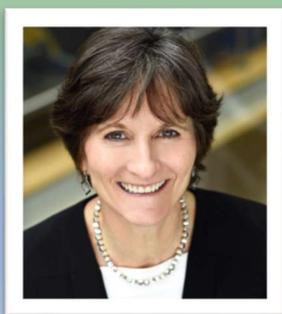
Transforming Lives ...

"Thank you again for the amazing work that you all do at the ME Trust for helping people like myself, I really didn't think there was anywhere to go." F&D

Building the Team

We continue to look to increase our clinical team, so that we can reach more pwME and are in the middle of a successful recruitment drive for new doctors and a physio. Watch this space!

We are also delighted that Caroline Kingdon has joined our Board of Trustees. Caroline originally trained as a State Registered nurse at Guy's Hospital, later specialising in hospice care before working as a nurse practitioner. She has been involved with people with ME/CFS and their families since 2013, both as partners in biomedical research and as donors to the UK ME/CFS Biobank. A privilege of her position has been to visit those participants most severely affected by ME/CFS at home, from whom she has learned much about the disease and the many challenges it brings. She is dismayed not only by the misery experienced by people with severe ME/CFS, but also by the ongoing stigma around ME/CFS which so often results in alienation from statutory medical services. Latterly, she has been contributing to the revision of the NICE Guidelines for ME/CFS as a committee member. She feels strongly about the need for compassion in all dealings with people with a disease with no biomarker or effective treatment and is hopeful for greater health equity for people with ME/CFS in the future.



FUNDRAISING UPDATE

Whilst Coronavirus also impacted our ability to fundraise – we had to cancel our annual Onesie Walk, due to take place during ME Awareness week – we are delighted to report some great fundraising that did take place in spite of the circumstances.

2.6 Challenge

This initiative was set up to help charities replace the funds that would have been raised by the London Marathon. We were able to join in, with 4 intrepid supporters taking on different challenges. Our chairman, Rollo, walked 2.6 miles in a onesie on his balcony; Alison did a mini-triathlon; Kim walked 2.6 miles as part of her daily exercise, again in a onesie, and our youngest supporter, Eva, also did her own triathlon with a mixture of cycling, trampolining and laps of her garden.



ME Awareness Week

Music and the spoken word were the ways in which two of our wonderful trustees helped to raise funds for the ME Trust during ME Awareness Week.

On ME Awareness Day, Caroline Kingdon undertook a reading marathon from her armchair reading (out loud) for as long as her voice (and the tea) held out.



Colin Paine took on a very different challenge and listened to the most annoying song, as voted for by those making donations, for 8 hours nonstop! The song selected was 'Crazy Frog' ... we think Colin has only just regained his sanity!



Total raised through **all** these events was an amazing **£11,000!**
Thank you to all those who took part and those who supported!

Bursaries

If you are already giving to us regularly or have given this year, THANK YOU SO MUCH!

The money we raise helps us to offer support to those who most need our help, whatever their financial circumstances.

We would love to provide even more of our services free of charge.

Could you donate to our bursary fund?

You can donate via our website: www.metrust.org.uk

If you prefer to send a cheque, please make it payable to *The ME Trust* and post it to: The ME Trust, 12 William Street, Windsor, SG4 1BA.

Gift Aid forms can be downloaded from the website or can be sent out to you on request.

Please contact us on: admin@metrust.org.uk 0203 778 0530

"Thank you for all the marvellous, essential, lifesaving work you all do." S

Look out for news on the launch of our new website!