



Our clinical team has continued to provide consultations to people with ME/CFS throughout the ongoing pandemic. Although there have been no face to face clinics or home visits, the wonders of modern technology have allowed our doctor, nurse, physio, counsellors and chaplains to bring care and support to people in their own homes.

Behind the scenes we have also adjusted to no longer meeting in person and holding our meetings via Zoom – technology permitting! News of a vaccine has brought a ray of hope into all our lives and we look forward to a brighter 2021.

Sadly, an increasing number of people are being diagnosed with long Covid symptoms or possible post Covid ME/CFS, and we anticipate an increase in the need for our services.

### Transforming Lives ...

*“It was such a relief to connect with someone who understands this dreadful condition. So much easier & more helpful than what I’ve ever experienced. Thank you!”*

### Research news



We are delighted that the world’s largest study into the causes of ME/CFS has received funding. Scientists will use samples of saliva from 20,000 people with ME to help uncover the causes of ME and ultimately find a treatment. Find out more at [DecodeME](#).

Dr Nina Muirhead is leading research into the effect of ME/CFS on the families and carers of people affected.



New guidelines on the diagnosis and management of ME/CFS have recently been issued by NICE (National Institute for Health and Care Excellence) which bring much needed changes. These include not recommending GET (Graded Exercise Therapy), and only using CBT (Cognitive Behavioural Therapy) as a support but not a cure for ME. They also recognise the stigma that has been attached to ME/CFS.

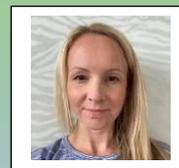
### Retirement

We are very sad to say goodbye at the end of this year to two people who have been involved in the ME Trust right from the start. Both Dr Paul Worthley and Sue Pople (Physio) have brought such commitment and energy and enabled the ME Trust to grow and reach more people with ME/CFS. So many patients have benefitted from their wisdom, support and practical advice and we cannot begin to thank them enough for all they have done. We are sure you join us in wishing them both a very happy retirement.



### Team Changes

We are, however, delighted to welcome some new members to our team: Melanie de Luca, an experienced physio, has been working with Sue since the summer and is already seeing patients.



Dr Claire Taylor will join us in January to offer medical advice and consultations alongside her other role as a GP. Rosemarie Jolley is now our Clinical Administrator and look out for some additions to our counselling team in the New Year.

### Board Member

This September, we also welcomed a new trustee. Julianne Devine is a lawyer at Diageo PLC and brings her legal expertise to the Board. Julianne’s brother has had ME for the last 15 years and she has seen first-hand how difficult the disease is to manage, and the effects it can have on family life.

## FUNDRAISING UPDATE

We were delighted to receive a grant of £10,000 from the National Lottery Community Fund earlier this year, and we are very grateful to the Freddie Green and Family Foundation for a significant donation recently. Thanks also to the girls of Bede's school who raised over £1300 with a sponsored bike ride covering an area four times the size of Sussex! All this money goes to helping us provide our services and support more people with ME/CFS.



Like many charities, our ability to fundraise has been impacted by Covid 19, and we have tried to come up with new ways to raise the vital funds we need to continue our work and meet an increase in demand.



Our *Summer Quiz* proved popular with those seeking something new to use on their weekly family/friends zoom catch ups/quiz nights, and our first *Strawberry Tea for the M.E.T* is set to become a regular item in our fundraising calendar.

We would especially like to thank our **regular donors** who have continued their support during this difficult time.



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](mailto:admin@metrust.org.uk)

Help us to help a person with ME/CFS feel cared for and understood this Christmas.

### CHRISTMAS BURSARY FUND APPEAL

People with severe ME/CFS are often unable to work and rely on benefits or the generosity of family and friends to survive. Contact with the ME Trust is a lifeline for many. Our Bursary Fund helps people by subsidising up to 75% of the fees we charge. Our clinical team provides individual, whole person care - physically, emotionally, and spiritually - for people who are often isolated and alone.

We know how much it means to a person with ME/CFS to get help and support when they are feeling at their most vulnerable.

*'It was such a relief to connect with someone who understands this dreadful condition ... More than anything I was grateful to be believed, not judged, and taken seriously.'*

Throughout December, look out for some Christmas Treats and Surprises, including Christmas songs, tasty recipes, and festive readings, on our social media and [website](#).

You can donate online [here](#). Thank you.

*"I found the people I have spoken to from the trust to all be very kind and have a lot of empathy."*

Our new website was launched in July this year. We are still working on some of the features, but do visit and have a look around:  
[www.metrust.org.uk](http://www.metrust.org.uk)

