



In June 2021 we celebrate our 10th birthday. The ME Trust was founded in 2011 by Hannah Clifton to bring hope and transformational care to people with ME, their families and carers.

For the first 5 years we focussed on supporting patients receiving inpatient care at Burrowswood Hospital until it closed in 2016. Since then, the Trust has provided medical consultations remotely, by phone or video call, enabling us to reach people all over the UK, including those who are severely affected and housebound.

The team has grown and now includes a doctor, a nurse, a physiotherapist, counsellors and chaplains. The hallmark of our care is a multidisciplinary, holistic approach, being sensitive to the needs of each individual and offering support to body, mind and spirit. We have helped over 700 people with ME and their families since 2017 and increased our capacity: in the first six months of our financial year, we provided 667 consultations and helped 234 people.

Of course, we want to do more, and the need is even greater since the advent of LongCovid. This year we plan to develop our nursing service and increase our support to carers and families. We plan to continue making a difference to people's lives for the next 10 years and beyond. Thank you for your support, and I hope you will join with me in wishing the ME Trust a very Happy Birthday!

### Transforming Lives ...

*"Thank you for your time today, it did help me enormously just being able to talk to someone who understands the situation and to have some positive suggestions as a way forward."*

### New Team Members

We are delighted to welcome our new doctor, Claire Taylor, to the team. Claire is an experienced GP with a background in Neuroscience. She first became interested in ME when working in rheumatology clinics as a junior doctor. Claire enjoys all aspects of general practice but finds complex cases and following patients up over time the most rewarding, so she is delighted to have joined the team at the ME Trust to use her skills to help people on their journey with ME/CFS. Sadly, as a busy GP, she is only able to work for us one day a week, so there is already a significant waiting list, while we continue to actively seek further doctors to join our team.



We are also delighted to welcome some new counsellors. Sonja Beacham and Jane Harris started working with us at the beginning of the year and quickly became valued members of the ME Trust team. We will be welcoming Rosanne Joseph-Horne at the beginning of June and watch this space for news on a new chaplain. You can find more about these new additions and the rest of our team on our website [here](#).



### FUNDRAISING UPDATE

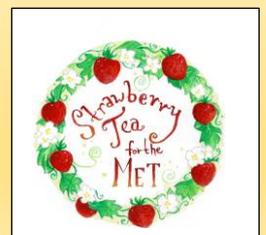
Fundraising continues to be a challenge in these unusual times, with all larger event planning still impossible. We are very grateful to the Frank Floss Foundation for a recent significant donation, and to all those who responded to our recent direct appeals, have held Birthday Fundraisers on Facebook, contributed to the recent Tea Party for ME on Blue Sunday, chosen to support us using Amazon Smile or have simply shown an interest in our work across our social media.

We continue to try and come up with new ways to raise the vital funds we need to continue our work and meet an increase in demand.

We will once again be running our Strawberry Tea for the M.E.T in July. You can find out more and download a fundraising kit and ideas from our website [here](#).

As always, a big thank you to our **regular donors** for their continued support.

To everyone – a big thank you!



## Research News



We continue to encourage everyone with ME over the age of 16 to register your interest in taking part in the world's biggest study of the causes of ME/CFS. Find out more and sign up at [DecodeME](https://www.decode-me.org).



The publication of the new guidelines has been put back to 18<sup>th</sup> August.

### New Survey

The JLA Priority Setting Partnership for ME/CFS has launched its first survey as part of a collaborative venture that could result in more research funding and future studies directed at the issues YOU decide are important. Anyone aged 16 or older who has been diagnosed with ME/CFS at any time, Carers, friends, family, and supporters, including parents of children with ME/CFS, Health and care professionals who work with people with ME/CFS, and, anyone else with an interest in ME/CFS and the future of ME/CFS research.

[TAKE THE SURVEY HERE](#)

The survey will close on **Monday 05 July 2021**.

You can take a break and return to the survey at any time – just be sure to click 'FINISH LATER' at the bottom of the survey page.



## THE POWER OF 10

You can [DONATE HERE](#)

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.

### POWER OF 10 CHALLENGE

In this 10<sup>th</sup> anniversary year, our fundraising efforts are concentrated on the Power of 10 challenge.

The idea is to set yourself a challenge based around the number 10 and raise some funds for The ME Trust at the same time.

Our administrator, Helen, challenged herself to 10K steps a day for 10 days and raised an amazing £721.25 with Gift Aid!

Our social media co-ordinator, Julia, is planning to teach her son to say good morning in 10 different languages!

There are many ways you can take part: [Watch the video here](#) for some ideas or come up with one of your own. You can also [download our fundraising pack here](#).

Don't hesitate to get in touch if you'd like any further advice or help and we'd love to know what challenge you're taking on, so do email us at: [admin@metrust.org.uk](mailto:admin@metrust.org.uk)

**!COMING SOON!**

2021 also sees the launch of a new **POETRY COMPETITION**.

We hope that this will give an opportunity for many people who can't participate in physical activities to join with us in raising awareness of ME/CFS. Poems can be any length and on a variety of themes. This is an opportunity to express how you feel and be creative. A panel of judges will pick their favourites. There will be prizes for the winning entries and the poems will be published on our website and shared on social media. More details will be available on our website and across our social media soon.



*"It has been such a huge comfort to be able to talk to someone who properly understands this horrible disease."*