

Payroll Giving for The ME Association

The ME Association is a national charity supporting people with ME (myalgic encephalopathy) / CFS (chronic fatigue syndrome)/PVFS (post viral fatigue syndrome). A genuine, physical, debilitating condition affecting people from all walks of life! It is likely that YOU know someone with ME/CFS.



TM We aim to provide managed **information and support** on ME/CFS to all people involved including people with ME/CFS, their parents, carers and partners and many others. To **educate and provide training** for people with ME/CFS, the relevant practitioners in health, social and educational settings (in both the statutory and voluntary sectors) to increase the knowledge of ME/CFS both at home and abroad. To promote, encourage or undertake study or **research** for the benefit of the health, social wellbeing and education of people with ME/CFS and disseminate the results of such.

We communicate through our Information and Support line – **ME Connect**, and through our regular publications, **ME Essential** and the **Research and Scientific Bulletin**. To find out more about our charity, please log on to our website at www.meassociation.org.uk and our research website www.mearesearch.org.

Payroll Giving provides regular income, allowing us to plan ahead and secure the future for our much needed services.

If you do decide to donate to The ME Association, you should speak to your Human Resources or Payroll department, the ‘champion’ or ‘ambassador’ of Payroll Giving in your workplace, and they will take you through the quick and easy steps of Payroll Giving.

For more information on Payroll Giving, please log on to our website www.meassociation.org.uk or speak to Gill at The ME Association on 01280 818964.

**Please remember, donations bring services and further developments.
£5 will provide display materials for a GP surgery.
£10 will pay for an hour of the Information and Support line, ME Connect.
£20 can supply full information to a retirement home to enable better care for residents with ME.
£50 will supply comprehensive reference and training materials for a medical school.**

Whatever you decide, thank you for your consideration and any support you might give.