



## FUNDRAISING SUPPLIES AND SUPPORT CHECKLIST

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

Fund Raising Office: 01280 838964

Email: [Helen.Hyland@meassociation.org.uk](mailto:Helen.Hyland@meassociation.org.uk)

Website: [www.meassociation.org.uk](http://www.meassociation.org.uk)

Dear Fundraiser,

Thank you for thinking of The ME Association.

And thank you for your kind offer of fundraising to help support people with ME/CFS.

We want to be able to support your efforts as best we can. As you'll see, we have a range of posters, leaflets and other supplies to help your fundraising and to help you to explain ME to others. Please complete this form and return it to us – by post or by emailing a scan of the completed form to me and we'll try to get supplies out to you by return.

We are often asked if we have any merchandise to sell. We have a small selection of gifts and other merchandise that you might also find useful to support your fundraising. These include MEA pin badges, extra T shirts and hoodies (for supporters), wristbands, trolley/locker coins, Christmas and other greetings cards. You'll find them all listed on our website [www.meassociation.org.uk/shop/gifts](http://www.meassociation.org.uk/shop/gifts). Alternatively they may also be ordered direct from our office by calling 01280 818964.

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

Thank you again for thinking of fundraising for The ME Association.

Regards

Helen Hyland  
Fundraising Manager

01280 838964  
[Helen.hyland@meassociation.org.uk](mailto:Helen.hyland@meassociation.org.uk)





# THE ME ASSOCIATION FUNDRAISING SUPPLIES AND SUPPORT CHECKLIST

## YOUR CONTACT DETAILS:

Name  
Address and Postcode  
Email address  
Contact telephone number



### T SHIRTS

Our splendid purple **ME It's Real Its Physical** T-shirts are free to our fundraisers. **Please tell us your size (generous S, M, L, XL, or**

**XXL).** You can order further supplies for your support team from our office or via our online shop:   
[www.meassociation.org.uk/shop/gifts](http://www.meassociation.org.uk/shop/gifts)

### SPONSORSHIP FORM

For family and friends who prefer not to donate online, we provide a customed sponsor form. These forms help you to keep track of direct donations and enable ME Association to reclaim valuable gift aid.

**Please tell us how many you would like.**

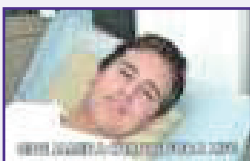


### FLATPACK CARDBOARD BOXES

For use in collections at functions or events, or to leave on local shop or restaurant counters or simply for your own use to collect up loose change

when purses or pockets start to bulge.

**Please tell us how many you would like.**



### GIVE JAMIE A CHANCE LEAFLET.

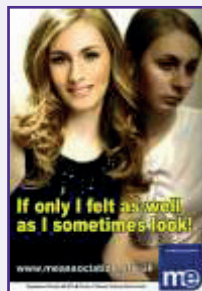
This emotive leaflet tells the story of one of our younger members: Jamie went from being a typically

active teenager to bed-ridden because of ME.

**Please tell us how many you would like.**

### JUST WHAT IS ME – FACTSHEET

The causes of ME and how it makes people feel. **Please tell us how many you would like.**



### IF ONLY I FELT – A4 POSTER

ME is an invisible illness, but this poster captures the difference between how people with ME look, and how they actually feel. **Please tell us how**

**many you would like.**



### EVENT POSTER

Many fundraisers make their own event posters, but if you want help, please tell us about your event - its name, date, time, place and any entry fee. **Please**

**tell us how many you would like.**

### A PRESS RELEASE?

To increase awareness of ME, and as time and resources allow, we try to publicise efforts of our fundraisers in their local papers. Would you be happy for us to use your name in any publicity? **Please answer Yes/No**

### FUNDRAISING LEAFLET

Ideas for events that you could organise to support or supplement your challenge fundraising.

**Please tell us how many you would like.**



### BALLOONS!

**Please tell us how many you would like.**

**DISCLAIMER:** This information will only be used for the purposes of your fundraising campaign and will not be shared either within the ME Association or with outside organisations. If you would like to be added to an emailing list to receive further news after your campaign is finished, please tick here.