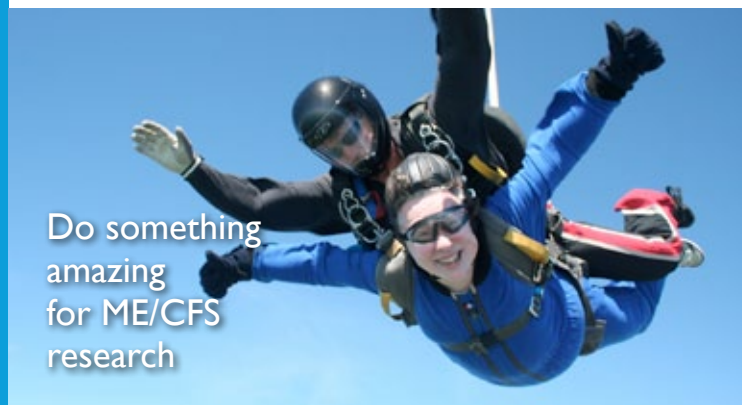




**Help us make the breakthrough**

## Help us make a difference

We believe passionately that biomedical research matters and is crucial to tackling the causes and consequences of this condition. We need your help to make the breakthrough that patients and their families deserve.



Do something amazing for ME/CFS research



Use JustGiving to make a donation or sponsor one of our fundraisers

Become an ambassador for



**ME Research UK**  
The Gateway, North Methven Street  
Perth PH1 5PP, UK  
**Tel:** 01738 451234  
**E-mail:** meruk@pkavs.org.uk  
**Web:** www.mereseearch.org.uk  
www.facebook.com/MEReseearchUK  
SCIO – Charity number SC036942

### STANDING ORDER / DONATION FORM

I would like to make a regular gift of £ \_\_\_\_\_ a month

I want to make a one-off donation of £ \_\_\_\_\_

Mr/Mrs/Ms/Miss (delete as appropriate)

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

I would like to make this, any future donations and any donations made to ME Research UK in the previous four financial years, to be treated as Gift Aid donations until notified otherwise. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or CASCs that I donate to will reclaim on my gifts for that tax year.

Please fill in this form and return it to us at the address above

**Instruction to your Bank or Building Society to pay by Standing Order**

To The Manager \_\_\_\_\_ Bank/Building Society

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Preferred monthly payment date \_\_\_\_\_

Name(s) of account holder(s) \_\_\_\_\_

Branch Sort Code \_\_\_\_\_ Account Number \_\_\_\_\_

**Instruction to your Bank or Building Society**

Please arrange to debit my/our account with the sum of £ \_\_\_\_\_ on the \_\_\_\_\_ day of each month, until further notice.

Starting on \_\_\_\_\_  
**Pay to:** Clydesdale Bank, 23 South Methven Street, Perth PH1 5PQ, UK  
**Account:** ME Research UK, Account number: 50419466, Branch code: 82-67-09  
Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

## Who are we?

ME Research UK is a charity which funds biomedical research into ME/CFS (also known as ME). We aim to find the cause of the illness, develop effective treatments, and ultimately discover a cure. We fund research projects in the UK and overseas – more than any other single organisation outside North America. Find out more about this work on our website.

## What is ME/CFS?

ME/CFS is a potentially long-term illness involving a profound loss of muscle power after physical exertion; muscle pain that can include tenderness and swelling; and a range of other neurological or cognitive symptoms. Relapses can occur for many years.

## What is the cause?

The cause is still unknown. However, there are likely to be many different causes and triggers (such as viral infections, trauma or environmental factors) that can contribute to the development and continuation of symptoms.

## Who is affected?

Up to 240,000 people in the UK have ME/CFS (a prevalence higher than that for HIV infection or multiple sclerosis). It is twice as common in women than men and affects all social groups and ages, including children. Most people with ME/CFS are unable to work to full capacity, and many are housebound. ME/CFS is not properly understood or recognised by healthcare professionals.

*ME/CFS is a substantial medical and social problem, yet relatively little biomedical research has been conducted into its causes and consequences. We need to change this.*

**Dr Vance Spence**  
**ME Research UK**



*ME Research UK has provided the pilot funding for many distinct projects, showing what can be achieved by biomedical scientists working closely with medical research charities.*

**Prof. Julia Newton**  
**Newcastle University**

*Vascular and inflammatory aspects of ME/CFS are particularly important, and grants from ME Research UK have been the bedrock of our research into the biochemical pathways involved.*

**Dr Faisal Khan,**  
**University of Dundee**



*The funding provided by ME Research UK was of prime importance, helping the work of our 'Pain in Motion' research group to expand and to obtain funding from other sources.*

**Prof. Jo Nijs**  
**Vrije Universiteit Brussel**

## How can you help?

There are many ways to help, from making a donation or setting up a standing order (via the form overleaf) to becoming an active fundraiser. Here are some ideas, and you can find many more on our website. We'll do everything we can to support your efforts.

Search the internet with Everyclick – we get a donation for every click.

Organise an event – from a coffee morning to a cocktail party



Text 'MEUK01 £2' to 70070 today to donate £2 (or £1, £5 or £10)

Shop on Amazon via our website and we receive a donation at no extra cost to you



Take part in a sponsored event, from a toddle to a marathon