I would like to make a regular gift of £[amount] a month.

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

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I want to make a one-off donation of £[amount] on [date].

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I would like to make a regular gift of £[amount] a month.

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

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I would like to make all my future donations and any donations made to ME Research UK in the last four years as Gift Aid donations until I notify otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

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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.

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

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

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 Faisel 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

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