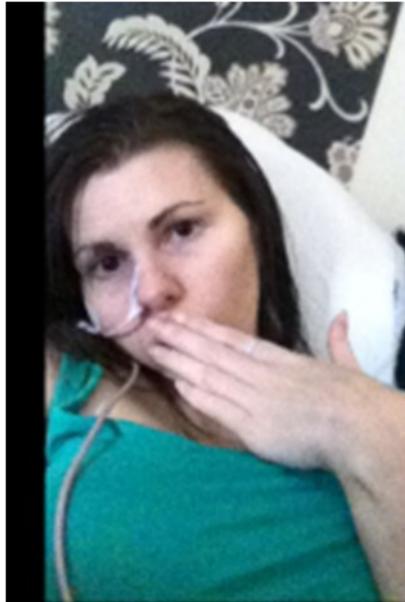


# The 25% M.E. Group

Support Group For The Severely Affected

# Severe ME Day



*"I thought it could have double meaning. Representing that some of us can't speak. But also that the reality is silenced."*

## Silence Challenge

8th August 2017

CHARITY No. SC034265

PATRON: Dr Byron Hyde MD

MEDICAL ADVISOR: Dr Nigel Speight MA, MB, B Chir, FRCP, FRCPCH, DCH

SCIENTIFIC ADVISORS: Dr Vance Spence PhD, Professor Malcolm Hooper PhD. B.Pharm. C.Chem. MRIC



# Silence Challenge 2017



**Raising funds and awareness  
for the 25% ME Group**



**To mark A Day for Understanding & Remembrance on August 8th Amanda Hendrie's sister Katie and some of the staff who provide Amanda's round the clock waking care will be aiming to keep silent for 24 hrs.**

As well as raising funds, the Silence Challenge also promotes awareness of Severe ME and aims to help to spread the word about just how bad it can be.

Sadly, Amanda has lost the ability to speak.

And she often found that she wasn't 'heard' - especially by professionals. Even when speaking perfectly clearly.

So the Silence Challenge aims to raise awareness as well as funds.

Launched in 2016, this event this event managed to raise around £3,000 for the 25% ME Group. And 'Just Giving' said we were in the top 5% of fundraisers for August!

Following last year's success, Amanda is only too keen to do it all over again.

## How can I mark the Silence Challenge on Severe M.E. Day?

### 1. Hold your own 'Silence'

You may like to observe silence for a period on August 8th, just to quietly remember those who have lost their lives to this illness, and in solidarity with all the others who are severely affected by M.E.

### 2. Raise Awareness of Severe M.E.

Take some time on August 8th to think about any small thing you may be able to do to help raise awareness of the reality of severe M.E.

One small way to raise awareness might be to let your friends and family know about the Silence Challenge, and what it signifies.

Feel free to use 25% ME Group resource materials to assist.

### 3. Donate

If you can, please sponsor a Silence Challenger.

**Donation page:**  
<https://mydonate.bt.com/fundraisers/silencechallengeforsevereme>

If you don't have internet access, please contact the 25% ME Group office for details of how you can support us through the Silence Challenge:

Phone: 01292 318611

Write to: 25% ME Group, 21 Church Street, Troon,  
Ayrshire KA10 6HT

If sending a cheque, please make payable to:

'The 25% M.E. Group'

THANK YOU!



**For more information visit:**

<https://www.facebook.com/silencechallengeforsevereme/>

<https://twitter.com/SilenceCfSME>

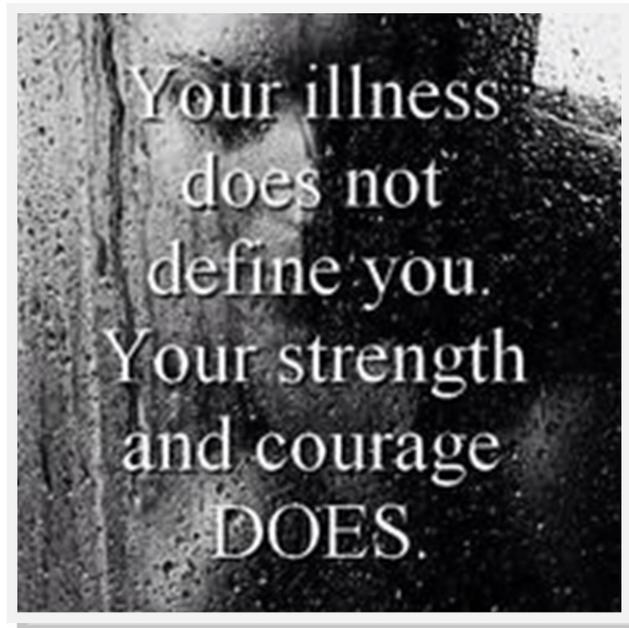


**This page is for you to complete as you wish.....**

**.... a place to remember all the things that make you 'you' - no matter how silent your world may be**

**.... a place to record what you would want to say, when the reality of severe M.E. is no longer silenced and your voice can be heard**

*You can keep this to yourself, or share - with friends, with family, with us at the 25% ME Group - as you wish*



### **The 25% M.E. Group**

A unique and independent support group set up to help people who suffer from severe M.E. and to break the isolation that it brings to our lives.