

# The Grace Charity for M.E.

March 30<sup>th</sup> 2020

## To whom it may concern

I have an illness known as M.E. (Myalgic Encephalomyelitis): this is described by the W.H.O. (World Health Organisation) as a neurological disease<sup>i</sup>, making it similar to illnesses such as Multiple Sclerosis, Motor Neuron Disease and Parkinson's.

**The NHS is mandated to implement M.E. as a physical, neurological disease.** <sup>ii</sup>

I have both mobility and cognitive (brain) problems <sup>iii</sup> which means that I must have time and help to do my shopping, either in a grocery store or online. I also have food allergies which means I need to have certain kinds of foods else my health will deteriorate; also blood sugar problems.

The Government has identified that people with chronic neurological conditions are at increased risk of severe illness from Coronavirus<sup>iv</sup> and the W.H.O. has classified my illness as such. It is the W.H.O. which has been the authority in calling the Coronavirus a pandemic.

Due to this, I am an extremely vulnerable person in need of support due to the effects of Coronavirus.

**I urgently need help now for you to include me in your priority access group for your online service and/or access priority shopping times in store.**

Thank you,

Signed for a genuine M.E. sufferer by registered charity the Grace Charity for M.E.

- i) WHO ICD 10 G93.3
- ii) NHS Digital, letter 2019 [www.thegracecharityforme.org/documents/](http://www.thegracecharityforme.org/documents/)
- iii) International Consensus Primer for Medical Practitioners 2012, Carruthers & van de Sande
- iv) Letter Action for M.E. signed by others including Dr. William Weir, Dr. Nigel Speight and Carol Monaghan MP March 27<sup>th</sup> 2020

### Patrons

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