



25% M.E. Group

Support for Severe M.E.

ME AWARENESS DAY

WHAT IS ME AWARENESS DAY?

May 12th is a well known date in the ME world as it is **International Awareness Day for Myalgic Encephalomyelitis**. ME organisations and individuals around the world raise awareness about how ME affects those who have the illness. This date was chosen as it was the birthday of **Florence Nightingale**, famous as the nurse who founded modern nursing practises and who who suffered from an ME-like illness and was often bedridden during the last 50 years of her life <https://www.mesupport.co.uk/index.php?page=countdown-clock>

WHAT IS ME?

ME (myalgic encephalomyelitis) describes an illness characterised by a combination of muscle pain (**myalgia**), and neurological and cognitive symptoms such as memory loss and concentration difficulties (hence '**encephalomyelitis**'). As with any illness, the symptoms and disability which results will be experienced differently by each individual. Symptoms can vary in severity and commonly include chronic pain and lack of stamina/weakness of the muscles and limbs, acute hypersensitivity to stimuli such as light and noise, cognitive and memory problems, vocal/muscular limitations, multi-joint pain, and severe migraine type headaches. *Excerpt from 25% ME Group website.* <https://25megroup.org/me>

LIGHT UP THE NIGHT BLUE FOR ME

You may have heard about the Annual International Light up the Night Challenge on 12 May. Each year many people who suffer from ME (and people who care about those who suffer from ME) join in a variety of activities to draw attention to ME, including the challenge to get as many buildings as possible in their country to be lit up blue for ME. They contact councils, MPs, businesses and individuals to encourage them to light up public buildings, public places, and private homes to get them to light up with night with blue light <https://www.may12th.org/information/> At the time of writing we are not sure how the Covid 19 Pandemic will affect the challenge this year

25% ME Group and 2020 ME AWARENESS DAY

The year 2020 marks 200 years since Florence Nightingale was born and 25% ME Group had intended to mark this year's **ME Awareness Day** with a campaign to raise awareness with MPs in U.K. Parliament. Sadly, due to the Covid 19 pandemic, these plans have been put on hold for the time being. 25% ME Group will go ahead with plans to celebrate by asking their charity and Facebook members to share photos of various blue themed activities on their Facebook page s some of these will be displayed on the charity webpage <https://25megroup.org/me-awareness-2020> People with Severe ME are usually too unwell to do any energetic projects, but they do enjoy celebrating in their own quieter ways