[Your Address]

[Your MPs Name, unsure? [Click here](https://members.parliament.uk/FindYourMP)]
House of Commons
London
SW1A 0AA

 [Date]

Dear

As a member of your constituency, I would like to highlight an important issue that affects my daily life.

[Please add your story here, include images if you are happy to do so]

Myalgic encephalomyelitis (ME, also known as chronic fatigue syndrome), is multisystemic disease involving the brain, muscle, immune and neuroendocrine (hormone producing) systems. Symptoms include disturbed sleep, cognitive dysfunction, persistent debilitating fatigue and post-exertional malaise (PEM) which are the four key symptoms for a diagnosis. Symptoms can also include chronic pain, stomach issues and extreme sensitivity to light and sound.

My family and I struggle to access the support we need due to widespread misunderstanding and lack of awareness. We are isolated, overlooked, this is a hidden crisis.

Long COVID has many important clinical and pathological overlaps with ME/CFS. Together with the known prevalence of ME and the up to 50% of Long Covid patients who meet the criteria for ME/CFS, there could be an estimated 1.3 million+ people living with these conditions in the UK. This has a huge effect on our both our local and national economy, health service and community.

There is an [All Party Parliamentary Group](https://appgme.co.uk/) on ME\* and one for Long Covid\*\* which you can join to start helping thousands of people like me. To join the APPG’s, please contact MP Jo Platt who is the chair of both APPGs:  jo.platt.mp@parliament.uk

Please let me know if you can help.

Yours sincerely,

[Insert name]