

## Template Letter

*There is not a right or wrong way to write this letter, as it is your truth and your words alone, however, if you could share your hopes for the future, this may be impactful to share widely and with other organisations who may be responsible for change.*

### Dear Reader

Introduction: A brief explanation of you, your diagnosis, how long you've had ME/CFS and how it impacts you daily.

### Main Body:

You may like to include:

- A brief history of ME/CFS being misunderstood and how this impacted you personally
- Developments that you feel have happened lately that may have progressed the issues surrounding and how you felt about them.
- You might like to explain how you have experienced 'Hope', or had it dashed over the years or how you continue to hope for effective treatments and a cure.
- Anything you feel may be a work in progress and could advance the subject of ME/CFS
- What you'd hope to see in the future

### Conclusion:

You might consider a powerful conclusion to your letter depending on the main body content and what means the most to you personally:

- A conclusion asking researchers, policy & decision makers, healthcare professionals and the general public to understand the condition or help to bring positive change for people with ME/CFS

OR

- A impassioned plea to raise awareness online and ensure healthcare professional hear about the disease and know about the NICE Guideline & Department of Health & Social Care (DHSC) Delivery Plan etc

OR

- Ask the community and people online to share our letters to raise awareness of ME/CFS and

the current situation and what we hope for the future.

**Quotes:**

A quote may include how long you've had ME/CFS, how things used to be and how you hope things will change OR if your hope has endured through hardship or has fluctuated over the years - include how recent validation and some progress may have meant hope has returned (?)