



ME Essential

Advertising Information 2026

Advertising rates for our quarterly ME Essential Magazine and Website

ME ESSENTIAL MAGAZINE

NO INCREASE ON OUR ADVERTISING PRICES FOR 7 YEARS!

Published in February, May,
September and November

Circulation: 5,500 copies

Full page: £300 plus VAT
(£350 plus VAT to secure back cover)

Half page: £180 plus VAT

Quarter page: £95 plus VAT

Eighth page: £55 plus VAT

Small ads: £35 plus VAT

ARTWORK DEADLINES

Spring 2026: 16th December 2025

*(Space can be held until January 2023
if booked pre'deadline)*

Summer 2026: 9th March

Autumn 2026: 29th June

Winter 2026: 25th September

ADVERT SIZES

(Width followed by depth)

Full page:

210mm x 297mm

plus 3mm bleed on all sides

Half page horizontal:

186mm x 130mm

Half page vertical:

85mm x 270mm

Quarter page:

85mm x 130mm

Eighth page:

85mm x 60mm

Small ads:

Text only: Maximum 40 words

BEST VALUE: MULTIPLE ADVERTISING BOOKINGS

Confirm, book and pay in advance for a 4-issue run of magazine adverts to benefit from **20% off** the advertising price, plus a **FREE** website advert for a full year.

ME ASSOCIATION WEBSITE

£55 (inc VAT) for a full calendar year. For style see 'Helpful Services' link on the MEA website. Please send your own artwork (or we can do it for you), size 355px (94mm) wide x 310px (82mm) deep with a link to your own website.

ARTWORK AND ENQUIRIES

Please send your artwork by email to caroline.cavey@meassociation.org.uk

We can design and create your advert at no extra cost:

please email Caroline at caroline.cavey@meassociation.org.uk

