[Name]  
 [Address]  
 [Date]  
  
RE: All-Party Parliamentary Group (APPG) on ME  
  
Dear [MP’s Name]  
  
Last year, the All-Party Parliamentary Group (APPG) on ME launched an important report - Rethinking ME - and this highlighted vital recommendations to help people with ME receive good quality health and social care.   
  
The ME Association helped to produce this report and endorses its recommendations. These include implementing the 2021 NICE guideline on ME/CFS and creating strategies to transform the approach towards ME in health, welfare, social care, research, and education.  
  
[Option 1 – Letter: Please find a hard copy of this comprehensive report enclosed. I sincerely hope as one of your constituents [with ME/CFS/family member/carer for someone with ME/CFS] you will take time to read and digest the information.]  
  
[Option 2 – Email: Please download a copy of this comprehensive report by clicking the link below. I sincerely hope as one of your constituents [with ME/CFS/family member/carer for someone with ME/CFS] you will take time to read and digest the information.

* Link: <https://appgme.co.uk/publications>/]

You may also be aware that the former Health Secretary, Sajid Javid made a commitment to people with ME/CFS and since then representatives have been meeting with the Department of Health and Social care to create a delivery plan on ME.  
  
Myalgic Encephalomyelitis (ME) is a complex multi-system disease that is classified by the World Health Organisation (ICD-11) as a Post-Viral Fatigue Syndrome (8E-49) and defined as a disorder of the nervous system ( i.e. neurological). Since the emergence of Long Covid, many clinicians and researchers have highlighted the similarities to ME and this has sparked a renewed interest into better understanding and treating these medical conditions.   
  
Please can I ask you to consider the report and its recommendations and join the next meeting of the APPG on ME. Carol Monaghan MP chairs these meetings and can be contacted by email:  [carol.monaghan.mp@parliament.uk](mailto:carol.monaghan.mp@parliament.uk)  
  
This will demonstrate to all your constituents who have ME that you are interested in their struggles and wish to support measures that will improve their situation.  
  
Yours Sincerely  
  
[Name]  
[Email]