



## FUNDRAISING SUPPLIES AND SUPPORT CHECKLIST

**The ME Association  
7 Apollo Office Court  
Radclive Road  
Gawcott  
Bucks MK18 4DF**

**Fundraising Office: 01406 370293  
Email: [Tony.Britton@meassociation.org.uk](mailto:Tony.Britton@meassociation.org.uk)  
Registered Charity Number: 801279**

Dear Fundraiser,

Thank you for thinking of The ME Association.

And thank you for your kind offer of fundraising to help support people with ME/CFS.

We want to be able to support your efforts as best we can. As you'll see, we have a range of posters, leaflets and other supplies to help your fundraising and to help you to explain ME to others. Please complete this form and return it to us – by post or by emailing a scan of the completed form to me and we'll try to get supplies out to you by return.

We are often asked if we have any merchandise to sell. We have a small selection of gifts and other merchandise that you might also find useful to support your fundraising.

These include MEA pin badges, extra T shirts and hoodies (for supporters), wristbands, trolley/locker coins, Christmas and other greetings cards.

You'll find them all listed on our website [www.meassociation.org.uk/shop/gifts](http://www.meassociation.org.uk/shop/gifts).

Alternatively they may also be ordered direct from our office by calling 01280 818964.

Good luck with both your fundraising and your preparations. If you need any further help with fundraising efforts, please do not hesitate to get back in touch with me.

Thank you again for thinking of fundraising for The ME Association.



Best wishes

**Tony Britton  
Fundraising Manager**

Tel: 01406 370 293 Mob: 07946 760 811  
[tony.britton@meassociation.org.uk](mailto:tony.britton@meassociation.org.uk)



# FUNDRAISING SUPPLIES AND SUPPORT CHECKLIST

## YOUR CONTACT DETAILS

Name

Address and Postcode

Email address

Contact phone number

[Blank area for contact details]



### T-SHIRTS

Our splendid purple **ME: It's Real, It's Physical** T-shirts are free to our fundraisers. Tell us your size (generous S, M, L, XL or XXL) and how many you need. You can order supplies for your

support team from our office or through our shop at [www.meassociation.org.uk/shop/gifts](http://www.meassociation.org.uk/shop/gifts)

[Input field]

### SPONSORSHIP FORM

For family and friends who prefer not to ask for sponsorship online, we provide customised sponsor forms. These forms help you keep track of what you've collected and enables the ME Association to reclaim Gift Aid worth 25p in every £ on eligible donations. Please tell us how many you would like.

[Input field]



### RUNNING VESTS

For dedicated runners among you, these vests will help keep you cool and aerodynamic. Like our T-shirts, they are available in most sizes.

Please tell us your size and how many you need.

[Input field]



### FLATPACK COLLECTING BOXES

Made to use in collections at functions and events, to leave on local shop or restaurant counters or simply to keep at home for your own loose change.

Please tell us how many you would like.

[Input field]

### DONATION ENVELOPES

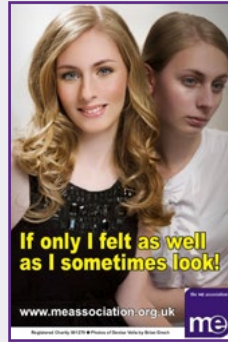
If you are hosting an event or family celebration for ME, then you can invite your guests to use our specially-worded donation envelopes. We can recover valuable Gift Aid on all eligible donations.

[Input field]

### JUST WHAT IS ME? – FACTSHEET

The causes of ME and how it makes people feel. Please tell us how many you would like

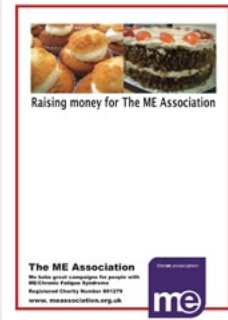
[Input field]



### 'IF ONLY I FELT...' – A4 POSTER

While ME is an invisible illness, this poster captures the difference between how people with ME can present themselves to the world, and how they actually feel. To help decorate fundraising stalls, we have a larger version of this poster – in A2 size. Please tell us how many you would like.

[Input field]



### CAKE STALL – A4 POSTER

Many fundraisers make their own posters but, if you're running a cake stall, you might like copies of this one. Use the empty space to tell people about your event – its name, date, time, place and any entry fee. Please tell us how many you would like.

[Input field]

### HELP WITH PUBLICITY

Stories in your local paper can help raise awareness of ME. If you would like to publicise your challenge/event and would like our help in writing a press release, please tick the box.

[Input field]

### FUNDRAISING LEAFLET

This contains ideas for events that you could organise to support or supplement your main challenge. If you would like a copy, please tick the box.

[Input field]



### BALLOONS

Festoon your fundraising event with our balloons. Tell us how many you would like.

[Input field]

### DISCLAIMER

This information will only be used for your fundraising campaign. It will not be shared either within the ME Association or with outside organisations. If you would like to go on an email list for further news after own fundraising has finished, please tick the box.

[Input field]