



Navigating ME/CFS and Long COVID



Kia ora,

More and more people are coming to us for help. Every day, more New Zealanders living with Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS) and Long COVID turn to us for support, guidance, and hope.

As the financial year draws to a close, the need for our services has never been greater.

Our member numbers have grown by 15% over the 12 months to over 1,360. And we are making a real impact in the lives of our community with assistance offered almost 2,500 times over the last 12 months.

With rising costs and increased funding challenges due to the tough economic environment, continuing this critical work is becoming increasingly difficult.

However, the continued generosity of our supporters like you ensures that we can remain a lifeline for those who need us most.

Your support means we can make a real difference to our member's lives, and their families too.

We think this member says it the best:

"I am so grateful for the incredible level of care that I have received from Natalie at ME support. She has truly been my lifeline and I no longer feel alone or without a voice.

Her understanding and guidance have been instrumental in my ability to gain the supports that I have very much needed. Natalie has gone out of her way in her efforts to achieve the best outcome for my situation.

Her experienced advocacy and sound advice have allowed me to move forward with renewed hope.

Thank you so much Natalie for your empathy and absolute dedication. I have felt so supported and the positive impact you have had on my life has been highly significant."

(Member from East Auckland)

The End of Tax Year is the perfect time to give. Without government funding, we rely on the generosity of individuals like you, along with grants, to sustain our work.

If you're able to support our vital work, please consider making a donation and help us make a tremendous impact to the lives of others. Whether it's \$35, \$55, \$150, or any amount that works for you, every donation helps us offer crucial support.

Making a donation before 31 March, means you can receive your tax rebate right away instead of waiting until next year. It also means that we can head into the new financial year with confidence that we can be there for those who need our help.

Donations over \$5 are tax-deductible allowing your generosity to stretch further.

Join Us as a Monthly Donor: To help us meet the growing demand for our services, we also invite you to consider becoming a monthly donor.

Regular contributions provide stability, allowing us to plan ahead and expand our reach to more people in need.

To make a secure one-time or recurring donation, please visit our website:

www.mesupport.org.nz/donate

\$35 Helps provide essential resources and online support materials for members seeking guidance on ME/CFS or Long COVID.

\$55 Funds a check-in phone call to an isolated member to make sure they are okay, provide emotional support and check their needs.

\$150 Provides for a home visit, needs assessment and illness management plan, to lay the path for a member's wellness journey.

\$1000 Means we can start to develop new programmes or resources that will benefit hundreds of people with ME/CFS or Long COVID for years to come.

Every act of support - no matter what the form - strengthens our community.

Here are some other ways you can help:

- Sharing this appeal letter with your networks
- Offering a testimonial about your experiences with ME Support (vital for successful fundraising efforts for grants)
- Suggesting connections or offering skills that could be used to run a fundraising project.
- Volunteering time or skills to support our work

Thank you for standing with us in these difficult times. Together, we can continue to bring hope and support to those who need it most.

Ngā mihi nui,



Patrick Hadfield

President ME Support

To become a monthly donor or make a one-off donation:

Visit our website at www.mesupport.org.nz/donate to donate securely via credit or debit card (Visa or Mastercard) and select One-time or Monthly. OR make a bank deposit to our account: **38 9015 0531067 00** (using your name and 'donation' as the reference). For donations over \$5, a tax-deductible receipt will be issued upon email request to: info@mesupport.org.nz. Please include your name, mailing address, amount, and date donated.

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