



in aid of  
**ME/CFS Research**  
at the University of Edinburgh



THE UNIVERSITY  
*of* EDINBURGH

# ME/CFS Research

Myalgic encephalomyelitis (ME), also called chronic fatigue syndrome (ME/CFS), is estimated to affect about 400,000 people in the UK and 67 million people worldwide.

Its key feature, called post-exertional malaise, is a delayed dramatic worsening of symptoms following minor physical or mental effort. Other symptoms include pain, brain fog and extreme energy limitation that does not improve with rest. It is a female-dominant disease, often triggered by infection. Its causes are unknown and there is currently no diagnostic test or cure.

The ME/CFS research team here at the University of Edinburgh is investigating the genetic causes and possible biomarkers of ME/CFS. Their work includes DecodeME - the largest study of ME/CFS in the world – and is improved by Patient and Public Involvement.

By fundraising in aid of ME/CFS research, you will help us find the genetic causes of why people become ill, better understand the disease and ultimately find treatments.

There are many ways you can help, including: making a one-off or regular donation; using easyfundraising at [www.easyfundraising.org.uk/causes/mecfs-research](http://www.easyfundraising.org.uk/causes/mecfs-research) for your online shopping; or leaving a gift in your will.

Thank you for your support.





## Hello and thank you

Thank you for your interest in fundraising in aid of ME/CFS research. I'm Kerry and I'll be delighted to support your fundraising activity.

You can turn almost any hobby, occasion or challenge into a fundraising activity. From once-in-a-lifetime challenges to small informal events, there are countless ways to raise money. Whether you are sporty, creative, entrepreneurial or just up for a challenge, your contribution and commitment can make a real difference.

I very much hope that you will fundraise and I would love to hear what you decide to do. I will be delighted to support you with your fundraising, whether it be giving advice on setting up your JustGiving page, supplying promotional materials, or creating social media assets for you. Please get in touch to let me know your plans and find out how I can help.

The University of Edinburgh Development Trust (registered charity number SC004307) will process your donation. We don't take any admin fees; 100% of your donation will support ME/CFS research.

With thanks again for your support.

*Kerry*

Kerry Mackay  
Senior Community Fundraising Officer  
Fundraise Your Way

Email [fundraise@ed.ac.uk](mailto:fundraise@ed.ac.uk)  
Phone +44 (0) 131 650 2240  
Visit <https://giving.ed.ac.uk/fundraise-your-way>



# What will you do?

There are countless ways to raise money - whatever you chose to do, your contribution and commitment can make a real difference.

## Bake sale

Bake sales are a great excuse to get together with friends, family and colleagues. Enjoy some delicious home baking along with a cuppa, chat and laughter. Setting-up a JustGiving page lets people donate even if they can't attend.

## Give something up

What do you love? Chocolate? Coffee? Make-up? Your car? Whatever it is, if it is something people know you love, you can raise money by temporarily giving it up.

## Celebrate

Celebrations are a lovely way to raise money. Instead of receiving traditional birthday, wedding or anniversary gifts, why not ask for a donation to the Clinic. Simply set up a JustGiving page and share your link far and wide.

## Shop

easyfundraising partners with over 8,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you extra as the cost is covered by the brand. Sign-up at [www.easyfundraising.org.uk/causes/mecfs-research](http://www.easyfundraising.org.uk/causes/mecfs-research).

## Sponsored walk or run

There's a huge amount of events to choose from, for example the Kiltwalk's Wee Wander or the atmospheric Supernova 5k around the Kelpies. Simply register for an event to suit your fitness level and then set up a JustGiving page at [www.justgiving.com/campaign/me-cfs-research](http://www.justgiving.com/campaign/me-cfs-research).

## Obstacle course

If a sponsored run is not your thing, how about taking on an obstacle course? From the foam filled Gung-Ho Fun 5k to the Tough Mudder there's something for everyone.







## Top tips

It's wonderful that you are supporting the ME/CFS research - I hope the tips below help you reach your fundraising target.

### JustGiving

Create a JustGiving page at [www.justgiving.com/campaign/me-cfs-research](https://www.justgiving.com/campaign/me-cfs-research).

Set an ambitious fundraising target and use 'your story' to tell your donors why you are raising money. Add your photo to your JustGiving page, so your supporters know they're at the right page!

**Please click to opt-in to receive communications from your chosen charity (that's us) when you set up your Just Giving page. This will allow us to provide advice and support for your fundraising activity, let you know how your donation is helping, and invite you to events.**

When creating your page, JustGiving will automatically generate a unique URL – it's worthwhile changing this to something easier to remember. We can create a QR code for your page that you can use to promote your fundraising.

Once you're happy with your page, share the link to it far and wide. You can post on your social networks, update your personal email signature, and make posters for notice boards. You can also use your phone to text or message friends and family.

### Matched Funding

Some companies (big and small) support their employees fundraising efforts through matched funding. Ask your employer if they offer matched funding (or similar).

# Getting your donations to us

Thank you again for your support. The University of Edinburgh Development Trust will process your donation. The Trust doesn't take admin fees, meaning 100% of your donation will support ME/CFS research at Edinburgh University.

## JustGiving

If you have set up a JustGiving page for online donations and collected cash as part of your fundraising, simply bank the cash and pay the donation into your JustGiving page.

## Online

Visit <https://donate.ed.ac.uk/support/ME-CFSResearch> to donate online, then email [fundraise@ed.ac.uk](mailto:fundraise@ed.ac.uk) to let us know to look out for your donation.

## Bank transfer

Bank:	Bank of Scotland
Account name:	Univ of Edin Dev Trust B
Sort code:	80-02-24
Account number:	00423592

Please use ME/CFS followed by your surname as the reference and email [fundraise@ed.ac.uk](mailto:fundraise@ed.ac.uk) to let us know to look out for your donation.

## By post

If you are writing a cheque or sending a CAF voucher, please make it payable to 'The University of Edinburgh Development Trust' and write 'ME/CFS research' on the back of your cheque / CAF voucher. Send your donation to:

## Freepost UNIVERSITY REPLY

Please note, 'UNIVERSITY REPLY' must be in capitals. There's no need to include our address - it will make its way to us just as it is.

