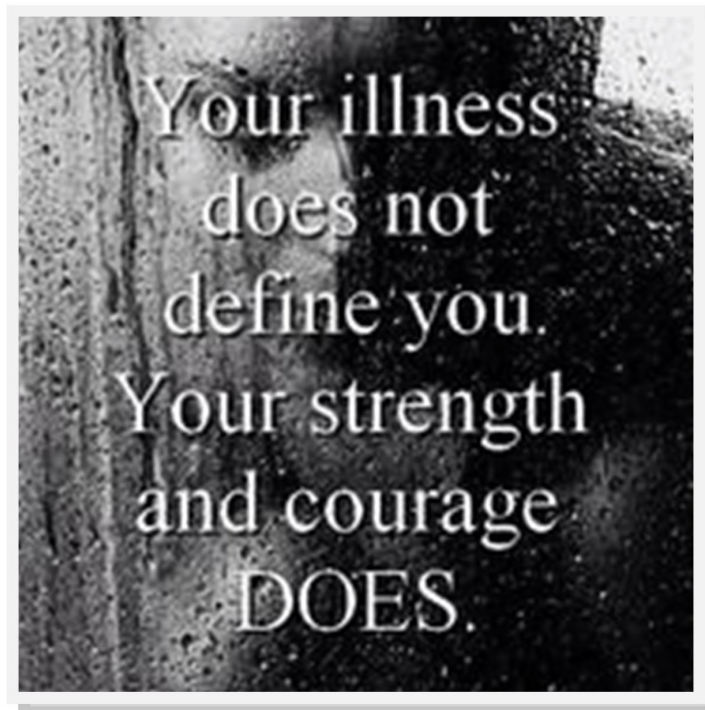


# The 25% M.E. Group

Support Group For The Severely Affected

# Severe ME Day



8th August 2017

CHARITY No. SC034265

PATRON: Dr Byron Hyde MD

MEDICAL ADVISOR: Dr Nigel Speight MA, MB, B Chir, FRCP, FRCPCH, DCH

SCIENTIFIC ADVISORS: Dr Vance Spence PhD, Professor Malcolm Hooper PhD. B.Pharm. C.Chem. MRIC

# Severe M.E. Day 2017



***A wise man once said, 'Your illness does not define you. Your strength and courage does.'***

To my mind, never a truer word was spoken. I have worked with the 25% ME Group since 2001, (*OMG how I have aged!!!*) have been involved with many campaign issues and too many newsletters to remember! I have had the pleasure of getting to know many of our members during that time and have had some amazing telephone conversations with lots of truly inspiring and creative severely affected sufferers, their family members and carers over the years.

We have laughed and cried together, shared some very funny and some very sad stories and during all of my time here, I have been constantly amazed by the will and tenacity of those who are without doubt, amongst the most ill people (who have gone through the most dreadful suffering) I have ever encountered.

**You** have got behind us in every political campaign, sent out our suggested letters, leaflets, posters to numerous sources, taken part in media articles and demonstrations at the House of Commons, Richmond House to name but a few.

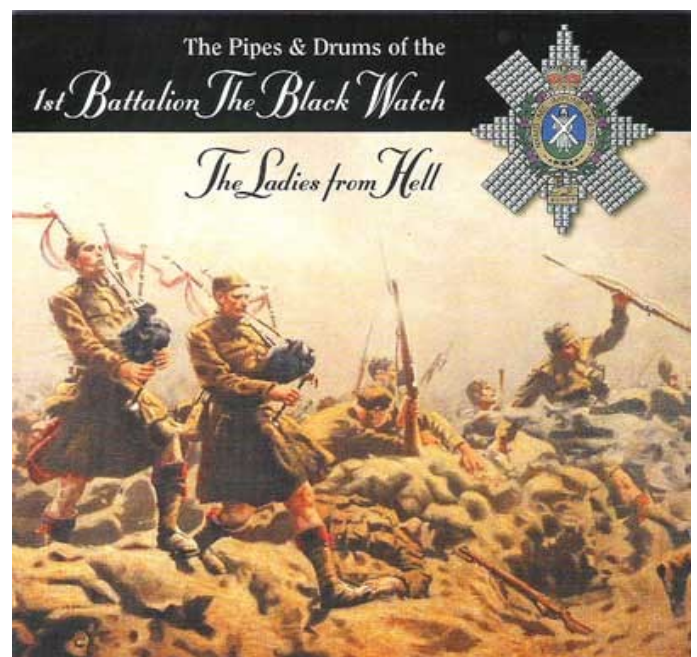
**You** have been tireless in trying to help others in a similar plight despite your own extremely poor health and suffering. All we have to do is leaf through the pages of this and past newsletters to see examples of this leaping out from the pages.

What can I say except, from that deepest part of me, I salute **you!**

Along this sometimes dark and winding path, some

have lost their fight against this terrible illness, but

those remaining march on just like those "*Ladies from Hell*", a nickname given by the Germans to the kilted regiments of the British Army in the "Great War." As you can imagine, the Germans used the nickname "*Ladies from Hell*" as an insult - but the Scots took it as a compliment: it marked them out as a force to be reckoned with - aggressive soldiers who inspired fear in the enemy. It was said that when one of their own was mown down in battle, another would simply pick up the bagpipes and march on regardless.



This, as I see it, is what **you** do, **you** struggle on, **you** do not give up, **you** try to move forward, hoping that one day soon a major medical breakthrough will happen and a cure will be found at last! (see encouraging research articles on pgs 26-27)

Last year we featured the very moving and poignant "*Roll Call for the Dead*" by Linda Crowhurst. She and

her husband Greg, tirelessly campaign via their terrific website Stonebird ([www.stonebird.co.uk](http://www.stonebird.co.uk)) on a number of vital M.E. issues, despite Greg being full time carer to Linda, who is extremely ill and very severely affected. They possess the spirit of the "Ladies from Hell".

So this year, let's shout out the "Roll Call for the Living" .....

#### **Simon and the Management Committee :**

Who oversee the running of the group so it will always be member-driven and member-led!

#### ***The Ladies from Hell***



#### **The two Helen B's & Advocacy Volunteers:**

Who help members in a very practical way by providing support with benefits, care issues as well as a whole range of other issues relative to the day to day struggles faced by members.

#### ***The Ladies from Hell***



**Group Members** who have tirelessly volunteered to organize and operate our various Group Services for many years:

**Paula, Janis, Andrew, Christina, Sandra, Sheila,  
Helen, Jolanta, Kirsteen, Gina & Garry**

These services help to break the isolation faced by so many and show us that no matter what,

"we are never alone"

#### ***The Ladies from Hell***



To the many Group Members who have raised (and continue to raise) much-needed funds helping us immensely to keep the Group going!

Over the years there have been so many of you,

too numerous to mention by name.

You have raised funds from selling your cards; knitting and crocheting; writing and illustrating books of poetry, books of short stories, novellas and novels; your work has featured in photograph and art exhibitions. You have had sponsored silences, Victorian tea parties, Fly-in and Fun-day events, coffee mornings, sponsored walks (even over the London O2 Arena!), dyed your hair blue for ME Awareness, shaved your head completely for ME Awareness! The list goes on. You are all ....

#### ***The Ladies from Hell***



Jan Johnson (and supporters) who started the Quarter Backers Facebook Fundraising Group and who continues to be one of the Administrators of our secret Facebook Group

#### ***The Ladies from Hell***



***And to all of our members, from those of you who are the most severely affected to those who are able to do a little more — you are all the unsung heroes and survivors of this illness. Just by thinking of others, having ideas and positive thoughts, you help in more ways than you can possibly imagine.***

***You are all***

#### ***The Ladies from Hell!***



*By Linda Conner*

#### ACKNOWLEDGEMENT

*We found the wonderful slogan for Severe M.E. Day 2017 - 'Your illness does not define you. Your strength and courage does.'* in an e-article:

'New Hope for You and ME'

by Rich Carson (July 27, 2015)

[www.prohealth.com/library/showarticle.cfm?libid=20885](http://www.prohealth.com/library/showarticle.cfm?libid=20885)

This page is for you to complete as you wish - *a place to remember all the things that make you 'you' !*



Maybe you'd like to nominate your own 'lady from Hell'?  
Please feel free, we'd love to hear from you -  
our contact details are below.



## **25% M.E. GROUP**

**21 Church Street, Troon,  
Ayrshire KA10 6HT**

**Tel: 01292 318611**

**Members' Advocacy Helpline: 0141 570 2938**

**Email: [enquiry@25megroup.org](mailto:enquiry@25megroup.org)**

**Website: [www.25megroup.org](http://www.25megroup.org)**

A unique and independent support group set up to help people who suffer from severe M.E. and to break the isolation that it brings to our lives.