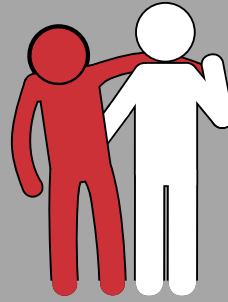


WHAT YOU CAN DO FOR ME

Here is a list of practical things - from the big things to the everyday little things - that YOU can do to help people with ME and our carers here in New Zealand.



1 HELP US ADVOCATE FOR HEALTH EQUALITY

We deserve health equality like any other disease. The discrimination must stop. If you are interested, then please join our **M.E. Awareness NZ group** [here](#) where all our planning happens including planning for our political actions.

2 FUND NZ RESEARCH

As you have now learnt, ME research in NZ is underfunded as it is elsewhere in the world. If you would like to support Professor Warren Tate's research at Otago University, click [here](#) to **DONATE**.

3 LEARN ABOUT ME & EDUCATE OTHERS

Learning brings awareness, empathy and understanding and helps overcome the bias and stigma that people with ME (pwME) have faced for decades. The best ways that you can learn are by listening to the stories of pwME and by reading information from credible resources. For **ME Resources**, see [here](#).

Watch the *Unrest* documentary on Netflix, see trailer [here](#).

And, for both stories and info check out our campaign content from May 5th-12th 2019 on our **social media** channels (click bottom-right icons). [Follow us](#) on social media to stay updated.

4 HELP YOUR LOCAL ME SUPPORT GROUP

Click [here](#) to see a list of **Local Support Networks** throughout NZ from ANZMES website. Due to the aforementioned funding challenges for all things ME, support groups are largely run by people with ME - which is often unsustainable. This is how you can make a difference:

- CONTACT your local support group and ask how you can volunteer.
- Make a DONATION to your local group.
- Rest Assured Respite Charitable Trust is also trying to slowly build funding to open a much needed respite centre, click [here](#) to find out more.

5 HELP ME IN THE LITTLE EVERYDAY THINGS

- Help with shopping and meals.
- Weed our gardens.
- Offer to drive us and park close to places.
- Go to appointments with us - Dr's and WINZ as advocate and support person.
- Help with sorting admin/paperwork.
- Help with housework and chores.
- Help with our kids.
- Be aware of our neuro-sensory sensitivity to noise (music down, talk quieter), light (close curtains), and chemicals (e.g. perfumes).
- Ask about food intolerances.
- Give us a quiet place to rest if we visit you.
- Ask us if we need a break when we are talking.

6 DON'T FORGET ME

We have an immense amount of grief and pain to process, we need the support of friends and family to help us navigate this.

- Please reach out. Send a text, a card or an email. Visit us. Keep inviting us to things. Follow up. Don't wait for us to come to you. It will mean the world.
- Ask us how you can support us and please keep asking.
- We need to be listened to - listened to, not advised; validated, not judged.
- Due to the stigma we have had to endure, what many of us crave most is *understanding*. To be believed, acknowledged and shown love and compassion is the greatest gift.

Learn more at www.m.e.awareness.nz



Follow us

