The Grace Charity for M.E.

March 30th 2020

To whom it may concern

I have an illness known as M.E. (Myalgic Encephalomyelitis): this is described by the W.H.O. (World Health Organisation) as a neurological disease[i], making it similar to illnesses such as Multiple Sclerosis, Motor Neuron Disease and Parkinson's.
The NHS is mandated to implement M.E. as a physical, neurological disease. [ii]

I have both mobility and cognitive (brain) problems [iii]which means that I must have time and help to do my shopping, either in a grocery store or online. I also have food allergies which means I need to have certain kinds of foods else my health will deteriorate; also blood sugar problems.

The Government has identified that people with chronic neurological conditions are at increased risk of severe illness from Coronavirus[iv] and the W.H.O. has classified my illness as such. It is the W.H.O. which has been the authority in calling the Coronavirus a pandemic.

Due to this, I am an extremely vulnerable person in need of support due to the effects of Coronavirus.

I urgently need help now for you to include me in your priority access group for your online service and/or access priority shopping times in store.

Thank you,
Signed for a genuine M.E. sufferer by registered charity the Grace Charity for M.E.

i)   WHO ICD 10 G93.3
ii) NHS Digital, letter 2019 www.thegracecharityforme.org/documents/
iii) International Consensus Primer for Medical Practitioners 2012, Carruthers & van de Sande
iv) Letter Action for M.E. signed by others including Dr. William Weir, Dr. Nigel Speight and Carol Monaghan MP March 27th 2020