

# WALK WITH M.E.

Please join us to help raise money and awareness for the people who suffer with M.E.

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## Introduction

In August 2021, Miriam Norris, Daniel Amador-Clarke and Tom Norris are going to attempt to walk the three highest mountains in the UK and complete it in 24 hours in what is known as the Three Peaks Challenge. With the aim of raising money for charities which work with M.E. sufferers.

## How you can get involved

The challenge is 42km long and we want people to sign up to walk part of a kilometre. So when we do the hike, we have everyone walking with us in spirit for every kilometre of the journey. You can complete your kilometre at any time, anywhere and break it down into as many smaller lengths to suit your comfort levels. You can even walk a kilometer as a team.

Sign Up below and pledge your donation at our just giving page:

<https://www.justgiving.com/team/walkwithmethreepeaks>

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(Don't forget to check out the info below the table too!)

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## **What is M.E.**

What is M.E.? M.E. (myalgic encephalomyelitis) is defined by the World Health Organisation as “a chronic complex neurological illness”. The main symptoms are severe exhaustion, muscle fatigue, muscle and joint pain, cognitive dysfunction, and un-restorative sleep. M.E. often starts with something like a ‘flu virus that knocks you sideways’. You expect to get over it in a week or so, but weeks, months and even years go by, and you feel no better... The ME Association believe that well over 250,000 people in the UK are living with this nightmare of an affliction.

## **What does ME Association do?**

The ME Association plays a vital role giving people with M.E. the long-term support they need now. They are also funding biomedical research to give everyone hope of a better future.

