



***IMPACT
STATEMENT***

2024

Based on updated prevalence stats we published in 2024, the need for #MEAAction Scotland has only become greater. The new figures show an estimated 58,000 people in Scotland have ME. This figure has been used by journalists we worked with throughout the year.

The year has seen us continue to grow our advocacy community in Scotland. We established a pilot of our new Volunteer Network who provide valuable input to support our campaign.

BUILDING OUR ADVOCACY NETWORK

SCOTTISH PARLIAMENT

A summary of our action and impact in numbers

5 MSPs met with our volunteers to discuss the desperate situation for people with ME in Scotland.

63 MSPs engaged with our Information Stand over three days.

17 Parliamentary Questions were specifically asked about ME by 8 different MSPs.

4.5m Pounds in funding allocated to support those with ME and Long Covid in this year's budget.



ME services included in the 2025/26 Scottish Budget for the first time:

In December 2024 it was announced that £4.5m has been allocated to services for people with ME, Long Covid and similar conditions.

#MEAction Scotland contributed to 6 consultations

- Disability Commissioner Bill (NAoS) May 2024
- Assisted Dying Consultation (NAoS) August 2024
- Adult Disability Payment Independent Review August 2024
- MyNeuro Survey Oct 2024
- Scottish Human Rights Commission: Economic, Social and Cultural Rights in the Highlands & Islands Nov 2024
- Palliative Care Matters Consultation (NAoS) Dec 2024

CAMPAIGNING FOR EFFECTIVE SUPPORT

CAMPAIGNING CONTINUED

MSPs enlisted to help close the data gap

We continued to chase Health Boards about gaps in the 2022 survey of ME services in Scotland and mobilised MSPs across constituencies to join us. As a result the Scottish Government re-ran the survey and published an updated report.

Meeting the Health Minister

Following our meeting with the Health Minister Jenni Minto at the end of 2023, we have continued to press her for a second meeting.



FIGHTING FOR PEOPLE WITH



"Everyone with ME should have access to ME specialist services for an initial assessment, a care plan and ongoing support as required"

Dear doctors...

We have been campaigning to promote and encourage participation in healthcare education for doctors and care professionals.

Postcards to Doctors campaign

Our supporters sent postcards to GPs telling them about the latest training on offer and the importance of being up to date.

Essay Competition

As part of the Learn about ME project, our Volunteer Network was involved in marking 27 essays for a medical student essay competition

HEALTHCARE EDUCATION

#MillionsMissing



“My most important learning point about ME/CFS is how it really exemplifies that the best doctors are the ones that listen and form a relationship with patients”

Bhanu Wahi-Singh

Medical Student

RCPE WEBINAR

As a direct result of our 2023 Millions Missing campaign, The Royal College of Physicians Edinburgh (RCPE) ran a webinar on ME/CFS and Long Covid with a range of speakers. 265 Members registered for the live event and a further 83 registered to catch up in the following months.

The webinar is now available for Members to access longer term on the RCPE Education Portal. Speakers included #MEAAction Scotland volunteer, Karima Rahman, and #MEAAction Global's Scientific Director, Jaime Seltzer. Karima shared a clip of our Dear Doctor video, which includes many people from the UK ME community.



Increasing our impact

NHS Education for Scotland published CPD module on ME for GPs.

After persistent campaigning, we were pleased to see module published.

Training begins...

83 groups of GPs, General Practice Nurses and Pharmacists/Technicians have studied the module since publishing the Practice Based Small Group Learning (PBSGL) module in May 2024.

Clinical awareness sessions:

We ran 3 clinical awareness sessions: a GP study group, a GP practice in East Lothian, and a Medical English group for refugee doctors

HEALTHCARE EDUCATION

RAISING AWARENESS

of the devastating effects of ME

Our actions resulted in:



Articles in UK press: The Times, Deadline News, Nursing Times
And in Scottish press: Edinburgh Reporter, The Scotsman



Featured on Learn About ME podcast



Channel 4, BBC Scotland's The Nine and Radio Scotland

6.8k Total social media followers, up 5%

Social media is an important way we engage with the ME community.
In 2024 this achieved:

131k post reach, an increase of 45% from last year

2k shares across platforms, up 68% from last year

11.9k reactions to posts, up 47% from last year

BUILDING OUR COMMUNITY

SOCIAL MEDIA BY CHANNEL

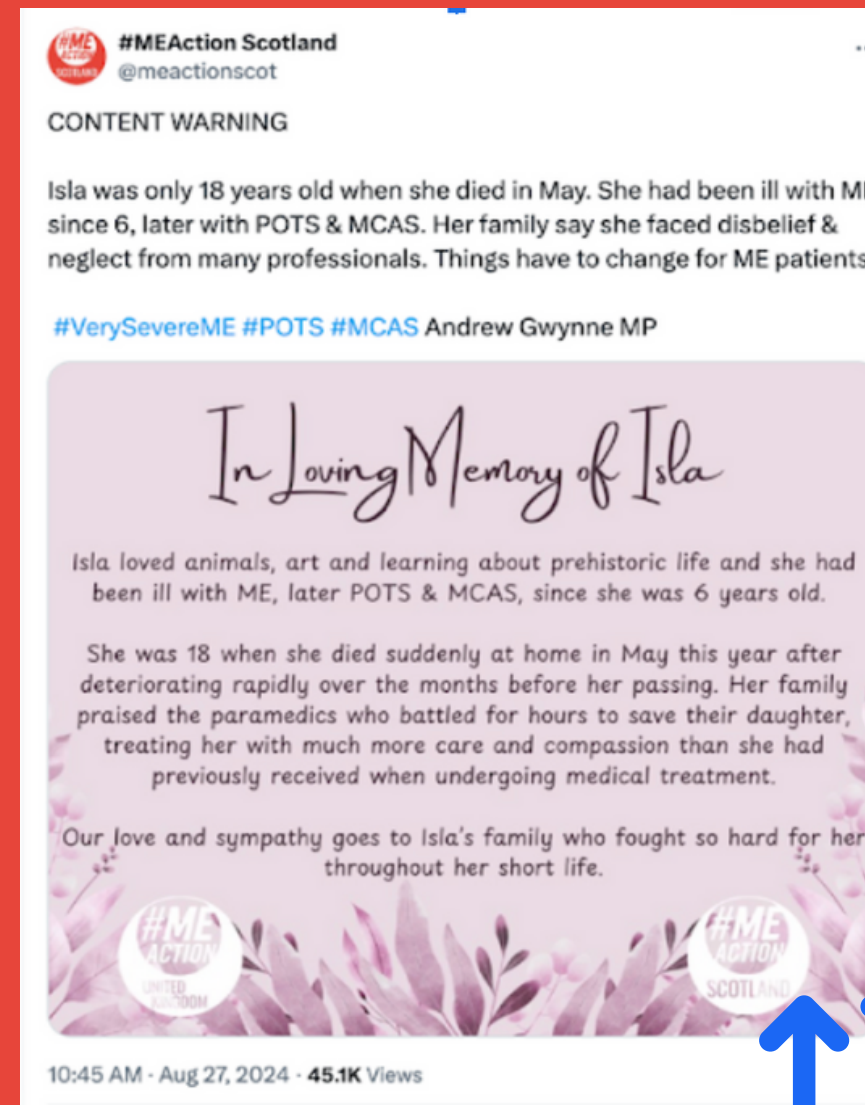
Facebook

- 3.3k followers, +2% from 2023
- Reached 87.3k people, +32%
- 14.6k people engaged, +29%
- Highest performing post:



X

- 2.1k followers, +5% from 2023
- Posts were seen 157.3k times, +8%
- 8.9k people engaged, +20%
- Highest performing post:



Instagram

- 1.4k followers, +13% from 2023
- Reached 37.7k people, +47%
- 4.1k people engaged, +52%
- Highest performing post:



WHO WE ARE

#MEAction Scotland is run entirely by volunteers.

We have a core team of 6 and a further 21 volunteers, who are the first members of our new Volunteer Network. This is made up of people with ME and carers who provide valuable input to support our campaign.

If you are interested in getting involved, or want to get in touch with us about something else, feel free to email scotland@meaction.net.