



Contacting your new MSPs: email template

This is a basic sample email. Feel free to alter it, but try to keep it short.

Subject: *[add your own heading to personalise the email]*

Dear *[MSP name]*

I am emailing you to welcome you to the new session of Parliament and to ask for your support for people with Myalgic Encephalomyelitis (ME) in Scotland. The start of the sessions coincide with ME Awareness Week (11-17 May) and I want to raise your awareness of ME and the impact it has on people's lives.

[Please add your story here to illustrate what impact the lack of services in Scotland has had on you/the person you care for. Make this as personal as you are comfortable with]

Myalgic Encephalomyelitis (ME) is a complex, debilitating and chronic disease. It is estimated there are roughly 109,000 adults and children in Scotland with ME, including many with Long Covid who also have ME. Last year, the Scottish Government provided every Health Board in Scotland with funding for services for ME (along with Long Covid and other similar conditions). This funding could make a huge difference to people with ME as until now there has only been one specialist ME service in Scotland (in NHS Lothian).

I am asking you to show your support by responding to this email and responding to an email that you will also receive from the charity #MEAction Scotland telling you how you can help people with ME.

I look forward to hearing from you.

[Your Name]

[Your Contact Information - contact phone number, address with postcode]