

World ME Day – 12th May 2025

This World ME Day, please stand with us, as an MP for ME.

I am reaching out in support of the engagement document submitted by ANZMES (Associated New Zealand Myalgic Encephalomyelitis Society), advocating for decisive action to address the urgent needs of over 65,000 New Zealanders living with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), long COVID, and related conditions.

As someone in your electorate who either lives with or is directly impacted by these conditions, I urge you to prioritise the following actions:

1. Partner with ANZMES as the National Advisory on ME/CFS and associated conditions, ensuring international best practices for the diagnosis and management of these conditions. This partnership must include dedicated funding for:

- Evidence-based education of healthcare professionals and government agency staff.
- Research to advance diagnostics, treatments, and potentially a cure.
- Implementation of consistent, safe interventions across health and support systems.
- Continued representation of the community's voice to ensure the needs of those impacted are recognised and addressed.

2. Establish a Cross-Party Parliamentary Group (CPPG) in partnership with ANZMES to drive meaningful reform. Learning from successful models in the UK, Australia, and the NZ Rare Disorders CPPG, this group will ensure:

- Policy, legislation, and service provision criteria are responsive, equitable, and grounded in evidence-based care for ME/CFS, post-COVID conditions, and associated challenges.

3. Reclassify ME/CFS as a disability to enable access to essential disability services and support, aligning New Zealand with international standards. Evidence demonstrates that early intervention and sustained support significantly improve outcomes.

The voices of 65,000 individuals and their families are counting on your leadership to make this vision a reality.

What actions will you take to champion these vital changes for our community?

We ask for your support as an MP for ME this World ME Day. Together, with your leadership and engagement, we can ensure long-overdue progress for those affected by ME/CFS and related conditions.

* Full report is available on the ANZMES website - www.anzmes.org.nz *