

May12th Awareness Ideas

- Using iron on transfers, make your own custom clothing (i.e. a t-shirt, bag, baseball hat etc) with a May12th logo – see http://www.blueribboncampaignforme.org/Blue_Ribbons.html for logos you can use and <http://desktoppub.about.com/od/transfers/a/IronOnTransfers.htm> for instructions
- Make a sign to put inside your car window or home window with the May12th logo – see http://www.blueribboncampaignforme.org/Blue_Ribbons.html for logos you can use
- Start today to collect your pennies or small change. On May 12th, donate whatever you've collected to one of these ME/CFS causes
 - ME/CFS Pocket Money Research Fund - <http://www.pocketmoneyfund.org/>
 - Whittemore Peterson Institute - http://www.wpinstitute.org/help/help_donation.html
 - EHI Canada – fellowship to train a doctor - <http://ehicanada.com/Donate.htm>
 - your local ME/CFS organization
- Check your local newspaper for opportunities to post free calendar events
- Contact your local radio and television stations and ask them provide coverage
- If you have a local radio call in talk show, give them a call and make them aware
- Write a letter to your political representatives to make them aware of May12th and ask for support
- If you know someone that writes a blog, ask them to post a note about the significance of May 12th For more information see
- Educate yourself and others – plan to read the Canadian consensus document or the shorter Overview versions. They can be found at http://mefmaction.com/index.php?option=com_content&view=article&id=215&Itemid=125. Share this link with friends and family.
- If you don't already have a Twitter account, create one. You can get started by following the following people on Twitter <http://twitter.com/May12th> and <http://twitter.com/Killandra> and then start sending out messages about ME/CFS. On May 12th send messages throughout the day i.e. "May 12th is International ME/CFS Awareness Day - #MECFS #may12th" Make sure to use hash tag #MECFS and #may12th on all your postings to help make it a trending topic. You can also use Twitter applications like Hootsuite to set up a message in advance so they can be sent out on May 12th in case you're not feeling well enough to send tweets that day. Look for more Twitter ideas from Andrea Martel at http://www.blueribboncampaignforme.org/Tweets_4_BRC.html. Also you can become a dedicated ME/CFS twitter – see http://www.blueribboncampaignforme.org/Twitter_Volunteers.html
- Go to www.fibroduck.com and get some Ducks out there!
- Sell things you no longer want or need on EBay and donate the proceeds to a ME organization. See this story where an ME patient arranged to sell her shoes to raise funds http://www.dorsetecho.co.uk/news/4827822.Fiona_sells_shoes_on_eBay_for_char/
- There is an initiative to develop a world map of ME/CFS and FM patients. Take a look and consider adding yourself to the map. Let's show the world just how many people are suffering from these illnesses! See website <http://xmr.me.uk/me-cfs-global-map.php>

- hold a garage sale either by themselves or with a group and donate the money. In 2012, May 12th falls on a Saturday. It could be a good day for a street fund raiser.
- collected \$5 from each of their family members that would donate and forward to your favorite charity or collect \$5 for every person that lives in the household and donate it
- Instead of a birthday present, an individual asked for a donation to their favorite ME/CFS or FM charity. You can also use the CAUSES application in Facebook to ask for birthday donations.
- If you belong to a group, at a group meeting, pass the hat and collected the change and make a donation to an ME/CFS or FM charity
- Make a small monthly donation by post-dated cheques or credit card committing to a certain amount per month;
- May 12th awareness can be an incentive to make a donation of \$12 to a ME/FM/MCS/GWS charity
- Ask your local library for support. Ask the Librarian to put out the various M.E. and CFS and FMS, and MCSS and GWS and Chronic Lyme books on the table! Add a sign that tells people it's for May 12th International Awareness Day.