

**COLOUR OUR
COUNTRY STUFF!**

Things 4



U2Do



We think colouring is very therapeutic when you're not well!

Colour our country cottage and flowers and send them back to us for a prize. We'll also publish them, space permitting.

Trustee Jennie Whitlock says: 'The youngest person who's sent us a colouring was 6 and the oldest was 23. Can you beat that?'

Name

Age



We've made this issue of Things 4 U 2 Do so you can fill in your answers and send us the whole leaflet.

Please include a stamp if you want it back!

PARENTS ALERT!

We know it gives young people a boost to get a surprise through the post. You can help with competitions if your child's too ill to do it by themselves. We select prizes so no-one's too young or too old to join in.

Share your problems with us...

...it helps us decide what to campaign on.



Shannen Dabson, our Young Advocate, had trouble

finding an exams centre. Her mother phoned up to 30 schools and colleges. Only one had a legitimate reason for refusing to host the exam; it was a listed building that couldn't accommodate wheelchairs.

It was so disheartening to hear rejection after rejection. Panic began to set in that Shannen may have completed all that work for nothing. Eventually we found two, one in Holborn and the other in South Kensington that was slightly cheaper.

Lisa Dabson

There is a simple way you can help change this - see back page.

Young Officers Our newest Young Officers are Frances Goodchild and Jozef Mackie. Congratulations to them!

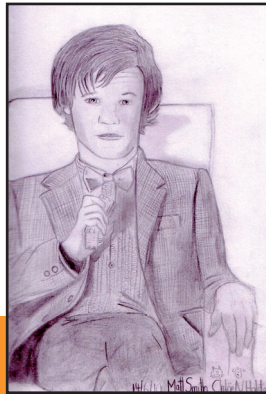


We appointed Frances as our Young Campaigner on the strength of an amazing letter she wrote to a researcher expressing well argued concerns about a study of the Lightning Process.

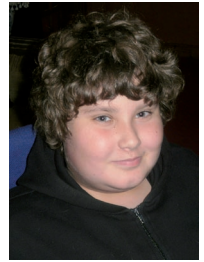


Photo by Chloe our Young Officer

We appointed Jozef as our Young Spokesman after he gave an eloquent



television interview when our new research was published, showing evidence of persistent viral infection in children with ME.



Knock knock!

*Doctor Who sat down in a chair
When I looked round, he wasn't there
I heard the noise of his flying box
But then I saw that he'd left his socks
I thought he might get very cold toes
So I shouted: 'Doc, you forgot your hat
You'll be freezing out in space
And you'll look silly in any case.'
The Tardis reappeared in a trice
And the Doctor thanked me for being so nice.*

Fill in the missing rhymes, one letter for each cross.
Send your answer to us for a prize.



oe Halstead,
g Artist

You too could be a Young Officer

We always need photos for Vision and

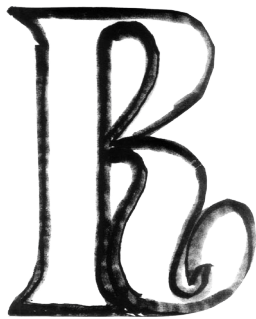
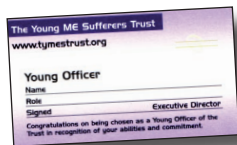
we'd love to appoint a Young Photographer. You'd only need to take photos you're interested in - autumn or winter trees,

Illuminate your name

Trustee Margaret Ross writes: I was so impressed by the way you coloured the decorated letter T for the Tymes Trust House of Lords display that I thought you'd like to do the same with the first letter of your own name.



spring flowers, fun holidays. We'd also like to have more Young Spokespeople. Remember, we don't wear our Young Officers out or keep asking them to do things! They are in charge of what they do, and often it's all their own idea.

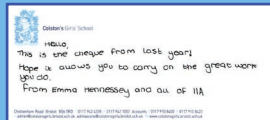


Just get a felt pen and maybe a ruler, and draw the letter like this, so you can colour it in. It doesn't have to be perfect - I've had a go at an R for Ross.

Sebastian Says

I have nowhere to go for my holidays this year. Would anyone like to invite me for Christmas? I travel light, in a small padded bag, so I'd fit nicely through your letter box. I love making friends and I could be photographed with your family or your cuddlies, or under the tree. Or on the tree....

With my VIP (Very Important Person) hat on,



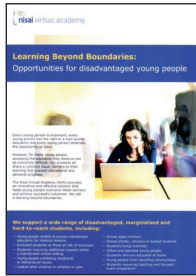
I'd like to say a big Thank You because we just got £150 from the children of Colston's Girls School. The message with it says: 'Hope it allows you to carry on the great work you do - from Emma Hennessey and all of 11A.'

Hi Emma, and all of 11A! Thanks guys. I'll make sure your kind gift gets put to very good use. Hmm... maybe 11A would like me to visit them....? Maybe that's a bad idea. I might get lost in the corridors and never get home again.... Scary.



Exam Centres : How can you help?

Send our letter to your school



Many young people with ME are studying with the Nisai Virtual Academy, with whom we work in partnership. Learning at home by computer lets youngsters study for GCSEs and A Levels if they aren't well enough to attend school. But when it comes to exams,

they and other external students are finding themselves discriminated against.

Many exam centres (mostly schools and colleges) are either refusing to host their exam, or charging high fees. The problem is getting worse and it's a great injustice; we are in discussions with Government about this.

You can help by asking your school if they will host exams for our NVA students. We will send you a letter for forwarding to your school's governing body, signed by Jane Colby, our Executive Director and a former headteacher herself. You can add a personal letter if you wish.

Please send me a copy of your exams letter for schools

Name

Address

Postcode

Please let me know when the Young Hearts honour is available and how I can get it free

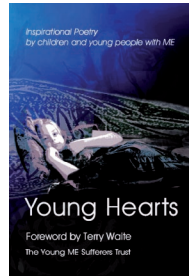
Email

Post this form to: Things 4 U 2 Do, PO Box 4347, Stock, Essex, CM4 9TE

Have you coloured the picture too? ☺

Young Hearts Day

29 November 2010

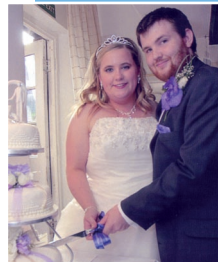


We're launching a special honour for Young Hearts Day, which you'll be able to present to anyone who

has helped you. It can be a doctor, a teacher, a friend, mum, dad or gran - and there's no limit to how many people you can honour. So write yourself a list and make sure we have your family's email address so we can let you know when it's available and how to get it free.

Why not send us a picture of you with someone you want to honour? We're doing this in memory of Jo-Anna's dad, who helped support her through her teenage illness. Jo-Anna is now our Advice Line Team Coordinator.

Long-standing member Samantha McKenzie just got married to Jason. Congratulations to them!



We love to hear all your news; keep it coming.



2010-2

The Young ME Sufferers Trust