

# TYMES TIDINGS

2020



The Queen's Award  
for Voluntary Service

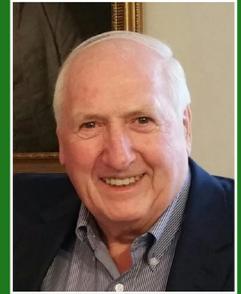
The MBE for volunteer groups



It's nice to have good news to give you at the end of this difficult year. Our Young Hearts Day season has been extended! As you know, 29th



November is Tymes Trust's special day for remembering children with ME everywhere. We light a candle when it's dark and post a photo of it on our Twitter and on our Facebook page. Many families share their own candles and messages.



## YOUNG HEARTS CARDS AND GIFTS

We also invite parents to nominate their child for a Young Hearts card and a little gift. We've sent lots, but don't worry! If you didn't see our messages, it's not too late! Send a Contact Us form at [www.tymestrust.org](http://www.tymestrust.org) including their name and address.

## MR HARLEY'S SURPRISE PREZZIES

If you had a Young Hearts gift and would now like one of these Surprise Prezies, just let me know!

## STOP PRESS : NICE

We were encouraged that the (draft) NICE Guideline on "ME/CFS" has the potential to improve support for people with ME. We hope our response and recommendations will contribute to a helpful final Guideline, although we are still concerned that there is no separate section for ME.

Keith Harley  
Chair of Trustees



# Tymes Trust's Young Hearts Day 29th November 2020

Each year we invite everyone to light a candle to remember children with ME everywhere.



**Caroline @**  
@maybe\_caroline

Replying to @JaneCColby and @christina4hope  
This is so wonderful. There was no way of doing this yrs ago and we were so isolated. Love this.

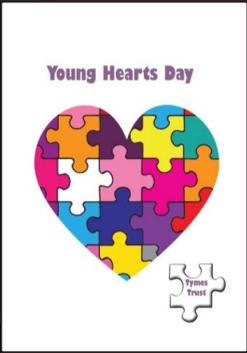


**Jean McDonald**  
@JeanJeanie218

@JaneCColby Young Hearts Day  
❤️ a unifying moment to light candles 🕯️ to illuminate the suffering of our ME children with awareness, sending heartfelt thoughts and blessings to the many others who share the same



message: Just to say a huge thank you for the young hearts gift and card for my granddaughter. I was with her when it arrived yesterday and she was overwhelmed with joy. They will light a candle on the 29th. Well done everyone and many thanks.



Our new Young Hearts Day cards (see front page) were designed by Tymes Trust Young Officer Rachael.



**Shell**  
@Shell72659587  
@tymestrust our whole family have lit candles for all the children including my little girl. Thank you for your incredible work you do.



**ME Advocates Ireland - MEAI**  
22 h · 🌐

How apt on #WorldChildrensDay

Tymes Trust is the only national ME charity in the UK dedicated to children and young people with ME and their families.

<https://www.tymestrust.org/>

**Tymes Trust**  
1 d · 🌐

LOVELY BIG PARCEL ❤️  
...in the post today full of Young Hearts cards and little gifts to all the children with ME whose parents have requested one. Tymes Trust's Young Hearts Day is 29th November! Get your candle ready. A day to think about children with ME everywhere. ❤️





**Lin Goldsmith**

We still have a teddy bear that the Tymes Trust sent my son nearly 10 years ago. The work you do supporting young people and their families is amazing. xx

Mr Harley still has some mini teddies from his yearly prezzie store! Let him know if you would like one.

@Umkhankaso The'  
@UmkhankasoThe

@tymestrust @rognsoph  
@TapanuiFlu

A Candle for Young Hearts Day.  
Love and hugs to all. ❤️

Thanks to #tymestrust for all their ongoing work supporting us through some very difficult times.



Can you spot your candle?



**Tom Kindlon's ME CFS & related page: News, Research and more**

3 m • 🌐

On Tymes Trust's #YoungHeartsDay, I'm thinking of all the children and young people with ME in Ireland and around the world.

#MyalgicE #MyalgicEncephalomyelitis



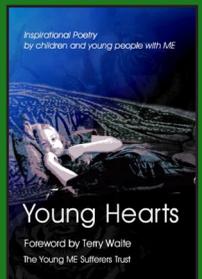
**Jean McDonald**  
@JeanJeanie218

@tymestrust @JaneCColby

Solidarity, peace, love and hope to all ME sufferers, especially those abused by harmful misperceptions of professionals.



Copies of Young Hearts are available from the Trust at £7.95 inc p&p



Inspirational Poetry by children and young people with ME

**Young Hearts**

Foreword by Tony Walle  
The Young ME Sufferers Trust

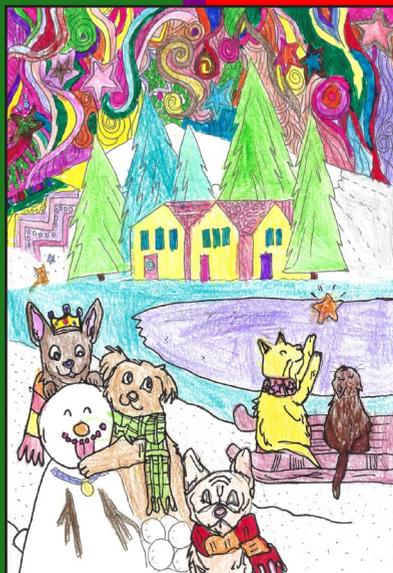
# Your Artwork

We love your artistic interpretations of these designs by Chloe.

If you'd like a whole book of her designs to colour, just let us know.



Elspeeth (14)



Riddhi (6)

Lilia (12)



Lucy (17)



Patron Terry Waite CBE writes: "The work you do is so valuable and many congratulations on having it recognised." He refers to Chair Keith Harley and Executive Director Jane Colby having been received by the Queen last year in Windsor Castle.

Patron Shirley Conran OBE writes: "Young Hearts Day is so welcome to so many children with ME: it helps them not to feel isolated but part of a huge group, which is comforting."

Colour Kerry-Ann's winter scene from *Young Hearts*, our book of poetry by young people with ME, launched by Terry Waite in Warwick Castle. Here is an excerpt from the accompanying poem by Rachael Marshall, recalling an ideal Christmas...

Christmas tree all sparkly and bright  
Windows warm with candle-light  
Decorating every space  
With holly, mistletoe, ribbons and lace

Remembering Lady Elizabeth Anson, cousin to the Queen, and Dame Barbara Windsor, both Patrons of Tymes Trust for many years. Such kind and generous people.



Stockings hanging on the door  
Full of prezzies and much more  
With presents, laughter, food and wine  
Oh Christmas is the BESTEST time.



# Colour Suzie's Magic River



# Colour Lucy's Owls and Suzie's Magic River (inside)

Turn our pictures into beautiful artworks. If you're not well enough to colour the pictures on your own, friends and family can help. You can just do one of them if you like. Felt or fibre tips should work well.

Cut off the page and post it to us at the address below.



Fill in your name and age (and your postcode and house number if you'd like us to send you an Art Certificate and a prize)

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.....  
.....



**Vanessa Uttley**

Thank you for Aimee's card and gift, a lovely thought ❤️ xx



**Karen Lawson**

Thank you for Kt's card and present, and for being there for all our children xxx



Thank you so much to everyone who has donated to support the work of the Trust. Don't worry, we never put you on a list to ask you for more!

Tymes Trust, PO Box 4347, Stock, Essex, CM4 9TE  
Joint Parent and Child membership available  
Advice Line 0845 003 9002  
Register at [www.tymestrust.org](http://www.tymestrust.org)  
Registered Charity 1080985

