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Your contributions
to be displayed at
the House of Lords



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Young Hearts Day 29 November

In recognition of Young Hearts Day we would like our members to present, in the frame opposite, their thoughts and feelings with regard to the effect that ME has had on their lives.

This can be in the form of a brightly coloured picture, a poem, a photograph, an achievement, a difficulty overcome or a wish to inspire other sufferers.

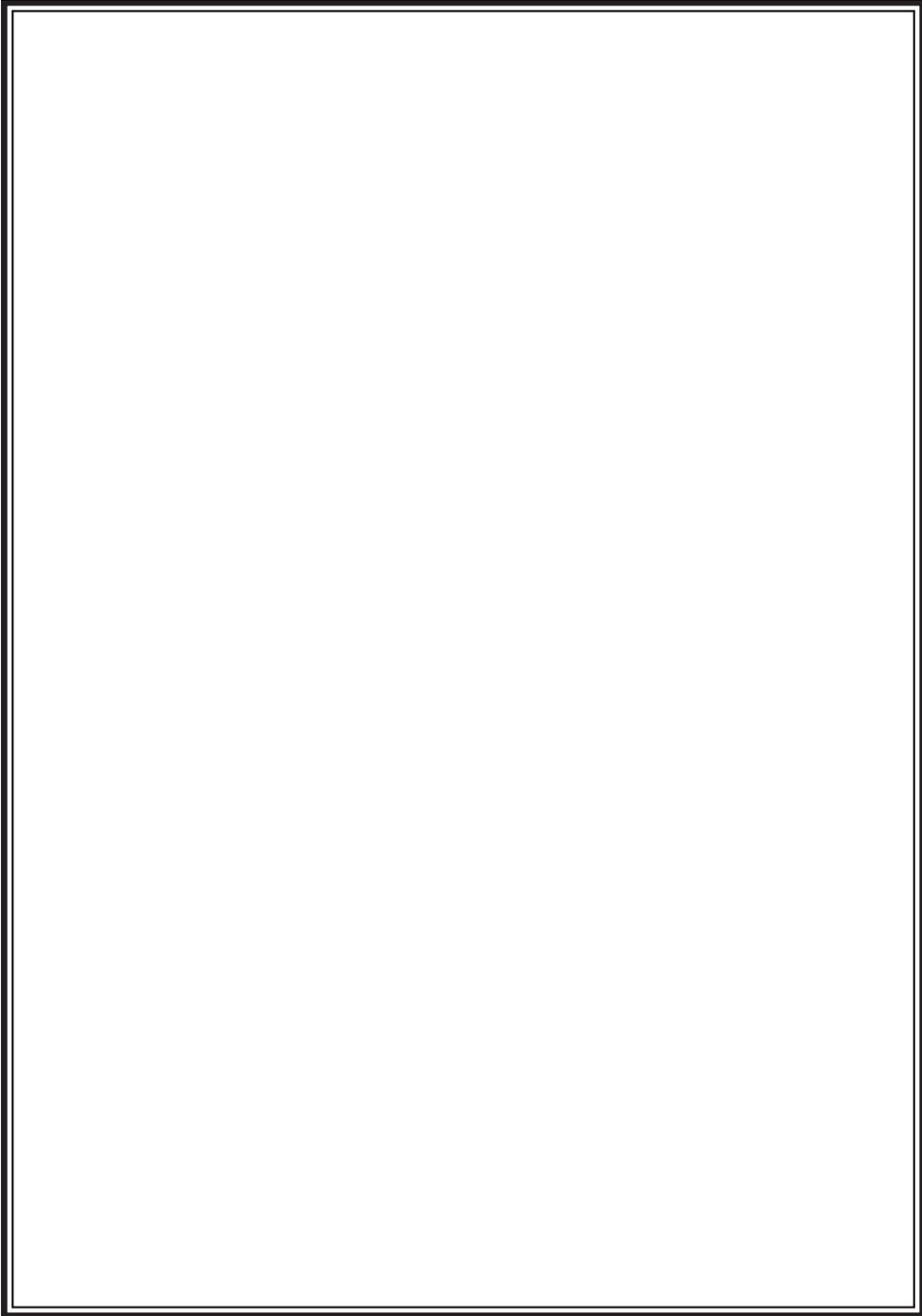
We will also display your work at the House of Lords on ME Awareness Day 2010.

Please write your name and date of birth below your work and return it to

Presentation 2010
The Young ME Sufferers Trust
PO Box 4347
Stock
Essex
CM4 9TE

We look forward to seeing your many contributions. Please send them to us as soon as you can, in good time for Young Hearts Day.

Margaret.
Margaret Ross, Trustee



Name Date of Birth