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# Invest in ME Research

## December 2023 Newsletter

### The First Fellowship for Research into ME



In agreement with Dr Gibson's wife, Liz, and with Quadram Institute, the charity has decided to name the first fellowship for ME as the

#### ***Invest in ME Research "Ian Gibson" Fellowship***

- in memory of scientist, politician, advocate and good friend of people with ME, Dr Ian Gibson.

This first fellowship for ME recognises Dr Gibson's great influence in supporting people with ME and in helping the charity move ahead with facilitating the research programme and centre for research into ME.

The Quadram Institute published the news [in this article](#).

[Read more](#)

### liMER 'LunaNova' Fellowship

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As previously announced we are very grateful to LunaNova for the extraordinarily generous donation to enable the second fellowship for research into ME at the centre in Norwich Research Park.

Thanks to this wonderful support the liMER LunaNova Fellowship for Research into ME will be undertaken at Quadram Institute, with UK and European collaboration - epitomising the centre of excellence for ME benefits.

[Read more](#)

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## liMER Input to UKCRC Research Working Group Meeting



On 24 November 2023, we participated in the latest meeting of the research working group where we heard that recommendations would be formed to be put to DHSC by May 2024, based on what had transpired in meetings up to that point.

This will have been the output from two years of discussions!

This was our input.

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## Submission for APPG November 15 2023

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consider a specially-prepared document for the recent All Part Parliamentary Group for ME meeting on 15 November 2023, as the agenda content is controlled by others when preparing these meetings and we feel that MPs should be made aware of the developments and status and potential at the centre in Norwich Research Park. We have some results from this interaction.

[Read more](#)

## Early Day Motion on ME



Thank you to Clive Lewis MP (Twitter @labourlewis ) for tabling the motion commending current @Invest\_in\_ME research at the Quadram Institute at the centre in Norwich Research Park, and also to other MPs for signing this to help people with ME and their families.

[Read more](#)

## International ME Conference Week 2024

International Biomedical Research into ME Colloquium which occurs in the International ME Conference week from 25 - 28 June 2024. Following developments in 2024 we are creating the exciting agenda with the European ME Research Group, and asking.....



[Learn more](#)

## liMER Presents at NIH Symposium in Washington

The charity was proud to be presenting at the recent and important event on 11 December 2023. The presentation covered the situation regarding ME, the charity's work in creating the foundations for making more rapid progress in researching and treating ME, and details of the research being funded, including at the centre of excellence in Norwich Research Park.



**2024 Sponsorship to #BRMEC13 / #YEMERG04**  
 Empowering Tomorrow: Advancing Research for ME

## liMER NIH-SPARK ME Award

At the event the charity also announced its sponsorship/award to a SPARK ME group early career researcher to enable them to come to the UK for International ME Conference Week in June 2024. The award provided by the charity will be judged by NIH Drs Whittemore and

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the collaboration between American and European young and early career researchers.

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## European ME Alliance News

The European ME Alliance (EMEA) has received 'official Non-State Actor accreditation' status from WHO's Regional Office for Europe during WHO Europe's 73rd Regional Committee Meeting (RC73 that took place in Astana, Kazakhstan from 24-26 October 2023.



EMEA has issued an open statement to WHO Europe regarding the RC73 Agenda Item 7b: Progress Report on 'Reaffirming commitment to health systems strengthening for universal health coverage, better outcomes and reduced health inequalities (EUR/RC68/R3)' -

**[\[Click here to view the EMEA statement\]](#)**

A key message in the statement is that Myalgic Encephalomyelitis has been recognised as a neurological disorder by the WHO since 1969 under ICD-10 and ICD-11, and it urgently calls on WHO Europe and its Member States not to leave ME patients behind, and to undertake a number of actions.

[Read more](#)

The European ME Alliance Switzerland member - Verein ME/CFS Schweiz - generously supported Mike Harley in his recent participation in the Swiss marathon.

Mike Harley successfully completed the Lucerne Marathon, continuing his years-long commitment to raising money for ME research through his pan-European marathon campaign.

The Swiss Association president and two members of the entire board travelled to Lucerne and welcomed Mike at the finish. On top of that they handed him a check for 800 euros, and this will be directed fully to the biomedical research at the centre in Norwich which is continuing to build European collaboration.

The Swiss Association's hospitality was greatly appreciated by Mike as he was treated to lunch and held discussions on ME/CFS across Europe. Our great thanks to chairperson Nicole and members of the Swiss association.



## Thanks to Sheffield ME Group

**Is there a gut origin for ME/CFS?**

Is ME a consequence of microbe (infection)-driven exhaustion/ageing of the immune system?

- Majority of patients have significant G
- High prevalence of enterovirus infections in patients
- Leaky gut wall
- Increased sensitivity to food
- Consistent evidence of associated microbiome dysbiosis:
  - Decreased diversity
  - Increase in 'harmful' bacteria
  - Decrease in 'beneficial' bacteria
- Targeting the microbiome can be an effective treatment

Our thanks to Sheffield ME & Fibromyalgia Group for the very kind donation made to the charity's biomedical research fund following the online presentation given by Professor Simon Carding from the centre in Norwich. Professor Carding gave a presentation on 'Gut Microbes as Cause and Treatment of ME/CFS' and described some of the work taking

## Thanks to Our Supporters

Our great thanks for the efforts, sacrifices and support of everyone during the year. The developments being made at the centre in Norwich Research Park and the continuing facilitation of international collaboration amongst researchers being performed by the charity is thanks to this wonderful support.



The MyGivingCircle grant awards are still going and thanks to the wonderful support the charity stands a chance to receive funds that will go towards biomedical research projects. [The link is here and only needs an online vote.](#)

## Late Christmas?

If your Christmas/New Year cards were missed and not sent then please consider an alternate method to support the work of the charity by using a different way of sending Christmas/New Year greetings.



Send e-cards to support IIMER

Instead of posting cards one can send festive e-cards this December and donate the equivalent cost of Christmas cards to Invest in ME Research's

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using this link <https://www.donorschoose.org/charities/2011>

**MERRY  
CHRISTMAS**  
& HAPPY NEW YEAR



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