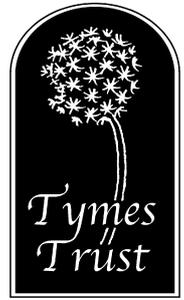


# *The Young ME Sufferers Trust*

## The Tymes Trustcard

Endorsed by Lord Adonis, Parliamentary Under-Secretary of State for Schools  
and the Association of School and College Leaders



*Activity beyond the level that an individual can usually tolerate will prompt a delayed worsening of symptoms.*

Report of the Chief Medical Officer's Working Group on CFS/ME  
Department of Health 2002

**What is the Tymes Trustcard?** It's a "pass card" signed by your Head Teacher or college Principal. It says that you have permission to use the facilities you need, or to obtain assistance.

**Why do I want one?** If you can attend school or college, you may meet teachers who haven't been trained in the needs of someone with ME.

Maybe you can remember needing a snack in class because you started to feel ill. This can be due to low blood sugar and it can help to eat something straight away. But eating in class is not usually allowed.

Have you ever felt that the effort of explaining would just make you feel worse? We know young people who have simply decided not to ask for what they need, or given up halfway through explaining. We know how you feel.

So, if your school or college has a lift but you're not allowed to use it, if you need to stay inside at break, if you haven't done homework and a teacher wants to know why, or if someone asks why you aren't in school, the Tymes Trustcard can help.

**What can it be used for?** You can quietly ask for what you need - to wear dark glasses against the light, to sit out from a lesson, to use a ground floor loo, to be excused from PE, to wear extra clothes for warmth, to eat a snack, to go to the rest room - whatever. Students may need a project deadline extension. You shouldn't need to give long explanations - just show the card to the relevant staff member. We trust you, of course, not to make inappropriate demands.

**What else comes with the card?** We send you an information pack including a personal letter from us for you to give your Head Teacher or Principal so that he or she understands and can instruct staff.

**What does it look like?** The card is small and can go in your wallet or bag. It is laminated to protect it from creasing or damp.

**Does it matter what type of school or college I go to?** No.

**How do I get one?** Ring, write or email us to apply.