

Rachel Makepeace

Founder of **ME Group Australia**

Member of the **UQ-COH Telehealth Consumer Reference Group**

Severe myalgic encephalomyelitis (ME)

Severe ME is a long-term neurological condition characterised by profound fatigue, sleep abnormalities and pain

- ME Group Australia (MEGA), the charity that Rachel founded will be delivering **2 events in August for Severe ME awareness day**. For more information, please click the following link:
 - <https://megroupaustralia.org.au/awareness/severe-me-day-webinar-event/>
 - *Lived Experience Forum (Saturday 10th August) and Expert Presentations (Saturday 17th August)*
- MEGA had a ME Awareness Day event in May, the following link is a recording from the event for those wanting more information
 - https://youtube.com/playlist?list=PL4fVlo5z_som1PvfE3xVuoq5NIJAKQqYZ&si=zCdWM4azl9FtDuOL