

Frustrated that MCS isn't properly recognised as a chronic physical illness?



# You CAN Make a Difference

## MCS-Awareness month—May 2014



Our awareness ribbon colours are yellow and green so we want you to go yellow and green too!

**Have fun:** make cakes, dress up, cover your desk in yellow and green post-it notes, wear a tie or hat or green socks, put up bunting or flags, change your social media profile to a yellow canary... Make people aware of MCS. Positive publicity can help promote tolerance and understanding in the community, making life easier for sufferers.

**Be creative:** use your yellow and green awareness day to raise money so MCS-Aware can continue to help people with environmental illness and get MCS recognised as a chronic physical illness. You can make your own awareness ribbons by twisting yellow and green ribbons and sell them. See our new fundraising pack for simple, fun ideas even if you're housebound.

**Share:** put up posters and leaflets to raise awareness in your school, workplace, library, church, community centre or health-food shop. Repost our pictures on social media #MCSaware. Email or post us photos of your yellow and green day—address at the bottom of this page.

### We have loads of free resources to help you raise awareness:

- MCS-Awareness banners and pictures
- Leaflets and posters
- Fundraising ideas, badges, stickers and bunting
- All on our website: [www.MCS-Aware.org](http://www.MCS-Aware.org)

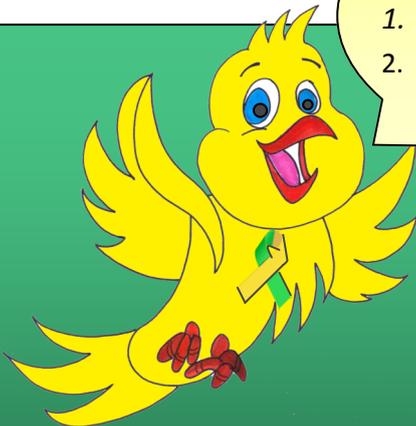


### How to donate:

MCS-Aware is a registered charity run by volunteers. We help people worldwide and are the UK's leading charity for environmental illness. Every penny helps us continue supporting people with MCS and get this devastating illness properly recognised. Text "**CNRY14 £3**" (or any amount you wish) to 70070. You can also donate online via our [homepage](#), BACS bank transfer, or send us a cheque or international postal order addressed to 'MCS-Aware'. For more details see [www.mcs-aware.org/donate](http://www.mcs-aware.org/donate)

#### May is MCS-Awareness Month: Help us make a difference:

1. Watch [the cartoon](#) at [MCS-Aware.org](http://MCS-Aware.org)
2. Text "**CNRY14 £3**" to 70070 to donate or do a fundraising event of your own.



**Why yellow and green?**  
People with MCS are often called 'canaries' after the birds miners took down the coal mines

to warn them of toxic gases. Yellow represents the colours of the canary, while green refers to the environment.

**Why May?** May 12th is the birth date of pioneering nurse Florence Nightingale. In her later years, she developed an extremely debilitating disease that would fit the symptom list for neuro-endocrine-immune diseases such as MCS, Gulf War Illness, and ME/ CFS.

MCS-Aware.org • [info@mcs-aware.org](mailto:info@mcs-aware.org)  
MCS-Aware, 56 Gaping Lane, Hitchin, Herts. SG5 2JE (UK)  
Registered charity 1152139



# Shop—NEW PRODUCTS

To help you celebrate MCS-Awareness month we now have the following available in our shop:

**Badges: 35mm 70p each.**



**Stickers 35mm, 6 stickers = £1**



**Canary greetings card**  
Blank inside  
Large cards:  
148 x 210mm  
**£1.35 each**

**Bunting 5 metres £9.99**  
Made of polycotton with a cotton string.



## Postage and packing:

If you are only ordering badges and stickers please add £1.

For bunting or mixed orders add £2 per order (overseas add £3).

Cheques payable to 'MCS-Aware' please. Or order online at <http://mcsaware.org/shop>

MCS-Aware, 56 Gaping Lane, Hitchin, Herts. SG5 2JE(UK)

We also have lots of other products. Have a look at our website or your shop catalogue for details.

## MCS WRECKS LIVES

*May is MCS-Awareness month  
You can help us make a difference:*

1. Post a canary as your profile picture
2. Text **"CNR14 £3"** to 70070 to donate



Multiple Chemical Sensitivity is a devastating chronic illness that affects people of all ages. We're working to get MCS officially recognised so people can access treatment and start recovery. We rely on donations to support sufferers, their families, and provide information for health practitioners. To find out more watch the [cartoon](#) at [www.mcs-aware.org](http://www.mcs-aware.org).

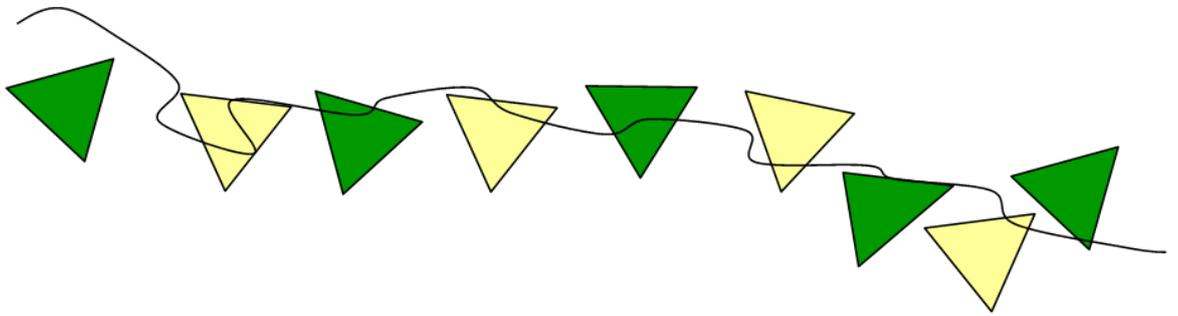
**You can help us make a difference.**

**Text CNRY14 £2 / £5 / £10 to 70070 to donate now**



MCS-Aware, The Charity for Environmental Illness  
Registered charity no.1152139

**JustTextGiving**  
by **vodafone**



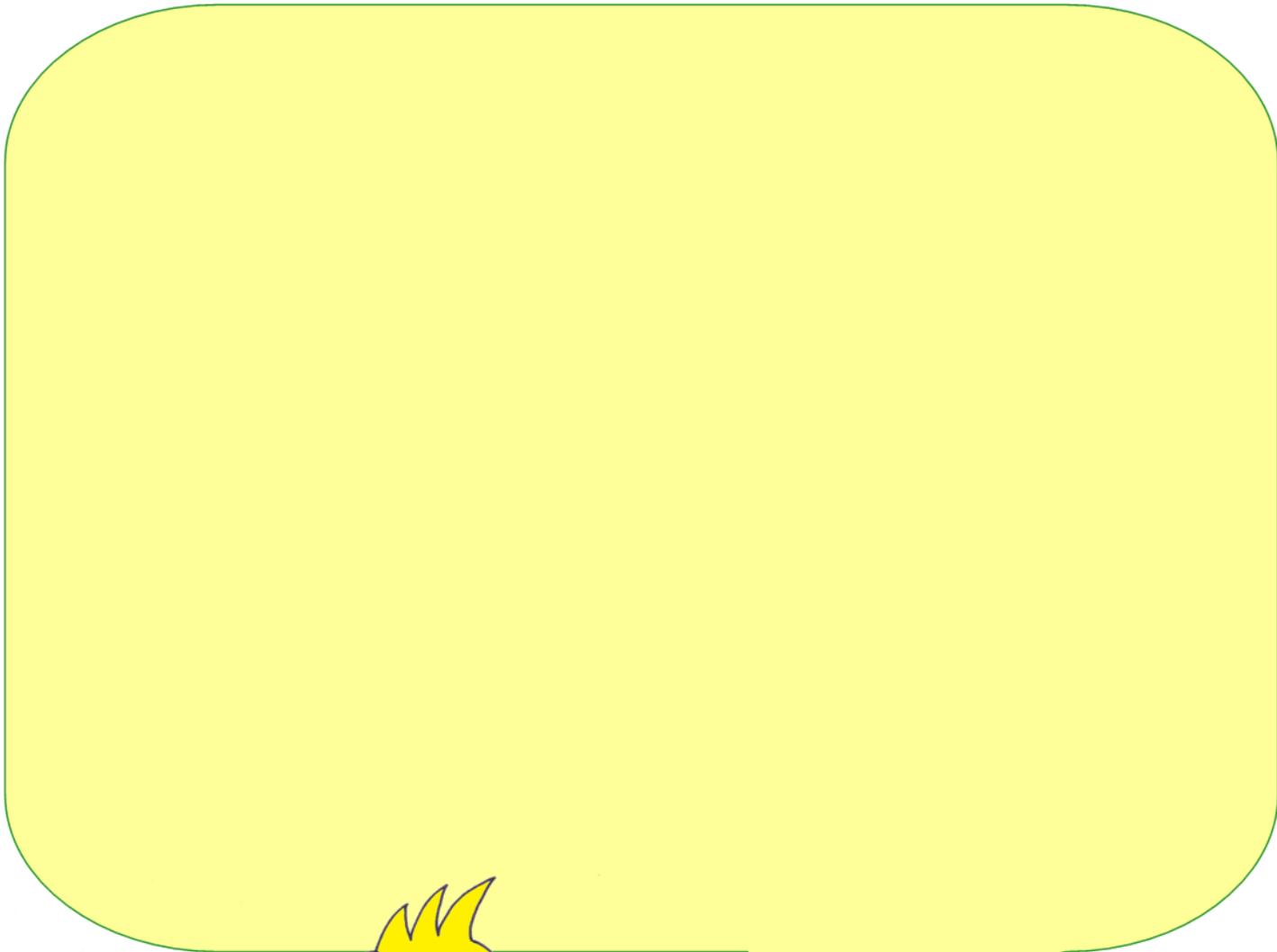
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