

Supporting people experiencing Chronic Fatigue Syndrome in our community

It is estimated that at least 25,000 people in Aotearoa/New Zealand have Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS).

ME/CFS is considered a major disease that we still know very little about; significantly more research needs to be done and there is a serious lack of funding for this work.

Zest for Life was established in the memory of Zascha Mann, a young Nelson man who died in July 2021 as a result of a long struggle with this debilitating condition. The name Zest for Life was chosen in recognition of Zascha's exuberance for life as adventurer, traveller, skier, mountain climber, kayaker, and rock climber.

Severe patients, like Zascha, often have desperately difficult lives. People with the condition often feel they are a burden and asking for help can be a barrier to getting relief. The small cash grants that will be made from the Zest for Life Fund will be used for such things as assistance with driving to appointments, help with housework, cooking and advocacy, or respite care.



"Being stuck in bed 24/7 is hell for me.....I encourage you all to fiercely be your authentic, wonderful, weird selves. The world needs more authentic humans. Secondly, please do what you can to make the world a better place, it needs people to fight for it."

Zascha Mann

July 2021

How to donate to the Zest for Life Fund

1. Go to the [Donate Now](#) button on the Top of the South Community Foundation website, and follow the straightforward directions to donate to Zest for Life.
2. Make a donation by Bank Transfer to the Top of the South Community Foundation bank account (03-1354-0602011-00), noting both your Name and Zest for Life in the transfer details. If you elect to donate by Bank Transfer, please also email us at info@topsouthfoundation.org.nz and give us your full name and address so we can process your tax receipt.
3. Or contact us here at Top of the South Community Foundation via info@topsouthfoundation.org.nz, and we'll be pleased to answer any gifting questions you may have.

All donations are fully tax deductible, and a tax receipt will be sent following your generous donation.

Further information

Email Ange Palmer at Zest for Life :

ange@angepalmer.com

For more information about M.E./Chronic Fatigue including frequently asked questions please go to the website of the Associated New Zealand ME Society (ANZMES) :

<https://anzmes.org.nz/what-is-me/>
