

Mount Snowdon Charity Walk



I am planning to walk up Mount Snowdon on Thursday 3rd August to raise funds for the ME Ramsay Research Fund & the Equine Grass Sickness Fund.

It will be 30 years in July since I had glandular fever which precipitated many years battling severe ME. Until 1987 I had always lead a very fit & active lifestyle, was hard-working & enjoying a promising career. The illness forced me to take early retirement & left me severely disabled for nearly 20 years. I spent eight of those years in social purdah virtually bedridden & unable to read, converse or watch television. Thankfully, my condition has gradually improved & I am now able to live a relatively active life, however, I am only able to achieve this “normality” with very strict management & pacing & spend a great deal of time at home recharging my batteries.

It is estimated that around 250,000 people including many children are affected by ME in the UK & at present there is no diagnostic test available or any universally effective treatment or cure for the disease. I am one of the lucky ones as 25% of severely affected sufferers see no remission of their symptoms with many remaining permanently bedridden & socially isolated.

I hope that my walk also will give some hope & encouragement to other severely affected sufferers by showing that it is possible to make a significant improvement & regain a fit & active lifestyle even after many years of disability.

When I was twelve I lost my pony, Little Bracken, to the acute form of Equine Grass Sickness. He was a much loved pony with whom I had had much fun & success at local shows & events. Two days before he died we had both been enjoying a cross-country schooling session. The following morning we awoke to find him suffering from colic & despite very prompt & assiduous veterinary attention nothing could be done to relieve his suffering & we had to make the difficult decision to end his misery.



Grass Sickness damages parts of the nervous system leading to paralysis of the gut & is believed to be caused by a toxin found in pasture. It is a major cause of mortality in horses, ponies & donkeys in the UK with more than 95% of cases proving fatal.

If you would like to support me on my walk & help raise funds for my chosen charities you can donate either via the Just Giving website at www.justgiving.com/fundraising/Michele-K-ME , www.justgiving.com/fundraising/Michele-K-EGS or contact me in person.

Many thanks,

Michele Kurth