

Fundraising story collection questionnaire

<p>What have you done/are you doing to raise funds for Mast Cell Action?</p> <p>I'm doing a sponsored tai chi practice.</p>
<p>How is the challenge going so far?</p> <p>I haven't started yet.</p>
<p>How much are you hoping to raise/did you raise?</p> <p>I was hoping to raise £200 but have exceeded that!</p>
<p>What is your link to Mast Cell Activation Syndrome? Can you share a brief history of your story with us?</p> <p>I have MCAS. I was diagnosed about 18 months ago but had my first anaphylactic reaction aged 13. I'd always assumed that I just had allergies and a bunch of minor ailments, but when I ended up in A&E in early 2020 and a stroke was suspected (but all the tests showed I hadn't had a stroke) I knew that something more must be going on. That started me reading and researching, and with the help of my lovely GP practice I saw a consultant privately, who made the diagnosis, but then got referred to an NHS clinic where I receive treatment. At my worst point it was hard work to get up and down the stairs at home without a rest and I was on a very, very limited diet. Currently I'm able to exercise several times a week and I work full-time (from home), so a lot can change with diagnosis and treatment.</p>
<p>Why did you choose Mast Cell Action? What impact has Mast Cell Action had for you?</p> <p>It helped me to get my diagnosis by providing useful information.</p>
<p>What did you enjoy most/are you enjoying about your fundraising experience?</p> <p>I'm enjoying raising awareness of MCAS. Some of the people who have sponsored me have been in touch to say they'd learned about the condition through this fundraising.</p>
<p>Is there anything you would do differently next time?</p> <p>No.</p>
<p>What would you say to other people considering doing a fundraiser for Mast Cell Action?</p> <p>Go for it!</p>
<p>What message would you like to share with the MCAS community?</p> <p>Yes, you're not mad, it isn't in your head, and with access to the right treatment you can lead a good life with MCAS.</p>
<p>What message would you like to share with the wider community?</p>

I'd like to share with the medical community that taking the time to listen to your patients is incredibly valuable.