

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	08	2022	To	31	07	2023

Reference and administration details

Charity name	Dumfries and Galloway ME and Fibromyalgia Network
Other names charity is known by	DGMEFM Network
Registered charity number	SC051578
Charity's principal address	Thistledeu Albert Street Dalbeattie Postcode DG5 4JP

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Eileen Longworth	Chair		
2	Paul Thompson	Treasurer		
3	Diane Bond	Secretary		
4	Cornelia Schrijver			
5	Andria Cameron		From 6 th October 2022	
6	Julie Dawes		From 25 th May 2023	
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Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year
Nancy Wilson	Resigned 6 th October 2022
Kim Jakobsen	Resigned 3 rd September 2022

Structure, governance and management

Type of governing document

Constitution

Trustee recruitment and appointment

The Network trustees are appointed by the members at our Annual General Meeting or co-opted, as appropriate, at a Board meeting.

Objectives and activities

Charitable purposes

To support the needs of people in Dumfries & Galloway who suffer with Myalgic Encephalomyelitis (ME), Fibromyalgia (FM), Chronic Fatigue Syndrome (CFS) and Post-Viral Fatigue Syndrome (PVFS).

Summary of the main activities in relation to these objects

- Raising awareness and promoting understanding of ME / CFS and FM
- Supporting access to a wide range of person-centred clinical and peer-led services and support
- Building active participation, skills, and confidence of people with ME / CFS and FM and their allies
- Building our organisational capacity to make sure we are the best that we can be.

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Achievements and performance

Summary of the main achievements of the charity during the financial period

New SCIO

We were registered as a SCIO on 9th February 2022. The previous charity (SC030641) wound up on 31st July 2022 and passed all of its assets to the SCIO.

Membership

- 402 SCIO members
- 444 Facebook group members

Funding

We are grateful for funding from –

- The National Lottery Community Fund
- Dumfries and Galloway NHS Endowment Fund
- Communities Mental Health and Wellbeing Fund, Round 2

Support to members

- We continue to host a supportive and welcoming Facebook group, offering a safe space in which people can share their experiences and challenges.
- We continue to maintain our web presence, with monthly blogs, events listings etc.
- We have been hosting fully funded Soup and Sandwich social meet ups, which provide our members with a way to meet up, in-person, without the cost being prohibitive.
- We have launched a Befriending service for our most isolated members.
- We are preparing to launch a Peer Mentoring service, to provide support to people as they navigate the journey through diagnosis and interaction with health and social care professionals.
- We host a monthly hybrid meet-up, which includes speakers on a wide range of topics.
- We provide craft and wellbeing sessions monthly, which provide our members with the opportunity to try new things whilst connecting with their peers.
- We have published our newsletter quarterly.

Financial review

Brief statement of the charity's policy on reserves

The Network aims to maintain a minimum of 6 months' operating costs.

Details of any deficit

Donated facilities and services (if any)

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Other optional information

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Eileen Longworth	
Position (e.g. Chair)	Chair	
Date	9 th August 2023	