

Dumfries & Galloway ME and Fibromyalgia Network

SC051578



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	08	2023		31	07	2024

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	834				834	699
Legacies	1,000				1,000	
Grants	8,000	27,116			35,116	35,433
Receipts from fundraising activities					-	476
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Transfer from EDMESH closure					-	7,417
A1 Sub total	9,834	27,116	-	-	36,950	44,025
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	9,834	27,116	-	-	36,950	44,025
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	2,226	33,775			36,001	23,550
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	90				90	40
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
A3 Sub total	2,316	33,775	-	-	36,091	23,590
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	2,316	33,775	-	-	36,091	23,590
Net receipts / (payments)	7,518	(6,659)	-	-	859	20,435
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	7,518	(6,659)	-	-	859	20,435

Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	14,729	22,386			37,115	16,680
	Surplus / (deficit) shown on receipts and payments account	7,518	(6,659)			859	20,435
						-	
						-	
	Cash and bank balances at end of year	22,247	15,727	-	-	37,974	37,115
	(Agree balances with receipts and payments account(s))						

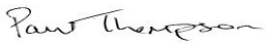
Categories	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
B2 Investments				
	Total		-	-

Categories	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
B3 Other assets	Laptop computer purchased Sept 2023	Improving Lives, Befriending project	399		
		Total		399	-

Categories	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
B4 Liabilities				
	Total		-	-

Categories	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
B5 Contingent liabilities				
	Total		-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Paul Thompson	19/09/2024

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

See analysis of funds worksheets

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3a Trustee remuneration

If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	X
--	----------

C3b Trustee remuneration - details

Authority under which paid	£

C4a Trustee expenses

If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	
---	--

C4b Trustee expenses - details

	Number of trustees	£
Travel to meetings and moving storage of assets	6	439

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)

C6 Other information

Gift Aid is included in donations in A1

Dumfries & Galloway ME and Fibromyalgia Network

SC051578

Additional analysis (1)**Analysis of receipts and payments****1 Donations**

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Member donations and fundraising	719				719	1,137
Gift Aid	115				115	38
Donation through EDMESH closure	1,000				1,000	7,417
					-	
Total	1,834	-	-	-	1,834	8,592
	reference	-	-	-	reference	reference

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
Henry Duncan, Corra Foundation	8,000		8,000	
Improving Lives, Lottery		21,371	21,371	22,734
Communities Mental Health & Wellbeing Fund		5,745	5,745	2,700
D&G NHS Endowment Fund				9,999
			-	
Total	8,000	27,116	35,116	35,433
	-	-	-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Contractors	500	5,815			6,315	9,624
Salary & on-costs	-	14,487			14,487	7,366
Staff travel & subsistence	-	223			223	89
Staff training	-	-			-	-
Volunteer travel & subsistence	89	753			842	291
Volunteer training	-	1,728			1,728	120
Insurance	-	396			396	368
Stationery/Printing	36	769			805	65
Postage	29	752			781	121
Newsletter including postage	-	2,435			2,435	2,304
Publicity	158	1,241			1,399	35
Equipment	62	584			646	-
Venue hire	28	277			305	112
Advertising	-	-			-	-
Resources - crafts/wellbeing projects	381	561			942	789
Tutors/Sessional staff	808	1,978			2,786	1,145
IT/Phone/Zoom	-	543			543	624
Sundry	75	-			75	36
Catering (members' meetings)	60	1,140			1,200	386
Subscriptions	-	75			75	75
PVG	-	18			18	-
					-	
Total	2,226	33,775	-	-	36,001	23,550

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted-general	Henry Duncan	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	834				834	699
Legacies	1,000				1,000	7,417
Grants		8,000			8,000	-
Receipts from fundraising activities					-	476
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	1,834	8,000	-	-	9,834	8,592
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	1,834	8,000	-	-	9,834	8,592
Payments						
Expenses for fundraising activities	514	1,712			2,226	4,960
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	90				90	40
Preparation of annual accounts					-	
Legal costs					-	
Sub total	604	1,712	-	-	2,316	5,000
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	604	1,712	-	-	2,316	5,000
Net receipts / (payments)	1,230	6,288	-	-	7,518	3,592
Transfers to / (from) funds					-	
Surplus / (deficit) for year	1,230	6,288	-	-	7,518	3,592

Nature and purpose of funds

Unrestricted general funds for Network core costs and activities and reserved for periods when grants run out; Henry Duncan funds support Network activities.

Additional analysis (3)**6 Breakdown of restricted funds**

	CMHWF 1 & 2	Improving Lives - Lottery	D&G NHS Endowment fund	CMHWF 3	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants	-	21,371	-	5,745	27,116	35,433
Receipts from fundraising activities					-	
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
Sub total	-	21,371	-	5,745	27,116	35,433
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	21,371	-	5,745	27,116	35,433
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	4,602	22,906	5,334	933	33,775	18,590
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	4,602	22,906	5,334	933	33,775	18,590
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	4,602	22,906	5,334	933	33,775	18,590
Net receipts / (payments)	(4,602)	(1,535)	(5,334)	4,812	(6,659)	16,843
Transfers to / (from) funds					-	
Surplus / (deficit) for year	(4,602)	(1,535)	(5,334)	4,812	(6,659)	16,843

Nature and purpose of funds

Communities Mental Health & Wellbeing funds (1 - 3) for craft and wellbeing workshops and lunches at members' meetings; Improving Lives Lottery fund for Befriending and Peer Mentoring project; NHS Endowment fund for staff support and management of projects.