

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	2023	To	31	07	2024

Reference and administration details

Charity name
Other names charity is known by
Registered charity number
Charity's principal address

Dumfries and Galloway ME and Fibromyalgia Network
DGMEFM Network
SC051578
Thistledew
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	Bobbie Jeal	Chair	Trustee from 31 st August 2023. Chair from 21 st March 2024	
2	Paul Thompson	Treasurer		
3	Diane Bond	Secretary	Acting Chair from 23 rd November 2023 to 21 st March 2024	
4	Cornelia Schrijver			
5	Julie Dawes			
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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
Eileen Longworth	Resigned 8 th November 2023
Andria Cameron	Resigned 2 nd November 2023

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	<ul style="list-style-type: none"> - 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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Summary of the main achievements of the charity during the financial period
Membership

- 425 SCIO members
- 466 Facebook group members
- Both of these numbers have increased since last year.

Funding

We are grateful for funding from –

- Communities Mental Health and Wellbeing Fund, Round 3
- CORRA Foundation - Henry Duncan Fund

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 including events listings and monthly blogs containing a list of external links shared within our Facebook Group. *4,348 website visits*
- We have been hosting fully funded social lunches which provide our members with a way to meet up, in-person, without the cost being prohibitive. *207 attendances*
- We have continued to develop the Befriending service for our most isolated members.
- We continue to develop the 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 Zoom meet-up, which includes speakers on a range of topics. *57 attendances*
- We provide craft and wellbeing sessions monthly, which provide our members with the opportunity to try new things whilst connecting with their peers, reducing isolation and increasing wellbeing. *15 sessions across the region*
- We publish our newsletter quarterly.
- We have launched WhatsApp groups in both the west of the region – 17 members – and the east – 5 members.

Promoting the Network more widely in the region and liaising with Health and Social Care

- We have distributed 3 different information flyers to community venues across the region, such as GP surgeries, libraries and council offices. A total of 10,000 leaflets, flyers and contact cards.
- We have begun to take information stands at community events, in particular at Dumfries and Galloway College, engaging with both professionals, students and the wider community.
- Our Facebook page continues to be targeted at professionals (whilst our private Facebook group is for our members) and we use the platform to share information such as research, policy developments and professional development opportunities. *365 page likes*.
- We have had face-to-face meetings with health and social care professionals across the region to spread the word of the Network and increase their understanding of the conditions.

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)

Seven fully trained befriender / peer mentor volunteers

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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)	Bobbie Jeal	
Position (e.g. Chair)	Chair	
Date	19 th September 2024	