

# DGMEFM



Dumfries & Galloway

ME and Fibromyalgia Network

SC051578 | [www.dgmefm.org.uk](http://www.dgmefm.org.uk)

## Impact Report

August 2023 - July 2024

Where does time go? Here we are in October 2024 already and I'm pleased to say that our Network has continued to offer support over the past year to our membership of well over 400, in a range of ways.

I was delighted to be elected Chair in spring this year and would like to thank the Board members for their help in easing me into the role, particularly Paul Thompson, our Treasurer. It's an honour to be participating in this ME - Long Covid - Fibromyalgia community.

Eppie Sprung has been instrumental in not only providing us with line management support, but in sourcing funding streams along with the Board of Trustees and in ensuring that the Network is following all organisational guidelines for a Scottish charity.

This much-needed and appreciated funding is what has allowed us to continue the wide range of activities that we offer, from wellbeing and crafts to our Befriending and Peer Mentoring service and our ever-popular lunches.

Christine Aitchison kindly took on the mantle of Admin Support officer and is doing a tremendous job behind the scenes organising events, producing newsletters and keeping the virtual back office ticking over.

Our trustees are involved in various committees like Audit and Risk or sit on the Board. However, we are always keen to recruit new trustees and members are invited to apply for this volunteer position where the workload is not at all onerous. Please contact [admin@dgmefm.org.uk](mailto:admin@dgmefm.org.uk) if you would like more information.

Do please feel free to share your views and queries with us either directly (contact details are on our website: <https://dgmefm.org.uk/contact-us/>), at one of our meetings or through our Facebook page. We're always here to listen and try to help and we appreciate our membership greatly.

I look forward to the next 12 months in your company.



**Number of members: 425**

**Members of our Facebook Group: 466**

**Funding Secured: £35,116**

~ **Bobbie Jeal, Chair of DGMEFM Network**

**1. Raising awareness and promoting understanding**

- **Our stakeholders have better access to accurate information which improves awareness and understanding of ME/CFS and FM**
- **Public, third and private sector organisations across Dumfries and Galloway have more knowledge, skills and confidence to effectively support the needs of people with ME/CFS and FM**

We have distributed 3 different information flyers to community venues across the region, such as GP surgeries, libraries and council offices. We are taking information stands at community events, engaging with both professionals 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. 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.

***"It is a great way to feel connected to others in the same situation as yourself."***

**425 Members**

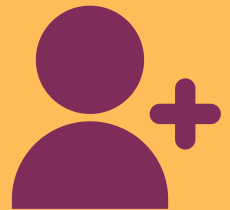
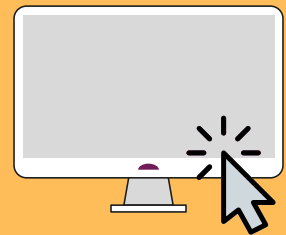
(^ 23 from previous year)

**403 Facebook Page Likes**

(^ 31 from previous year)

**466 Facebook Group Members**

(^ 17 from previous year)

**4,348 Website Visits****12 Blogs Shared****4 Newsletters****10,000 Leaflets, flyers & contact cards distributed**

***"I was reminded that there are friendly souls out there and that I am not alone."***



## 2. Supporting access to services and support

- People with ME/CFS and FM have better access to a range of high quality clinical and peer-led services and support which enables more timely diagnosis and supports more effective self-management

- People with ME/CFS and FM and their carers/supporters have more opportunities to connect with their peers, which reduces isolation and increases wellbeing

### Impact Report August 2023 - July 2024

Our befriending and peer mentoring projects have been running throughout this past year. It has been unfortunate that the project has not been as successful as we might have hoped. However, it has deepened our understanding of what the community need from the Network and how best to meet those needs.

**97.5% of people leave our meet ups feeling less isolated and lonely.**

**15 Craft & Wellbeing Workshops**

**207 Met Up Face-to-Face**

**57 Met Up Hybrid**

**17 Members in West WhatsApp Group**

**5 Members in East WhatsApp Group**

We have had a whole host of craft, wellbeing and social meet ups, both in person and online – we’ve even had a quiz! These sessions are always very well received and almost always full! We’ve also welcomed speakers into our online monthly meetings, which has given our members the chance to increase their own understanding of the services available to them within the region.

***“I had forgotten how lovely it is to be working on something creative in likeminded company, being able to chat to each other and have a laugh.”***





### 3. Building participation, skills and confidence

- People with ME/CFS and FM and their allies have access to high quality volunteering opportunities which build knowledge, skills and confidence and enable them to take leading roles in the delivery of services
- People with ME/CFS and FM have more opportunities to give their views, and are better able to influence decision-making and service design

#### Impact Report August 2023 - July 2024

We now have 7 fully trained befrienders / peer mentors and 5 Board members.

Our craft and wellbeing sessions provide our members with opportunities to develop their skills across a range of areas.

Engaging with our external speakers allows our members to be heard by decision makers, whilst our internal feedback surveys (on Comms and the development of the Network) have given members the opportunity to influence service design.

#### 7 Volunteer roles developed



### 4. Building our organisational capacity

- DGMEFM Network has the required resources, plans, policies, and systems to ensure that the charity is run safely, ethically, legally, efficiently, and effectively.
- DGMEFM Network has a confident, knowledgeable, skilled and effective Board and staff team.
- DGMEFM Network is accessible and inclusive, and better able to support individuals from protected characteristic groups and those with more complex needs.

We currently have 5 excellent Board members who bring a broad range of skills and knowledge to the organisation. However, we are particularly keen to have some people on the Board who do not have the health conditions of our members, e.g. family members or friends. If you know of anyone who would like to join the Board, please reach out to the Network on: [admin@dgmefm.org.uk](mailto:admin@dgmefm.org.uk).

In the past year our staff team and Board have undertaken both safeguarding and trauma-informed training.

