

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	2024		31	07	2025

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	715				715	1,834
Legacies					-	
Grants	8,000	27,025			35,025	35,116
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	80				80	
A1 Sub total	8,795	27,025	-	-	35,820	36,950
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	8,795	27,025	-	-	35,820	36,950
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	14,963	16,522			31,485	36,001
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	90
Preparation of annual accounts					-	
Legal costs					-	
Other		-			-	
A3 Sub total	15,063	16,522	-	-	31,585	36,091
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	15,063	16,522	-	-	31,585	36,091
Net receipts / (payments)	(6,268)	10,503	-	-	4,235	859
A5 Transfers to / (from) funds	1,936	(1,936)			-	
Surplus / (deficit) for year	(4,332)	8,567	-	-	4,235	859

Section B Statement of balances

Categories	Details	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 £
B1 Cash funds	Cash and bank balances at start of year	22,247	15,727			37,974	37,115
	Surplus / (deficit) shown on receipts and payments account	(4,332)	8,567			4,235	859
						-	
						-	
	Cash and bank balances at end of year	17,915	24,294	-	-	42,209	37,974
	(Agree balances with receipts and payments account(s))						

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

	Details	Fund to which asset belongs	Cost (if available) to nearest £	Current value (if available) to nearest £	Last year to nearest £
B3 Other assets					
		Total	-	-	-

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

	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year 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

Paul Thompson

04/09/2025

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
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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)	
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C4b Trustee expenses - details

	Number of trustees	£
Travel to meetings including Board meetings, hosting members meetings, and representing the organisation.	5	501

C5 Transactions with trustees and connected persons

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

C6 Other information

Lottery agreed that £1936 remaining from the previous year's Improving Lives grant could you be retained and transferred to Unrestricted funds. Bank interest from a deposit account is shown under 'Gross receipts from other charitable activities'. Several members bought National Trust charity passes, accounted through donations and sundry payment.

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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	715				715	719
Gift Aid	-				-	115
Legacy	-				-	1,000
					-	
Total	715	-	-	-	715	1,834

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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	8,000
Lottery Community Fund		27,025	27,025	21,371
Communities Mental Health & Wellbeing Fund 3		-	-	5,745
			-	
Total	8,000	27,025	35,025	35,116

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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 £
Bank interest on deposit account	80				80	-
					-	
					-	
					-	
					-	
					-	
Total	80	-	-	-	80	-

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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	8,498	1,985			10,483	6,315
Salary & on-costs	1,849	8,167			10,016	14,487
Staff travel & subsistence	20	36			56	223
Volunteer travel & subsistence	359	170			529	842
Volunteer training	-	454			454	1,728
Insurance	-	407			407	396
Stationery/Printing	3	72			75	805
Postage	99	213			312	781
Newsletter including postage	1,960	678			2,638	2,435
Publicity	172	603			775	1,399
Equipment	-	-			-	646
Venue hire	161	357			518	305
Resources - craft/wellbeing workshops	-	1,015			1,015	942
Tutors/sessional staff	635	854			1,489	2,786
IT/Phone?Zoom	296	83			379	543
Sundry	610	-			610	75
Catering (members' meetings)	301	1,353			1,654	1,200
Subscriptions	-	75			75	75
PVG	-	-			-	18
Total	14,963	16,522	-	-	31,485	36,001

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Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted - general	Henry Duncan grant	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	715				715	834
Legacies					-	1,000
Grants		8,000			8,000	8,000
Receipts from fundraising activities					-	
Gross trading receipts					-	
buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities	80				80	
Sub total	795	8,000	-	-	8,795	9,834
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	795	8,000	-	-	8,795	9,834
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	5,088	9,875			14,963	2,226
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	90
Preparation of annual accounts					-	
Legal costs					-	
Sub total	5,188	9,875	-	-	15,063	2,316
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	5,188	9,875	-	-	15,063	2,316
Net receipts / (payments)	(4,393)	(1,875)	-	-	(6,268)	7,518
Transfers to / (from) funds	1,936				1,936	
Surplus / (deficit) for year	(2,457)	(1,875)	-	-	(4,332)	7,518

Nature and purpose of funds

General unrestricted funds meet some core costs and reserve for periods without grants. Henry Duncan grant meets other core costs, support members' activities and match fund towards the Fairer Life Chances 'Wellbeing' project.

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Additional analysis (3)

6 Breakdown of restricted funds

	Lottery Improving Lives	Lottery Fairer Life Chances	D&G NHS Endowment Fund	CMHWF-3	Total restricted funds	Total restricted funds last period
Receipts						
Donations					-	
Legacies					-	
Grants	-	27,025	-		27,025	27,116
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	-	27,025	-	-	27,025	27,116
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	-	27,025	-	-	27,025	27,116
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	6,789	2,731	2,190	4,812	16,522	33,775
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Sub total	6,789	2,731	2,190	4,812	16,522	33,775
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	6,789	2,731	2,190	4,812	16,522	33,775
Net receipts / (payments)	(6,789)	24,294	(2,190)	(4,812)	10,503	(6,659)
Transfers to / (from) funds						
	(1,936)				(1,936)	
Surplus / (deficit) for year	(8,725)	24,294	(2,190)	(4,812)	8,567	(6,659)

Nature and purpose of funds

Improving Lives - Befriending & Peer mentoring project; Fairer Life Chances - Wellbeing project including some admin and management support; NHS Endowment Fund for other admin and management support; CMHWF 3 - wellbeing workshops and lunches for members.