

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	2024	To	31	07	2025

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	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		
2	Paul Thompson	Treasurer		
3	Lesley Grieve	Secretary		
4	Cornelia Schrijver			
5	Julie Dawes			
6	Sarah Chadfield			
7	Caroline Maybank			
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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
John Faircloth-Wood	Appointed October 10 th , 2024; Resigned 17 th January, 2025
Martin Donaldson	Appointed December 12 th , 2024; Resigned April 3 rd , 2025
Emma Davies	Appointed 10 th October; resigned 30 th October

Structure, governance and management

Type of governing document	Constitution
Trustee recruitment and appointment	The Network trustees are appointed by 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

- 449 SCIO members
- 532 Facebook group members
- Both of these numbers have increased since last year.

Funding

We are grateful for funding from –

- CORRA Foundation - Henry Duncan Fund
- Lottery – Fairer Life Chances

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 member discussions containing a list of external links shared within our Facebook Group. *4,348 website visits*
- We have hosted fully funded social lunches which provide our members with a way to meet up, in person, without the cost being prohibitive. *220 attendances*
- We have continued to develop the Befriending service for our most isolated members until November 2024 when the project ended for a short period. It will be revived under our new Wellbeing Worker who came into post in June 2025.
- 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 have hosted a monthly Zoom meet-up, which includes speakers on a range of topics. However, these are currently suspended due to lack of uptake. *40 attendances*
- We provided craft and wellbeing sessions monthly, which offer our members an opportunity to try new things whilst connecting with their peers, reducing isolation and increasing wellbeing. Some of our sessions are held in person and some online. *15 sessions across the region*
- We continue to publish a quarterly newsletter which now has more content and more member participation in the shape of, for example, contributed poetry.
- We have launched WhatsApp groups across the region with 18 members in Dumfries, 12 in Annan, 20 in Castle Douglas (on Messenger) and 21 in Stranraer.

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

- We have appointed a Wellbeing Worker for a period of three years who has already prepared a list of activities for members across the region so that no members feel excluded due to their geographical location in this widespread region.
- These activities include Indian head massage, horse therapy, private swimming, Zen Tangle mindfulness doodling, a visit to a gin distillery and a visit to a planetarium.
- We have again taken 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. *389 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, the Befriending and Peer Mentoring project 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
Three volunteers to man stands

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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

4th September 2025