

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	2025		31	07	2026

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	349				349	715
Legacies					-	
Grants	8,000	29,386			37,386	35,025
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
A1 Sub total	8,349	29,386	-	-	37,735	35,820
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	8,349	29,386	-	-	37,735	35,820
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	11,264	25,906			37,170	31,485
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	100
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	11,364	25,906	-	-	37,270	31,585
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	11,364	25,906	-	-	37,270	31,585
Net receipts / (payments)	(3,015)	3,480	-	-	465	4,235
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	(3,015)	3,480	-	-	465	4,235

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	17,915	24,294			42,209	37,974
	Surplus / (deficit) shown on receipts and payments account	(3,015)	3,480			465	4,235
						-	
						-	
	Cash and bank balances at end of year	14,900	27,774	-	-	42,674	42,209
	(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	-	-

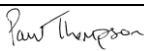
	Details	Fund to which liability relates	Amount due (estimate) to nearest £	Last year to nearest £
B5 Contingent liabilities				
		Total	-	-

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

Signature*

Print Name

Date of approval

	Paul Thompson	09 September 2026

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	£
See additional notes		2	
		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 AGM, Board meetings, and hosting members' meetings.	4	173

C5 Transactions with trustees and connected persons

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

C6 Other information

Henry Duncan grant (Corra Foundation) is unrestricted funds. Our bank changed the account from a Treasurers Account to a Charity Account resulting in a charge for a donation cheque paid in, the charge is accounted as a 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	324				324	715
Gift Aid	25				25	
					-	
					-	
Total	349	-	-	-	349	715

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 - Fairer Life Chances		29,386	29,386	27,025
			-	
			-	
Total	8,000	29,386	37,386	35,025

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
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	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	891	2,356			3,247	10,483
Salary & on-costs	2,477	18,682			21,159	10,016
Staff travel and subsistence	16	1,450			1,466	56
Staff training					-	
Volunteer travel and subsistence	173				173	529
Volunteer training					-	454
Insurance	419				419	407
Stationery/printing					-	75
Postage					-	312
Newsletter including postage	1,293	1,216			2,509	2,638
Publicity/Advertising	465				465	775
Equipment	513				513	
Venue hire	628	171			799	518
Resources - craft/wellbeing workshops	1,136	395			1,531	1,015
Tutors/sessional staff - craft/wellbeing workshops	1,848	1,463			3,311	1,489
IT/Phone/Zoom	396				396	379
Sundry	1				1	610
Catering	988	173			1,161	1,654
Subscriptions	20				20	75
PVG					-	
Total	11,264	25,906	-	-	37,170	31,485

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Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below Unrestricted - general	Unrestricted fund 2 - enter name of fund below 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	349				349	715
Legacies					-	
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
Sub total	349	8,000	-	-	8,349	8,795
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	349	8,000	-	-	8,349	8,795
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	1,777	9,487			11,264	14,963
Grants and donations					-	
Governance costs:					-	
Audit / independent examination	100				100	100
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	1,877	9,487	-	-	11,364	15,063
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	1,877	9,487	-	-	11,364	15,063
Net receipts / (payments)	(1,528)	(1,487)	-	-	(3,015)	(6,268)
Transfers to / (from) funds					-	1,936
Surplus / (deficit) for year	(1,528)	(1,487)	-	-	(3,015)	(4,332)

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

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
	Lottery - Fairer Life Chances					
Receipts						
Donations					-	
Legacies					-	
Grants	29,386				29,386	27,025
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	29,386	-	-	-	29,386	27,025
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	29,386	-	-	-	29,386	27,025
Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	25,906				25,906	16,522
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	25,906	-	-	-	25,906	16,522
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	25,906	-	-	-	25,906	16,522
Net receipts / (payments)	3,480	-	-	-	3,480	10,503
Transfers to / (from) funds					-	(1,936)
Surplus / (deficit) for year	3,480	-	-	-	3,480	8,567

Nature and purpose of funds

Fairer Life Chances - Wellbeing Project including Wellbeing Worker and some admin and management support.