

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	2025	To	31	07	2026

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			
8	Dawn Rhodes			
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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

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	- 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 • 488 SCIO members • 613 Facebook group members • Both these numbers have increased since last year. Funding We are grateful for funding from – • CORRA Foundation - Henry Duncan Fund • Lottery – Fairer Life Chances • for a total of £37,386 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. <i>10,063 website visits – roughly 2.5 times more than in the previous period.</i> - We have hosted lunches and coffee & cake meet ups running at regular intervals across the region, 11 of which were funded by the Network and eight where attendees paid their own way. In the Annan area, people said they liked having a mix of craft events and paid for lunch or cake events. In the other areas, they said they would rather have more craft/wellbeing events and pay their own way for food-based events. - We funded a Christmas lunch in all areas. - 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 will continue to develop the Peer Mentoring service under the new Wellbeing Worker, to provide support to people as they navigate the journey through diagnosis and interaction with health and social care professionals. In the meantime, one of our trustees continues to maintain her relationship with one of our members. - We provided craft and wellbeing sessions on a regular basis and across the region, 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. We've had an increase in the activities we've been able to offer, with both our Admin Officer and our Wellbeing Worker delivering this work in different parts of the region. Sessions have included sound baths, a fused-glass workshop, writing workshops, mandala painting, swimming and hairdressing at our local college facility. <i>83% of survey respondents felt the Network was providing appropriate services/support with 45 different activities having taken place.</i> - 86% of the respondents to our Annual Survey said the Network is building participation, skills and confidence. - We continue to publish a quarterly newsletter which now has more content and more member participation in the shape of, for example, contributed poetry. - Our WhatsApp groups across the region continue to flourish with 24 members in Dumfries, 18 in Annan, 25 in Castle Douglas (on Messenger) and 23 in Stranraer. <i>This represents an increase in every area.</i> - We currently have 8 volunteer Board members and 3 paid team members. Our Network Development Manager works with us two days per month. Our Admin Officer works with us one day per week and our Wellbeing Worker is with us three days per week.
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Promoting the Network more widely in the region and liaising with Health and Social Care

- Our Wellbeing Worker, in conjunction with our Admin Officer, has organised a variety of activities for members across the region, as enumerated above, so that no members feel excluded due to their geographical location in this widespread region. *86% of our survey respondents said the Network is building participation, skills and confidence.*
- We now sit on both the Steering Group and the Operations Group for the NHS Dumfries and Galloway Pathway Mapping Project for People Living with Energy-Limiting Conditions. This ensures that we are at the centre of both planning and delivery around this work regionally. *This involves our Wellbeing Worker and two volunteer trustees.*
- We have also spread word of the Network by communicating with the local press and putting new posters in local communities.
- Several members have taken on leadership roles in delivering wellbeing activities or contributed to the Newsletter.
- Our Annual Survey provides members with the opportunity to shape the services of the Network. We review all comments and do our best to adapt services to meet the needs of the members, within the constraints of our funding. *This year, 89% of respondents felt the Network is running smoothly.*
- 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. *464 page likes.*
- Our Wellbeing Worker has 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.
- This included building links with other charities to ensure smooth signposting.

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)

Three volunteers to man information stands
Two volunteers to participate in NHS groups
One trustee who continues in a Befriender/Peer Mentor role

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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	9 th September 2026	