

SOUTH EAST LONDON ME SUPPORT GROUP

England & Wales · Charity number 1093659

Details

Other names CAMBERWELL ME SUPPORT GROUP

Status Registered

Legal form Other

Registered 2002-09-02

Register [View on the Charity Commission register](#)

Contact

Address 7 Princes Rise
London
SE13 7PW

Phone 02083189368

Email SELMESG7@gmail.com

Website www.selmesg.org

Activities

Objects: The Charity's objects ("the objects") are to provide support to people suffering from Myalgic Encephalomyelitis/Chronic Fatigue Syndrome(ME/CFS) and allied conditions, and to their carers, who live in, or have a connection to south east London and neighbouring areas; and to offer activities conducive to the management and alleviation of their symptoms.

Activities: Run by user-volunteers, mainly ME/CFS sufferers, this charity aims to provide information, support and assistance to help fellow members understand, manage and recover from ME. We offer:- monthly meetings, quarterly newsletter, lending library, social events, therapeutic activities, informal support networks.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** GREATER LONDON - LAMBETH - SOUTHWARK - LEWISHAM
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£6,090	£8,143	-	-
2024-03-31	£6,296	£6,822	-	-
2023-03-31	£11,516	£3,736	-	-
2022-03-31	£6,743	£4,639	-	-
2021-03-31	£31,761	£3,664	-	-

Trustees

Name	Role	Appointed
Dr LAWRENCE HOWARD BANNISTER		2017-06-17
PATRICIA JEAN DE WOLFE		2012-12-12
Robert David Birbeck		2013-11-14
Steven Paul Erselius		2014-06-07

SOUTH EAST LONDON ME SUPPORT GROUP

England & Wales - Charity number 1093659

Accounts

Trustees' report and Financial Statements for year ended 31March 2021

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Trustees' report and Financial Statements for year ended 31 March 2021

Report of Trustees for the year ended 31 March 2021

The Trustees present their annual report and financial statements for the year ended 31 March 2021 and confirm they comply with the Charities Act 2011, the Charity's constitution and the Charities SORP (FRS102).

Reference and administrative information

Charity name	South East London M.E. Support Group ("SELMESG")
Charity Registration number	1093659
Principal contact address	c/o Patricia de Wolfe Flat 2, 7 Princes Rise London SE13 7PW

Board of Trustees

Steven Erselius
Patricia de Wolfe
Lawrence Bannister
Robert Birbeck

The four trustees listed above retired and were reappointed at the AGM on 22 June 2019. The Covid-19 pandemic made it impossible to hold an AGM in June 2020, and they remain in post.

Christine Jenkins, also appointed at the AGM on 22 June 2019, resigned on 8 September 2020.

Membership secretary

Eve Lang

Bankers

Barclays
Leicester
LE87 2BB

Trustees' report and Financial Statements for year ended 31 March 2021

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2021

OBJECTS

The Charity's objects are to relieve the suffering of people with ME/CFS in Lambeth, Southwark, Lewisham and the surrounding area and that of their carers, in particular by providing support and information, reducing isolation and offering activities beneficial to the management of ME/CFS.

PUBLIC BENEFIT

The work we do in furtherance of our objects is detailed below. Although most of this work is within the group, we also have an obligation to help ME/CFS sufferers in our area who are not our members. We respond to non-members' queries when they contact us by phone or email, and provide complimentary newsletters. All our activities and therapeutic classes are open to people with ME/CFS who are not members. We are not rigid as to the location of people who wish to join the group. Our subscription fee is low and we reduce or waive it for those unable to afford it. The Trustees have regard to the guidance issued by the Charity Commission on public benefit in all their decision-making.

ORGANISATION

The Charity is an unincorporated association of approximately 140 members. The Charity is governed by a constitution adopted on 30 March 2001, amended on 13 July 2002, 8 November 2003 and 13 June 2015 and managed by an Executive Committee (the Charity Trustees) who are elected annually at the AGM by the membership or co-opted by the Executive Committee. All paid-up members of the group are entitled to put themselves forward for nomination and the committee invites as many members as possible to do so when they are notified of the AGM.

RELATED ORGANISATIONS

The Charity is an independent user-led self-help group but has contact with national ME organisations such as Action for ME, the ME Association, ME Research UK. We pass on their news of research and campaigns to our members through our quarterly newsletter.

GOVERNANCE AND MANAGEMENT

The trustees make use of the Charity Commission's online knowledge base in order to remain aware of the governance requirements for small charities.

Our data protection policy was reviewed and updated in light of changes introduced on 25 May 2018 and is available on our website.

Trustees' report and Financial Statements for year ended 31 March 2021

We have been reviewing our constitution which, despite minor amendments, has remained substantially unchanged since 2001. The main purposes of the revision are to slightly extend the definition of membership; and to validate voting other than by physical presence. This will, however, make no significant difference to the purposes or day-to-day running of the Charity. A draft of the proposed new constitution will be circulated to members in advance of the 2021 AGM.

REVIEW OF THE YEAR

This year has brought huge upheaval to the Charity, on two counts. First, the Covid-19 pandemic put an end to all face-to-face meetings between our members and forced gatherings online. Second, former Chair and longstanding member Linda Carvill died unexpectedly in May 2020. She was at the heart of the Charity: many of our therapeutic activities and social gatherings took place in her home; she had many friends amongst our members; and she was a trustee of the Linmara Trust who funded our transport fund. On her death, she made, via the Linmara Trust, generous financial provision for us, with a substantial gift and further monies reserved for us in future years to cover members' transport costs.

REVIEW OF ACTIVITIES

From March 2020 we moved all our social and therapeutic activities online, having in July set up a Zoom account for the Charity. This has the advantage of enabling the participation of those too ill to leave home, although it unfortunately excludes members not online or not comfortable using the internet. Our activities comprise the following:

- Social meetings

These are hosted on Zoom by a member volunteer and take place fortnightly.

- Therapeutic Programme

The aim of this programme is to provide activities which reduce stress, teach relaxation skills, encourage good breathing and body-awareness and provide suitably gentle exercise. Participating members tell us that these help them cope better with the illness and are conducive to the improvement of symptoms. This year we have been offering, via Zoom, monthly classes of meditation, yoga and Qigong.

Trustees' report and Financial Statements for year ended 31 March 2021

- **Outreach and Communications**

We continue to produce a **quarterly newsletter** which we gather is particularly appreciated now that members can no longer meet. Our other important link is our the monthly phone call from one of our eight user-volunteers in the **Telephone Support Team**. This, again, is especially important at a time when members cannot meet either each other or other people.

We also continue to operate an **email circulation system** and are able to keep in contact with over 80% of our members in this way. We can thus disseminate news, requests for help, information about research, and so on. This is another service which is highly valued by our members who have been left particularly isolated during the pandemic.

- **Benefits information and help**

Reassessments by the DWP for Employment and Support Allowance (ESA) and Personal Independence Payments (PIP) have been at a much lower volume than normal this year but our volunteers continue to monitor the changes to the benefits system that are relevant to our members. They provide written guidance in our newsletter as well as telephone and email support to members in completing benefits application forms. Members express considerable gratitude for this help.

We continue to subscribe to Benefits and Work, an organisation that provides regular updates about benefits changes and that issues useful guides for claims and appeals for ESA and PIP. We also remain members of Disability Rights UK and this gives our benefits information officers access to a specialist welfare rights advisory service. We continue our policy of helping members with charges for doctors' letters to support benefits claims, although there have been no requests for these letters this year.

- **Financial support**

Although in general we do not have the means to provide financial help to members in need, we operate a small fund, the Pipkin Pot, from which we make grants of up to £50 to members going through a difficult time, whether financially or otherwise. Linda Carvill's gift to the Charity via the Linmara Trust included an amount earmarked for the purpose of maintaining the Pipkin Pot over several years.

Trustees' report and Financial Statements for year ended 31 March 2021

- Website

We are in the process of reconstructing the group website, built in 2014 with the generous help of Lottery funding, which highlights the range of activities undertaken by the group. It also contains videos of therapy classes (Meditation, QiGong, Yoga) and this enables participation by members who have difficulty joining in the Zoom events.

INVOLVING MEMBERS AS VOLUNTEERS AND BUILDING COMMUNITY

The opportunities we create for members to keep in touch with each other, although currently limited, also allow feedback to the trustees (who are members themselves) as to how the group should function and move forward.

We are a user-run group and depend on those of our members who are well enough to take on vital roles such as trustee, telephone and email circulation volunteer, newsletter editor and distributor, membership secretary, transport fund co-ordinator, and (solely online this year) host for social meetings and social events. Without this user involvement the group would not exist in its current form.

User involvement is particularly important in view of our members' poor health which often limits or prevents them from doing paid work. Finding meaningful work that can be done from home and managed around a fluctuating health condition is very difficult. The experience of volunteering may help a member back into paid employment if their health is recovering. Alternatively this experience may help our members to live as fully as is possible with a highly debilitating long-term condition.

As always, we are very grateful for the help of all our user-volunteers and family members. We are lucky to have so many people who contribute and give of themselves in so many different ways, and are often willing to respond to the needs of fellow-sufferers in crisis. Our members are concerned for those most severely affected, and often through small acts of support for them and their carers make a real difference.

FINANCIAL REVIEW

POLICY ON RESERVES

The trustees regularly review reserves and adjust programmes to accommodate changing funding levels. Unrestricted reserves can support the current programme of activities and services for several years.

Trustees' report and Financial Statements for year ended 31 March 2021

ONGOING SOURCE OF FUNDS

The Linmara Trust has at Linda Carvill's request very kindly undertaken to continue to support our transport fund which allows people with limited finances and poor mobility to attend the group's activities by paying their minicab fares. We have extended availability of the transport fund to cover, within limits, members' cab fares to hospital appointments and to benefits assessments. Although the fund has barely been in use for the past year, we are very grateful for this support which will hopefully assist members in the not too distant future.

MEMBERS' SUBSCRIPTIONS AND DONATIONS

We are grateful to the members who have supported our work through donations to group funds. We continue to subscribe to Localgiving.com, which has enabled us to collect Gift Aid on donations. Our subscription remains at £7 per year for full membership, except for those who cannot afford this fee.

FUTURE PLANS

The Covid-19 pandemic and the consequent lockdown that began in March 2020 made it necessary to suspend social meetings and monthly lunch club gatherings for a period that still remains unforeseeable at the time of writing. We very much hope that physical reunions will soon be safe. However, it seems likely that the therapeutic activities, and possibly some social meetings, that have moved online will remain online. This is because Linda's Carvill's home, the venue for many of these events, is no longer available to us.

It was not be possible, for reasons of safety, to hold an AGM in June 2020 as planned. We feel that it is imperative for an AGM to be held this summer, if necessary online. The situation will be reviewed as and when the lockdown is eased but we need to bear in mind that many of our members are vulnerable to infection. Meanwhile, four of the five trustees, Steven Erselius, Lawrence Bannister, Patricia de Wolfe and Robert Birbeck, who were appointed at the AGM in June 2019 will remain on the Committee, Christine Jenkins having resigned in September 2020. The trustees have been meeting online since March 2020 and continue to administer the group.

Trustees' report and Financial Statements for year ended 31 March 2021

Statement of Financial Activities for the year ended 31 March 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Income					
Donations & subscriptions:	3	21,661	10,100	31,761	6,305
Total income		21,661	10,100	31,761	6,305
Expenditure					
Costs of raising funds		(123)	-	(123)	(176)
Expenditure on charitable activities	4	(2,459)	(783)	(3,242)	(5,327)
Governance costs		(299)	-	(299)	(347)
Total expenditure		(2,881)	(783)	(3,664)	(5,850)
Net income/(expenditure) and net movement in funds for the year		18,780	9,317	28,097	455
Reconciliation of funds					
Total funds b/fwd		7,709	3,414	11,123	10,668
Total funds carried forward	9	26,489	12,731	39,220	11,123

The Statement of Financial Activities includes all gains and losses in the year. With the exception of the gift from the Linmara Trust (see note 3), all income and expenditure derive from continuing activities.

Trustees' report and Financial Statements for year ended 31 March 2021

Balance Sheet at 31 March 2021

	Note	2021 £	2021 £	2020 £	2020 £
Fixed assets:					
Tangible assets			-		-
Current assets:					
Debtors	7	-			
Cash at bank and in hand		39,770		11,423	
Total current assets			39,770		11,423
Liabilities:					
Creditors falling due within one year	8		(550)		(300)
Net current assets			39,220		11,123
Net assets			39,220		11,123
The funds of the charity:					
Unrestricted income funds	9	26,489		7,709	
Restricted income funds	9	12,731		3,414	
Total charity funds			39,220		11,123

The notes on pages 10-16 form part of these accounts.

Approved by the trustees and signed on their behalf by:

Patricia de Wolfe
Committee Member
May 2021

Trustees' report and Financial Statements for year ended 31 March 2021

Notes to the accounts

1. Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements as follows:

(a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 Financial Reporting Standard applicable in the UK and Republic of Ireland – “Charities SORP (FRS102)”.

(b) Fund accounting

Unrestricted income funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. There are no designated funds where the trustees, at their discretion, have set aside resources for a specific purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by the donor or the terms of a specific award.

(c) Income

All income is recognised once the charity has an entitlement to the resources, it is certain that the resources will be received and the monetary value of incoming resources can be measured with sufficient reliability. The following specific policies are applied to particular categories of income:

Income received by way of donations and membership subscriptions is included in full in the Statement of Financial Activities when membership is renewed or when donation received. Monies from Localgiving.com in respect of their collection of related Gift Aid on respective donations via their website is recorded as and when received, this being the only date sufficiently reliable.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Income from grants, where there are performance or service deliverables required by the terms, are accounted for as the charity earns the right to payment through its performance.

Trustees' report and Financial Statements for year ended 31 March 2021

Notes to the accounts continued

The value of services donated by volunteers has not been included in these accounts, due to these not being reliably and reasonably valued except where the services provided are in the nature of professional services and delivered to professional standards and levels of service where a fee would otherwise be charged, in which case the donated service is valued at their chargeable rate.

(d) Expenditure

Liabilities are recognised as and when there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

(e) Irrecoverable VAT

Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

(f) Allocation of overhead and support costs

Support costs include administrative office functions, and have been allocated to activity cost categories on a basis consistent with the use of resources, typically a measure of use but if the Trustees consider another basis more appropriate then they will apply their discretion.

(g) Costs of generating funds

Costs of generating funds are those costs incurred in attracting income, or incurred in activities undertaken to raise funds.

(h) Expenditures on charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both direct costs and support costs relating to those activities.

(i) Governance costs

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity, and include insurance, inspection fees and costs linked to management of the charity including trustee expenses.

(j) Tangible fixed assets and depreciation

All assets costing more than £500 are capitalised at historic cost. Fixed assets are stated at cost less accumulated depreciation.

Trustees' report and Financial Statements for year ended 31 March 2021

Notes to the accounts continued

(k) Remuneration and pensions

The charity does not and has never employed permanent staff and does not and has not ever provided pension benefits to temporary workers.

(l) Going concern

The main uncertainty is the ability of the current trustees to continue the stewardship of the charity. The trustees and members volunteer their time for free, without which the charity would be unable to function. As both groups suffer long term chronic illness and are very limited in function, small changes in health could render them unable to assist. The charity is very much run on a "cash basis", with minimal time intervals between commissioning and subsequent payment for said goods and services. The main asset is cash with minimal liabilities and there is therefore no substantive difference between "going concern" valuation and dissolution value.

2. Related party transactions

Trustees have been determined as the only related parties. While many members contribute and may have previously been trustees, as is common with chronic illness support groups, they do not have significant influence over the charity stewardship.

The trustees all give freely their time and expertise without any form of remuneration or benefits in cash or kind (2020: £nil).

Trustee expenses for travelling or incurred on behalf of the charity are reimbursed. The charity has no employees nor external administrative support services and because of this trustees will regularly have to purchase goods and services on behalf of the charity.

Trustees' report and Financial Statements for year ended 31 March 2021

Notes to the accounts continued

Expenses for which trustees were reimbursed are as follows:

Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Analysis of expenses by type:				
Cost of raising funds	96		96	-
Post printing, stationery and telephone	405	-	405	274
Small grants - Pipkin	-	33	33	
Admin, Web, library	126		126	24
Benefits	123	-	123	103
Total expenses reimbursed	750	33	783	401

3. Income from subscriptions & donations

Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Member subscriptions	657	-	657	777
Donations	1,004	100	1,104	3,885
Donations: Linmara	20,000		20,000	
Transport fund	-	5,000	5,000	1,500
Pipkin Pot		5,000	5,000	920
Total	21,661	10,100	31,761	7,082

In June 2020 the charity received a gift of £30,000 from the Linmara Trust, a charitable organisation. This consisted of unrestricted funds in the amount of £20,000; £5,000 designated for the Pipkin Pot; and £5,000 designated for the Transport Fund (see note 9).

Trustees' report and Financial Statements for year ended 31 March 2021

Notes to the accounts continued

4. Analysis of Expenditure

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Therapeutic activities	1,025	-	1,025	1,050
Printing , postage, phone & stationery	889	-	889	760
Admin, web & library	345	-	345	231
Travel assistance	-	35	35	2,178
Small grants	-	748	748	625
Meetings	-	-	-	20
Benefits service	200	-	200	180
Doctors' letters of support for benefits claims			-	283
Total	2,459	783	3,242	5,327

5. Taxation

The Trustees are of the opinion the charity is exempt from tax on income and gains as all activities are conducted in accordance with the constitution for charitable purposes.

6. Staff costs

There were no employees during the year and no costs. (2020 – £ nil)

7. Debtors

Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
Prepayments	-	-	-	-

Trustees' report and Financial Statements for year ended 31 March 2021

Notes to the accounts continued

8. Creditors falling due within one year

	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
	(550)	-	(550)	(300)
Provision for art venue charges	(300)			
U. Morris – meditation classes to 31.3.21	(250)			
	(550)			

9. Analysis of income funds

Analysis of Fund movements	Balance b/fwd £	Incoming Income £	Resource expense £	Transfer £	Fund c/fwd £
Unrestricted funds:					
General	7,709	21,661	(2,881)	-	26,489
Restricted funds:					
Transport fund	1,679	5,000	(35)	-	6,644
Pipkin	735	5,100	(748)	-	5,087
Art	1,000	-	-	-	1,000
	3,414	10,100	(783)	-	12,731
Total	11,123	31,761	(3,664)	-	39,220

Trustees' report and Financial Statements for year ended 31March 2021

Notes to the accounts continued

Restricted funds are to be used only for specific purposes

Transport fund

This fund is to facilitate members attending events by assisting with travel costs, specifically to help those living on low incomes and not well enough to use public transport. This fund is provided by the Linmara Trust, a charitable organisation.

Pipkin

A fund hitherto supported by private anonymous donors, and from June 2021 by a £5,000 grant from the Linmara Trust, to provide small grants to beneficiaries on an ad hoc basis at the discretion of an appointed representative, with approval from a trustee.

Art

This fund is to be used for art classes when unrestricted funds have ceased to be available for classes.

Cessation of charity

In the event of the charity ceasing, the constitution specifies that balances on remaining funds be transferred to similar charities.



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name

SOUTH EAST LONDON ME SUPPORT GROUP

On accounts for the year ended

2021

Charity no (if any)

1093659

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

~~The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]. Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (~~other than that disclosed below~~ *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

10-07-2021

Name:

STEVEN SHAW

Relevant professional qualification(s) or body

BSc(HONS) ECONOMICS MSc IT BUSINESS MANAGEMENT

(if any):

Address:

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.