



Sheffield
ME & Fibromyalgia
Group

Annual Report

2024

www.sheffieldmegroup.co.uk

Registered Charity: 1095416

Introduction



Our Charity

Sheffield ME and Fibromyalgia Group (SMEFG) is a registered charity supporting people in South Yorkshire and North Derbyshire living with ME/CFS, fibromyalgia and/or long Covid. We are also committed to raising awareness of the conditions and promoting positive changes to local service provision for people living with these illnesses. We currently support a growing 635 members in the area.



Charitable purposes

1. To relieve those suffering from the illnesses variously known as Myalgic Encephalomyelitis (ME), chronic fatigue syndrome (CFS) or post-viral fatigue syndrome (PVFS) and fibromyalgia and in particular by the provision of help and assistance through mutual support and information exchange.
2. To educate the general public through the promotion and dissemination of knowledge about ME/CFS/PVFS.



Outcomes for Members

Our annual report is structured following the 3 outcomes for our Members:

1. Our members make more informed life choices by accessing quality information about their illness and support available
2. The economic situation of our members is maximised
3. Our members increase their links and active engagement with other sufferers, carers and allies to reduce their social isolation



Funding

Thank you to our funders who this year have been **The National Lottery Community Fund - Reaching Communities, The National Lottery Community Fund - Awards for All England, Healthwatch Sheffield & Voluntary Action Sheffield, The People's Postcode Lottery, The Charles and Elsie Sykes Trust, Sheffield Town Trust, The University of Sheffield, and The Brelms Trust.**

Update from our Chair



CAROLYN LEARY

Welcome everyone to the 2024 Annual Report of the Sheffield ME, fibromyalgia and long Covid group. 2024 was a year full of ideas, new activities, some staff changes and a lot of voluntary effort! As ever, we are a very small charity that punches above its weight and has gained a national reputation – there are no other local groups that have a team of paid staff and this many members. But of course being more well known means finding more people who want our support and those who want to volunteer and give back, so we're on an upward spiral and sometimes struggle to keep up with ourselves!

We embarked on some new ventures in 2024 – a partnership with Healthwatch and local health and well-being groups to create a new set of resources to raise awareness of long Covid, particularly among minoritised communities who were not accessing healthcare. We also partnered with the Medical School to host 2 students on placement. The pages ahead describe the wide variety of services and activities we provided for and with our members. We are hugely grateful to our dedicated benefits advice team whose tireless work has been at times life-changing, and all the tutors, volunteers and staff who contribute to make this charity unique.

2024 saw Elyane Bardou, our Charity Director, move on to new life adventures, with a final fund-raising blitz which has put us in the strong financial position we are in. In October Pauline Kimantas joined us as Charity Director for a temporary period and kept the show on the road. Emma Isaac did a great job as Communications Officer and moved on in July, and we were fortunate to appoint Claire Watkinson in November. In between, we are hugely grateful to Nolwenn Kirsch who volunteered and sustained our social media posting and newsletter. And without the ongoing support of our membership we couldn't have achieved so much.

Looking forward, 2024 will be my last full year as Chair of Trustees. It has been an absolute honour to be able to help this charity grow as a compassionate and caring community, and to find ways to enable members to speak out – most notable were our 2 large #MillionsMissing events before the pandemic. By the next AGM I will have been chair for 7 years and in my book that's a good time for someone to bring new insights though I hope to remain as a Trustee if elected. It's been a totally illuminating 7 years hearing people's incredible and painfully familiar stories of frustration and resilience. I have never known illnesses where change, improvement and new knowledge is met with such entrenched resistance by those whose job it is to respond to patient needs. However, I remain resolute and will continue to put energies into fighting this cause. Meanwhile I wish to convey my enormous gratitude to all members, staff and Trustees and our patron, Berlie Doherty, for your unswerving support and kindness over the years.

The Team

Current Staffing Team

- Charity Director - Maria Ashmore
- Senior Benefits Advisor - Emma Kirby
- Benefits Advisor - Ceri De'Ath
- Admin Worker - Em Biczuk
- Communications Development Officer - Claire Watkinson
- Bookkeeper - Clare Bateman
- Freelance support - Ellie Upton - Loach, Pippa Line

Our Trustees

- Simon Briggs
- Becca Gransbury (Co-Chair until June, then Minutes secretary)
- Beatrice Greenfield (until June)
- Isabel Hemmings
- Carolyn Leary - (Co-Chair until June, then Chair)
- Alison Millar
- Ellen Roy

Our Patron

Our patron is the ever supportive Berlie Doherty.

The people making this possible

Our charity is run by people with ME/CFS, fibromyalgia and/or long Covid and their carers. Lived experience of the conditions is common among our volunteers, staff, and trustees. Our work is highly member-led, and decision-making is informed by the collection of ideas and feedback from our community.

As we end 2024 and look forward to 2025, we now have a strong team of 6 staff delivering fantastic services to members, and we're looking to continue to strengthen and develop what we offer.

However you've got involved this year - providing feedback, suggesting new ideas, volunteering or participating in our activities - we want to say **Thank You** for being part of our valuable community.

“ Every town & city needs this service. ”

Big thanks to our volunteers!

We are so grateful for all the volunteers who dedicated time helping our charity and community in so many ways throughout this year: being a trustee, contributing to and editing our magazine, moderating our facebook groups, hosting meet-ups and activities, the list goes on!

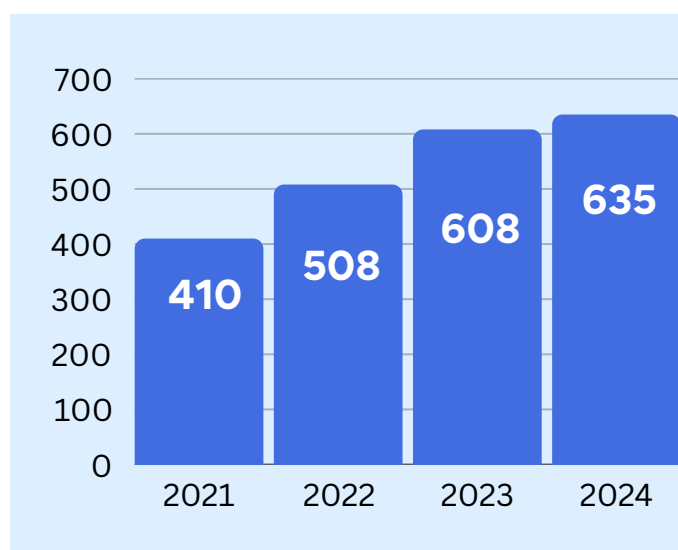
In the year ahead, we will continue to provide volunteering opportunities for our members and other volunteers including students, as we continue to grow our charity both online and in-person.

Our membership

We continue to operate at a stable number of members and are looking to increase this in 2025. A big thanks to our Admin worker, Em, who has spent much time on ensuring all memberships on our database are active and current.

Thank you to everyone who has joined us or helped raise awareness of our support.

We hope in 2025 to be able to grow our membership across the region, and to diversify our membership from an equalities perspective by working towards ensuring we engage with and are representative of marginalised groups and communities.



Our membership growth over time

Outcome 1

Our members make more informed life choices by accessing quality information about their illness and support available

This includes information, updates, tips & tools to manage symptoms, signposts and more.

Point of contact



Email queries answered
453



Phone queries answered
246

Topics of queries: health, support regarding specific issues, benefits, membership, our activities, specific event or idea, listening ear.

Website



Views of our website
44,643



Unique visitors
19,972

Topics: benefits, educational talks, management of symptoms, support available.

e-news



Digital newsletters sent
72



Total number of subscribers
736 Members **1,243** General

With relevant updates and information about activities, expert talks, latest research etc.

Social media



Facebook followers
2,190



X followers
1,226
2025 figure



Instagram followers
343



YouTube Subscribers
2,120

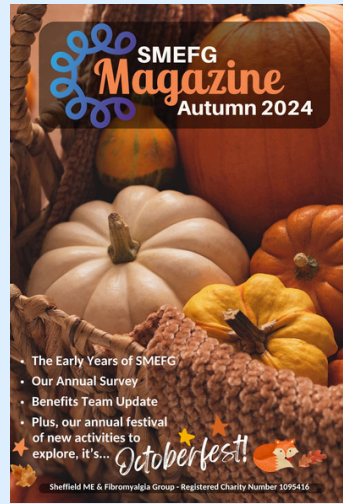


YouTube views
52,084

Sharing information on what our charity is doing, activities and opportunities for members to be involved, relevant activities and events organised by others in our region, and accurate information from reputable sources on national developments, policy and research relevant to ME/CFS, fibromyalgia and long Covid.

Quarterly magazine

All our members receive our magazine via email or post. Led by our Trustee Becca (huge thank you Becca!) and contributed to by volunteers, members & staff. Informative, entertaining, to keep in touch with the community and the wider world.



A variety of features including topics such as:

- Benefits updates and advice
- Poetry
- Arts & Crafts
- Entertainment: quizzes, jokes
- Care plans update with Sheffield ME/CFS Service
- Research updated on ME/CFS, fibromyalgia and long Covid
- Gamechangers - tips and tricks from the community to manage the conditions
- Write-ups of our online science talks
- Updates on our activities & projects
- Cooking & Nutrition

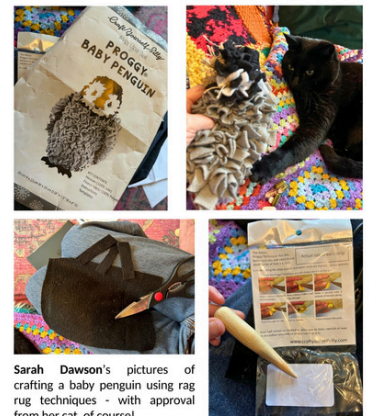
Regular wellbeing activities

A total of **202** social and wellbeing activities offered free of charge throughout the year. Hosted by professional tutors and volunteers.

These qigong, mindfulness and singing activities not only provide a safe and accessible space for our members to practice healthy activities and to make new social connections, but it also provides them with tools to practice at home and help relieve symptoms in their daily life.

Members' Crafts

Many thanks to Sarah and Jayne who have sent in photos after attending our Crafternoon sessions!



Sarah Dawson's pictures of crafting a baby penguin using rag rug techniques - with approval from her cat, of course!

“When I first moved back to Chesterfield I went to a couple of the socials in Sheffield which was really nice to meet other people in the same situation. This made me feel less alone and was nice to feel understood by people that 'got it'.”

“As a member, being able to talk to other people who are sharing the same illness and it's horrible effects on our lives [has helped me]. Having that contact is emotionally very valuable for often isolated people like me.”

Outcome 2

The economic situation of our members is maximised

Benefits & social care advice

Our benefits service, made up of two advisers, continued to grow in 2024, with a 15% rise in clients supported and significant increases in financial outcomes—36% more in yearly gains and 30% more in back payments. We maintained a high success rate and saw a slight rise in client satisfaction. The team also handled more complex cases, particularly around ESA and Universal Credit, while continuing to streamline processes and expand resources to better support our members.



138

clients supported from initial advice to challenging decisions



169

cases opened - supporting **31** individuals with more than one issue



269

one-off advice provided on benefits, housing, and social care



3

online information sessions: *Information Session on Preparing for Winter, Benefits Updates and Information Webinar, Universal Credit Information Session*

Casework support

We provide casework support across a wide range of social security benefits, including help with new claims, renewals, mandatory reconsiderations, and representation at appeals and tribunals. We also assist with social care-related issues and mobility.

£ 618k

yearly income through support (equates to £11,899.72 per week)

£ 166k

in back payments received (full number is £166,849.62)

95%

Success rate

99%

Success rate when support provided before the MR stage (for PIP only)

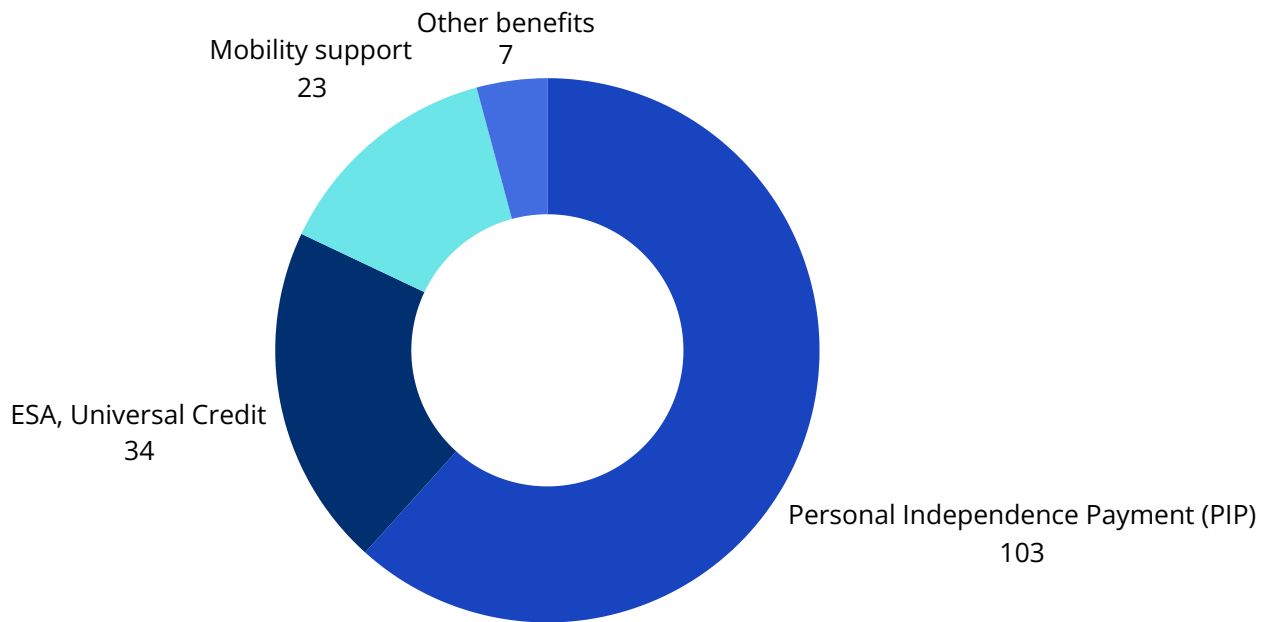
4.93/5

Client satisfaction rating

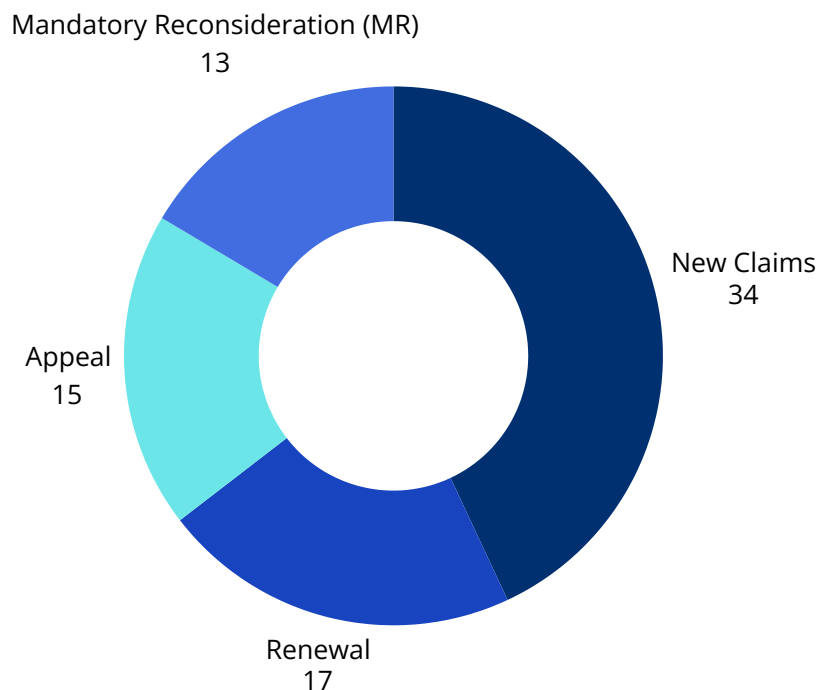
“ It's changed my life. Now that I have PIP, I can get better without the pressure of needing to work full time. I feel happier, more secure and a lot less stressed!!! ”

“ I can't thank you enough Emma. Your process and emotional support was fantastic. I said I would have felt the same if awarded or not, you were so thorough, patient, knowledgeable and encouraging. Thank you so much. ”

Area of casework supported



Stage of claim supported



“ It has meant I can pay my bills so it has made all the difference and removed a huge stress. It has meant I could continue living in my home. ”

“ I’d like to thank Ceri for her professionalism, kindness and the time she took to talk to me and help me to understand the process. I had been wavering on whether going to the tribunal but being able to talk it through and get a better understanding of the process and risks involved really helped. ”

Outcome 3

Our members increase their links and active engagement with other sufferers, carers and allies to reduce their social isolation

Our regular online social & wellbeing activities

Mindfulness



32 sessions hosted by Jane, a professional tutor

“ Mindfulness has helped me manage stress levels, and mental health issues associated with chronic illness and the resulting isolation. ”

Qigong



29 sessions hosted by Orla, a professional tutor

French conversation



11 sessions hosted by Tina, a volunteer member

The Short Book Club



22 sessions hosted by Anita, a volunteer member

“ I've enjoyed being able to join in gentle activity from home. ”

Online Singing



25 sessions hosted by Helen, a professional tutor

Pilates



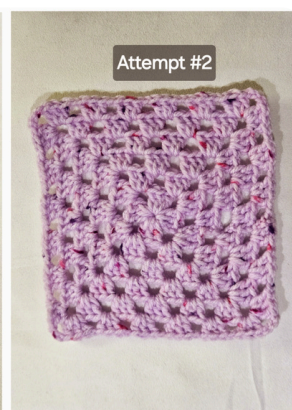
12 sessions hosted by Lorna, a professional tutor

“ Helped with improving social interaction and self esteem doing something I thought I would never do. ”

Crafternoon



11 sessions hosted by Ellen, a trustee and volunteer member



“ Thank you so much for your support to push us forward and to make us [feel like] we are not alone but we are as a family. ”

Plant Lovers Group



8 sessions hosted by Sally, a volunteer member

Relax, Breathe, Sing (in-person singing)



11 sessions hosted by Helen, a professional tutor



“ I enjoy singing and via SMEFG I can attend the face-to-face singing group, which I love. The structure of the session is tailored to allow rest time and it is possible to sing sitting down, which doesn't happen with able bodied groups. Given I suffer with ME and POTS, I really appreciate it. ”

Warm Water Swimming



8 sessions hosted by various members

“ [SMEFG] has completely transformed my daily living circumstances... I can't imagine another service being so helpful. ”

In-person meet-ups

Long Covid Meet-Up



12 meet-ups hosted by Alison, a trustee and volunteer member

Cuppa & Chat



9 meet-ups hosted by Becca, a trustee and volunteer member

Stannington Meet-Up



12 meet-ups hosted by Chris, a volunteer member

“ A member I met at a Meet Up told me about Dr Gupta in York who is very proactive in treating POTS/dysautonomia. I am now [a] patient of his thanks to that encounter. ”

The Long Covid Network

Since June 2024, our Charity has supported coordination of the Sheffield Long Covid Network. The Network is for people who are living with long Covid, a carer for someone living with long Covid and/or someone living or working in Sheffield interested in or doing work related to long Covid.

The Network is led by members, and we will work together to support each other to achieve these objectives:

- Support people with long Covid
- Raise awareness of long Covid
- Provide a voice in response to the services that affect us
- Support connections between people and organisations
- Develop partnerships and share resources and knowledge

Meetings are online on the 28th of every month from 11am to 12 pm. If you would like to join, contact us on: longcovidnetsheff@gmail.com

Picnics Meet-ups

ME/CFS and Fibromyalgia Awareness Day Picnic



19 attended on the 12th May 2024

Clifton Park Picnic, Rotherham



6 attended on 26th June 2024

Octoberfest



SMEFG offered a bunch of new activities to members for Octoberfest!

A total of **33** people attended a mixture of online and in-person events, from movie and theatre nights from the comfort of home, to learning new arts and crafts, including watercolour painting and DIY bath salts.



Peer support platforms

“The online chat groups are a lifeline. Without them there would be no one. Sometimes I help and support other people. Sometimes other people help me.”

Private Facebook group

480
members

Public Facebook group

2,307
members

Long Covid Facebook group

222
members

Our Facebook groups continued to be a platform for people to ask questions, share tips, news and experiences, and most of all support each other.

WhatsApp groups that support our activities

85
members

General Chat WhatsApp group

31
members

ME/CFS Stannington group

9
members

WhatsApp activity groups include SMEFG swimming, Les Frenchies, Plant Lover's Group and Crafternoon.

Our AGM



32 participants



14 in-person



18 online

At our AGM, Ros Norsworthy delivered a captivating and passionate talk about the early history of the SMEFG. It was inspirational to hear that we are continuing the same battle to improve the quality of life and knowledge around the conditions. Special thanks to Pippa Line, who collected the memories and weaved them into such an interesting article.



Our Christmas Social



53 participants



45 in-person



8 online

We had the best turnout ever in bringing people together including prospective members at our Christmas gathering. A festive, jolly, family-friendly event that included the talented magician John, beautiful live singing & carols with Stan Edge and the Belle Hags quartet, a quiz which was won by The Christmas Puddings, the online team and a delicious buffet.



Education and awareness

Long Covid

2024 included a welcome opportunity to work directly with Healthwatch on their programme to identify how long Covid was impacting minoritised communities.

We were able to work with Darnall Wellbeing to run a survey gathering patient experience of services and access to them, we produced one version of a readable summary of the NICE guidelines on long Covid for patients, and one version to be given to GPs, a leaflet co-designed with patients on what people would most want their friends and family/loved ones to know, and a checklist of common symptoms to help patients talk with their GPs.

We also supported other projects in Sheffield e.g. ISRAAC Somali Community project to develop materials to be disseminated among their communities. What we learnt was how many people lived with long Covid or similar symptoms, but were not being diagnosed or properly listened to and investigated, and often did not know whether they had long Covid or not. This exacerbated existing health inequalities.

What other support is available for Long Covid?

Local support available in Sheffield:

- **Darnall Well Being** host a monthly Long Covid Support Group at Darnall primary Care Centre. Booking is essential if you want to join their meeting – contact them on 0114 2496315 or email: dwb.enquiries@darnallwellbeing.org.uk
- **The Sheffield ME and Fibromyalgia Group** provide a range of support to people with Long Covid – contact them on 0114 253 6700 or through their website: www.sheffieldmegroup.co.uk
- **SOHAS (Sheffield Occupational Health Advisory Service)** can provide advice on work-related health issues – contact them on 0114 275 5760 or through their website: www.sohas.co.uk

Advice on Long Covid

To find out more information or advice on Long Covid visit the following national websites:

- Your COVID Recovery <https://www.yourcovidrecovery.nhs.uk/>
- My Long COVID Needs <https://mylongcovid.org.uk/>
- Long Covid Support <https://www.longcovid.org/>

What is Long Covid?

Long Covid is when the symptoms of your Covid-19 infection last for longer than 12 weeks.

healthwatch Sheffield

vas supporting community action

ROSH

Healthwatch have shared all these resources:

<https://www.healthwatchsheffield.co.uk/long-covid-resources>

ME Awareness Day May 12th 2024

We were delighted to be invited to run a stall at the Hallamshire Hospital jointly with the ME/CFS service.

Together we spent two full days at the hospital, talking to patients but especially staff and students. We located ourselves in the canteen and had many conversations - we were very warmly received, and we went into many departments including neurology, rheumatology, infectious diseases, physiotherapy and more, leaving leaflets and information about the illnesses and our group. Staff were very willing to listen, some still referred to ME as 'chronic fatigue' but were open to discussion. SMEFG had also specially produced resources for health care professionals on our website and shared the link with many staff.



Training for GP practices

In August we were happy to hear that one of our members, Laura Boyles, had agreed with her GP practice to invite us to run a training session. She and Carolyn, our Chair, delivered training on the 3 illnesses, provided personal stories of impact and information on NICE guidance, on the recent inquest into the death of Maeve Boothby O'Neill, and on what our group can offer. This session was very well received, and was even more powerful with the voice of one of our members. If this is something you think your GP practice would welcome, please let us know.

Sheffield University Medical School

We reached out to the Medical school in the late spring and were delighted that they approved us to join the programme of community placements for medical students in the autumn. Two brilliant 3rd year students joined us and after an intensive induction involving meeting members, they immediately found their mission that there was no training on offer and lots of myths around about the illnesses and so thought through carefully the best ways of raising awareness.



They embarked on capturing and writing up an anonymised case study for publication in a student medical journal, they jointly ran an information stall with us at the Winter Gardens for 2 days in December, and they produced a clear set of slides in preparation for running information sessions for GPs, and for patients to send/take to their GPs if appropriate. They also produced a summary guide for medical students to increase their awareness. All these resources will be appearing on our website in 2025. We were so impressed with how these students listened to our members and were skilful and clear in producing useful targeted information. They intend to invite the ME Association to do a talk for the student neurology society. We hope to repeat this placement in 2025.

Big thanks to our Funders!



Sheffield Town Trust



The Charles & Elsie Sykes Trust

And a huge thank you to all who donated to our charity this year 

Looking forward into 2025 and beyond...

● **Listening, learning, changing**

As a Charity, our membership, volunteers and staff make up could more widely reflect the communities we aim to support, including global majority communities and people with all other protected characteristics including sexuality and gender. Over the next 12-18 months, we will make conscious and measurable efforts to better reflect a wider range of individuals and communities.

We will do this by working with global majority led organisations across our geographical patch and engaging in a series of conversations with groups representing communities of interest so that we can better represent and involve more people living with ME/CFS, fibromyalgia and long Covid.

We will assess our staff and volunteer recruitment procedures and governance to ensure this is a constant and visible thread of our practice.

● **Diversifying our income**

We will continue to develop ways of raising vital funds for our charity, to support our membership, make a difference locally, sustain and hopefully grow our brilliant staff team.

● **Improve volunteering and events**

We aim to recruit staff to support our volunteers and enable us to host more events throughout the year. We wish to offer new inclusive opportunities for our members to volunteer, share skills, share opinions, take initiative and participate in projects.

● **Increase our benefits offer**

We know that more and more people need support with benefits and that this will continue to grow as we increase our outreach activities. In order to meet this need, we plan to expand our benefits team and will look to raise funds to enable us to extend this offer.

Get in touch!

Phone

0114 2536700

Email

info@sheffieldmegroup.co.uk

Address

The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Website

www.sheffieldmegroup.co.uk



[@sheffieldmefm](https://twitter.com/sheffieldmefm)

Instagram

[@sheffieldmefm](https://www.instagram.com/sheffieldmefm)

Facebook

facebook.com/SheffieldMEandFibromyalgiaGroup

YouTube

[@sheffieldmefibromyalgiagroup](https://www.youtube.com/@sheffieldmefibromyalgiagroup)

Phone line and office opening hours - Monday to Thursday, 11am to 2pm

SHEFFIELD ME AND FIBROMYALGIA GROUP

FINANCIAL STATEMENTS

for the year ended 31 December 2024

(registered Charity Number 1095416)

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SHEFFIELD ME AND FIBROMYALGIA GROUP

Legal Information

Trustees

Carolyn Leary	Chair
Simon Briggs	
Becca Gransbury	
Beatrice Greenfield	
Isabel Hemmings	
Duraiya Kapasi	
Alison Millar	
Emma Saville	

Registered Charity Number

1095416

Principal address

The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Bank

Lloyds TSB
Church Street
Sheffield

Independent examiner

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

SHEFFIELD ME AND FIBROMYALGIA GROUP

Trustees' report

The trustees are pleased to present their report and financial statements of the charity for the year ended 31 December 2024.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities", issued in March 2005, in preparing the annual report and financial statements of the charity.

Organisation

Sheffield ME and Fibromyalgia Group is a registered charity and is governed by a constitution dated 11 October 2001, as amended 8 December 2002, and was entered on the register of charities on 15 January 2003.

The group is managed by a voluntary committee who are elected at each Annual General Meeting.

Since 2002, part-time staff have been employed. At the end of 2024, our staff team totalled 99 weekly hours.

Objects of the charity

The objects of the charity are:

- to relieve those suffering from the illnesses known as myalgic encephalomyelitis (ME)/ chronic fatigue syndrome (CFS)/ post-viral fatigue syndrome (PVFS), fibromyalgia, and long Covid.
- to educate the general public through the promotion and dissemination of knowledge about the conditions.

We do this through our benefits and social care service, helpline, magazine and information sharing, wellbeing and social activities, peer support groups, befriending and educational talks. We also network with local organisations to raise awareness and improve local support provision for our community. We do not give medical advice nor do we offer individual treatment programmes. Where possible we signpost to relevant bodies and resources. We are an independent charity relying on grants, donations and income from our nominal membership fee.

Public Benefit Statement

Sheffield ME and Fibromyalgia Group is a registered charity supporting those with ME/CFS/PVFS, fibromyalgia and long Covid, their families and carers. Our impact on our members is reduced social isolation, enhanced wellbeing, empowerment and improved understanding of their illness and support available, maximised welfare benefits entitlement and social care support. Our wider aim is fighting stigma through education, and improving local support provision.

The trustees regularly give due consideration to the Commission's guidance in deciding what activities they should undertake, by reviewing the needs of their beneficiaries, by ensuring that the service is fully inclusive and that no detriment or harm arises from the organisation by carrying out its activities.

We operate with respect to each individual person and we aim to give each one an opportunity to have their say and to become more involved in the group, whilst working within our adopted policies and guidelines.

Our core values are based on our charitable objectives as stated in our constitution.

SHEFFIELD ME GROUP

Trustees' report (continued)

Reserves policy

Sheffield ME Group aims to hold free reserves of 3 months running costs, which would equate to £37,522 based on the 2025 budget. The Group met this target during 2024, the unrestricted funds being £78,339 at 31 December 2024.

The reserve fund will be ring-fenced to offer protection to employees, to meet any outstanding overhead costs, contracts and leases plus payment of any other outstanding liabilities.

Trustees' responsibilities for the financial statements

The trustees are responsible for preparing financial statements for each financial period which show the state of affairs of the Charity and of the surplus or deficit of the Charity for that period. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and apply them consistently
- ☐ make judgements and estimates that are reasonable and prudent
- ☐ prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable the trustees to prepare financial statements.

The trustees are responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

Signed on behalf of the trustees on.....12 JUNE 2025 By

.....C. Leary.....

Print name.....CAROLYN LEARY.....
Trustee

SHEFFIELD ME GROUP

Independent examiner's report to the trustees of SHEFFIELD ME GROUP

I report on the accounts for the year ended 31 December 2024, which are set out on pages 6 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatia
CA7 2EL

Date: _____

12/06/2025

SHEFFIELD ME AND FIBROMYALGIA GROUP

Income and Expenditure Account for the Year Ended 31 December 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income					
Grants and donations	1	60,450	123,024	183,474	77,684
Members' subscriptions	2	8,110	0	8,110	6,102
Gift aid received		0	0	0	447
Fundraising		685	0	685	0
Total Income		69,245	123,024	192,269	84,233
Expenditure					
Salaries and national Insurance	3	27,431	62,183	89,614	82,816
Payroll fees		0	689	689	304
Recruitment & DBS checks		94	261	355	120
Staff training		2,227	2,658	4,885	373
Staff travel		0	61	61	6
Trustee training		0	0	0	32
Events, conference, workshops and activities		1,766	7,522	9,288	5,279
Premises rental and room hire		1,012	5,671	6,683	5,148
Insurance		0	1,143	1,143	1,066
Telephone, internet and web		345	1,060	1,405	989
IT Support		0	484	484	0
Equipment		0	3,747	3,747	444
Postage		2	2,603	2,605	1,129
Software		0	630	630	0
Stationery and office		0	83	83	142
Subscriptions		1,182	2,108	3,290	2,667
Publicity and newsletter		160	2,395	2,555	1,234
Volunteers' travel and social		51	119	170	0
Accountancy		63	147	210	215
Professional fees		0	0	0	175
Bank, Paypal & Wix charges		0	269	269	206
Other		0	-	0	60
Total Expenditure		34,333	93,833	128,166	102,405
Surplus / (Deficit) for the year		34,912	29,191	64,103	(18,172)
Charity Funds as at 01 December 2024		43,156	43,110	86,266	104,438
Transfer from Restricted to Unrestricted Funds		271	(271)	0	0
Charity Funds as at 01 December 2024		43,427	42,839	86,266	104,438
Charity Funds as at 31 December 2024	4	78,339	72,030	150,369	86,266

SHEFFIELD ME AND FIBROMYALGIA GROUP

Balance Sheet as at 31 December 2024

	2024 £	2023 £
Current Assets		
Cash at Bank and in Hand	151,134	86,266
Debtors	1,996	0
Prepayments	678	0
Total Current Assets	153,808	86,266
Current Liabilities		
Accruals	3,439	0
Total Current Liabilities	3,439	0
Net Current Assets	150,369	86,266
Total Net Assets	150,369	86,266
Charity Funds		
Represented by		
Unrestricted funds	78,339	43,427
Restricted funds	72,030	42,839
Total Funds	150,369	86,266

Signed on behalf of the Trustees on.....12/06/2025 by

TrusteeC. Leary.....

PRINT NAME:.....C. LEARY.....

SHEFFIELD ME AND FIBROMYALGIA GROUP

Notes to the Accounts for the Year Ended 31 December 2024

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities. The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Donation and fund accounting

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds are to be used for specific purposes laid down by the donor.

(c) Resources expended

Expenditure is included on an accruals basis.

2 Grants and donations

	Unrestricted funds	Restricted funds	Total 2024
	£	£	£
Grants:-			
The National Lottery Community Fund - Reaching Communities 2014 - 2026	-	79,054	79,054
The National Lottery Community Fund - Awards for All	-	19,910	19,910
Healthwatch Sheffield - Long Covid Network	-	6,157	6,157
South Yorkshire's Community Foundation - Community Grants	-	4,613	4,613
Department for Work and Pensions - Access to Work	-	6,183	6,183
The Charles & Elsie Sykes Trust	-	2,500	2,500
The JG Graves Charitable Trust	-	2,000	2,000
Sheffield Town Trust	2,000	1,500	3,500
The Company of Cutlers in Hallamshire	-	1,000	1,000
Lloyds Bank Foundation for England and Wales	50,000	0	50,000
The University of Sheffield	5,096	0	5,096
Healthwatch Sheffield - Long Covid Community Grant	496	0	496
Sub total	57,592	122,917	180,509
Donations	2,858	107	2,965
Total grants and donations	60,450	123,024	183,474

3 Staff costs

	2024	2023
	£	£
Staff costs during the period were:-		
Gross salaries and employers pension	89,614	82,816
Employer's national insurance	-	-
	89,614	82,816
Number of staff:	6 part time staff	

4 Restricted funds

	Balance at 01/01/2024	Transfer to Unrestricted Funds	Revised Balance at 01/01/2024	Income	Expenditure	Balance at 31/12/2024
	£	£	£	£	£	£
The National Lottery Community Fund - Reaching Communities 2018 - 2023	851	-	851	-	851	0
The National Lottery Community Fund - Reaching Communities 2014 - 2026	38,722	-	38,722	79,054	77,444	40,332
Tai Chi Classes Restricted Donation	436	-	436	-	-	436
ME Local Network	2,830	-	2,830	-	1,968	862
The University of Sheffield	271	(271)	0	-	-	0
The National Lottery Community Fund - Awards for All	-	-	0	19,910	992	18,918
Voluntary Action Sheffield - Long Covid Network	-	-	0	6,157	2,844	3,313
South Yorkshire's Community Foundation - Community Grants	-	-	0	4,613	-	4,613
Department for Work and Pensions - Access to Work	-	-	0	6,183	6,183	0
The Charles & Elsie Sykes Trust	-	-	0	2,500	1,351	1,149
The JG Graves Charitable Trust	-	-	0	2,000	2,000	0
Sheffield Town Trust	-	-	0	1,500	93	1,407
The Company of Cutlers in Hallamshire	-	-	0	1,000	-	1,000
Member's Donations for In-Person Singing Group	-	-	0	107	107	0
	43,109	(271)	42,839	123,024	93,833	72,030

SHEFFIELD ME AND FIBROMYALGIA GROUP

FINANCIAL STATEMENTS

for the year ended 31 December 2024

(registered Charity Number 1095416)

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SHEFFIELD ME AND FIBROMYALGIA GROUP

Legal Information

Trustees

Carolyn Leary	Chair
Simon Briggs	
Becca Gransbury	
Beatrice Greenfield	
Isabel Hemmings	
Duraiya Kapasi	
Alison Millar	
Emma Saville	

Registered Charity Number

1095416

Principal address

The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Bank

Lloyds TSB
Church Street
Sheffield

Independent examiner

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

SHEFFIELD ME AND FIBROMYALGIA GROUP

Trustees' report

The trustees are pleased to present their report and financial statements of the charity for the year ended 31 December 2024.

The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities", issued in March 2005, in preparing the annual report and financial statements of the charity.

Organisation

Sheffield ME and Fibromyalgia Group is a registered charity and is governed by a constitution dated 11 October 2001, as amended 8 December 2002, and was entered on the register of charities on 15 January 2003.

The group is managed by a voluntary committee who are elected at each Annual General Meeting.

Since 2002, part-time staff have been employed. At the end of 2024, our staff team totalled 99 weekly hours.

Objects of the charity

The objects of the charity are:

- to relieve those suffering from the illnesses known as myalgic encephalomyelitis (ME)/ chronic fatigue syndrome (CFS)/ post-viral fatigue syndrome (PVFS), fibromyalgia, and long Covid.
- to educate the general public through the promotion and dissemination of knowledge about the conditions.

We do this through our benefits and social care service, helpline, magazine and information sharing, wellbeing and social activities, peer support groups, befriending and educational talks. We also network with local organisations to raise awareness and improve local support provision for our community. We do not give medical advice nor do we offer individual treatment programmes. Where possible we signpost to relevant bodies and resources. We are an independent charity relying on grants, donations and income from our nominal membership fee.

Public Benefit Statement

Sheffield ME and Fibromyalgia Group is a registered charity supporting those with ME/CFS/PVFS, fibromyalgia and long Covid, their families and carers. Our impact on our members is reduced social isolation, enhanced wellbeing, empowerment and improved understanding of their illness and support available, maximised welfare benefits entitlement and social care support. Our wider aim is fighting stigma through education, and improving local support provision.

The trustees regularly give due consideration to the Commission's guidance in deciding what activities they should undertake, by reviewing the needs of their beneficiaries, by ensuring that the service is fully inclusive and that no detriment or harm arises from the organisation by carrying out its activities.

We operate with respect to each individual person and we aim to give each one an opportunity to have their say and to become more involved in the group, whilst working within our adopted policies and guidelines.

Our core values are based on our charitable objectives as stated in our constitution.

SHEFFIELD ME GROUP

Trustees' report (continued)

Reserves policy

Sheffield ME Group aims to hold free reserves of 3 months running costs, which would equate to £37,522 based on the 2025 budget. The Group met this target during 2024, the unrestricted funds being £78,339 at 31 December 2024.

The reserve fund will be ring-fenced to offer protection to employees, to meet any outstanding overhead costs, contracts and leases plus payment of any other outstanding liabilities.

Trustees' responsibilities for the financial statements

The trustees are responsible for preparing financial statements for each financial period which show the state of affairs of the Charity and of the surplus or deficit of the Charity for that period. In preparing those financial statements the trustees are required to:

- ☐ select suitable accounting policies and apply them consistently
- ☐ make judgements and estimates that are reasonable and prudent
- ☐ prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable the trustees to prepare financial statements.

The trustees are responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

Signed on behalf of the trustees on.....12 JUNE 2025 By

.....C. Leary.....

Print name.....CAROLYN LEARY.....
Trustee

SHEFFIELD ME GROUP

Independent examiner's report to the trustees of SHEFFIELD ME GROUP

I report on the accounts for the year ended 31 December 2024, which are set out on pages 6 to 8.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatia
CA7 2EL

Date: _____

12/06/2025

SHEFFIELD ME AND FIBROMYALGIA GROUP

Income and Expenditure Account for the Year Ended 31 December 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Total 2023 £
Income					
Grants and donations	1	60,450	123,024	183,474	77,684
Members' subscriptions	2	8,110	0	8,110	6,102
Gift aid received		0	0	0	447
Fundraising		685	0	685	0
Total Income		69,245	123,024	192,269	84,233
Expenditure					
Salaries and national Insurance	3	27,431	62,183	89,614	82,816
Payroll fees		0	689	689	304
Recruitment & DBS checks		94	261	355	120
Staff training		2,227	2,658	4,885	373
Staff travel		0	61	61	6
Trustee training		0	0	0	32
Events, conference, workshops and activities		1,766	7,522	9,288	5,279
Premises rental and room hire		1,012	5,671	6,683	5,148
Insurance		0	1,143	1,143	1,066
Telephone, internet and web		345	1,060	1,405	989
IT Support		0	484	484	0
Equipment		0	3,747	3,747	444
Postage		2	2,603	2,605	1,129
Software		0	630	630	0
Stationery and office		0	83	83	142
Subscriptions		1,182	2,108	3,290	2,667
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Volunteers' travel and social		51	119	170	0
Accountancy		63	147	210	215
Professional fees		0	0	0	175
Bank, Paypal & Wix charges		0	269	269	206
Other		0	-	0	60
Total Expenditure		34,333	93,833	128,166	102,405
Surplus / (Deficit) for the year		34,912	29,191	64,103	(18,172)
Charity Funds as at 01 December 2024		43,156	43,110	86,266	104,438
Transfer from Restricted to Unrestricted Funds		271	(271)	0	0
Charity Funds as at 01 December 2024		43,427	42,839	86,266	104,438
Charity Funds as at 31 December 2024	4	78,339	72,030	150,369	86,266

SHEFFIELD ME AND FIBROMYALGIA GROUP

Balance Sheet as at 31 December 2024

	2024 £	2023 £
Current Assets		
Cash at Bank and in Hand	151,134	86,266
Debtors	1,996	0
Prepayments	678	0
Total Current Assets	153,808	86,266
Current Liabilities		
Accruals	3,439	0
Total Current Liabilities	3,439	0
Net Current Assets	150,369	86,266
Total Net Assets	150,369	86,266
Charity Funds		
Represented by		
Unrestricted funds	78,339	43,427
Restricted funds	72,030	42,839
Total Funds	150,369	86,266

Signed on behalf of the Trustees on.....12/06/2025 by

TrusteeC. Leary.....

PRINT NAME:.....C. LEARY.....

SHEFFIELD ME AND FIBROMYALGIA GROUP

Notes to the Accounts for the Year Ended 31 December 2024

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006, the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities. The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Donation and fund accounting

Unrestricted funds comprise those funds which the trustees are free to use in accordance with the charitable objects.

Restricted funds are to be used for specific purposes laid down by the donor.

(c) Resources expended

Expenditure is included on an accruals basis.

2 Grants and donations

	Unrestricted funds	Restricted funds	Total 2024
	£	£	£
Grants:-			
The National Lottery Community Fund - Reaching Communities 2014 - 2026	-	79,054	79,054
The National Lottery Community Fund - Awards for All	-	19,910	19,910
Healthwatch Sheffield - Long Covid Network	-	6,157	6,157
South Yorkshire's Community Foundation - Community Grants	-	4,613	4,613
Department for Work and Pensions - Access to Work	-	6,183	6,183
The Charles & Elsie Sykes Trust	-	2,500	2,500
The JG Graves Charitable Trust	-	2,000	2,000
Sheffield Town Trust	2,000	1,500	3,500
The Company of Cutlers in Hallamshire	-	1,000	1,000
Lloyds Bank Foundation for England and Wales	50,000	0	50,000
The University of Sheffield	5,096	0	5,096
Healthwatch Sheffield - Long Covid Community Grant	496	0	496
Sub total	57,592	122,917	180,509
Donations	2,858	107	2,965
Total grants and donations	60,450	123,024	183,474

3 Staff costs

	2024	2023
	£	£
Staff costs during the period were:-		
Gross salaries and employers pension	89,614	82,816
Employer's national insurance	-	-
	89,614	82,816
Number of staff:	6 part time staff	

4 Restricted funds

	Balance at 01/01/2024	Transfer to Unrestricted Funds	Revised Balance at 01/01/2024	Income	Expenditure	Balance at 31/12/2024
	£	£	£	£	£	£
The National Lottery Community Fund - Reaching Communities 2018 - 2023	851	-	851	-	851	0
The National Lottery Community Fund - Reaching Communities 2014 - 2026	38,722	-	38,722	79,054	77,444	40,332
Tai Chi Classes Restricted Donation	436	-	436	-	-	436
ME Local Network	2,830	-	2,830	-	1,968	862
The University of Sheffield	271	(271)	0	-	-	0
The National Lottery Community Fund - Awards for All	-	-	0	19,910	992	18,918
Voluntary Action Sheffield - Long Covid Network	-	-	0	6,157	2,844	3,313
South Yorkshire's Community Foundation - Community Grants	-	-	0	4,613	-	4,613
Department for Work and Pensions - Access to Work	-	-	0	6,183	6,183	0
The Charles & Elsie Sykes Trust	-	-	0	2,500	1,351	1,149
The JG Graves Charitable Trust	-	-	0	2,000	2,000	0
Sheffield Town Trust	-	-	0	1,500	93	1,407
The Company of Cutlers in Hallamshire	-	-	0	1,000	-	1,000
Member's Donations for In-Person Singing Group	-	-	0	107	107	0
	43,109	(271)	42,839	123,024	93,833	72,030

