

# FIBRO FLARE AWARENESS GROUP

England & Wales · Charity number 1170884

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-12-21

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

## Contact

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**Address** 77 St. Elphins Close  
Warrington  
WA1 2ET

**Phone** 07879045147

**Email** [fibroflaremag1@outlook.com](mailto:fibroflaremag1@outlook.com)

**Website** <http://www.flaremag.uk/>

## Activities

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**Objects:** THE OBJECT OF THE CIO IS:THE RELIEF OF SICKNESS AND PROMOTION OF GOOD HEALTH OF PEOPLE DIAGNOSED WITH FIBROMYALGIA, MYALGIC ENCEPHALOMYELITIS AND CHRONIC FATIGUE (FM/ME/CF) BY THE PROVISION OF INFORMATION, ADVICE AND SUPPORT.

**Activities:** Raising Awareness May 12th International Fibromyalgia/ME/CFS Light up the Night event. Annual fundraising event, Accrington.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	-	-	-	-
2024-07-31	-	-	-	-
2023-07-31	£363	£474	-	-
2022-07-31	£280	£597	-	-
2021-07-31	£141	£539	-	-
2020-07-31	£2,133	£533	-	-
2019-07-31	£3,034	£921	-	-

## Trustees

Name	Role	Appointed
<b>BETH</b>	Chair	2017-12-21
JULIE BRITTEN		2017-12-21
SIAN PHILLIPS		2017-12-21
Sara-Louise Williams		2018-03-15

**FIBRO FLARE AWARENESS GROUP**

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# Accounts

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## Trustees Annual Report

Period Start Date		Period End Date	
<b>From</b> 01 August 2022		<b>To</b> 31 July 2023	
Reference and Administration Details			
Charity Name		<i>Fibro Flare Awareness Group</i>	
Registered Charity Number		<i>1170884</i>	
Charity's Principal Address		<i>77 St Elphin's Close</i>	
		<i>Warrington</i>	
		<i>WA1 2ET</i>	
Names of the Charity Trustees who manage the charity			
Trustee Name	Office Held (if any)	Dates Acted (if not whole year)	Authority to nominate future trustees (Y/N)
Beth Urmston	<i>Chair</i>		Y
Sian Phillips	<i>Deputy Chair</i>		Y
Julie Britten	<i>Deputy Chair</i>		Y
Beverley Barnett	<i>Admin</i>		Y
Sara-Louise Williams	<i>Lotteries Fundraiser</i>		Y



Structure, governance and management	
Description of the charity's trusts	
Type of governing document	<i>Constitution adopted October 2016.</i>
How the charity is constituted	<i>Consisting of Trustees</i>
Trustee selection methods	<i>From volunteers/awareness advocates – with a minimum 6 month probationary period prior to becoming a trustee.</i>
Additional governance notes	
<i>All trustees gave their time voluntary and received no remuneration or other benefits.</i>	
Summary of the objects of the charity set out in its governing document	<i>To support those diagnosed with Fibromyalgia, Myalgic Encephalomyelitis and Chronic Fatigue (FM/ME/CF). To raise awareness among the general public to its debilitation and the impact it has daily and to fundraise for further bio medical research.</i>



	<p>To be proactive in contacting medical professionals, members of parliament, councillors and mayors asking for their help and support for our work.</p> <p>To encourage and assist members to form local support groups and get involved in awareness campaigns.</p>
<p>Summary of the main activities undertaken for the public benefit in relation to these objects</p>	<p>Activities have been curtailed due to ongoing health issues across the board.</p> <p>Ongoing awareness and support offered via social media.</p>

**Additional details of objectives and activities**

To look at closing the charity with funds being donated towards ongoing research.



Achievement and performance	
Summary of the main achievements of the charity during the year	<p><b>1<sup>st</sup> Quarter</b> Ongoing support offered via social media support group only.</p> <p><b>2<sup>nd</sup> Quarter</b> As 1<sup>st</sup> quarter.</p> <p><b>3<sup>rd</sup> Quarter</b> As 1<sup>st</sup> quarter.</p> <p><b>4<sup>th</sup> Quarter</b> As 1<sup>st</sup> quarter.</p>
	<p><b>Fundraising</b></p> <p>No active fundraising has been carried out during this period.</p>

Financial Review	
Brief statement of the charity's policy on reserves	At the financial year end, we held cash assets of £4,623.58, all of which is unrestricted funds. These



	<i>funds are held to cover future core costs and to be used towards medical research.</i>
Details of any funds materially in deficit	<i>Not applicable.</i>

### Other optional information

#### *Future Plans*

*Close down charity with transference of funds being donated to medical research.*

### Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature	<i>B Urmston</i>
Full Name	<i>Bernadette (Beth) Urmston</i>
Position	<i>Chair</i>
Date	<i>May 2024</i>

### **Bank Reconciliation for Yr Ending 31/07/2023**

Opening Balance as at 01/08/2023	£ 3,586.36
Plus Receipts for Year	£ 363.24
Minus Payments for Year	£ 474.48
Closing Balance as at 31/07/2023	£ 3,475.12

### **Paypal Reconciliation for Yr Ending 31/07/23**

Opening Balance as at 01/08/2023	£1,439.47
Plus Receipts for Year	£0.00
Minus Payments for Year	£0.00
Closing Balance as 31/07/2023	£1,439.47
Total	£4,914.59

**FIBRO FLARE AWARENESS GROUP**

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# Accounts

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## Trustees Annual Report

Period Start Date		Period End Date	
From 01 August 2021		To 31 July 2022	
Reference and Administration Details			
Charity Name		<i>Fibro Flare Awareness Group</i>	
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Charity's Principal Address		<i>77 St Elphin's Close</i>	
		<i>Warrington</i>	
		<i>WA1 2ET</i>	
Names of the Charity Trustees who manage the charity			
Trustee Name	Office Held (if any)	Dates Acted (if not whole year)	Authority to nominate future trustees (Y/N)
Beth Urmston	<i>Chair</i>		Y
Sian Phillips	<i>Deputy Chair</i>		Y
Julie Britten	<i>Deputy Chair</i>		Y
Beverley Barnett	<i>Admin</i>		Y
Sara-Louise Williams	<i>Lotteries Fundraiser</i>		Y



Structure, governance and management	
Description of the charity's trusts	
Type of governing document	<i>Constitution adopted October 2016.</i>
How the charity is constituted	<i>Consisting of Trustees</i>
Trustee selection methods	<i>From volunteers/awareness advocates – with a minimum 6 month probationary period prior to becoming a trustee.</i>
Additional governance notes	
<i>All trustees gave their time voluntary and received no remuneration or other benefits.</i>	
Summary of the objects of the charity set out in its governing document	<i>To support those diagnosed with Fibromyalgia, Myalgic Encephalomyelitis and Chronic Fatigue (FM/ME/CF). To raise awareness among the general public to its debilitation and the impact it has daily and to fundraise for further bio medical research.</i>



	<p>To be proactive in contacting medical professionals, members of parliament, councillors and mayors asking for their help and support for our work.</p> <p>To encourage and assist members to form local support groups and get involved in awareness campaigns.</p>
<p>Summary of the main activities undertaken for the public benefit in relation to these objects</p>	<p>Activities have been curtailed due to Covid-19. Ongoing awareness and support offered via social media.</p> <p>We planned and worked bearing in mind Covid-19 guidelines and the Charity Commission's guidance on public benefit at our trustee meetings.</p>

**Additional details of objectives and activities**



To look at more ways to spread awareness and increase fundraising.

### Achievement and performance

Summary of the main achievements of the charity during the year

#### 1<sup>st</sup> Quarter

Most activities curtailed due to reduced volunteers and ongoing health issues.

#### 2<sup>nd</sup> Quarter

As 1<sup>st</sup> quarter.

#### 3<sup>rd</sup> Quarter

As 1<sup>st</sup> quarter.

#### 4<sup>th</sup> Quarter

As 1<sup>st</sup> quarter.

#### Fundraising

Fundraising has continued only through regular individual donations alongside donations made via on-line shopping sites such as Easyfundraising and Amazon.



Financial Review	
Brief statement of the charity's policy on reserves	<i>At the financial year end, we held cash assets of £5,025.83, all of which is unrestricted funds. These funds are held to cover future core costs and to be used towards awareness events and future fundraising for bio medical research.</i>
Details of any funds materially in deficit	<i>Not applicable.</i>

Other optional information
<p><i>Future Plans</i></p> <p><i>We feel we have taken the charity as far as we are able and will seek to find replacement trustees/volunteers. If unsuccessful it is our intention to close the charity at the end of the next financial year (31 July 2023).</i></p>

**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature	<i>B Urmston</i>
Full Name	<i>Bernadette (Beth) Urmston</i>



Position	<i>Chair</i>
Date	February 2023

### Bank Reconciliation for Yr Ending 31/07/2022

Opening Balance as at 01/08/2021	£ 3,890.59
Plus Receipts for Year	£ 280.65
Minus Payments for Year	£ 584.88
Closing Balance as at 31/07/19	£ 3,586.36

### Paypal Reconciliation for Yr Ending 31/07/20

Opening Balance as at 01/08/2019	1451.46
Plus Receipts for Year	0.00
Minus Payments for Year	11.99
Closing Balance as 31/07/19	<u>1439.47</u>

Total: £5,025.83

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## Trustees Annual Report

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Reference and Administration Details			
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		<i>Warrington</i>	
		<i>WA1 2ET</i>	
Names of the Charity Trustees who manage the charity			
Trustee Name	Office Held (if any)	Dates Acted (if not whole year)	Authority to nominate future trustees (Y/N)
Beth Urmston	<i>Chair</i>		Y
Sian Phillips	<i>Deputy Chair</i>		Y
Julie Britten	<i>Deputy Chair</i>		Y
Beverley Barnett	<i>Admin</i>		Y
Sara-Louise Williams	<i>Lotteries Fundraiser</i>		Y



Structure, governance and management	
Description of the charity's trusts	
Type of governing document	<i>Constitution adopted October 2016.</i>
How the charity is constituted	<i>Consisting of Trustees</i>
Trustee selection methods	<i>From volunteers/awareness advocates – with a minimum 6 month probationary period prior to becoming a trustee.</i>
Additional governance notes	
<i>All trustees gave their time voluntary and received no remuneration or other benefits.</i>	
Summary of the objects of the charity set out in its governing document	<i>To support those diagnosed with Fibromyalgia, Myalgic Encephalomyelitis and Chronic Fatigue (FM/ME/CF). To raise awareness among the general public to its debilitation and the impact it has daily and to fundraise for further bio medical research.</i>



	<p>To be proactive in contacting medical professionals, members of parliament, councillors and mayors asking for their help and support for our work.</p> <p>To encourage and assist members to form local support groups and get involved in awareness campaigns.</p>
<p>Summary of the main activities undertaken for the public benefit in relation to these objects</p>	<p>Activities have been curtailed due to Covid-19. Ongoing awareness and support offered via social media.</p> <p>We planned and worked bearing in mind Covid-19 guidelines and the Charity Commission's guidance on public benefit at our trustee meetings.</p>

**Additional details of objectives and activities**



To look at more ways to spread awareness and increase fundraising.

### Achievement and performance

Summary of the main achievements of the charity during the year

#### 1<sup>st</sup> Quarter

Most activities curtailed due to C19.

#### 2<sup>nd</sup> Quarter

As 1<sup>st</sup> quarter.

#### 3<sup>rd</sup> Quarter

As 1<sup>st</sup> quarter.

#### 4<sup>th</sup> Quarter

As 1<sup>st</sup> quarter.

#### Fundraising

Fundraising has continued only through regular individual donations alongside donations made via sites such as Easyfundraising. Amazon and Facebook.



Financial Review	
Brief statement of the charity's policy on reserves	<i>At the financial year end, we held cash assets of £5,342.05, all of which is unrestricted funds. These funds are held to cover future core costs and to be used towards awareness events and future fundraising for bio medical research.</i>
Details of any funds materially in deficit	<i>Not applicable.</i>

Other optional information
<p><i>Future Plans</i></p> <p><i>The coming year will depend greatly on Covid-19, current trustee health issues and successfully recruiting more volunteers and trustees.</i></p>

Declaration
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The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees.

Signature	<i>B Urmston</i>
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Full Name	<i>Bernadette (Beth) Urmston</i>
Position	<i>Chair</i>
Date	<i>May 2022</i>

### **Bank Reconciliation for Yr Ending 31/07/2021**

Opening Balance as at 01/08/2019	£ 4,277.11
Plus Receipts for Year	£ 140.76
Minus Payments for Year	£ 527.28
Closing Balance as at 31/07/19	£ 3,890.59

### **Paypal Reconciliation for Yr Ending 31/07/21**

Opening Balance as at 01/08/2019	1463.45
Plus Receipts for Year	0.00
Minus Payments for Year	11.99
Closing Balance as 31/07/19	1451.46

**FIBRO FLARE AWARENESS GROUP**

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# Accounts

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## Trustees Annual Report

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Names of the Charity Trustees who manage the charity			
Trustee Name	Office Held (if any)	Dates Acted (if not whole year)	Authority to nominate future trustees (Y/N)
Beth Urmston	<i>Chair</i>		Y
Sian Phillips			Y
Julie Britten	<i>Support Group Advisor</i>		Y
Beverley Barnett	<i>Admin</i>		Y
Sara-Louise Williams	<i>Lotteries Fundraiser</i>		Y



Structure, governance and management	
Description of the charity's trusts	
Type of governing document	<i>Constitution adopted October 2016.</i>
How the charity is constituted	<i>Consisting of Trustees</i>
Trustee selection methods	<i>From volunteers/awareness advocates – with a minimum 6 month probationary period prior to becoming a trustee.</i>
Additional governance notes	
<i>All trustees gave their time voluntary and received no remuneration or other benefits.</i>	
Summary of the objects of the charity set out in its governing document	<i>To support those diagnosed with Fibromyalgia, Myalgic Encephalomyelitis and Chronic Fatigue (FM/ME/CF). To raise awareness among the general public to its debilitation and the impact it has daily and to fundraise for further bio medical research.</i>



	<p>To be proactive in contacting medical professionals, members of parliament, councillors and mayors asking for their help and support for our work.</p> <p>To encourage and assist members to form local support groups and get involved in awareness campaigns.</p>
<p>Summary of the main activities undertaken for the public benefit in relation to these objects</p>	<p>Activities have been curtailed due to Covid-19. Ongoing awareness and support offered via social media.</p> <p>We planned and worked bearing in mind Covid-19 guidelines and the Charity Commission's guidance on public benefit at our trustee meetings.</p>

**Additional details of objectives and activities**



To look at more ways to spread awareness and increase fundraising.

### Achievement and performance

Summary of the main achievements of the charity during the year

#### 1<sup>st</sup> Quarter

Focus was on seeking additional volunteers and possible future trustees.

#### 2<sup>nd</sup> Quarter

Discussions to seek further ideas for fundraising.

#### 3<sup>rd</sup> Quarter

Activity suspended due to Covid-19.

#### 4<sup>th</sup> Quarter

As 3<sup>rd</sup> quarter.

#### Fundraising

Fundraising has continued only through regular individual donations alongside donations made via sites such as



	<i>Easyfundraising. Amazon and Facebook.</i>
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### Financial Review

Brief statement of the charity's policy on reserves	<i>At the financial year end, we held cash assets of £3650, all of which is unrestricted funds. These funds are held to cover future core costs and to be used towards awareness events and future fundraising for bio medical research.</i>
Details of any funds materially in deficit	<i>Not applicable.</i>

### Other optional information

#### *Future Plans*

*The coming year will depend greatly on Covid-19, current trustee health issues and successfully recruiting more volunteers and trustees.*

### Declaration

The trustees declare that they have approved the trustees' report above.



Signed on behalf of the charity's trustees.

Signature	<i>B Urmston</i>
Full Name	<i>Bernadette (Beth) Urmston</i>
Position	<i>Chair</i>
Date	<i>April 2020</i>



### **Bank Reconciliation for Yr Ending 31/07/2020**

Opening Balance as at 01/08/17	£ 4,830.48
Plus Receipts for Year	£ 3,980.19
Minus Payments for Year	£ 453.37
Closing Balance as at 31/07/18	£ 2,811.29

### **PayPal Reconciliation for Yr Ending 31/07/2020**

Opening Balance as at 01/08/17	£765.89
Plus Receipts for Year	£153.73
Minus Payments for Year	£80.09
Closing Balance as 31/07/18	£839.53

### **Bank Reconciliation for Yr Ending 31/07/2020**

Opening Balance as at 01/08/2019	£ 1,284.47
Plus Receipts for Year	£ 1,980.19
Minus Payments for Year	£ 453.37
Closing Balance as at 31/07/19	£ 2,811.29

### **Paypal Reconciliation for Yr Ending 31/07/20**

Opening Balance as at 01/08/2019	765.89
Plus Receipts for Year	153.73
Minus Payments for Year	80.09
Closing Balance as 31/07/19	839.53