



## Trustees Annual Report

| Period Start Date                                    |                      | Period End Date                 |   |
|--|----------------------|---------------------------------|---|
| From<br>01 August 2020                               |                      | To<br>31 July 2021              |   |
| Reference and Administration Details                 |                      |                                 |   |
| Charity Name   |                      | Fibro Flare Awareness Group     |   |
| Registered Charity Number                            |                      | 1170884                         |   |
| Charity's Principal Address                          |                      | 77 St Elphin's Close            |   |
|  |                      | Warrington                      |   |
|  |                      | WA1 2ET                         |   |
| 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   | Chair                |                                 | Y   |
| Sian Phillips  | Deputy Chair         |                                 | Y   |
| Julie Britten  | Deputy Chair         |                                 | Y   |
| Beverley Barnett                                     | Admin                |                                 | Y   |
| Sara-Louise Williams                                 | Lotteries Fundraiser |                                 | 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> |
| Summary of the main activities undertaken for the public benefit in relation to these objects | <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

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 2022</i>                  |

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

|                                     |            |
|-------------------------------------|------------|
| Opening Balance as at<br>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<br>31/07/19   | 1451.46 |