



Trustees Annual Report

Period Start Date		Period End Date	
From 01 August 2021		To 31 July 2022	
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

1st Quarter

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

2nd Quarter

As 1st quarter.

3rd Quarter

As 1st quarter.

4th Quarter

As 1st 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

Future Plans

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).

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