

GREATER MANCHESTER ECZEMA & SKIN SUPPORT CIO

England & Wales · Charity number 1189914

Details

Other names	GMESS
Status	Registered
Legal form	CIO
Registered	2020-06-12
Register	View on the Charity Commission register

Contact

Address	Zion Community Resource Centre 339 Stretford Road Hulme Manchester M15 4ZY
Phone	07872902300
Email	info@gmess.org.uk
Website	https://www.facebook.com/GMESScharity

Activities

Objects: TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF ECZEMA AND OTHER INFLAMMATORY SKIN CONDITIONS IN GREATER MANCHESTER THROUGH THE PROVISION OF SUPPORT, EDUCATION AND PRACTICAL ADVICE.TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO ECZEMA AND OTHER INFLAMMATORY SKIN CONDITIONS.

Activities: GMESS aims to promote and protect the physical and mental health of sufferers of eczema and other inflammatory skin conditions in Greater Manchester through the provision of support, education and practical advice.Also to advance the education of the general public in all areas relating to eczema and other inflammatory skin conditions.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Bolton
- Bury
- Manchester City
- Oldham
- Rochdale
- Salford City
- Stockport
- Tameside
- Trafford
- Wigan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£12,754	£13,508	-	-
2024-03-31	£22,583	£16,647	-	-
2023-03-31	£19,474	£8,020	-	-
2022-03-31	£0	£6,163	-	-
2021-03-31	£11,296	£5,125	-	-

Trustees

Name	Role	Appointed
Simon Paul Kweeday	Chair	2020-06-04
MARCELLA ANGELA TURNER		2020-08-28
Muhammad Aurangzeb Shaikh		2020-06-04

GREATER MANCHESTER ECZEMA & SKIN SUPPORT CIO

England & Wales - Charity number 1189914

Accounts

Trustees' Annual Report for the period

From 1st April 2024 to 31st March 2025

Charity name: Greater Manchester Eczema and Skin Support CIO

Charity registration number: 1189914

Objectives and Activities:

GMESS was set up as a charitable incorporated organisation (CIO) on 20th June 2020. GMESS aims to promote and protect the physical and mental health of sufferers of eczema and other inflammatory skin conditions in Greater Manchester through the provision of support, education and practical advice. The CIO also aims to advance the education of the general public in all areas relating to eczema and other inflammatory skin conditions.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Reference and Administrative details

Charity name	Greater Manchester Eczema & Skin Support CIO
Other name the charity uses	GMESS
Registered charity number	1189914
Charity's principal address	Zion Community Resource Centre 339 Stretford Road Hulme Manchester M15 4ZY

Structure, Governance and Management

Type of governing document:	Constitution – Foundation
How is the charity constituted?	Charitable Incorporated Organisation (CIO)

Contribution made by Volunteers

Our volunteer Angela (name change), who is also a service user, took on a key role in the design and delivery of support group sessions. She worked with a number of service users to gather discussion topics that they wanted to discuss during support group meetings. This meant that the group conversations were tailored to the needs and interests of the group, making them more relatable. Angela also supported the delivery of a number of sessions which helped boost her confidence in public speaking and session management skills. Her willingness to share her lived

experience of having psoriasis helped to create a supportive environment where everyone felt comfortable sharing their thoughts during group meetings.

Achievements and Performance

Funding achieved during the period:

- **Culturally Appropriate Services Fund Phase 3:** to tackle health inequalities that marginalised ethnic communities face when trying to get help from mental health services.

Participants Activity

Our main participant cohort reside in Manchester, but we continue to receive enquiries from people with skin conditions from other parts of the country including Preston, Rochdale, Stockport, and Blackburn.

During the period we have supported 101 service users via the following activities:

- **Peer support groups** (Online, In-person, WhatsApp) to connect to other people with similar experiences, reduce isolation and share self-care advice.
- **1-to-1 Support** to support service users in achieving their skin health goals using a psychosocial coaching approach.
- **Wellbeing courses** covering the psychological issues related to skin conditions e.g. support, stress, self-image, and the practical application of lifestyle approaches to managing skin health and wellbeing including diet, nutrition, hydration, exercise.
- **Group challenges** developing positive habits to increase hydration and reduce refined sugar foods and beverages to support skin health.
- **Ad hoc support** less frequent conversation with service users e.g. vent frustrations, inform us of how they are doing, answer any queries.
- **General enquiries** members of the public and organisations making contact for advice and information including skin health, referrals, publicity.

Marketing Plan & Promotion

To raise awareness about our areas of work we have continued to target community stakeholders including community groups and health professionals across Manchester. The main methods that have resulted in engagement have been through, word of mouth, local radio adverts, leafleting, WhatsApp messaging, Facebook and X (formerly known as Twitter) messaging. Our support group listing on the National Eczema Society website has contributed to service user engagement.

Outcomes and Impact

Seema (name change) Case study:

Why did you get in contact with GMESS to attend the Healthy Skin Healthy Me course?

I saw your flyer posted in a WhatsApp group. I was just stuck in a rut with using steroid creams, so the flyer really got my attention. My skin wasn't getting any better, it was getting worse with the steroid creams.

My GP also gave me oral steroids for a couple of weeks, it calmed things down, but then after I stopped the oral steroids, the state of my skin got worse again. So, I just wanted to try a different approach which wasn't steroid cream and GP related to see if it would work to be honest. And like you said at the beginning of the course, it's not

just about the skin condition, it's about my emotions and mood as well, it impacts my skin.

My skin was uncomfortable, dry, cut, and not looking very nice and kept me up at night with scratching. This affected everything else that was going on in my life. I was just stuck in a rut with my skin and because of the stress I have going on, and I just didn't feel that my skin was important, so the state of my skin didn't matter.

Since attending the course how have you benefited?

The course has given me a lot of insight about a couple of different aspects to managing my eczema, like mindset, using affirmations to help how I talk to myself, making lifestyle changes, having better habits, diet, and drinking water. It's made me think about all these things, and having a planned approach to it all. Other than just relying on the GP I wasn't doing anything else like drinking water and moisturising to help my skin improve before the course. After doing what I learnt on the course the difference in my skin is amazing. I think I just needed someone to motivate me and say that I need to put my skin first if I want it to improve my skin.

The course made me a lot more aware of how I need to take responsibility for my skin, and that if I don't look after myself then nobody else will. And if I put a bit of effort into looking after my skin, starting with changing my mindset, I would see a difference in my skin, and I definitely have. The itching and irritation have really calmed down and my skin looks and feels better. My mobility was affected because of the sores and cuts on my feet, but this is now much better.

Mindset is definitely a big part of all this. I believe more now that my skin can improve even more, and seeing my skin where it is now has lifted my mood. My attitude towards me taking care of myself and taking the time out to moisturise my skin has changed. I know it sounds dead simple, but when you're stuck in a rut and your mood is low, because of how things are, you can't be bothered with anything to do with taking care of yourself. Seeing the change in my skin is a big thing for me to be honest with you.

What's been the difference in terms of getting support from GMESS for your skin condition versus getting support from your GP?

It's a big difference. The GPs, they just give you steroid creams. They don't look at improving the skin like your course does. It's looking at other things that help like your diet, your mindset, everything about your lifestyle, the whole picture really, and how to develop good habits that help the skin to heal. The course was an education about improving eczema and self-awareness. All these things that we discussed make a huge difference really. The GP, apart from just giving me steroid creams, didn't offer any emotional support or anything like that, to be able to talk about feelings on the course was a massive help.

It was good to do the course with people who were Black and Asian, we're all similar really and we all got on really well, the support from everyone was amazing. Your knowledge about the things we discussed with your experience of having eczema made the course even better I think.

Service User Comments

The following comments demonstrate service user skin improvements and peer support in action (comments taken from our WhatsApp group):

- “Hiya, I recently saw a nutritionist and got some really helpful handouts around anti-inflammatory foods and some recipes for bone broth etc, happy to share them if anyone would be interested 😊”
- “2 mugs of oolong tea down already today everyone 🍵 doesn’t taste very nice but I find it helpful for reducing inflammation, just in case people haven’t tried it before it might help 😊”
- “Thank you for sharing your knowledge Peter (name changed - group member)! It’s very helpful for a lot of us in the group, especially any of us who have environmental allergies, like myself, It’s very appreciated.”
- “Hi everyone, my routine: I start my morning with 500ml of warm water and lemon. Breakfast - live plain soya yoghurt with goji Berries and granola (sunflower and other seeds, oats...) so far. Plus, a tablespoon of aloe vera juice for gut benefits, before breakfast. It helps me to keep on top of skin.
- “Another helpful tip from the diet session was incorporating 3+ portions of oily fish (salmon, mackerel, anchovies, sardines, herring) per week for anti-inflammation and to support the gut lining.”
- “I use the green aveeno mixed with black seed oil. Works wonders for my skin.”
- “Hi all! Just wanted to share a little victory :) I was struggling with my skin getting worse, so I reached out to Paul for some 1-1 support. Not only did he provide much-needed reassurance, but he also got me tracking potential triggers for 2 weeks, and helped me analyse the results. I’m now on day 10 of my action plan, and actually sticking to good habits (like moisturising, which was a struggle before 😊) The itching has completely stopped, two problem areas cleared, and the last one improving daily without any meds. I’ve also experienced a lot more energy and focus thanks to recommended diet changes. Just wanted to say a massive thanks to Paul, and if any of you are struggling, he’s your guy! 💪🙌”
- “I notice I itch less when I remember to drink more water.”
- “I’m seeing some improvement with the hydration and sugar reduction challenge and only really itch when I fall off the wagon! and I also notice when I introduce too much refined food 🍔🍕 and introduce more veg on plate. Just needing the willpower but feel so much more confident and optimistic now I know. Cheers Paul 🍷🍷”
- “I do morning black salt and squeeze of lemon, will help you absorb the water better and boosts the immune system and balances your PH levels, works really well for me.”
- “Hi everyone, I am also wanting to give the 121 sessions with Paul a shout out! The past month I have been in the worst flare up of my life. With Paul’s support on diet and lifestyle changes I am finally starting to see improvements. Tracking my triggers has been so useful to understand what may be worsening/triggering my flares. I am now in a much better place mentally so I am extremely grateful. If any of you are struggling with your skin and you don’t know where to start I would really recommend chatting to Paul. I know certain lifestyle and diet changes can seem like big task, but they are so worth it to see the results in your skin. Put your skin first!”
- “Great session earlier Paul really interesting thanks for organising it, diet is so important in healing my skin.”

Funding

GMESS secured funding from Culturally Appropriate Services Fund Phase 3 totalling £12,754.39

2024-25 Financial Accounts

This year GMESS secured £12,754.39 in funding from GMCVO. There was £17,771 carried forward from 2023-24, mainly due to the Lottery funding of that year not being spent as the service paused for 6 months due to personal issues and lottery agreeing to extend the deadline for that funding. At end of year, £17,018 will be carried forward to 2025-26, to service the lottery and GMCVO funding agreements. A new consultation agreement with Mr Mattis for £15,654 was agreed in September 2024, to service the funding agreements. It is the trustees priority to secure further funding for 2025-26

Greater Manchester Eczema and Skin support					
Receipts and payments accounts					
For the period from		Apr-24	To	Mar-25	
Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Be Well	-	-	-	-	7,500
CCG	-	-	-	-	-
GMCVO	12,754	-	-	12,754	5,083
MSC	-	-	-	-	-
awards for all (lottery)	-	-	-	-	10,000
GM Sport	-	-	-	-	-
Sub total (Gross income for AR)	12,754	-	-	12,754	22,583
A2 Asset and investment sales, (see table).					
	-	-	-	-	152
cash	-	-	-	-	152
Sub total	-	-	-	-	152
Total receipts	12,754	-	-	12,754	22,735
A3 Payments					
Staffing cost	12,285	-	-	12,285	14,421
ICT / phone	483	-	-	483	461
Publicity	425	-	-	425	-
Insurance	96	-	-	96	96
research consultancy	-	-	-	-	-
session materials	-	-	-	-	355
volunteer costs	8	-	-	8	-
session refreshments	-	-	-	-	129
stationary	210	-	-	210	45
gym pass	-	-	-	-	1,139
Sub total	13,508	-	-	13,508	16,646
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	13,508	-	-	13,508	16,646
	0				
Net of receipts/(payments)	- 753	-	-	- 753	6,089
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,772	-	-	17,772	11,606
Cash funds this year end	17,018	-	-	17,018	17,696
Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Bank	30,526	-	-	
	Total cash funds	17,018	-	-	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B2 Other monetary assets	none	-	-	-	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
B3 Investment assets	none	0	-	-	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
B4 Assets retained for the charity's own use	none	0	-	-	
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)	
B5 Liabilities	none	0	-	-	
Signed by one or two trustees on behalf of all the trustees	Signature _____ 	Print Name Simon Kweeday		Date of approval 21/09/2025	
	Muhammed Shaikh	Muhammed Shaikh		21/09/2025	

Names of the charity trustees who manage the charity

Trustee name	Office	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee
Simon Paul Kweeday	Chair	04/06/2020	Other trustees vote
Marcella Angela Turner		28/08/2020	Other trustees vote
Muhammad Aurangzeb Shaikh		04/06/2020	Other trustees vote

Corporate trustees – names of the directors at the date the report was approved

- There are no corporate Trustees

Name of trustees holding title to property belonging to the charity

- Trustees do not hold any property or assets for the charity

Funds held as custodian trustees on behalf of others

- None

Name of chief executive or names of senior staff members

- Paul Mattis CEO

Exemptions from disclosure

- None

Declarations

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees			
Signature			
Full name(s)	Simon Kweeday	Muhammed Shaikh	Marcella Turner

Position	Chair	Trustee	Trustee
Date	06/01/2025	07-01-25	06/01/2025

GREATER MANCHESTER ECZEMA & SKIN SUPPORT CIO

England & Wales - Charity number 1189914

Accounts

Trustees' Annual Report for the period

From 1st April 2023 to 31st March 2024

Charity name: Greater Manchester Eczema and Skin Support CIO

Charity registration number: 1189914

Objectives and Activities:

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Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

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Other name the charity uses	GMESS
Registered charity number	1189914
Charity's principal address	Zion Community Resource Centre 339 Stretford Road Hulme Manchester M15 4ZY

Structure, Governance and Management

Type of governing document:	Constitution – Foundation
How is the charity constituted?	Charitable Incorporated Organisation (CIO)

Contribution made by volunteers

Aysha (name change) initially accessed GMESS via a social media post advertising our dermatology survey. She has lived experience of the skin condition eczema and considered her condition as mild. Although her condition is mild Aysha has stated that it does affect her socially as she covers the patches on her arms when she goes out. It also affects her emotionally as she does not want to have the condition so it has causes some anxiety.

After completing the survey and receiving a better understanding of the work of GMESS, Aysha asked if she could become a volunteer as she felt that this type of support was lacking in the community, plus she knew of other women who had eczema who needed support. Aysha was key in recruiting a number of the women who participated in the recent Healthy Skin Healthy Me wellbeing course. Aysha attended the course and has shared that the main aspects of the course that have helped to improve her skin and overall wellbeing are working on developing positive self-talk and self-image; increasing her daily intake of water; increased awareness and management of the things that trigger her condition; and better management of stress.

As a local community member with knowledge of community groups, Aysha has also been promoting GMESS through her contacts with the aim of raising awareness about the charities areas of work so more people with inflammatory skin conditions can receive support.

Achievements and Performance

Funding achieved during the period:

- **Culturally Appropriate Services Fund Phase 2:** to tack health inequalities that marginalised ethnic communities face when trying to get help from mental health services
- **Awards for All:** to train service users in Peer Leadership and Support to lead support groups and be peer mentors; to continue providing support services for services users to attain skills and knowledge to better manage their own skin health and emotional wellbeing

Partnership working

During the period we have worked with Limelight GP Practice to ascertain the skin health needs of eczema patients in the Old Trafford area. This was delivered through an event at the practice. We also partnered with Vocal research organisation, and Manchester University, to develop a project to create resources that raise awareness about how Photoaggravated Atopic Dermatitis affects people with the condition. The showcase of resources is planned for next year.

Participants activity

Due to the gap in provision our enquiries for support continue reach as Birmingham, Warrington, Dewsbury, and Coventry. There has also been more enquiries for support from parents with children with eczema.

During the period we have supported 93 service users via the following activities:

- **Peer support groups** (Online, In-person, WhatsApp) to connect to other people with similar experiences, reduce isolation and share self-care advice.
- **1-to-1 Support** to support service users in achieving their skin health goals using a psychosocial coaching approach
- **Wellbeing courses** covering the psychological issues related to skin conditions e.g. support, stress, self-image, and the practical application of lifestyle approaches to managing skin health and wellbeing including diet, nutrition, hydration, exercise
- **Ad hoc support** less frequent conversation with service users to e.g. vent frustrations, inform us of how they are doing, answer any queries
- **General enquiries** members of the public and organisations making contact for advice and information including skin health, benefits claims, referrals, publicity

Marketing Plan & Promotion

To raise awareness about our areas of work we have continued to target community stakeholders including community groups and health professionals across Manchester. The main methods that have resulted in engagement have been through, word of mouth, leafleting, email, and support from a local community YouTuber. Our support group listing on the National Eczema Society website has contributed to service user engagement.

Outcomes and Impact

Case study

Nadia (name change) heard about GMESS through the project leaflet and accessed the project via self-referral. Nadia was offered the opportunity to access our support groups, she shared that she was not ready for this as she is not a social person, but that she was interested in 1-to-1 support. Nadia was told about the BME dermatology survey that we were facilitating and asked if she could take part. Due to never before having the opportunity to share her eczema experience and have a voice in potentially shaping dermatology services, she was passionate about getting involved.

After completing the survey Nadia accessed 1-to-1 support, she wanted better understanding her skin condition and explore which lifestyle changes could help to improve her skin condition. She described her condition as severe. Nadia had previously watched countless YouTube videos for solutions to improve her skin, but with the vast amount of quick fix solutions she found and tried without much success, she gave up trying. Through our 1-to-1 lifestyle planning conversations, Nadia identified areas that she would like to make changes in, including diet, hydration, self-image and managing stress. Nadia has had three sessions to date and has shared that she has started to feel better about herself and that her mood has improved. She shared that this is due to feeling more focused and motivated to better manage her skin, plus having someone to talk to about how she's feeling and giving her regular support really helps.

33 people completed our Q2 survey for 1-to-1 and group activities:

- 90% reported that their awareness/knowledge of their condition had increased
- 81% reported that their skills to better manage their condition had increased
- 78% reported that their isolation had reduced
- 75% reported that they now feel part of a community with a shared experience
- 66% reported their physical condition had improved
- 78% reported that their mental wellbeing had improved
- 87% reported that they now have a voice, feel listened to, and supported to take action on issues that are important to them

Service users comments:

"I didn't know how important drinking water was to helping my skin get better."

"I'm more confident now to talk about my eczema at work."

"I love the support group it helps me out and I've made a few new friends."

"Paul is very motivating when things get hard for me."

"I not ready to join a group yet, maybe soon."

"learning how to reduce my stress is really helping me to worry less and scratch less."

"I now plan how to sort out my skin and it makes sense, I just did whatever before."

"The workbook is really good, lots of good info in it to help work on getting better habits."

"The 1:1 support from Paul is a game changer."

"Gym, more water, blackseed oil and Aveeno cream, no sugar = smoother skin and a happier me!"

"I need do more to improve my skin so I'll try make more effort, you said I need to put my skin first and I will."

"This project should have been about years ago, I've struggled with my skin for years."

"Now that I can see some changes on my legs I'm going to try and stop using the steroid cream."

"Paul's passion to help me has really motivated me to make changes in my daily life, my diet has changed, I drink more water, take a multivitamin and probiotic for gut health, and I think more positive about who I am, my eczema doesn't get me down as much."

"I can't sleep when my skin is like this, I'll try to do the things that you have taught us."

"I know what to do it's just hard doing it."

"It can be frustrating having skin like mine, but I now understand how my negative thoughts can make my skin worse, so I'm trying keep up with saying positive affirmations."

Healthy Skin Healthy Me Wellbeing course outcomes:

Out of the 10 people who completed the course evaluation form:

- 90% reported that their knowledge of their skin condition had increased
- 90% reported that they now have more skills to better manage their condition
- 60% reported that their isolation has reduced, 40% stated that they weren't sure
- 90% reported that they now feel part of a community with a shared experience
- 60% reported that their skin condition had improved, 4 stated that it hadn't
- 100% reported that their mental wellbeing had improved

Course comments:

A number of the comments that service users have made:

"It's good to talk about my skin and feelings."

"I need help to make my skin better."

"Now I know more to take care of my skin better."

"This course has benefitted me very well, I have been struggling with my sons eczema for many years 26+ years, by coming to this class it has given me a booster of things that I didn't know. I am very grateful. Its motivated me on my own health and lifestyle."

"Getting together meeting other people and hearing their stories has been great. Yes I am drinking more water."

"I feel better after attending the sessions, did not realise that more people suffer like myself. I'm doing more exercise and watching my diet."

Break in the service

No project activity took place between December 23 – March 24. This was due to unexpected personal circumstances for the project lead. All funders have been notified of the break and funding allocated to different time periods than originally planned, in 2024-25 financial year

Funding

GMESS secured funding from Awards for All, Be Well social prescribing fund and Culturally Appropriate Services Fund Phase 2 totalling £22,583

Financial Review

New funding was secured but not spent in this year, partly due to timing of the funding and partly due to the break in service. The Be Well social prescribing funds related to funding secured in the 22-23 financial year but paid when outcomes of the work were achieved, most of the funds came into the 23-24 financial year.

Trustees agreed a contract with the project facilitator / CEO on 15th September 2022 for £17,366 for agreed work on the funded activity and a further £2600 for work completed on Sport England funding received October 2022 – March 2023. At end of 2023-24 financial year, there is £17542 cash in the bank, to be allocated to facilitator costs through a new agreement, servicing the funding secured this year

2023-24 Financial Accounts

Greater Manchester Eczema and Skin support					
Receipts and payments accounts					
For the period from		Apr-23	To	Mar-24	
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Be Well	7,500	-	-	7,500	2,500
CCG	-	-	-	-	1,000
GMCVO	5,083	-	-	5,083	9,987
MISC	-	-	-	-	81
awards for all (lottery)	10,000	-	-	10,000	-
GM Sport	-	-	-	-	5,906
Sub total (Gross income for AR)	22,583	-	-	22,583	19,474
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
cash	-	-	-	-	152
Sub total	-	-	-	-	152
Total receipts	22,583	-	-	22,583	19,626
A3 Payments					
Staffing cost	14,421	-	-	14,421	6,181
ICT	461	-	-	461	383
Publicity	-	-	-	-	694
Insurance	96	-	-	96	-
research consultancy	-	-	-	-	120
session materials	355	-	-	355	456
volunteer costs	-	-	-	-	120
session refreshments	129	-	-	129	67
stationary	46	-	-	46	-
gym pass	1,139	-	-	1,139	-
Sub total	16,647	-	-	16,647	8,020
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,647	-	-	16,647	8,020
Net of receipts/(payments)	5,936	-	-	5,936	11,606
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	11,606	-	-	11,606	-
Cash funds this year end	17,542	-	-	17,542	11,606
CategoriesDetailsUnrestricted fundsto nearest £Restricted fundsto nearest £Endowment fundsto nearest £B1 Cash fundsBankTotal cash funds(fund balance)OKUnrestricted fundsto nearest £OKRestricted fundsto nearest £OKEndowment fundsto nearest £B2 Other monetary assetsnoneFund to which asset belongsCost (optional)Current value (optional)B3 Investment assetsnoneFund to which asset belongsCost (optional)Current value (optional)B4 Assets retained for the charity's own usernoneWhen due (optional)B5 LiabilitiesSigned by one or two trustees on behalf of all the trusteesSignaturePrint NameDate of approvalMuhammed ShaikhMuhammed Shaikh03/05/2024					

Trustee name	Office	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee
Simon Paul Kweeday	Chair	04/06/2020	Other trustees vote
Mohmed Hanif Bobat		17/02/2021 – June 23 (resigned)	Other trustees vote
Marcella Angela Turner		28/08/2020	Other trustees vote
Muhammad Aurangzeb Shaikh		04/06/2020	Other trustees vote
Jeanette Letuina Stanley JP		18/05/2021 – January 2024 (resigned)	Other trustees vote

Names of the charity trustees who manage the charity

Mohmed Hanif Bobat and Jeanette Stanley both resigned in the last year, leaving three trustees who have all committed for another term of three years, until 2026. It is the trustees intention to recruit further trustees with additional skills and experiences to help to grow the charity in the next financial year

Corporate trustees – names of the directors at the date the report was approved

- There are no corporate Trustees

Name of trustees holding title to property belonging to the charity

- There are no Trustees for the charity

Funds held as custodian trustees on behalf of others

- None

Name of chief executive or names of senior staff members

- Paul Mattis CEO

Exemptions from disclosure

- None

Declarations

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

Signed on behalf of the charity's trustees			
Signature		<i>Muhammed Shaikh</i>	
Full name(s)	Simon Kweeday	Muhammed Shaikh	Marcella Turner
Position	Chair	Trustee	Trustee
Date	18.06.24	22.06.24	24.06.24

Accounts

Trustees' Annual Report for the period

From 1st April 2022 to 31st March 2023

Charity name: Greater Manchester Eczema and Skin Support CIO

Charity registration number: 1189914

Objectives and Activities:

GMESS was set up as a charitable incorporated organisation (CIO) on 28th August 2020. GMESS aims to promote and protect the physical and mental health of sufferers of eczema and other inflammatory skin conditions in Greater Manchester through the provision of support, education and practical advice. The CIO also aims to advance the education of the general public in all areas relating to eczema and other inflammatory skin conditions.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Reference and Administrative details

Charity name	Greater Manchester Eczema & Skin Support CIO
Other name the charity uses	GMESS
Registered charity number	1189914
Charity's principal address	Zion Community Resource Centre 339 Stretford Road Hulme Manchester M15 4ZY

Structure, Governance and Management

Type of governing document:	Constitution – Foundation
How is the charity constituted?	Charitable Incorporated Organisation (CIO)

Contribution made by volunteers

We were funded to conduct a survey to ascertain the dermatology needs and health inequalities of Black Caribbean, Black African and South Asian members of the Manchester community. One of the women of South Asian background, who took part in the survey, requested to become a GMESS volunteer. She volunteered because she felt that it was a great opportunity to support others from her community who were living in silence with the skin condition, to enable them to receive support from GMESS, and have a voice and share their concerns with relevant health bodies with an interest in dermatology.

We now have a service user steering group in place. Their role is to review service user activities and outcomes. Also to help steer the direction of the charity.

Achievements and Performance

Funding achieved during the period:

- **Be Well Social Prescribing Development Fund:** to build our capacity to deliver activities
- **Manchester Integrated Care Partnership:** to conduct a survey to ascertain the dermatology needs and health inequalities of Black Caribbean, Black African and Asian members of the community
- **Culturally Appropriate Mental Health Fund:** to tack health inequalities that marginalised ethnic communities face when trying to get help from mental health services
- **Together fund:** to use sports, hydration, nutrition and 1-to-1 support to improve skin conditions

Black African Black Caribbean & South Asian Dermatology and Health Inequality Report

We conducted a survey to ascertain the dermatology needs and health inequalities of Black Caribbean, Black African and Asian members of the community. 30 people took part in the survey. The areas the survey explored were severity of skin conditions, management of skin conditions, support from mainstream health services, and cultural needs in the management of skin conditions. A number of the recommendations from the report included:

1. A culture of self-care should be promoted, supporting people with the knowledge and skills to improve their skin health and mental wellbeing. This should be delivered in a holistic framework that takes a person-centred approach.
2. Peer support groups should be more widely promoted as a means of support for those affected by these conditions. These groups offer the opportunity for those affected to be around people who share a similar experience, thus reducing isolation which supports improved mental wellbeing.
3. To ease the pressure on GP practices alternative approaches to managing skin conditions, including diet, hydration, stress management and exercise advice, should be more widely promoted, as prescription medication alone does not seem to be working for a large number of people, especially if there is continued use for a considerable number of years.
4. A greater recognition of the psychological effects of inflammatory skin conditions should be adopted by GP's and dermatologist, coupled with an improved referral process to culturally appropriate support. This should be supported by better promotion of mental health services and community engagement to reduce the stigma attached to such services.
5. Dermatology research and clinical trials must be more inclusive of BME groups to gain the trust of these communities and to improve the efficacy of prescription medication. Improved promotion of these opportunities needs to be adopted in order to attract the participation of these groups.

Participants activity

Due to the gap in provision our enquiries for support reach as far as London, Bristol, Blackburn, Preston, Bolton and Scotland. We have also received requests from New York, USA.

During the period we have supported 135 service users via the following activities:

- **Peer support groups** (Online, In-person, WhatsApp) to connect to other people with similar experiences, reduce isolation and share self-care advice.
- **1-to-1 Support** to support service users in achieving their skin health goals using a psychosocial coaching approach
- **Wellbeing courses** covering the psychological issues related to skin conditions e.g. support, stress, self-image, and the practical application of lifestyle approaches to managing skin health and wellbeing including diet, nutrition, hydration, exercise
- **Ad hoc support** less frequent conversation with service users to e.g. vent frustrations, inform us of how they are doing, answer any queries
- **General enquiries** members of the public and organisations making contact for advice and information including skin health, benefits claims, referrals, publicity

Marketing Plan & Promotion

To raise awareness about our areas of work we have targeted various community stakeholders including Health Development Co-ordinator for Hulme, across North, South, and Central Manchester; Integrated Neighbourhood Team Leads across Central and South Manchester. I have contacted a number of GP surgeries to display our promotional material in their surgeries which has been met with a positive response, included sharing our patient referral process.

During this period we have utilised our social media accounts, including Twitter and Facebook, to raise awareness about GMESS. The types of information that we have posted include service user comments, funding announcements, wellbeing course, and other areas of our work. A number of our followers include Manchester Local Care Organisation, Greater Manchester Integrated Care Partnership, GP's x 2, Big Life Group, and National Eczema Society. We have also utilised community radio stations in Central and North Manchester to promote our service user activities.

Outcomes and Impact

Service User Case Study

The following case study is to demonstrate the impact of our interventions on the skin health of our service users, the main areas of impact being improved physical condition; reduced severity of the condition; improved mental wellbeing; increased confidence, self-esteem and social interactions; reduced visits to the GP; decreased use of prescription medication.

Situation Prior to Joining GMESS

Rebecca (name changed) was unable to sleep and exhausted from having infected and broken skin. Her relationship was suffering as she wouldn't take her clothes off. Her clothes and sheets had blood stains and she felt generally run down as her body was fighting the eczema.

Mentally she was depressed and at one point suicidal. She ended up on antidepressants and signed off work for six weeks. Socially she wasn't going out much and was declining doing activities with her friends. She said that she was miserable with her partner because she felt ugly.

She was visiting her GP monthly in relation to her skin condition and was using several prescribed medications, including different emollients that weren't great. She rated her skin condition as Moderate to Severe and her mental wellbeing as 3 on a 10-point scale.

Interventions and Changes Made

Rebecca received 1-to-1 support with a GMESS Support Worker where she discussed what she was currently doing to manage her condition and options she could try. We discussed all aspects of her life enabling her to consider changes she could make and what she would be comfortable trying. We worked together on a new lifestyle plan, which would be implemented initially over 10 weeks. Subsequently she updated the plan with further changes she wanted to make over the next few months.

Rebecca chose to stop using steroids and asking medical professionals for help. She started focusing on the holistic picture and read about what vitamins and supplements nourish skin to treat her condition from the inside. She started taking shots of aloe vera juice/ apple cider vinegar and black seed oil in the morning alongside a number of different vitamins and supplements that she was recommended through the group and had researched. She cut out coffee, started to drink more water (2 litres a day) and exercise regularly. She attended group sessions, speaking with peers about what works and what doesn't work and the struggles of having eczema. She bought an ice roller to soothe her skin when itchy.

Situation Subsequent to GMESS Interventions and Changes

Rebecca is now visiting her GP in relation to her skin condition only annually and describes her skin condition as Mild and her mental wellbeing an 8.

She now uses no GP prescribed medications.

She says, "Physically I went cold turkey on steroids as I realised that every time I used them my skin got worse after. When I was prescribed prednisolone, this was the catalyst that sent my mental health over the edge as I experienced side effects and was very emotional and erratic.

Physically she now sleeps through the night, and her skin is 95% free of eczema with the occasional very small flare up. "I now know how to manage it without the use of medication. I am not itchy, and I am body confident."

She has had no further absences from work and feels that, whilst her mental health has been up and down with the ebbs and flows of life, it no longer affects her skin and she is no longer on anti-depressants or would herself depressed. "I also feel listened to, the group was a space where I could share concerns so, when it happens and I do have a flare up, I don't feel like an alien with no cure."

She is clear that these are all outcomes from discussions in the GMESS group. "I was able to talk about my condition and not feel stupid for it affecting every part of my life. I have learnt that eczema affects everyone differently and there is not one cure or treatment, but a combination of lifestyle changes has supported a lot of people in the group."

"Socially I am now really comfortable and confident again. I also don't worry as much about having a flare up. I still, out of habit, take Aveeno moisturiser with me everywhere. It has taken about a year for the skin on my face to look youthful again as I had wrinkles round my eyes but I now get told I look younger and I often get complimented on how clear my skin is."

"I am eternally grateful for the support and information I have received from the GMESS group. There are no quick fixes or cures to eczema and it is a very open platform that recognises this, including discussing medical options as well as

completely natural. It is a really positive forum for looking at all the options and seeing eczema for what it is and learning how to manage it through making healthy changes. There is no one answer for everyone so having the forum provides a wealth of information.”

Funding

GMESS secured funding from Manchester Clinical Commissioning group, Be Well Social Prescribing fund, GMCVO and Sports England Sports totalling £19,474

Financial Review

GMESS does not currently have a reserves policy, this was reviewed and thought to not be needed yet, it will continue to be reviewed next year.

Expenditure increased slightly this year as more funding was secured and activity increased. The majority of this funding will be rolled over to the next financial year, as funding was for a 12 month period and didn't mirror the financial years.

The majority of expenditure is for the facilitation of groups and training and 1:1 activity. This is paid for through a consultation agreement with the facilitator and CEO, agreed by all trustees. Detailed financial breakdown below

Greater Manchester Eczema and Skin support					
Receipts and payments accounts					
For the period from	Apr-22	To	Mar-23		
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Be Well	2,500	-	-	2,500	
CCG	1,000	-	-	1,000	
GMCVO	9,987	-	-	9,987	
MISC	81			81	
GM Sport	5,906	-	-	5,906	-
Sub total (Gross income for AR)	19,474	-	-	19,474	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
cash	-	-	-	-	6,171
Sub total	-	-	-	-	6,171
Total receipts	19,474	-	-	19,474	6,171
A3 Payments					
Staffing cost	6,181	-	-	6,181	-
ICT	383	-	-	383	-
Publicity	694	-	-	694	-
Insurance	-	-	-	-	-
research consultancy	120	-	-	120	-
session materials	456			456	
volunteer costs	120			120	
session refreshments	67			67	
stationary	-	-	-	-	-
Sub total	8,020	-	-	8,020	6,163
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	8,020	-	-	8,020	6,163
Net of receipts/(payments)	11,454	-	-	11,454	8
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	8	-	-	8	-
Cash funds this year end	11,462	-	-	11,462	8
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B1 Cash funds	Bank	19,482	-	-	
	Total cash funds	11,462	-	-	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
		Unrestricted funds	Restricted funds	Endowment funds	
		to nearest £	to nearest £	to nearest £	
B2 Other monetary assets	Details none	-	-	-	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
B3 Investment assets	Details none	0	-	-	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
B4 Assets retained for the charity's own use	Details none	0	-	-	
			-	-	
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)	
B5 Liabilities	Details none	0	-		
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval	
		Simon Kweeday		28/12/2023	

Trustee name	Office	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee
Simon Paul Kweeday	Chair	04/06/2020	Other trustees vote
Mohmed Hanif Bobat		17/02/2021	Other trustees vote
Marcella Angela Turner		28/08/2020	Other trustees vote
Muhammad Aurangzeb Shaikh		04/06/2020	Other trustees vote
Jeanette Letuina Stanley JP		18/05/2021	Other trustees vote

Names of the charity trustees who manage the charity

Corporate trustees – names of the directors at the date the report was approved

- There are no corporate Trustees

Name of trustees holding title to property belonging to the charity

- There are no Trustees for the charity

Funds held as custodian trustees on behalf of others

- None

Name of chief executive or names of senior staff members

- Paul Mattis CEO

Exemptions from disclosure

- None

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Simon Kweeday

Position (eg
Secretary, Chair, etc)

Chair

Date

30/12/23

Accounts

Trustees' Annual Report for the period

From **1st April 2021 to 31st March 2022**

Charity name: Greater Manchester Eczema and Skin Support CIO

Charity registration number: 1189914

Objectives and Activities:

GMESS was set up as a charitable incorporated organisation (CIO) on 28th August 2020. GMESS aims to promote and protect the physical and mental health of sufferers of eczema and other inflammatory skin conditions in Greater Manchester through the provision of support, education and practical advice. The CIO also aims to advance the education of the general public in all areas relating to eczema and other inflammatory skin conditions.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Reference and Administrative details

Charity name	Greater Manchester Eczema & Skin Support CIO
Other name the charity uses	GMESS
Registered charity number	1189914
Charity's principal address	Zion Community Resource Centre 339 Stretford Road Hulme Manchester M15 4ZY

Structure, Governance and Management

Type of governing document:	Constitution - Foundation
How is the charity constituted?	Charitable Incorporated Organisation (CIO)

Contribution made by volunteers

We worked with 1 volunteer, who accessed GMESS as a participant. She expressed an interest in wanting to support people to better manage their skin conditions as she had benefitted from 1-to-1 support. We devised a plan to support her to develop into a volunteer with the view to becoming a paid employee after she had gain some experience of the work. With

support she took responsibility for monitoring our WhatsApp group, she has played a significant role in writing our second wellbeing course and will co-deliver it. She is also being trained in how to run a support group

Achievements and Performance

Participants activity

In 2021-22, GMESS supported **72** participants with advice, 1:1 support, what's app groups. The online support group (due to covid) has been running but with no attendance since the new year, previous participants would like in person sessions, which is being planned for 2022 at the Zion Centre.

Marketing and Promotion

Paul Mattis, CEO with lived experience of eczema, took part in an interview on North Manchester FM, the recording can be accessed here . publicity was also provided by Radio Diamond

Outcomes and Impact

Our Participants have been struggling with the day to day impact of having skin conditions for many years, both physically and mentally. Isolation, stress and anxiety have played major roles in making their conditions worse. A number of them have had to take considerable amounts of time off work due to the severity of their condition, and one service user has contemplated suicide.

Due to the lack of emotional support experienced by services users over the years, to finally have a safe space where they can talk openly about what they are going through, with others who share a similar experience, understand the issues, and will not judge them, is long awaited therapy. All of our service users have been using prescription medication to manage their conditions for many years, to finally start better managing their conditions using more natural approaches has resulted in varying degrees of skin health improvements. The impact of our work is demonstrated in the following service user comments (names have been changed):

"I am not managing my eczema completely without the use of steroids or medical intervention for a year now thanks to this group 😊" (Kate)

"GMESS has really helped me to feel more in control of my skin. Particularly with a bunch of negative emotional stuff I was managing. I never really dealt with the emotional impact my eczema was having until now. Since taking part in the GMESS support my skin is the healthiest it has been in a long time. I'm managing to maintain positive lifestyle changes to keep my skin in check and I'm generally just feeling more confident in my own skin." (Andy)

"Having this group to talk about skin stuff with is helping keep me motivated." (Sarah)

"I find hearing others experiences helpful to my situation and advice helpful too for trying new more healthier approaches on my health journey. Thanks." (Dave)

"Hi xxxx I've just got to the better end of mastering one of the worst flare ups I've ever had which covered such a large amount of my body this time doctor referred me straight to dermatologist! Skin inflamed scarred n shredded! Felt unbearable... I noticed I scratched more with the stress like you but the water especially first thing really helped but life changer for me was eliminating sugar out of my diet as much as possible and no (or low) carbs if poss can't believe how much it stops my itch... oh and cut out my nuts n alcohol! I take vit C, D, Zinc n B vits!!! (For healthy skin composition, remove inflammation and calm overactive immune system!!) Dermatology appt next week but skins healing itself now... smooth (but scarred) and no itch.... depending on what I eat (I sometimes fall off!) and remember to drink enough water... Thanks to Paul! (Karen)

Andy attended our Healthy Skin Healthy Me course, he shared that his eczema was severe to the extent where when he woke up in the mornings there would be dead skin and blood spots on the sheets though scratching at night. Although his partner would see the state of the sheets they would never talk about the situation. Andy also shared that he would not go swimming or wear shorts during the summer months due to the inflamed eczema patches on his legs, plus he hated having to moisturise his skin.

During the course we explored self-image, confidence and self-esteem, the self-talk cycle, support mechanisms, having a strong purpose for wanting to live eczema free, and giving the skin what it needs to thrive. This was the first time Andy had the opportunity to think about these issues, discuss them openly, and challenge his mindset. Having the time and space to address these issues enabled Andy to start having conversations about his skin with his partner. On the last session of the course he shared with the group that he was planning a holiday with his partner and that he was looking for shorts to purchase for his holiday. By the end of the course Andy also had a more positive attitude to moisturising his skin:

"Definitely a mindset thing. It's shifted from "omg I have to moisturise it's so annoying!" to "actually if I can squeeze some more moisturising time in that would be great for my skin." (Andy)

"Just wanted to say that I'm noticing a difference from adding to my hydration and moisturising routine. Bad patches on inside of my hands and legs are healing well and I have near full mobility back :)" (Andy)

Funding

GMESS did not secure any additional funding in 2021-22

Financial Review

Charity's financial position at the end of the period. GMESS has low funds at the end of year but doesn't have any agreement to honour. GMESS will continue to support participants on a voluntary basis until funding can be secured. GMESS has a number of applications in process and is confident in securing funding in 2022-23.

GMESS does not currently have a reserves policy, this will be reviewed next year

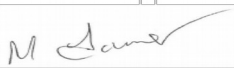
2020-21 accounts

Greater Manchester Eczema and Skin support

Receipts and payments accounts

For the period from	Apr-21	To	Mar-22	
Section A Receipts and payments				
	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				
	-	-	-	10,000
	-	-	-	300
	-	-	-	996
	-	-	-	-
Sub total (Gross income for AR)	-	-	-	11,296
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	-	-	11,296
A3 Payments				
Staffing cost	4,307	-	-	4,307
ICT	610	-	-	610
Publicity	696	-	-	696
Insurance	-	-	-	-
research consultancy	525	-	-	525
stationary	26	-	-	26
Sub total	6,163	-	-	6,163
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	6,163	-	-	6,163
Net of receipts/(payments)	- 6,163	-	-	6,171
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	6,171	-	-	6,171
Cash funds this year end	8	-	-	6,171

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	6,171	-	-
	Total cash funds	8	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	none	-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	none	0	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	none	0	-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	none	0	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Simon Kweeday	30/12/2022	
		Marcella Turner	30/12/2022	
		Muhammed Shaikh	06/01/2023	

Trustee name	Office	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee
Simon Paul Kweeday	Chair	04/06/2020	Other trustees vote
Mohmed Hanif Bobat		17/02/2021	Other trustees vote
Marcella Angela Turner		28/08/2020	Other trustees vote
Muhammad Aurangzeb Shaikh		04/06/2020	Other trustees vote
Jeanette Letuina Stanley JP		18/05/2021	Other trustees vote

Names of the charity trustees who manage the charity

Corporate trustees - names of the directors at the date the report was approved

- There are no corporate Trustees

Name of trustees holding title to property belonging to the charity

- There are no Trustees for the charity

Funds held as custodian trustees on behalf of others

- None

Name of chief executive or names of senior staff members

- Paul Mattis CEO

Exemptions from disclosure

- None

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

**Muhammed
Shaikh**



Full name(s)

Muhammed Shaikh

MARCELLA TURNER

Position (eg
Secretary, Chair,
etc)

Trustee

TRUSTEE

Date

06-01-23

30-12-22

Greater Manchester Eczema and Skin support			
Receipts and payments accounts			
For the period from	Apr-21	To	Mar-22

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	-	-	-
A3 Payments				
Staffing cost	4,307	-	-	4,307
ICT	610	-	-	610
Publicity	696	-	-	696
Insurance	-	-	-	-
research consultancy	525	-	-	525
stationary	26	-	-	26
Sub total	6,163	-	-	6,163
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	6,163	-	-	6,163
Net of receipts/(payments)	- 6,163	-	-	- 6,163
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	6,171	-	-	6,171
Cash funds this year end	8	-	-	8

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Bank	6,171	-
	Total cash funds	8	-
	(agree balances with receipts and payments account(s))	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
	none	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
	none	0	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
	none	0	-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
	none	0	-
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name
			Simon Kweeday

Last year
to the nearest £

10,000
300
996
-
11,296

-
-

11,296

-
-
-
-
-
-
5,125

-

5,125

6,171
-
-
6,171

**Endowment
funds
to nearest £**

-
-

OK

**Endowment
funds
to nearest £**

-

**Current value
(optional)**

-

**Current value
(optional)**

-

-

**When due
(optional)**

--

Date of
approval

12/30/2022

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Accounts

Trustees' Annual Report for the period

From **1st April 2020 to 31st March 2021**

Charity name: Greater Manchester Eczema and Skin Support CIO

Charity registration number: 1189914

Objectives and Activities:

GMESS was set up as a charitable incorporated organisation (CIO) on 28th August 2020. GMESS aims to promote and protect the physical and mental health of sufferers of eczema and other inflammatory skin conditions in Greater Manchester through the provision of support, education and practical advice. The CIO also aims to advance the education of the general public in all areas relating to eczema and other inflammatory skin conditions.

Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.

Reference and Administrative details

Charity name	Greater Manchester Eczema & Skin Support CIO
Other name the charity uses	GMESS
Registered charity number	1189914
Charity's principal address	Zion Community Resource Centre 339 Stretford Road Hulme Manchester M15 4ZY

Structure, Governance and Management

Type of governing document:	Constitution - Foundation
How is the charity constituted?	Charitable Incorporated Organisation (CIO)

Contribution made by volunteers

GMESS had 1 volunteer in 2020-21, who was a participant with lived experience of eczema. The volunteer supported the group sessions and is training to become a group facilitator

Achievements and Performance

Participants

In 2020-21 GMESS has supported 13 Participants; 12 reported that they have eczema ranging between moderate and severe, 1 has reported as having severe psoriasis. 12 people reside in Manchester and 1 person, in Stockport. 5 participants are male and 8 female, with 8 participants from BAME communities. The participants access the follow support

Support Group

The first group meeting was held on 26/2/21, meetings are held on the 2nd and 4th Tuesday of each month. 7 participants have attended this year

WhatsApp Group

The Whats App group has been in place since 11th Jan 21, supported by our volunteer. This year 11 participants have accessed the group, for peer support

1-to-1 Support

GMESS has supported 6 participants in 1:1 sessions, using health coaching and motivational interviewing intervention techniques

Advice Line

Due to the nature of referrals and service user feedback the advice line is not needed, we will promote the service through email, phone and face to face engagement.

Healthy Skin Healthy Me Course

The first session of this 6-week course was held on 2nd Feb 20. There were 3 participants who attend, but not for the full 6 weeks. We are reviewed in the course for the future.

Marketing and Promotion

GMESS developed a marketing plan to promote the service and engagement with key stakeholders. GMESS produced 1000 posters and 10'000 flyers to cover the 10 GM boroughs, including direct engagement with 78 organisations across Manchester and Salford. There has been support offered to promote our services from 11 organisations. GMESS promoted the service on Facebook, in February 2021. The advert reached 4408 people, with 37 people engaging with the post. GMESS advertised on Legacy radio, for one week in February 2021.

Outcomes and Impact

GMESS was created in August 2020 and started to develop activity in February 2021. This period covers three months of activity and therefore there is not any outcome information available at this time

Funding

Big Life Centres

Before GMESS became a CIO, it facilitated support groups, in Kath Lock Centre, Manchester. The groups were funded by Age Friendly Manchester through Big Life Centres and at the end of the project £300 was left over. This funding was transferred to GMESS when it became an CIO

Community Fund

We received £10'000 on 13th Nov 2020 for a 6-month project Severe Skin Stress Support (S4).

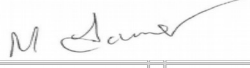
Forever Manchester:

We received £996 on 28th Jan for equipment and software to support the S4 project.

Financial Review

Charity's financial position at the end of the period. GMESS has funds to honour the funding agreements it has in place and seeks to secure more funding in the next financial year. GMESS does not currently have a reserves policy, this will be reviewed next year

2020-21 accounts

Greater Manchester Eczema and Skin Support (GMESS)					
Receipts and payments accounts					
For the period from	Apr-20	To	Mar-21		
Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
National Lottery	10,000	-	-	10,000	-
Big Life Centres	300	-	-	300	-
Forever Manchester	996	-	-	996	-
	-	-	-	-	-
Sub total (Gross income for AR)	11,296	-	-	11,296	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	11,296	-	-	11,296	-
A3 Payments					
Staffing cost	4,647	-	-	4,647	-
ICT	291	-	-	291	-
Publicity	30	-	-	30	-
Insurance	157	-	-	157	-
Sub total	5,125	-	-	5,125	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,125	-	-	5,125	-
Net of receipts/(payments)	6,171	-	-	6,171	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	6,171	-	-	6,171	-
Section B Statement of assets and liabilities at the end of the period					
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Bank	6,171	-	-	
	Total cash funds	6,171	-	-	
	(agree balances with receipts and payments account(s))	OK	OK	OK	
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B2 Other monetary assets	none	-	-	-	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
B3 Investment assets	none	0	-	-	
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	
B4 Assets retained for the	none	0	-	-	
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)	
B5 Liabilities	none	0	-	-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval	
		Simon Kweeday		30/12/2022	
		Marcella Turner		30/12/2022	
		Muhammed Shaikh		06/01/2023	

Trustee name	Office	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee
Simon Paul Kweeday	Chair	04/06/2020	Other trustees vote
Mohmed Hanif Bobat		17/02/2021	Other trustees vote
Marcella Angela Turner		28/08/2020	Other trustees vote
Muhammad Aurangzeb Shaikh		04/06/2020	Other trustees vote

Names of the charity trustees who manage the charity

Corporate trustees - names of the directors at the date the report was approved

- There are no corporate Trustees

Name of trustees holding title to property belonging to the charity

- There are no Trustees for the charity

Funds held as custodian trustees on behalf of others

- None

Name of chief executive or names of senior staff members

- Paul Mattis CEO

Exemptions from disclosure

- None

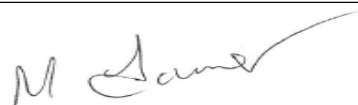
Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

**Muhammed
Shaikh**



Full name(s)

Muhammed Shaikh

MARCELLA TURNER

Position (eg
Secretary, Chair,
etc)

Trustee

TRUSTEE

Date

06-01-23

30/12/22

Greater Manchester Eczema and Skin Support (GMESS)

Receipts and payments accounts

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	(agree balances with receipts and payments account(s))		
		OK	OK
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		Fund to which asset belongs	Cost (optional)
B3 Investment assets	none	0	-
		Fund to which asset belongs	Cost (optional)
B4 Assets retained for the	none	0	-
		Fund to which liability relates	Amount due (optional)
B5 Liabilities	none	0	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
		Simon Kweeday	

Last year
to the nearest £

	-
	-
	-
	-
	-

-
-

-

-
-
-
-
-

-

-

-
-
-
-

**Endowment
funds
to nearest £**

-
-

OK

**Endowment
funds
to nearest £**

-

**Current value
(optional)**

-

**Current value
(optional)**

-

**When due
(optional)**

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Date of
approval

12/30/2022

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