

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

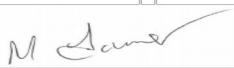
2020-21 accounts

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	-	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	none	0	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	none	0	-	-
		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

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to the nearest £

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996
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-
-

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)**

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Date of
approval

12/30/2022

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