

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:

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

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	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	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	
Categories	Details		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	
B1 Cash funds	Bank		34,189	-	-	
	Total cash funds		17,542	-	-	
	(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		-	-	-	
B3 Investment assets	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
	none		0	-	-	
B4 Assets retained for the charity's own use	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	
	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		28/05/2024	

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