

# British Association of Clinicians in ME/CFS (BACME)

England & Wales · Charity number 1193035

## Details

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Other names	BRITISH ASSOCIATION FOR CFS/ME (BACME), British Association of Clinicians in ME/CFS (BACME)
Status	Registered
Legal form	CIO
Registered	2021-01-08
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address** Paediatric and Adolescent Division  
University College Hospital London  
6th floor central  
250 Euston Road  
London  
NW1 2PG

**Phone** 02034475240

**Email** [a.gregorowski@nhs.net](mailto:a.gregorowski@nhs.net)

**Website** [BACME.info](http://BACME.info)

## Activities

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**Objects:** THE RELIEF OF SICKNESS FOR THE PUBLIC BENEFIT BY3.1 CHAMPIONING CLINICALLY EFFECTIVE PRACTICE IN TREATING CFS/ME AND OTHER PRIMARY FATIGUE CONDITIONS 3.2 DISSEMINATING OF RECENT EVIDENCE AND PRACTICE TO CLINICAL PRACTITIONERS3.3 PROVIDING EDUCATION AND TRAINING FOR MEMBERS RESPECTING UP-TO-DATE EVIDENCE AND BEST SHARED PRACTICE 3.4 ADVOCATING FOR EQUITY OF ACCESS AND EXCELLENCE IN THE PROVISION OF SERVICES 3.5 FACILITATING NETWORKING AMONGST CLINICIANS, RESEARCHERS AND PATIENTS 3.6 ADVOCATING FOR AND PROMOTING RELEVANT RESEARCH AND TO PUBLISH ALL USEFUL RESULTS ARISING FROM ANY RESEARCH SUPPORTED.

**Activities:** The Association champions clinically effective practice in treating ME/CFS and other primary fatigue conditions by supporting UK clinical professionals working in the field. It achieves this through the delivery of education and training, provision of information on clinically effective treatments and recent research, and networking opportunities. Activities can be accessed on line -BACME.info

## Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

- Northern Ireland
- Scotland
- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£13,243	£9,875	-	-
2024-03-31	£5,570	£8,079	-	-
2023-03-31	£42,749	£16,435	-	-
2022-03-31	£39,136	£8,614	-	-

## Trustees

Name	Role	Appointed
<b>Karen Anna Gregorowski</b>	Chair	2021-01-28
Charlotte Joanna Adler		2022-01-28
Christine Mary Oliver		2021-01-28
Deborah Karen Roberts		2021-01-28
Dr David William Vickers		2023-01-23
FIONA MCKECHNIE		2023-01-23
Katie Street		2022-02-02
Les Parry		2021-01-28
MARINA CLAIRE TOWNEND		2023-01-23
Rhonda Valerie Knight		2021-01-28

**British Association of Clinicians in ME/CFS (BACME)**

England & Wales - Charity number 1193035

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# Accounts

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Trustees' Annual Report for the period

From 1 April 2024 to 31 March 2025

Charity name: British Association of Clinicians in ME/CFS (BACME)

Charity registration number: 1193035

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The relief of sickness for public benefit by:</p> <ul style="list-style-type: none"><li>3.1 Championing clinically effective practice in treating ME/CFS and other primary fatigue conditions</li><li>3.2 Disseminating recent evidence and practice to clinical practitioners</li><li>3.3 Providing education and training for members using up-to-date evidence and best shared practice</li><li>3.4 Advocating for equity of access and excellence in the provision of services</li><li>3.5 Facilitating networking amongst clinicians, researchers and patients</li><li>3.6 Advocating for and promoting relevant research and to publish all useful results arising from any research supported</li></ul>
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.	Para 1.17 and 1.19	<p>BACME carried out its purposes for the public benefit and the relief of sickness through Board meetings, peer supervision and educational webinars, maintaining an up to date website, an annual conference, regular newsletters and collaboration with relevant organisations and patient groups.</p> <p>BACME membership is open to clinical professionals actively involved in providing care to people living with ME/CFS or working</p>

		<p>in services which provide healthcare to members of the public living with ME/CFS.</p> <p>BACME training events are primarily tailored for members. Conference is open to non-members who are professionals working in the field of ME/CFS. BACME provides a clear public benefit, the relief of sickness by supporting BACME members to deliver up to date, clinically effective treatment in the field of ME/CFS which reduces sickness by improving outcomes, quality of life and experiences for this patient group.</p> <p>All trustees have signed the statutory declaration regarding guidance issued by the charity commission on public benefit.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Each trustee attended training on the role of the trustee. This training is aligned with guidance issued by the Charity Commission on public benefit.

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	All members of BACME Board are volunteers.
Other		

## Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p><b>Summary of BACME key achievements and performance relating to BACME objectives in the relief of sickness for the public benefit.</b></p> <ol style="list-style-type: none"> <li><b>1. Championing clinically effective practice</b> <ul style="list-style-type: none"> <li>- BACME delivered regular training events to members including peer supervision webinars (4 per year) and training webinars on topics (6 per year).</li> <li>- BACME Board members took part in agreeing the final DHSC delivery plan for ME/CFS, which was published in 2025. BACME were also involved in dissemination and delivery of services in accordance with the plan.</li> <li>- BACME Chair was involved in heightening awareness of ME/CFS in national media on 3 occasions, including national television and radio.</li> <li>- BACME Board members, with other organisations, continued to provide feedback to NHS on the new e-learning modules on ME/CFS.</li> </ul> </li> <li><b>2. Dissemination of recent evidence &amp; practice</b> <ul style="list-style-type: none"> <li>- Peer Supervision &amp; topic based webinars</li> <li>- Newsletters &amp; Communications with BACME members</li> <li>- Annual conference (online) in May 2024, focused on the NICE guidelines for ME/CFS</li> </ul> </li> <li><b>3. Provision of education &amp; training</b> <ul style="list-style-type: none"> <li>- Peer review &amp; topic based webinars and journal clubs</li> <li>- Newsletters &amp; communications</li> <li>- Annual conference (online) in May 2024, focused on the NICE guidelines for ME/CFS</li> </ul> </li> <li><b>4. Advocating for equity &amp; excellence</b> <ul style="list-style-type: none"> <li>- All BACME activities</li> </ul> </li> </ol>

- Operating as a Charitable Incorporated Organisation
- National Services Survey
- Media presence

**5. Facilitating networking**

- Webinars
- Conference
- Initial networking with Clinical Post Covid Society with a view to closer working

**6. Advocate, promote and disseminate research**

- Newsletters & Communications
- Conference

The Annual General Report delivered in February 2025 shares BACME Board and Executive Team’s key achievements for 2024. At the AGM in February 2025, Chair Anna Gregorowski thanked those on Board for their continued dedication, hard work, and passion and other members for their contribution to the successful and challenging journey this past year.

**BACME Chair’s Report February 2025:**

It is again a great privilege to deliver the BACME Chair’s report highlighting the key outcomes of work undertaken by BACME Board and members over the past year. So much has been achieved be done to relieve suffering in people living with ME/CFS. This has been a very full year with key developments and much spotlight on ME/CFS particularly in the latter part of 2024 with the inquest into the death of Maeve Boothby O ‘Neill and the report and recommendations that followed. Those working in specialist services are acutely aware of the increase in the complexity of the needs of those living with ME/CFS and the many challenges that are present in ensuring that appropriate care and support is in place for those who are severely and very severely affected. There is much work yet to be done. Board members, all of whom work as clinicians in the field of ME/CFS and PPI members have worked extremely hard to deliver all that BACME has achieved this past year. Thank you to all who contributed to workstreams and to conference this past year. It is appreciated that

you have worked together, with many on Board collaborating with ME/CFS charities and national groups, to move towards our shared aim of improving the lives of those living with ME/CFS and the lives of their parents, partners and carers. Those on Board have given much time, expertise and so much of themselves to deliver in key areas. Many members too have joined in projects, attended webinars and thought together how best to take forward key areas of work. Thank you for the part you have played.

The PPI group has continued to work collaboratively, creatively and constructively to contribute their expertise at all Board and other meetings. They meet regularly as a group to work on specific areas that need addressing. The PPI group ensures that people living with ME/CFS are kept at the heart of all that BACME undertakes. This workstream is expertly led by Ceri Rutter who is handing over the lead role to Les Parry, with a transition over the next 6 months. Each of the four PPI trustees bring their lived experience, expertise and commitment to each BACME activity, in this way guiding the work of our charity and enhancing the work and effectiveness of BACME clinicians.

Charlie Adler has continued to lead the Education and Training workstream expertly and efficiently to deliver an impressive 10 BACME training events over the past year, a great achievement. A key Education and Training event was a fully subscribed virtual conference in May 2024. This event focused on delivering NICE compliant care and support to people living with ME/CFS. The day was very well organised by outgoing deputy chair Christine Oliver and proved a great success with attendees benefitting from all on offer including an opportunity to network.

Fiona McKechnie has taken on an Editorial Lead role for BACME and helped us to think more about the role of social media. E now have a BACME Linked In profile and a small working group to think about the ways that we communicate. Fiona has been leading on collating and delivering BACME Bulletins, each of which prove rich in information and include very helpful signposting.

Dr David Vickers ensures BACME's finances are in order and that BACME can meet its aims as a

charity from a financial perspective, his expertise is much appreciated. I am pleased to report that BACME is in a good financial position which allows much needed administrative support to continue. This support ensures we can function seamlessly, carry out our aims and objectives on a daily basis and be responsive to the many communications we receive. Many thanks to Rachel and Craig for your expert support. Work on the Therapies Guide has been diligently and quietly happening, in the background, with Dr Pete Gladwell expertly leading a small group of Board and other members to update the Therapies guide so it is fit for purpose and relevant for use in 2025 and beyond. Additionally, Pete has been working with Sarah Tyson on an outcome measures project, linking BACME with this important piece of work. Pete's intelligence and knowledge of when and how to bring BACME in is much appreciated. Many thanks to Pete for all he has done and is doing.

BACME Board members continued to attend the DHSC working group meetings which recently reached the task and finish stage. This work has proved significant, took much time and is leading to further pieces of work. Alongside this, BACME Board and other members have been helping develop the NHS England e-learning modules and providing feedback along the way and as this work nears completion. Two modules have been launched with one further to be developed and refined before it is ready to be launched.

Most recently, Board members met to update BACME's plan on a page, the 2025 to 2027 version will be shared soon. While we will continue to ensure we meet our four strategic priorities across financial growth and sustainability, marketing and visibility, training and education, and influence and innovation, there will be a focus on meeting the needs of children, young people and adults living with severe and very severe ME/CFS.

Many thanks to all Board members who have worked tirelessly, often with significant competing priorities, to deliver all we have collectively achieved this past year. I would now like to thank three Board members as they move on from BACME Board:

Many thanks to Christine Oliver, outgoing

		<p>deputy chair, who over many years in this role has led key projects, supported significant activities and transformed BACME, moving us to charity status and securing a lottery grant for a new website. Christine worked tirelessly and enthusiastically to achieve BACME's aims, always providing excellent and thoughtful support for me in the chair role, for this I am hugely grateful. Her vision and drive helped BACME become the charity it is today. Many and heartfelt thanks from all on Board, Christine.</p> <p>Many thanks too to Dr Pete Gladwell, a BACME trustee for the past three years. Pete's quiet leadership, deep intelligence and consistent and unassuming work led to an update of the Therapies Guide which is almost complete. Pete also contributed significantly to national work on ME/CFS outcomes, again work which is nearing completion. We are most fortunate to have benefitted from having Pete on Board and for the expert work he has carried out, many thanks, Pete.</p> <p>I am also going to thank Ceri Rutter, though she is not stepping down until July. Ceri has provided PPI leadership to BACME from the outset and developed a great PPI team. Ceri brought vision, expertise and a steady drive to the work of the PPI group and to the BACME Board. Ceri has given so much to BACME that it is hard to imagine BACME without you, Ceri.</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is dependent on membership income, and this has remained resilient.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	BACME holds £8000 in reserve for all eventualities and aims for the bank Balance to remain above £14000 which is the reserve plus forecast annual expenditure.
Amount of reserves held	Para 1.22	As above
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	BACME's principle source of funding is through membership fees and conference. BACME currently has around 200 professional members which generates an annual income in the region of £6000. BACME hold no materiel assets. BACME funds are used to pay for running costs of website, video conference platforms and self-employed BACME virtual administrators and on this occasion, a conference organiser.
Investment policy and objectives including any social investment policy adopted	Para 1.46	BACME does not have funds to invest in anything other than delivery of its objectives.
A description of the principal risks facing the charity	Para 1.46	Loss of membership. Currently the Trustees do not consider this a significant risk.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	BACME constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	BACME is an association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Trustees are appointed by an election process conducted at an AGM and in accordance with the BACME constitution.</p> <p>The following conditions are cited at section 12.2 of the BACME constitution;</p> <ul style="list-style-type: none"> <li>• Charity trustees must be a member of a professional body relevant to their professional role and deliver or support clinical care to people with ME/CFS. In the case of patient and carer representatives, trustees must have direct personal experience of the condition, either as a patient or carer and be affiliated with an ME/CFS service delivering care in line with BACME objects.</li> <li>• Charity trustees agree to uphold and support the BACME constitution.</li> <li>• Charity Trustees must hold current BACME membership and have been a BACME member for a minimum of 6 months prior to becoming a trustee</li> </ul>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Each new trustee attends BACME trustee training
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Board has a Chair; Deputy Chair; PPI Lead; Education and Training Lead; Editorial Lead; and Treasurer.
Relationship with any related parties	Para 1.51	BACME meets with patient charities on a regular basis; BACME attended monthly Forward ME (coalition of ME/CFS charities)

		meetings in this time period.
Other		

### Reference and Administrative details

Charity name	British Association of Clinicians in ME/CFS
Other name the charity uses	BACME
Registered charity number	1193035
Charity's principal address	Paediatric and Adolescent Division 6 <sup>th</sup> floor central 250 Euston Road London NW12PG

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Karen Anna Gregorowski	Chair		BACME AGM
2	Christine Mary Oliver	Deputy Chair	Until 3 February 2025	BACME AGM
	Marina Townend	Deputy Chair	From 3 February 2025	BACME AGM
3	David Vickers	Treasurer		BACME AGM
4	Ceridwen Rutter	Patient & Public Involvement Executive Lead	Until 3 February 2025	BACME AGM
	Les Parry	Patient & Public Involvement Executive lead	From 3 February 2025	
5	Charlotte Joanna Adler	Training & Education Executive		BACME AGM
6	Fiona McKechnie	Editorial Lead		BACME AGM
8	Marta Prytys	Non-executive Trustee		BACME AGM
9	Peter Gladwell	Non-executive Trustee	Until 3 February 2025	BACME AGM
11	Selwyn Richards	Non-executive Trustee	Until 3 February 2025	BACME AGM
12	Louise Humphrey	Non-executive Trustee		BACME AGM
13	Sheila Miller	Non-executive Trustee (PPI)		BACME AGM
14	Charley Wrey	Non-executive Trustee (PPI)		BACME AGM
16	Melissa Sargaison	Non-executive trustee		BACME AGM
17	Nigel Lewis-Carpenter	Non-executive Trustee (PPI)	From 3 February 2025	BACME AGM

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

<b>Director name</b>		



**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

**Additional information (optional)**

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

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**Other optional information**

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## Declarations

<b>The trustees declare that they have approved the trustees' report above.</b>		
<b>Signed on behalf of the charity's trustees</b>		
<b>Signature(s)</b>		
<b>Full name(s)</b>	Anna Gregorowski	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	29/01/2026	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

British Association for Clinicians in ME/CFS (BACME) 1193035

<b>Receipts and payments accounts</b>			
For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025

**CC16a**

### 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 £
<b>A1 Receipts</b>					
Balance forward	23,805	-	-	23,805	-
Membership and course fees	13,243	-	-	13,243	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>37,048</b>	<b>-</b>	<b>-</b>	<b>37,048</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>37,048</b>	<b>-</b>	<b>-</b>	<b>37,048</b>	<b>-</b>
<b>A3 Payments</b>					
Administration	3,497	-	-	3,497	-
Licences and fees	591	-	-	591	-
Conference expenditure	2,417	-	-	2,417	-
Website	3,370	-	-	3,370	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>9,875</b>	<b>-</b>	<b>-</b>	<b>9,875</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>9,875</b>	<b>-</b>	<b>-</b>	<b>9,875</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>27,137</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	27,137	-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>27,137</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	none		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
david vickers	david vickers	21/01/2026

**British Association of Clinicians in ME/CFS (BACME)**

England & Wales - Charity number 1193035

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# Accounts

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## Trustees' Annual Report for the period

From **1 April 2023** To **31 March 2024**

Charity name: **BACME (British Association of Clinicians in ME/CFS)**

Charity registration number: **1193035**

### Objectives and Activities

	SORP reference	
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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.	Para 1.17 and 1.19	<p>BACME carried out its purposes for the public benefit and the relief of sickness through Board meetings, peer supervision and educational webinars, maintaining an up to date website, an annual conference, regular newsletters and collaboration with relevant organisations and</p>

		<p>patient groups.</p> <p>BACME membership is open to clinical professionals actively involved in providing or supporting ME/CFS services which provide health care to members of the public living with ME/CFS.</p> <p>BACME training events are primarily tailored for members. Conference is open to non-members who are professionals working in the field of ME/CFS. BACME provides a clear public benefit, the relief of sickness by supporting BACME members to deliver up to date, clinically effective treatment in the field of ME/CFS which reduces sickness by improving outcomes, quality of life and experiences for this patient group.</p> <p>All trustees have signed the statutory declaration regarding guidance issued by the charity commission on public benefit.</p>
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	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p><b>Summary of BACME key achievements and performance relating to BACME objectives in the relief of sickness for the public benefit.</b></p> <ol style="list-style-type: none"> <li><b>1. Championing clinically effective practice</b> <ul style="list-style-type: none"> <li>- BACME delivered regular training events to members including peer supervision webinars (4 to 6 per year) and training webinars on topics (4 to 6 per year).</li> <li>- BACME Board members took part in three Department of Health and Social Care (DHSC) ME/CFS working groups (research; attitudes and education; and living with ME/CFS) in this way contributing to the DHSC delivery plan for ME/CFS.</li> <li>- BACME Board members, with other organisations, worked with NHS England and other organisations to provide feedback on 3 e-learning modules on ME/CFS.</li> </ul> </li> <li><b>2. Dissemination of recent evidence &amp; practice</b> <ul style="list-style-type: none"> <li>- Peer Supervision &amp; topic based webinars</li> <li>- Newsletters &amp; Communications with BACME members</li> </ul> </li> <li><b>3. Provision of education &amp; training</b></li> </ol>

- Peer review & topic based webinars
- Newsletters & communications

**4. Advocating for equity & excellence**

- All BACME activities
- Operating at a Charitable Incorporated Organisation
- National Services Survey

**5. Facilitating networking**

- Webinars

**6. Advocate, promote and disseminate research**

- Newsletters & Communications

The Annual General Report delivered in February 2024 shares BACME Board and Executive Team's key achievements for 2023. At the AGM in February 2024 Chair Anna Gregorowski thanked those on Board for their continued dedication, hard work, and passion and other members for their contribution to the successful and challenging journey this past year.

**Some achievements were highlighted:**

- Participation in national projects, most notably the Department of Health and Social Care working groups which each include BACME representation, contributing to the bigger picture for those living with ME/CFS across the UK.
- The second BACME National Services Survey, led by Dr Vikki McKeever.
- Developing BACME's plan on a page strategy for 2023-2025, with the aim of ensuring BACME remains sustainable, viable and relevant.

**National Services Survey, led by Dr Vikki McKeever:**

- provided an updated snapshot into the provision of specialist ME/CFS care across the UK.
- identified examples of good practice and highlighted areas where improvements are needed.
- data will be used to:
  - o contribute to political efforts focusing on improving the delivery of care to people living with ME/CFS;
  - o advocate for resources; and
  - o identify opportunities for further development of services and the provision of education and training.
- Key recommendations include ensuring:
  - o patient and carer experiences are used to inform development and service

improvements;

- o a specialist ME/CFS pathway and service specification is developed and standardised;
- o the number and quality of specialist services, including in-patient facilities, are increased;
- o ME/CFS education and specialist training is improved;
- o clinicians are supported to conduct clinical research;
- o meaningful clinical outcome measures are developed in collaboration with people with lived experience;
- o services consistently deliver high quality care that is of benefit to patients;
- o care and support plans are in place; and
- o there is continued promotion of an awareness of ME/CFS, with BACME collaboratively working with ME/CFS patient charities to improve the provision of care to people living with ME/CFS across the UK.

Anna thanked Vikki for expertly leading this work and to Board members who took part in this project and members and services who filled out the survey and assisted in additional ways.

**PPI Team, led by Ceri Rutter:**

- continued to meet monthly in 2023
- contributed to the revised Severely Affected Guide
- reviewed key documents
- contributed to BACME communication through developing and refining responses to FAQs, and providing regular and high-quality pieces for BACME Bulletins
- continued to seek new patient representatives, as part of working towards smooth succession planning (hope to secure a young adult patient representative later this year)
- continued to contribute to key conference planning
- shared examples of work, interviewed current members about their work and are developing an Oral History Project, to capture current and past work undertaken by practitioners in the ME/CFS field through recorded interviews (this forms part of an initiative to strengthen BACME's transparency).

Anna thanked Rhonda Knight and Kirsty Northcott for their enormous and valuable contributions to the PPI Group over many years. She welcomed a new PPI representative, Sheila Miller, and indicated that Deputy Chair Board, Christine supported this workstream in 2023 and will continue to be part of this workstream.

**Education and Training, led by Charlie Adler**

		<p><b>(previously Kirsty Northcott):</b></p> <ul style="list-style-type: none"> <li>• met quarterly in 2023</li> <li>• delivered six successful events in 2023: three peer supervision webinars; one conversation about care and support plans; a children and young person focused workshop; and a journal club.</li> </ul> <p>Anna explained this workstream saw a change in leadership in 2023, from Kirsty Northcott to Charlie Adler. She thanked Kirsty for her hard work in leading and transforming this workstream over many years and leaving a legacy of successful events and training models for use in the future.</p> <p>She thanked Charlie Adler for stepping seamlessly into the Education and Training Lead role, taking this on proactively and bringing her positive perspective to the role.</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is dependent on membership income, and this has remained resilient. This year has seen a small reduction in balance, which is expected as there was no conference held, which is the other main source of income.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	BACME holds £8000 in reserve for all eventualities and aims for the bank Balance to remain above £14000 which is the reserve plus forecast annual expenditure.
Amount of reserves held	Para 1.22	As above
Reasons for holding zero reserves	Para 1.22	Not applicable
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	BACME's principal source of funding is through membership fees . BACME currently has c200 professional members which generates an annual income in the region of £6000 BACME hold no materiel assets. BACME funds are used to pay for running costs of website, video conference platforms and self-employed BACME virtual administrators.
Investment policy and objectives including any social investment policy adopted	Para 1.46	BACME does not have funds to invest in anything other than delivery of its objectives.
A description of the principal risks facing the charity	Para 1.46	Loss of membership. Currently the Trustees do not consider this a significant risk.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	BACME constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	BACME is a CIO- Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>Trustees are appointed by an election process conducted at an AGM and in accordance with the BACME constitution.</p> <p>The following conditions are cited at section 12.2 of the BACME constitution;</p> <ul style="list-style-type: none"> <li>• Charity trustees must be a member of a professional body relevant to their professional role and deliver or support clinical care to people with ME/CFS. In the case of patient and carer representatives, trustees must have direct personal experience of the condition, either as a patient or carer and be affiliated with an ME/CFS service delivering care in line with BACME objects.</li> <li>• Charity trustees agree to uphold and support the BACME constitution.</li> <li>• Charity Trustees must hold current BACME membership and have been a BACME member for a minimum of 6 months prior to becoming a trustee</li> </ul>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Each new trustee attends BACME trustee training
The charity's organisational structure and any wider network with which the	Para 1.51	The Board has a Chair; Deputy Chair; PPI Lead; Education and Training Lead; Editorial Lead; and Treasurer. During this time period there were 4 PPI trustees including the PPI Lead and

charity works		
Relationship with any related parties	Para 1.51	BACME meets with 2 patient charities - Action for M.E. and the ME Association on a quarterly basis; BACME attended monthly Forward ME (coalition of ME/CFS charities) meetings in this time period.
Other		

### Reference and Administrative details

Charity name	BACME
Other name the charity uses	
Registered charity number	1193035
Charity's principal address	Paediatric and Adolescent Division 6 <sup>th</sup> floor central 250 Euston Road London NW12PG

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Karen Anna Gregorowski	Chair		BACME AGM
2	Christine Mary Oliver	Deputy Chair		BACME AGM
3	David Vickers	Treasurer		BACME AGM
4	Ceridwen Rutter	Patient & Public Involvement executive		BACME AGM
5	Charlotte Joanna Adler	Training & Education executive		BACME AGM
6	Fiona McKechnie	Editorial Lead		BACME AGM
7	Les Parry	Non-executive Trustee (PPI)		BACME AGM
8	Marta Prytys	Non-executive Trustee		BACME AGM
9	Peter Gladwell	Non-executive Trustee		BACME AGM
10	Marina Townend	Non-executive Trustee		BACME AGM
11	Selwyn Richards	Non-executive Trustee		BACME AGM
12	Louise Humphrey	Non-executive Trustee		BACME AGM
13	Sheila Miller	Non-executive Trustee (PPI)		BACME AGM
14	Charley Wrey	Non-executive Trustee (PPI)		BACME AGM
16	Melissa Sargaison	Non-executive trustee	Elected at AGM January 2024	BACME AGM

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

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	



## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

Karen Anna Gregorowski

Full name(s)

Karen Anna Gregorowski

Position (eg Secretary,  
Chair, etc)

Chair

Date

28/01/2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name	No (if any)
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## Receipts and payments accounts

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For the period from	4/1/2023 4/1/2023	To	Period end date 3/31/2024
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### 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 £
<b>A1 Receipts</b>					
Balance forward	26,314	-	-	26,314	-
	-	-	-	-	-
Membership fees	5,570	-	-	5,570	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>31,884</b>	<b>-</b>	<b>-</b>	<b>31,884</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>31,884</b>	<b>-</b>	<b>-</b>	<b>31,884</b>	<b>-</b>
<b>A3 Payments</b>					
Administration	6,065	-	-	6,065	-
Licence and fees	447	-	-	447	-
Miscellaneous	30	-	-	30	-
Meeting costs	1,537	-	-	1,537	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>8,079</b>	<b>-</b>	<b>-</b>	<b>8,079</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>8,079</b>	<b>-</b>	<b>-</b>	<b>8,079</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>23,805</b>	<b>-</b>	<b>-</b>	<b>23,805</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>23,805</b>	<b>-</b>	<b>-</b>	<b>23,805</b>	<b>-</b>

# 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 £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>23,810</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
David Vickers	David Vickers	1/26/2025

**British Association of Clinicians in ME/CFS (BACME)**

England & Wales - Charity number 1193035

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# Accounts

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# Trustees' Annual Report for the period

	Period start date				Period end date		
<b>From</b>	01	04	2022	<b>To</b>	31	03	2023

## Section A Reference and administration details

**Charity name** British Association of Clinicians in ME/CFS (BACME)

**Other names charity is known by** BACME

**Registered charity number (if any)** 1193035

**Charity's principal address** TRACCS, Paediatric and Adolescent Department,  
University College Hospital London, 6th floor central,  
250 Euston Road, London

**Postcode** NW1 2PG

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs Karen Anna Gregorowski	Chair		BACME AGM
2	Mrs Christine Mary Oliver	Deputy Chair & Treasurer	Stepped down as treasurer at AGM 23-01-2023	BACME AGM
3	Ms Deborah Karen Roberts	Board Secretary & Research executive		BACME AGM
4	Dr Victoria Louise McKeever	Information and communication executive	01-04-2022 to 23-01-2023 Stepped down at AGM	BACME AGM
5	Mrs Kirsty Northcott	Training & Education executive		BACME AGM
6	Mrs Ceridwen Rutter	Patient & Public Involvement executive		BACME AGM
7	Mrs Beverly Knopps	Non-executive Trustee		BACME AGM
8	Mrs Charlotte Joanna Adler	Non-executive Trustee		BACME AGM
9	Miss Rhonda Valerie Knight	Non-executive Trustee (PPI)		BACME AGM
10	Mr Les Parry	Non-executive Trustee (PPI)		BACME AGM
11	Dr Marta Prytys	Non-executive Trustee		BACME AGM
12	Mrs Katie Street	Non-executive Trustee		BACME AGM
13	Dr Peter Gladwell	Non-executive Trustee		BACME AGM

14	Mrs Deborah Gardner	Non-executive Trustee	01-04-2022 to 23-01-2023 Stepped down at AGM	BACME AGM
15	Mrs Louise Humphrey	Non-executive Trustee		Appointed by formal election at AGM 23 <sup>rd</sup> Jan 2023
16	Mrs Fiona Mckechnie	Non-executive Trustee		Appointed by formal election at AGM 23 <sup>rd</sup> Jan 2023
17	Dr David Vickers	Executive Trustee	Appointed as executive treasure at AGM 23-01-2023	Appointed by formal election at AGM 23 <sup>rd</sup> Jan 2023
18	Dr Selwyn Richards	Non-executive Trustee		Appointed by formal election at AGM 23 <sup>rd</sup> Jan 2023
19				
20				

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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## **Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by members at AGM

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees undertake Trustee training on induction and participate in updates at Board development days held every 12-18 months.

Trustee Training includes;

- BACME constitution including organisational purpose for the relief of sickness for public benefit.
- BACME Mission, Vision & Values
- The role of the Trustee in line with charity commission guidance.
- Committee on Standards in Public Life. May 31<sup>st</sup> 1995. (<https://www.gov.uk/government/publications/the-7-principles-of-public-life/the-7-principles-of-public-life--2>)
- Organisational structure
- Management of declarations of interest.
- Awareness of the need to safeguard members and volunteers in line with NHS policy
- Finance- current and forecast, any potential risks and ring-fenced reserves.
- Regular updates regarding organisational relationships and activities with patient charities and statutory bodies-such as DHSC, DWP, NHSE.

## Section C

## Objectives and activities

**Summary of the objects of the charity set out in its governing document**

The relief of sickness for the public benefit by:

- 3.1 Championing clinically effective practice in treating ME/CFS and other primary fatigue conditions.
- 3.2 Disseminating of recent evidence and practice to clinical practitioners.
- 3.3 Providing education and training for members respecting up-to-date evidence and best shared practice.
- 3.4 Advocating for equity of access and excellence in the provision of services.
- 3.5 Facilitating networking amongst clinicians, researchers, and patients.
- 3.6 Advocating for and promoting relevant research and to publish all useful results arising from any research supported.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

### **3.1 Championing clinically effective practice in treating ME/CFS and other primary fatigue conditions.**

- Webinar programme of monthly educational and supervision sessions
- BACME new website Bacme.info includes guidance on clinically effective practice.
- BACME conference 9<sup>th</sup> November 2023
- BACME bulletins
- BACME participation in DHSC national programme to improve care & experience of people living with ME/CFS and their carers.

### **3.2 Disseminating of recent evidence and practice to clinical practitioners.**

- Webinar programme of monthly educational and supervision sessions
- BACME new website Bacme.info launched September 2022 includes guidance on clinically effective practice.
- BACME conference 9<sup>th</sup> November 2023
- BACME bulletins

### **3.3 Providing education and training for members respecting up-to-date evidence and best shared practice.**

- Webinar programme of monthly educational and supervision sessions
- BACME new website Bacme.info launched September 2022 includes guidance on clinically effective practice and educational resources. New this year; Updated therapy guides, Care and support plan guidance and Primary care guidance.
- BACME conference 9<sup>th</sup> November 2023
- BACME bulletins

### **3.4 Advocating for equity of access and excellence in the provision of services**

BACME advocates for equity in access and excellence in service provision through all its activities. This includes liaison with partner organisations and statutory bodies. Currently there is no nationally adopted clinical pathway or service specification for ME/CFS which has led to disparity in service provision as demonstrated by BACME national services survey March 2019 <https://bacme.info/wp-content/uploads/2022/05/BACME-CFS-ME-National-services-survey-March19.pdf>

BACME would be delighted to lead on the development of a national care pathway and service specification in collaboration with patient charities if funding for this important work can be sourced.

### **3.5 Facilitating networking amongst clinicians, researchers, and patients.**

- Webinar programme of monthly educational and supervision sessions
- BACME new website Bacme.info launched September 2022 includes guidance on clinically effective practice and educational

resources. Includes member forums for discussion amongst peers.

- BACME conference 9<sup>th</sup> November 2023

### **3.6 Advocating for and promoting relevant research and to publish all useful results arising from any research supported.**

- Webinar programme of monthly educational and supervision sessions.
- BACME new website Bacme.info launched September 2022 includes guidance on clinically effective practice and educational resources and back catalogue of all BACME bulletins.
- BACME conference 9<sup>th</sup> November 2023
- BACME bulletins include a round up of all recent research.
- Member mailings regarding opportunities to participate in research programmes.

**All trustees have received training and have regard to the guidance issued by the Charity Commission on public benefit**

### **Additional details of objectives and activities (Optional information)**

BACME does not make grants  
BACME funds are invested solely in delivery of its objects and the running of the organisation.  
BACME Executive & non-Executive trustees are all volunteers.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year****Address delivered by BACME Chair; Anna Gregorowski at the BACME AGM Jan 2023**

It is again with great pleasure and pride to be here as BACME Chair to share the key achievements of the BACME Board and Executive team in 2022, all thanks to the creativity, dedication, hard work and passion of those on Board and other members who stepped forward and joined us on our successful and rewarding journey this past year. BACME has continued to deliver within the context of political change at home and abroad, and with ME/CFS and Long Covid populations and professionals working alongside and learning from each other in an extremely stretched NHS. This has led to challenges and opportunities.

At the AGM in early 2022, BACME members agreed a name change to become the 'British Association of Clinicians in ME/CFS'. This change occurred in response to the new NICE ME/CFS guideline and to more accurately describe who we are 'clinicians' and the context of specialist ME/CFS services we work in. From February, following a successful community lottery fund application, activity on our new website began. This has been a significant piece of work for BACME and our appointed external website team. BACME's new website went live towards the end of September, a great achievement and much needed initiative. Alongside website work, BACME Board members were invited in April to join the Department of Health and Social Care workstreams linked with the new ME/CFS Delivery Plan, BACME has had representation on each of the working groups. Work on BACME's Care and Support Plan templates, also in response to the new NICE ME/CFS guideline, began in February and completed with the launch of the care and support plan document in December. This initiative is in place to support people living with ME/CFS and professionals working in all services.

Over the summer and linked with readiness for the new website going live, the Therapy Guide was updated in August and Symptom Guide in September. A Primary Care guideline was added in December. All are valuable resources soon to be joined by updated guidance for clinicians working with people living with severe and very severe ME/CFS. There has been the bonus of translations of the Post Viral Fatigue guide into five additional languages occurred in September.

Another significant piece of work is updating the BACME National Services Survey, ongoing since July, with the DHSC joining this workstream in August. This survey is due to be launched soon, many thanks in anticipation for filling this out. We value your contributing to the work of BACME in this and other ways.

BACME's second virtual conference 'Post Exertional Malaise and Beyond' took place on 9 November 2022 and was a great success. Planning started in February and culminated in a day packed with patient contributions, high quality research, presentation of creative

and innovative concepts on a wide variety of topics using different presentation styles including music and poetry and much discussion. The day provided a great platform to generate ideas for future sharing of ideas and theories.

Alongside each of these events and key pieces of work, BACME membership has been steadily growing. The Board look forward to increased engagement and participation of our members, BACME is our organisation, and we are all here to support and learn from each other to improve the care of people living with ME/CFS in the UK. Another success lies in our being in a robust financial situation. This has enabled us to continue to deliver key objectives and to appoint a part time administrator to the Board, a post that is assisting us in organising regular Board meetings, delivering webinars and other training events and in carrying out key pieces of work.

I would like to take this opportunity to welcome our new administrator who comes with a portfolio of skills BACME will benefit from, we are delighted to have you and your expertise in BACME, thank you for joining us.

Many thanks are due to each Board member for the ways you have supported BACME through your Trustee positions and involvement in workstreams, this is highly valued and appreciated. Huge thanks too to each of the Executive Board members, Ceri Rutter for wisely and diligently leading our PPI work and team, Deb Roberts our Research Lead, and her team for delivery of an extremely high quality and informative BACME Bulletin three times a year, Deb is also outgoing Secretary, many thanks to Kirsty Northcott for leading a varied and rich Education and Training programme, a most valuable part of BACME's contribution to members. I would now like to thank two Board members without whose passion and drive, BACME would not be where we are. Christine Oliver is an expert, determined, most dedicated Deputy Chair with a keen sense of vision and drive to see projects to completion. Christine's application for lottery fund money resulted in our new website. Lastly, huge thanks to Dr Vikki McKeever, outgoing Executive Communications and Information Lead and our medical advisor. Vikki sends out key communications on a regular basis, led and is involved in key projects such as the development and launch of our new website, National Services survey and DHSC work, Vikki additionally produced many high-quality documents, most recently the Primary Care Guideline. Vikki has also taught on our webinar programme and assisted in every way possible in the delivery of key information for BACME. We are very glad you will be continuing to work on projects with us, Vikki but you will be very much missed on Board.

Lastly, it is with great pleasure that I welcome all new Board members joining from this evening. We are delighted to have such interest in BACME Trustee positions and look forward to working together over the next year.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

BACME holds £8000 in reserve for all eventualities and aims for the bank balance remain above £14000 which is the reserve plus forecast annual expenditure.

**Details of any funds materially in deficit**

Nil

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

BACME's principal source of funding is through membership fees which are £30 pp pa. BACME currently has c200 professional members which generates an annual income in the region of £6000 (minus payment platform fees- PayPal & Stripe)  
BACME conference Nov 2022 generated a profit of c£7000  
BACME hold no materiel assets.  
BACME funds are used to pay for running costs of website, video conference platforms and self-employed BACME virtual administrator.  
BACME does not have funds to invest in anything other than delivery of its objectives.

## Section F

## Other optional information



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## Section G

## Declaration

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Mrs Karen Anna Gregorowski	Mrs Christine Mary Oliver
<b>Position (eg Secretary, Chair, etc)</b>	Chair	Deputy Chair
<b>Date</b>	03/10/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name British Association of Clinicians in ME/CFS	No (if any) 1193035
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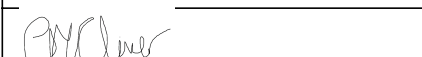
## Receipts and payments accounts

For the period from	Period start date 1/4/2022	To	Period end date 31/3/2023
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### 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 £
<b>A1 Receipts</b>					
Balance Brought Forward	30,522	-	-	30,522	-
Member Subscriptions & Conference Tickets	12,227	-	-	12,227	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>42,749</b>	<b>-</b>	<b>-</b>	<b>42,749</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>42,749</b>	<b>-</b>	<b>-</b>	<b>42,749</b>	<b>-</b>
<b>A3 Payments</b>					
New Website Costs	9,337	-	-	9,337	-
Membership Refund	25	-	-	25	-
Meetings Expenses	2,114	-	-	2,114	-
Virtual PA	3,045	-	-	3,045	-
Misc	100	-	-	100	-
Software Purchases/Subscriptions	1,774	-	-	1,774	-
ICO Fee	40	-	-	40	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>16,435</b>	<b>-</b>	<b>-</b>	<b>16,435</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>16,435</b>	<b>-</b>	<b>-</b>	<b>16,435</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>26,314</b>	<b>-</b>	<b>-</b>	<b>26,314</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>26,314</b>	<b>-</b>	<b>-</b>	<b>26,314</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	Total cash funds	26,314	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>26,314</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account (s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		ANNA GREGOROWSKI	25/9/2023	
		CHRISTINE MARY OLIVER	25/9/2023	

**British Association of Clinicians in ME/CFS (BACME)**

England & Wales - Charity number 1193035

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# Accounts

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# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	08	Jan	2021		31	March	2022

## Section A Reference and administration details

**Charity name** BACME British Association of Clinicians in ME/CFS (BACME)

**Other names charity is known by** BACME British Association for CFS/ME (BACME)

**Registered charity number (if any)** 1193035

**Charity's principal address** TRACCS, Paediatric and Adolescent Department,  
University College Hospital London, 6th floor central,  
250 Euston road, London  
**Postcode** NW1 2PG

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs Karen Anna Gregorowski	Chair		BACME AGM
2	Mrs Christine Mary Oliver	Deputy Chair & Treasurer		BACME AGM
3	Ms Deborah Karen Roberts	Board Secretary & Research executive		BACME AGM
4	Dr Victoria Louise McKeever	Information and communication executive		BACME AGM
5	Mrs Kirsty Northcott	Training & Education executive		BACME AGM
6	Mrs Ceridwen Rutter	Patient & Public Involvement executive		BACME AGM
7	Mrs Beverly Knopps	Non-executive Trustee		BACME AGM
8	Mrs Charlotte Joanna Adler	Non-executive Trustee		BACME AGM
9	Miss Rhonda Valerie Knight	Non-executive Trustee (PPI)		BACME AGM
10	Mr Les Parry	Non-executive Trustee (PPI)		BACME AGM
11	Dr Marta Prytys	Non-executive Trustee		BACME AGM
12	Mrs Katie Street	Non-executive Trustee		BACME AGM
13	Dr Peter Gladwell	Non-executive Trustee		BACME AGM
14	Mrs Deborah Gardner	Non-executive Trustee		Appointed by formal election at AGM on 28 <sup>th</sup> Jan 2021

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document  
(eg. trust deed, constitution)

BACME Constitution



BACME CIO  
Constitution Jan 2022

How the charity is constituted  
(eg. trust, association, company)

BACME is an association

Trustee selection methods  
(eg. appointed by, elected by)

Trustees are appointed by an election process conducted at AGM and in accordance with the BACME constitution.

The following conditions are cited at section 12.2 of the BACME constitution;

- Charity trustees must be a member of a professional body relevant to their professional role and deliver or support clinical care to people with ME/CFS. In the case of patient representatives, Trustees must have direct personal experience of the condition, either as a patient or carer and be affiliated with a chronic fatigue syndrome (ME/CFS) service delivering care in line with BACME objects.
- Charity trustees agree to uphold and support the BACME constitution.
- Charity Trustees must hold current BACME membership and have been a BACME member for a minimum of 6 months prior to becoming a trustee

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Trustee training presentation link below has been used to prepare Trustees for CIO status which was awarded by the Charity commission on the 8<sup>th</sup> January 2021

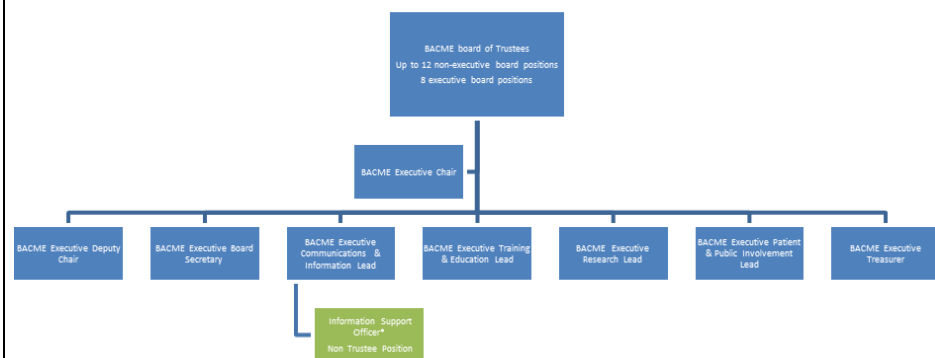
<https://e1.pcloud.link/publink/show?code=XZA1WmZhA5wqjnOLs0xi00orU8tDkG6W1dV>

Further in-depth trustee training has been delivered at a Board away day September 2021 and further training and development is planned for the forthcoming year

#### BACME conflict of interest policy

<https://e1.pcloud.link/publink/show?code=XZm1WmZ3SN3D1oiKv4E7K6v0ShwQS1wVrrk>

## BACME organisational structure



## Section C

## Objectives and activities

Summary of the objects of the charity set out in its governing document

The following is an extract from BACME constitution section 3:

The relief of sickness for the public benefit by:

- 3.1 Championing clinically effective practice in treating ME/CFS and other primary fatigue conditions
- 3.2 Disseminating of recent evidence and practice to clinical practitioners
- 3.3 Providing education and training for members respecting up-to-date evidence and best shared practice
- 3.4 Advocating for equity of access and excellence in the provision of services
- 3.5 Facilitating networking amongst clinicians, researchers and patients
- 3.6 Advocating for and promoting relevant research and to publish all useful results arising from any research supported

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

BACME carries out its purposes for the public benefit and the relief of sickness through board meetings, educational webinars, maintaining an up-to-date website, an annual conference, regular newsletters and collaboration with relevant organisations and patient groups.

BACME membership is open to clinical professionals who are actively involved in providing or supporting an ME/CFS service which provides health care to members of the public who have ME/CFS. BACME training events are primarily tailored for its membership. Conference is open to non-members who are professionals working in the field of ME/CFS. BACME provides a clear public benefit ; the relief of sickness by supporting BACME members to deliver up to date, clinically

effective treatment in the field of ME/CFS which reduces sickness by improving outcomes, quality of life and experiences for this patient group.

All trustees have signed the statutory declaration regarding guidance issued by the charity commission on public benefit.

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

The attached presentations have been delivered at the AGM on the 28<sup>th</sup> Jan 2021 and 2<sup>nd</sup> Feb 2022 and include a summaries of the main achievements of BACME during the year

<https://e1.pcloud.link/publink/show?code=XZhDWmZ1HERVpmxMwpGjm0lDnfgnSlolED7>

<https://e1.pcloud.link/publink/show?code=XZQDWmZSvDr5ihH8W8GOqMu6xfgAykdakUV>

### Summary of BACME key achievements and performance relating to BACME objectives in the relief of sickness for the public benefit.

#### 1. Championing clinically effective practice

- Post viral fatigue management guide
- BACME position paper- Dysregulation model
- Virtual conference May 2021
- Collated response to draft NICE ME/CFS guideline
- Webinar "A conversation about Long Covid"
- Successful Lottery Community fund grant 10k for new BACME website Jan 22

#### 2. Dissemination of recent evidence & practice

- Peer Supervision & topic-based webinars
- Dissemination of BACME position paper
- Newsletters & Communications with BACME members
- Dissemination of NICE response to members
- Virtual conference May 2021

#### 3. Provision of education & training

- Peer review & topic-based webinars
- Newsletters & communications
- Virtual conference May 2021

#### 4. Advocating for equity & excellence

- All BACME activities
- Becoming a Charitable Incorporated Organisation

#### 5. Facilitating networking

- Webinars
- BACME Executive members attending CMRC conference
- Virtual conference May 2021

#### 6. BACME Chair is a CMRC Associate Board member

#### 7. Advocate, promote and disseminate research

- Newsletters & Communications

### Chairs report

It is with great pleasure and pride that I am writing this report as BACME Chair to share what we have collectively achieved and the ways we met

our overall objective of the relief of sickness during 2021. The BACME Board works as a remarkable team, each Executive member and Trustee bringing unique skills and strengths to the table while recognising and respecting each other's talents and showing kindness to each other. It is not surprising to me that the work of BACME continued and transformed during this time of global uncertainty and BACME met all key objectives. Our first aim of relieving sickness by championing clinically effective practice in treating ME/CFS and other primary fatigue conditions including long covid has been met as follows: in response to the pandemic, BACME, in collaboration with the York fatigue service, published a post viral fatigue guideline intended for use by all affected by post viral fatigue and professionals working in this field, many thanks to Dr Vikki McKeever, Executive Communication and Information Lead, for facilitating this work; the BACME Board held a number of extraordinary meetings to agree a position paper on key evidence based treatments for ME/CFS, thank you for to all Executive Team members and trustees involved in this process; BACME delivered webinars on significant and relevant topics including Virtual working with individual patients and groups during the Covid period and on Dysregulation theory and translating this into practice, many thanks to Kirsty Northcott, Executive Training and Education Lead for ensuring a continued programme of relevant and timely Education and peer supervision webinars; in December 2020 BACME submitted an extensive, collaborative response regarding the draft NICE ME/CFS guideline, many thanks to the NICE response team, thank you again to Vikki, Deb Roberts BACME Executive Board Secretary and Research lead, Ceri Rutter Patient and Public Involvement Lead working with Rhonda Knight and Les Parry, to Trustee Dr Pete Gladwell, and all who gave their time to assist with the completion of this response. We received many thanks from members for doing this.

Dissemination of recent evidence and practice occurred through regular peer supervision, topic-based education webinars, the dissemination of a position paper, our first and very successful virtual conference May 2021 and regular newsletters and key messages sent to members during the year. Vikki works extremely hard and seemingly tirelessly to ensure timely and pertinent communication with members while Deb working with Rhonda and Emily Tims ensure newsletters are high quality, evidence based and sent out at regular intervals. Collating and disseminating the position paper, a BACME Board team effort, ensured being up to date with most recent relevant research as did the collation of a high-quality NICE response representative of members and services. Thank you to many BACME members for providing material for this response.

We continued to advocate for equity of access and excellence in the provision of ME/CFS services in 2021. Becoming a Charitable Incorporated Organisation on January the 8<sup>th</sup> 2021 will ensure we can work with services at a more strategic level in more and effective ways. While this is a team achievement, it would not have happened without the determination and attention to detail provided by BACME Executive Deputy Chair and Finance Lead, Christine Oliver. Thank you very much for continuing to keep focussed on this goal when other Executive members were working on the position paper, NICE response, and webinars. Christine has an extraordinary capacity for multitasking and seemingly boundless energy, a very good combination for excellent outcomes.

We were delighted to be awarded a lottery community fund grant of £10,000 in January 2022 which has been put to excellent use in the procurement and design of a new BACME website. This website will

## Section D

## Achievements and performance

facilitate all BACME's key objectives through a modern and intuitive new platform.  
Regular peer supervision webinars provided the vehicle for on-going facilitation of networking amongst clinicians.  
In October 2021 the BACME board held their first board development day Face to Face in Birmingham. At this event, the decision to change BACME organisational name from "The British Association of CFS/ME" (BACME) to "The British Association of Clinicians in ME/CFS" (BACME) was agreed to better reflect our charitable purpose, membership and in line with the recently published NICE Guidance (NG206). As BACME Chair, I continue to be part of the MERC, allowing for collaboration between organisations. Executive Research Lead, Deb Roberts ensured that we continue to advocate for and publish all useful results arising from research supported by BACME, through publication in BACME bulletin. Throughout this past year we have been lucky to have three patient / carer representatives involved in each outcome achieved by BACME Board, many thanks to Ceri Rutter, Rhonda Knight and Les Parry for the experience, insight, and wisdom you bring to BACME Board, this is most valuable.  
Many thanks too to the quieter members of BACME Board who have worked in the background picking up essential tasks whenever required, Charlie Adler, Bev Knopps, Katie Street, Peter Gladwell, Debbie Gardner, Les Parry, Marta Prytys and Jayne Woodcock. A big thank you too to Harpinder Aujla, information support officer working with Vikki. Pinda has been instrumental in looking after membership information and the BACME website, working with Vikki and Christine.  
Overall, this has been an excellent year for BACME with an increase in membership, participation, and engagement. BACME has been approached by a number of organisations to explore increased collaboration. We look forward to another productive year in 2022/3. Next steps include the launch of our new website in September 2022 and virtual conference in November 2022, updating and producing new guidance to further support members, ensuring an on-going programme of webinars and similar educational events, forming young people's and severely affected advisory groups and another year of what we hope will be increased membership, paying particular attention to less represented professional groupings while keeping patients, carers, and representatives at the heart of all we do.

BACME Chair Anna Gregorowski

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

The charity aims to maintain reserves for the following.  
- Contingency fund reserve £8000

### Details of any funds materially in deficit

The BACME account is not in deficit and continues to generate a small but healthy profit.

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

BACME hold no material assets in terms of buildings, IT hardware or any type of equipment.

BACME does not pay any person on the board of trustees. All positions held are delivered on a voluntary basis or as a very small proportion of their professional roles.

Our 2020 conference had to be cancelled due to COVID -19 and the £9195 conference fees received have either been refunded or held over for attendance at BACME's virtual conference in May 2021.

BACME's main income is from membership fees and main expense is maintenance and development of BACME's website currently provided by Circle. However, the recent lottery community fund award of £10,000 will be used to procure and design a new BACME website.

BACME's May 2021 virtual conference generated a profit of £6000 for reinvestment in BACME activities for the relief of sickness for public benefit.

BACME have not increased membership fees for several years and an increase of £5 on our membership fees would increase income by around £1000 per year. This is planned for September 2022 when the new BACME website is expected to go live.

Increasing BACME membership by 20% would increase income at current rates by around £800 per year. It is hoped that this will be achieved by raising the profile of BACME and communicating all the benefits that BACME has to offer. The more professionals in the field of ME/CFS BACME can reach, the better able we will be to deliver BACME purpose of "the relief of sickness" for patients with ME/CFS.

BACME is led and delivered by professionals in the field of ME/CFS on a voluntary basis with some executive trustees having a few hours a week of their professional roles dedicated to this. Considering any income generation initiatives for the benefit of BACME members and the delivery of its purpose, needs to be considered carefully in the light of this.

Thought will need to be given with regards to paying for services such as webinar speakers and administrative support. Members' views would be very welcome on this dialogue as we move forward as an organisation.

## Section F

## Other optional information

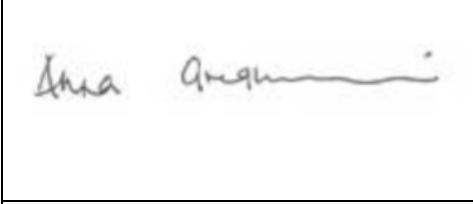
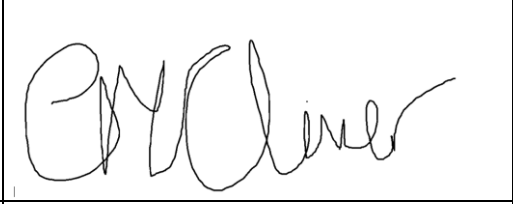
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## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
	Full name(s) ANNA GREGOROWSKI	CHRISTINE MARY OLIVER
Position (eg Secretary, Chair, etc)	BACME CHAIR	BACME DEPUTY CHAIR & TREASURER
	Date 19/01/2023	

## Receipts and payments accounts

For the period from	Period start date	To	Period end date
	08/01/2021		31/03/2022

### 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 £
<b>A1 Receipts</b>					
Balance Brought Forward	15,788	-	-	15,788	-
Member Subscriptions	6,509	-	-	6,509	-
Cheque Donation	103	-	-	103	-
Lottery Grant	10,000	-	-	10,000	-
Expenses Repaid	111	-	-	111	-
Tickets sold for Conference	6,625	-	-	6,625	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>39,136</b>	<b>-</b>	<b>-</b>	<b>39,136</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
	-	-	-	-	-
<b>Total receipts</b>	<b>39,136</b>	<b>-</b>	<b>-</b>	<b>39,136</b>	<b>-</b>
<b>A3 Payments</b>					
Website Costs	4,653	-	-	4,653	-
Membership Refund	25	-	-	25	-
Meetings Expenses	3,632	-	-	3,632	-
Conference Refunds	120	-	-	120	-
Misc	184	-	-	184	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>8,614</b>	<b>-</b>	<b>-</b>	<b>8,614</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
	-	-	-	-	-
<b>Total payments</b>	<b>8,614</b>	<b>-</b>	<b>-</b>	<b>8,614</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>30,522</b>	<b>-</b>	<b>-</b>	<b>30,522</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>30,522</b>	<b>-</b>	<b>-</b>	<b>30,522</b>	<b>-</b>

## 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 £
<b>B1 Cash funds</b>	Total cash funds	30,522	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>30,522</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		<b>Unrestricted funds to nearest £</b>	<b>Restricted funds to nearest £</b>	<b>Endowment funds to nearest £</b>
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>		-	-	
		-	-	
		-	-	
		-	-	
		-	-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		ANNA GREGOROWSKI	19/01/2023	
		CHRISTINE MARY OLIVER	19/01/2023	