

Trustee's Annual Report

Charity Name: FibroSupport-Wales

Charity No: 1193505

Period From: 1st April 2022 **To:** 31st March 2023

Incorporated Charitable Organisation

Structure, Governance & Management

	<u>SORP Reference</u>	
<i>Introduction</i>		<i>The trustees are pleased to present the annual trustee report and the financial statements for FibroSupport-Wales for the financial year ending 31st March 2023.</i> <i>Our financial accounts for this annual report are dated the 1st April 2022 – 31st March 2023.</i>
<i>Charity Name</i>		<i>FibroSupport-Wales</i>
<i>Type of Governing Document</i> <i>(trust deed, royal charter)</i>		<i>Constitution</i>

How is the Charity constituted? (e.g unincorporated association, CIO)		<i>Incorporated Charitable Organisation</i>
Charities operational address		<i>29 Heol-Y-Mynydd Bargoed Mid Glamorgan CF81 8QG</i>
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		<i>Election to post</i>
Banking Details		<i>Lloyds Bank</i>

Objectives and Activities

	<u>SORP Reference</u>	
Summary of the purposes of the charity as set out in its governing document		<i>To relief the needs of those with Fibromyalgia in Wales through the provision of information and support to individuals suffering from fibromyalgia and their families and carers</i>
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.		<i>Providing information and support to those living with Fibromyalgia through support booklets and providing an advocacy service. We support many client s through the use of our social media channels and advice line. We also have a website full of support and information on a range of topics.</i>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit		<i>FibroSupport-Wales work with regards to the guidance published by the Charity commission on public benefit</i>

Additional Information (optional)

You may choose to include further statements where relevant about:

	<u>SORP Reference</u>	
Policy on grant making		N/A
Policy on social investment including program related investment		N/A
Contribution made by volunteers		All activities are carried out by our volunteers who commit their own time in order to support others who are living with Fibromyalgia. Our team also manages all social media channels and websites and responds to all requests via all channels whether this be via Facebook, Twitter, email etc. We also have a team member who manages our information line. Our team also deals with all requests for food bank referrals, fuel vouchers for those who are

		experiencing fuel poverty and use pre-payment meters, heat fund support for those who are in fuel poverty and use off grid fuel supply to heat their homes as well as sim cards for those who are in data poverty and supporting clients with Discretionary Assistance Fund applications
Other		

Achievements and Performance

	<u>SORP Reference</u>	
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.		During the period of 1 st April 2022 – 31 st March 2023 Fibrosupport managed to achieve its primary aims and objectives and supported a number of clients with many different aspects of our aims and objectives and took on a number of different schemes to further

		support clients with the cost-of-living crisis. During this period, we have started to do food bank referrals with the Trussell Trust and have also partnered with Ful Bank Foundation to offer support to those who are in fuel crisis and on pre-payment meters through the use of fuel vouchers and also the eat fund support for those who also use off grid fuel source to heat their home. We have also started to offer sims pre-loaded with data, calls and texts with support of Vodafone. We have expanded our support to and have extended our opening hours and have made use of social media where possible to reach a much wider range of clients
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Additional Information (optional)

You may choose to include further statements where relevant about:

	<u>SORP Reference</u>	
Achievements against objectives set		FibroSupport-Wales. continues to deliver our main aims and objectives as set out within our charitable objectives.
Performance of fundraising activities against objectives set		FibroSupport-Wales has made a big drive to use online platforms to try and drive n fundraising efforts with the use especially of social media for example Facebook fundraisers.
Investment performance against objectives		N/A
Other		

Financial Review

	<u>SORP Reference</u>	
Review of the charity's financial position at the end of the period		At the end of the financial period FibroSupport-Wales has £1145.50 to carry over into the next financial year of unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held		<u>N/A</u>
Amount of reserves held		<u>N/A</u>
Reasons for holding zero reserves		FibroSupport-Wales doesn't hold any reserves as all funds are unrestricted at this present time.
Details of fund materially in deficit		<u>N/A</u>
Explanation of any uncertainties about the charity continuing as a going concern		<u>N/A</u>

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Additional Information (optional)

You may choose to include further statements where relevant about:

	<u>SORP Reference</u>	
The charity's principal sources of funds (including any fundraising)		FibroSupport-Wales main source of funding is from private donations from platforms such as Facebook.
Investment policy and objectives including any social investment policy adopted		FibroSupport-Wales does not have an investment policy.
A description of the principal risks facing the charity		Inability to attract funding to fund every day running costs. Most grant funding bodies fund capital costs and not everyday revenue costs associated with running a charity.
Other		

Additional Information (optional)

You may choose to include further statements where relevant about:

	<u>SORP Reference</u>	
Policies and procedures adopted for the induction and training of trustees		FibroSupport-Wales follow the Charity Commission guidance
The charity's organisational structure and any wider network with which the charity works		Our trustees make key decisions within the charity with respect to day to day running and key policies and procedures held by the charity. Our other operational work is done by our volunteers under supervision and guidance of our trustees
Relationship with any related parties		FibroSupport-Wales works with other partners and charities to ensure efficiency in our objectives
Other		

Names of 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)
Steffan McMahon	Chair		
Rebecca McMahon			
Joanne Murray			

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

Directors Name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustees Name	Dates acted if note for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional Information (Optional)

Name and address 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

<u>N/A</u>

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)

A handwritten signature in dark ink, appearing to be 'S. McMahon', is written on a light gray background. The signature is fluid and cursive, with a large initial 'S' and a trailing flourish.

Full Name

Steffan McMahon

Position (e.g., Secretary, Chair, etc)

Chair

Date

04th February 2024

Financial Details

Charity Name: FibroSupprt-Wales

Charity No: 1193505

Account Period: 1st April 2022 – 31st March 2023

Cfward year ending 31stMarch 2022: £734.54

Money In

	<u>Apr</u>	<u>May</u>	<u>Jun</u>	<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Mar</u>
<u>Per Month</u>	£60.06 <i>Plus £734.54 Cfwd From last financial year</i>	£68.07	£96.07	£1.60	£62.99	£52.00	£85.63	£138.48	£3.20	£182.53	£29.00	£24.20
<u>Yearly</u>							Total In:	£803.82		Total with last financial year. cfwd:	£1538.36	

Money Out

	<u>Apr</u>	<u>May</u>	<u>Jun</u>	<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Mar</u>
<u>Per Month</u>	£7.00	£26.20	£16.60	£16.60	£16.60	£16.60	£206.46	£16.60	£16.60	£16.60	£7.00	£7.00
<u>Yearly</u>										Total Out:	£369.86	

Money cfwd to 23-24 financial yr: £1,145.50

Petty Cash: £0

PayPal: £13.85

Safe: £0

Signature of Trustees: Steffan McMahon, Rebecca McMahon & Joanne Murray