

Hope 4 ME & Fibro Northern Ireland

Northern Ireland · Charity number 100184

Details

Status Received

Registered 2014-07-01

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address 25 Mcshanes Road
Bessbrook
Newry
County Down.
BT35 7Lz
BT35 7LZ

Phone 07712892834

Email hope4mefibro@outlook.com

Website hope4mefibro.org

Activities

Purposes: The Association has been established for the relief and protection and promotion of people suffering from, or recovering from, M.E and Fibromyalgia (hereinafter called “the conditions”), and their families/carers, without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion, by associating with statutory authorities, community and voluntary organisations and the inhabitants in a common effort for the advancement of education among sufferers, carers and the general public about the effects of the conditions in Newry and Mourne (hereinafter called “the area of benefit”) and in particular: a) to foster an atmosphere of mutual support and encouragement among people suffering from the conditions and their families/carers, and to encourage them to provide mutual support and encouragement to each other b) to raise awareness for the benefit of the public of the effects of the above named conditions, and methods of management of the conditions.

What the charity does: The advancement of education, The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works:

Advice/advocacy/information, Disability, Medical/health/sickness, Research/evaluation, Volunteer development

Who the charity helps: Carers, General public, Mental health, Physical disabilities, Voluntary and community sector

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£21,400	£21,859	£0	0

Trustees

Name	Role	Appointed
Miss Rachel Carlisle		
Mr Hugh Boyle		
Mrs Catherine Lynch		
Mrs Eilidh Gilmore		
Mrs Joan Mcparland		
Mrs Linda Campbell		

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Accounts

HOPE 4 ME & FIBRO NORTHERN IRELAND**FINANCIAL STATEMENT 1ST APRIL 2024 TO MARCH 2025**

RECEIPTS	Restricted	Unrestricted	Total
Membership	0.00	2,030.76	2,030.76
Donations	0.00	8,022.76	8,022.76
Fundraising	0.00	10,466.55	10,466.55
Conferences & Meetings	0.00	99.95	99.95
HMRC Charities Gift Aid	0.00	780.18	780.18
	0.00	0.00	0.00
	0.00	0.00	0.00
	0.00	0.00	0.00
	0.00	0.00	0.00
	£0.00	£21,400.20	£21,400.20
PAYMENTS			
Conferences & Meetings	0.00	6,933.78	6,933.78
Equipment	0.00	187.10	187.10
Membership & Subscriptions	0.00	175.88	175.88
Telephone	0.00	645.00	645.00
Postage	359.20	227.47	586.67
Fundraising	0.00	882.59	882.59
UC Berkely Foundation	0.00	970.30	970.30
Printing & Stationery	849.80	1,374.46	2,224.26
Bank Charges	0.00	70.33	70.33
Accounts Fee	0.00	100.00	100.00
Website Costs	0.00	275.00	275.00
Insurance	0.00	596.55	596.55
CPD Certification Service	0.00	600.00	600.00
Press Campaign	0.00	2,536.38	2,536.38
Computers & Software	0.00	337.16	337.16
Travel	0.00	739.10	739.10
QAVS Badges	0.00	261.59	261.59
Promotion & Publicity	0.00	743.94	743.94
ME Research UK	0.00	2,500.00	2,500.00
Heat & Light	0.00	100.00	100.00
Paypal Fees	0.00	77.56	77.56
CALM App	0.00	123.94	123.94
Vouchers	0.00	192.00	192.00
	0.00	0.00	0.00
	£1,209.00	£20,650.13	£21,859.13
Excess of Paymentss over Receipts	-£1,209.00	£750.07	-£458.93
ACCUMULATED FUND			
Balance as at 1st April 2024	1,209.00	23,394.52	24,603.52
Surplus/Deficit for the Year	-1,209.00	750.07	-458.93
Balance as at 31st March 2025	£0.00	£24,144.59	£24,144.59
REPRESENTED BY			
Bank Current Accounts	0.00	22,813.81	22,813.81
Paypal Account	0.00	1,330.78	1,330.78
	£0.00	£24,144.59	£24,144.59

In my opinion, from the records and books I received, the above Financial Statement gives a true and fair view of the state of Hope 4 ME & Fibro Northern Ireland's financial position for the year ended 31st March 2025

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Accounts

HOPE 4 ME & FIBRO NORTHERN IRELAND

FINANCIAL STATEMENT 1ST APRIL 2023 TO MARCH 2024

RECEIPTS	Restricted	Unrestricted	Total
Membership	0.00	2,256.00	2,256.00
Donations	0.00	4,390.13	4,390.13
Fundraising	0.00	7,911.30	7,911.30
Conferences & Meetings	0.00	807.31	807.31
HMRC Charities Gift Aid	0.00	927.60	927.60
Clothes Bank	0.00	44.00	44.00
Hospital Saturday Fund	2,000.00	0.00	2,000.00
Printing & Stationery	0.00	90.00	90.00
Miscellaneous	0.00	100.25	100.25
	£2,000.00	£16,526.59	£18,526.59
PAYMENTS			
Conferences & Meetings	0.00	6,500.42	6,500.42
Equipment	0.00	817.87	817.87
Membership & Subscriptions	0.00	243.87	243.87
Telephone	0.00	505.17	505.17
Postage	542.00	475.62	1,017.62
Volunteer Travel Expenses	0.00	408.20	408.20
UC Berkely Foundation	0.00	1,511.37	1,511.37
Printing & Stationery	219.00	1,524.92	1,743.92
Bank Charges	0.00	77.40	77.40
Facebook Charges	0.00	12.00	12.00
Accounts Fee	0.00	150.00	150.00
Design Costs	0.00	100.00	100.00
Website Costs	0.00	50.00	50.00
Wifi Costs	0.00	187.20	187.20
Professional Fees	0.00	240.00	240.00
Insurance	0.00	579.00	579.00
Gifts	0.00	23.69	23.69
CPD Certification Service	0.00	600.00	600.00
Miscellaneous	0.00	100.25	100.25
Banner	30.00	0.00	30.00
Fundraising	0.00	83.15	83.15
Paypal Fees	0.00	66.25	66.25
CALM App	0.00	102.70	102.70
Vouchers	0.00	528.00	528.00
Consultation Fee	0.00	45.00	45.00
	£791.00	£14,932.08	£15,723.08
Excess of Receipts over Payments	£1,209.00	£1,594.51	£2,803.51
ACCUMULATED FUND			
Balance as at 1st April 2023	0.00	21,800.01	21,800.01
Surplus for the Year	1,209.00	1,594.51	2,803.51
Balance as at 31st March 2024	£1,209.00	£23,394.52	£24,603.52
REPRESENTED BY			
Bank Current Accounts	1,209.00	21,737.44	22,946.44
Paypal Account	0.00	1657.08	1,657.08
	£1,209.00	£23,394.52	£24,603.52

In my opinion, from the records and books I received, the above Financial Statement gives a true and fair view of the state of Hope 4 ME & Fibro Northern Ireland's financial position for the year ended 31st March 2024

Marian Shields
Marian Shields
Independent Examiner
11th July 2024

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Annual report



Trustee Annual Report April 2023 – March 2024

Thanks to our dedication of our volunteers and supporters, the charity has been able to continue to offer extensive services and support to our members as restrictions are eased from the worst of the pandemic. To accommodate our members who are unable to travel we have continued the majority of our services online with monthly meetings, craft classes and coffee afternoons, delivered by Zoom. This year our volunteers in Belfast, Lurgan and Portstewart organised in person meet-ups, giving a welcome opportunity for old and new friends to catch up! The online monthly meetings have the added advantage that our bed and house-bound members, all over N.I. and Ireland, are able to join in or watch back when health allows.

We are very grateful to the growing number of fundraisers and supporters who make it possible for the charity to continue offering support to patients who suffer from M.E., Fibromyalgia and Long Covid and to enable the charity to continue providing free educational programs and information packs to healthcare providers.

World M.E. Alliance

We were honoured to be accepted as associate members of World M.E. Alliance, a unique alliance of 21 M.E. organisations from around the world. Membership is made up of senior leads/representatives from National M.E. organisations, working together to achieve change for people with M.E. at a national and international level.

Hope 4 M.E. & Fibro Northern Ireland Charity Trustee and Committee Members

- Coordinator & Treasurer Mrs. Joan McParland (2011)
- Chairperson: Mrs. Linda Campbell (2022)
- Vice-treasurer: Mr. Hugh Boyle (2011)
- Member Secretary: Mrs. Catherine Lynch (2015)
- Parent Rep: Mrs. Eilidh Gilmore (2013)
- Admin Support &
Zoom Meetings Coordinator: Ms. Rachel Carlisle (2022)

Sub-committee Members
(Previously volunteers)
(Formally elected to sub-committee 2022 AGM)

Volunteer Advisor
 Annual Fundraiser
 Coin Collection Boxes Fundraiser (Bessbrook)
 Coin Collection Boxes Fundraiser (Portstewart).
 Craft Group Coordinator
 Craft Group Support/severe M.E. Liaison
 Craft Group/Admin support.

Mrs. Anne Norrie
 Gary Campion
 Jill Freeburn
 Heather Ward
 Claire Kennedy
 Aileen McCullough
 Kathryn McGowan

April Monthly Meeting

Queens University Belfast, research opportunity for our members on Fibromyalgia

Tuesday 4th April 2023
Zoom Monthly Meeting

Hope
4
ME & Fibro
Northern Ireland

6.45pm.....Charity Updates
7.00pm Speaker presentation
7.45pm....Question & Answer
Close

Fibromyalgia: The Vicious Cycle – A qualitative approach investigating individuals who struggle to live with Fibromyalgia.

Presented by
Kyla Clements
MSc. Clinical Health Psychology
Queen's University Belfast

12th May 2023 Annual Conference for Healthcare Providers (in-person)

The Department of Health has reviewed and formally endorsed the:
New NICE Guidelines for ME/CFS
 to be applicable in Northern Ireland. (19th January 2022)

Hope 4 ME & Fibro N.I., fully supports the new guideline and has organised this conference to update healthcare professionals.

ME/CFS is a neurological disease (WHO classified), but is no longer a diagnosis of exclusion.

NICE
 "Do not offer people with ME/CFS any therapy based on physical activity or exercise as a treatment or cure for ME/CFS."
 "Recognise that people with ME/CFS may have experienced prejudice and disbelief and feel stigmatised by people who do not understand their illness."

Supported by the new guidance in place in Northern Ireland, our expert speakers will explore how past and present obstacles for early diagnosis and early intervention, must finally be overcome. Delegates will also learn of the many resources and opportunities the charity has to offer for co-production and towards 'delivering together'.

Department of Health 'Health and Wellbeing: Delivering Together', "This work places a strong emphasis on ensuring the user's voice is heard, as they will play a key role in developing and implementing new services and care pathways". <https://www.health-ni.gov.uk/publications/health-and-wellbeing-2023-delivering-together>

Hope 4 ME & Fibro Friday 12th May 2023
 Long Gallery, Parliament Buildings Stormont, Belfast. *6.00pm – 9.00pm
 *6.00pm - 6.50pm: Pre-conference Buffet & Networking

'Delivering Together'
 New NICE Guidelines for ME/CFS-

 Exploring Patient Safety &
 Healthcare Inequalities

Who is this event for? - All health and social care students and professionals, including those working or providing input into educational and occupational health services. Commissioners.

Eventbrite Tickets E35 — Healthcare Students FREE
<https://www.eventbrite.co.uk/e/delivering-together-new-nice-guidelines-for-mechs-tickets-52218334343?>

*See ticket option to pre-book a viewing of 'Discover M.E.' Virtual Reality Experience

Event sponsored by Paula Bradshaw MLA

CPD Certified

CPD CERTIFIED
 The CPD Certification Service

The content of the following has been certified by The CPD Certification Service as conforming to Continuing Professional Development principles

'Delivering Together'- New NICE Guidelines for ME/CFS Exploring Patient Safety & Healthcare Inequalities
 12 May 2023
 MEMBER
 HOPE 4 ME & FIBRO NORTHERN IRELAND (017157)

Date: June 2023 Certificate No: 41738

The CPD Group, 88 Longwalk Road, London W15 3QR
 E-mail: info@cpd.co.uk Web: www.cpd.co.uk
 Tel: 020 8400 4200



Videos of speaker's sessions are available on our Website under 'Conferences' section. The highlight of the evening was that the two universities in Northern will be including M.E. education into the curriculum by using our 'Discover ME Experience' including information packs. CPD certificates were issued to all attendees. The closing slides from the universities below!

Plans for new content



- Year 5 Primary care rotation
- Case-based discussion based on 'Discover ME', and experience of real patients seen by students in practice
- Focus on attitudes, and management as per NG206.



Thank you for your partnership with us in training
"tomorrow's doctors"



Craft Group members provided a very moving display of their work, focused on visually depicting PEM (Post-Exertional Malaise)

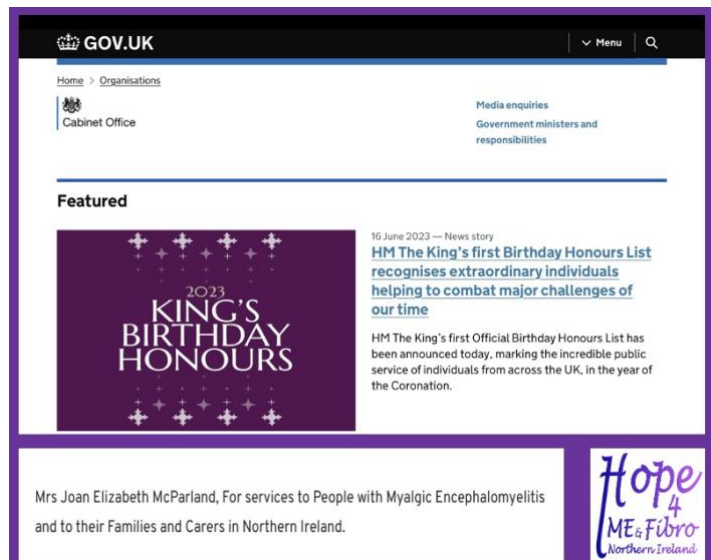


To mark International ME and Fibromyalgia Awareness Day, various Council buildings were lit up blue!

In May 2023, Mrs. Joan McParland, our charity Founder, was awarded an MBE in the King's first Birthday Awards.

“For services to people with Myalgic Encephomyelitis and to their families and carers in Northern Ireland”

We are delighted with this recognition from the Government Cabinet Office in what we believe to be a first for Myalgic Encephomyelitis advocacy in the U.K.



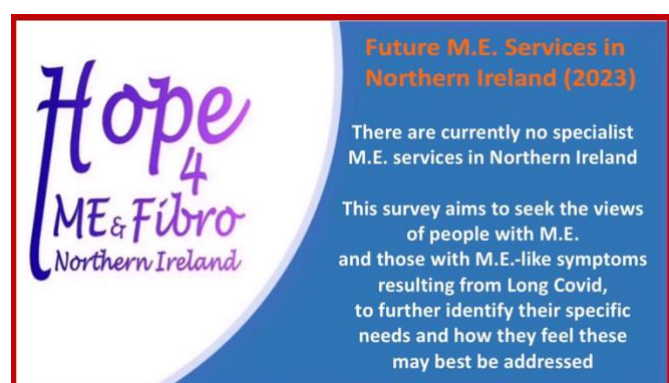
Tuesday 6th June Monthly Meeting

New in-person Coffee & Chat Meetings hosted in Belfast, Lurgan and Portstewart!



July 2023

In 2020, the Charity carried out a survey to assess patients needs and preferences, if an ME Support Clinic were to be established within Primary Care with a supportive Multi Disciplinary Team. There were many interesting results from this survey, which have been relayed in many circles since. It was always the intention to repeat and update this survey.



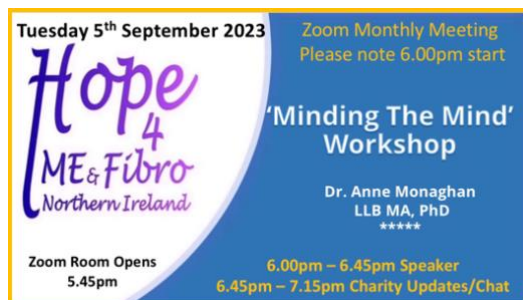
We are pleased to announce and share the link below with you, for the 2023 ME Survey: 'Future ME Services in Northern Ireland'. This has been developed in light of our very recent successful ME Conference, the new NICE Guideline for ME/CFS, our aim to meet with PHA Commissioners, and our endless push to establish Specialist ME services in NI.

We hope to use the results to positively influence the PHA and Commissioners of Healthcare Services in Northern Ireland. Please help us to progress such discussions, by giving us your views and experiences, as to how you would like to shape ME Services in Northern Ireland!

Read 'Future M.E. Services in Northern Ireland' (2023) full document here-
<https://1drv.ms/w/s!AjEToPrFeTbvpgGFYNheo0bz7cj6>

No online Monthly Meetings in July or August to accommodate charity event planning

September Monthly Meeting



Dr. Anne Monaghan Workshop 'Minding the Mind' Focusing on supporting mental health whilst living with chronic illness.

26th September - Teams meeting Hope and Dominica Gilroy from the Public Health Agency N.O., re Opioid Improvement Collaborative - seeking our views and input.

October Newry Conference

We were delighted to bring Dr. Weir to Newry, to join us in celebrating Joan's MBE award and to catch up with new research developments!

Lorraine Henry Lead O.T. in the only M.E. Condition Management Programme in the Northern Trust, also provided patient management advice along with Linda and Joan giving an overview of M.E., Fibromyalgia and Long Covid, and what the charity is doing to address the lack of specialist services and the issues faced by patients.



November Monthly Meeting



Dr. Pamela Bell provided an update on services and issues specific to Fibromyalgia management.

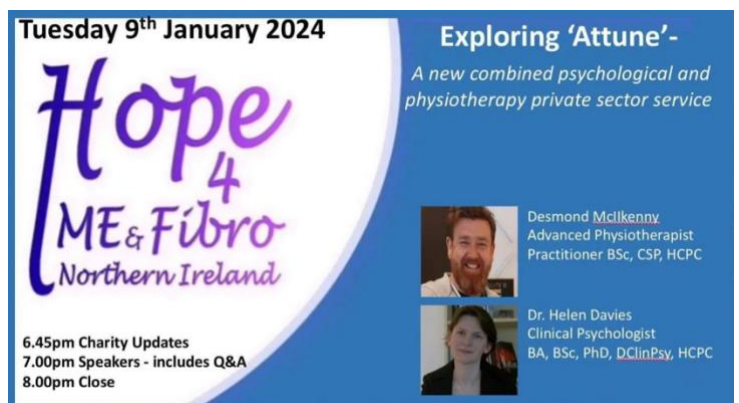
December Celebrations

The charity hosted two Christmas celebration events, in-person in Newry and online! Members were treated to festive music by the Ceili Chairde Music Group, we are grateful to our member Bernadette Smyth who is a member of and secured the group this year again!



February Monthly Meeting

Dr. Helen Davies and Desmond McKenny have an overview of their new combined 'Attune' clinic based in Moira.



Zoom Monthly Meeting

Hope
4
ME & Fibro
Northern Ireland

6.45pm Charity Updates
7.00pm Speaker
Includes Q & A
8.15pm Close

Tuesday 6th February 2024

Disability Action Facilitator
Norma Kelly



Disability Advice Service
&
Employment Advocacy programme

February Monthly Meeting

Disability Action Facilitator and member, Norma Kelly explained the help and support offered by the organisation.

March Monthly Meeting

Members requested guided breathing and meditation guidance provided by facilitator Becca from 'Rise Wellness' N.I. Centre.

Zoom Monthly Meeting

Hope
4
ME & Fibro
Northern Ireland

6.45pm Charity Updates
7.00pm Speaker
Includes Q & A
8.15pm Close

Wednesday 6th March 2024

Guided Breathing &
Meditation Session



Delivered by Becca
Specialist Facilitator
Rise Wellness N.I.

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Annual return

I report on the accounts of Hope 4 ME & Fibro Northern Ireland for the year ended 31st March 2024.

As the Charity Trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

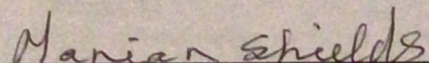
It is my responsibility to:

- examine the accounts under Section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

I have examined your Charity Accounts as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Charity Trustees concerning any such matters.

I have completed my examination and have no concerns in respect of the matters and in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



Marian Shields

Independent Examiner

11th July 2024

4 Archdale
Millvale Road
Bessbrook
Newry
Co. Down
BT35 7NN

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Accounts

HOPE 4 ME & FIBRO NORTHERN IRELAND

FINANCIAL STATEMENT 1ST APRIL 2022 TO MARCH 2023

RECEIPTS	Restricted	Unrestricted	Total
Membership	0.00	2,110.28	2,110.28
Donations	0.00	3,491.48	3,491.48
Fundraising	0.00	6,962.21	6,962.21
Transfer from John Moores Account	0.00	268.48	268.48
Transfer from Paypal Account	0.00	2,800.00	2,800.00
Charities Trust	1,000.00	0.00	1,000.00
Black Santa Award	0.00	850.00	850.00
Transfer from Fundraising Account	6.33	0.00	6.33
Christmas Dinners	0.00	115.00	115.00
	£1,006.33	£16,597.45	£17,603.78
PAYMENTS			
Conferences & Meetings	0.00	2,441.23	2,441.23
Equipment	0.00	1,100.28	1,100.28
Telephone	0.00	448.68	448.68
Printing & Stationery	0.00	2,895.17	2,895.17
Postage	0.00	991.30	991.30
Fundraising	0.00	270.37	270.37
Bank Charges	41.37	80.89	122.26
Membership & Subscriptions	0.00	183.88	183.88
Flowers	0.00	44.75	44.75
Travel & Subsistence	0.00	259.69	259.69
UC Berkely Foundation	0.00	824.93	824.93
Meditation Classes	0.00	120.00	120.00
Accounts Fee	0.00	150.00	150.00
Heat & Light	0.00	100.00	100.00
Computers & Software	0.00	267.19	267.19
Facebook Charges	0.00	36.00	36.00
World ME Alliance	0.00	300.00	300.00
Christmas Dinners	595.71	424.29	1,020.00
Insurance	0.00	619.73	619.73
CALM App	304.29	14.49	318.78
Covid Recovery	100.00	0.00	100.00
Transfer to John Moores Account	0.00	6.33	6.33
Transfer to Fundraising Account	268.48	2,800.00	3,068.48
Volunteer Costs	743.17	0.00	743.17
Training	56.70	0.00	56.70
Paypal Fees	0.00	49.51	49.51
	£2,109.72	£14,428.71	£16,538.43
Excess of Receipts over Payments	-£1,103.39	£2,168.74	£1,065.35
ACCUMULATED FUND			
Balance as at 1st April 2022	1,103.39	19,631.27	20,734.66
Surplus for the Year	-1,103.39	2,168.74	1,065.35
Balance as at 31st March 2023	£0.00	£21,800.01	£21,800.01
REPRESENTED BY			
Bank Current Accounts	0.00	20,858.45	20,858.45
Paypal Account	0.00	941.56	941.56
	£0.00	£21,800.01	£21,800.01

In my opinion, from the records and books I received, the above Financial Statement gives a true and fair view of the state of Hope 4 ME & Fibro Northern Ireland's financial position for the year ended 31st March 2023

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Annual report



Trustee Annual Report 2022 – 2023

Thanks to our dedication of our volunteers and supporters, the charity has been able to continued to offer extensive services and support throughout the difficulties and restrictions caused by the pandemic. The majority of our services have remained online with monthly meetings, craft classes and coffee afternoons, delivered by Zoom. This has the added advantage of our bed and house-bound members, all over N.I. and Ireland, being able to join in or watch back when health allows.

We are very grateful to the growing number of fundraisers who make it possible for the charity to continue offering support to patients who suffer from M.E., Fibromyalgia and Long Covid and to continue providing free educational programs and information packs to healthcare providers.

We are associate members of World M.E. Alliance, unique alliance of 21 ME organisations from around the world. Our membership is made up of senior leads/representatives from national ME organisations, working together to achieve change for people with ME at a national and international level.

Our campaign for specialist NHS services for M.E. continues, through lobbying politicians and liaising with HSC officials, and academics in N.I.'s two universities to provide specific training on M.E. to be included in the medical curriculum.



The charity a member of the CPD Certification Service, in preparation for our 2023 in-person conference for healthcare providers, to be held in May and future, planned events. CPD stands for Continuing Professional Development and is the term used to describe the learning activities professionals engage in to develop and enhance their abilities. CPD is a holistic approach towards the enhancement of personal skills and proficiency throughout a professional's career.

Charity Trustee and Committee Members

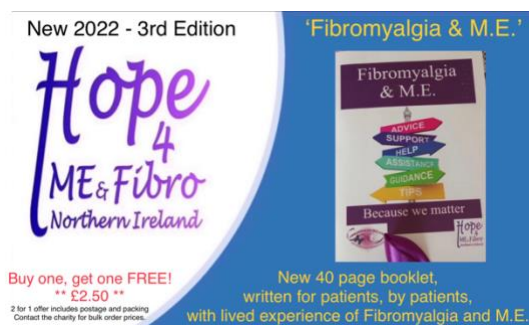
- **Chairperson & Healthcare Professional Education Officer:** Mrs. Linda Campbell (2022)
- **Treasurer & Coordinator:** Mrs. Joan McParland (2011)
- **Vice-treasurer:** Mr. Hugh Boyle (2011)
- **Membership Secretary:** Mrs. Catherine Lynch (2017)
- **Parent Rep:** Mrs. Eilidh Gilmore (2014)
- **Admin Support & Zoom Meetings Coordinator:** Ms. Rachel Carlisle (2022)

Sub-committee Members (Volunteers, formally elected to sub-committee January 2022 AGM)

- **Volunteer Adviser.** Mrs. Anne Norrie
- **Press Officer / Fundraiser** Gary Campion
- **Coin collection boxes/fundraiser (Bessbrook & Newry).** Jill Freeburn
- **North Coast Hub and Fundraiser** Heather Ward
- **Lurgan Hub** Rosalind McKinley
- **Craft Group Coordinator** Claire Kennedy
- **Joint Craft Group Coordinator/Severe M.E. Liaison** Aileen McCullough.

A key activity of the Charity is supporting members with monthly meetings where we invite keynote speakers to provide members with information to help manage their illness

We produced a third edition of our joint booklet with Gemma Flood, Coordinator of 'Fibromyalgia Ireland.' The booklet is a collection of self-help tips, compiled by M.E., Fibromyalgia and Long Covid patients, for patients!



The HOPE online Craft Group is also helping address isolation and inspire a growing number of members to share and learn new creative talents.

The HOPE Coffee & Chat Zoom meetings continue to be popular for peer support and online socialising.



A number of Zoom meeting were held with representatives from **CAPITA** to discuss the difficulties faced by M.E., Fibromyalgia and Long Covid patients when applying for health related benefits.



We were delighted that various N.I. health departments agreed to share the first ever designated World M.E. Day 2022 by sharing link to our partner organisation World M.E. Alliance website!

Detailed below is a list of the monthly meetings held from April 2022 to March 2023.

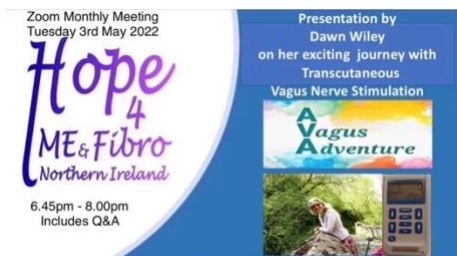


5th April 2022

Speaker – Joan Crawford Chartered Counselling Psychologist

– Practitioner Psychologist HCPC Registration

Topic – A reflective space to share feelings, garner hope and collectively come together to share hopes and fears.



3rd May 2022

Speaker – Dawn Wiley

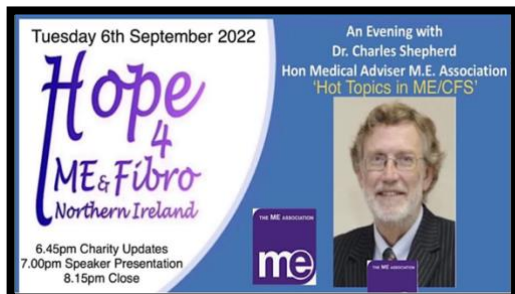
Topic – A presentation by Dawn Wiley on her exciting journey with Transcutaneous Vagus Nerve stimulation.

7th June 2022

Speaker – Ashley Montgomery Advanced Practitioner Physiotherapist

Pain Management Pain Clinic Ulster Hospital

Topic – Me and What Matters



6th September 2022

Speaker – Dr Charles Shepherd Hon Medical Adviser M.E.

Association

Topic – 'An evening with Dr Charles Shepherd

22nd September 2022

Volunteer Rosalind McKinley launched and hosted a new Lurgan Hub Topic – Tea & Chat Self Help Group. Thanks to volunteer Rosalind McKinley New Lurgan Branch Leader for facilitating this monthly event.



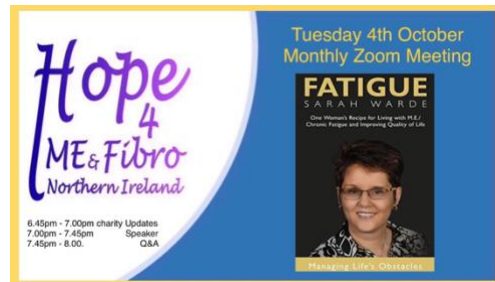
August - September 2022 (online)

Speaker – Sinead McParland Promoting Wellbeing Division Southern Health and Social Care Trust
Topic – Chi ME



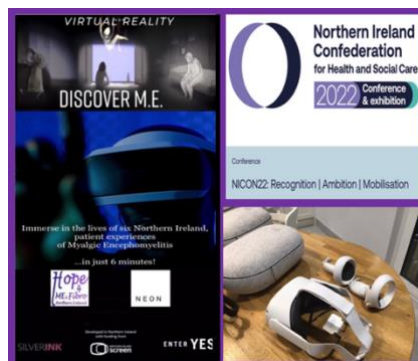
4th October 2022

Speaker – Sarah Warde
Author of new book on managing fatigue



20th October 2022 NICON (Northern Ireland Confederation for Health and Social Care) Annual Conference

We launched 'Discover M.E. Experience' at NICON 22 first in-person conference for healthcare providers since the pandemic. Delegates watched 'Discover ME' film via virtual reality headsets, on average rated the film 9/10 for raising awareness of the lived experience of ME/CFS. (Max score was 10 being excellent)



1st November 2022

Innovation Recovery facilitator provided an informative session focused on ‘Getting a Good Night’s Sleep’



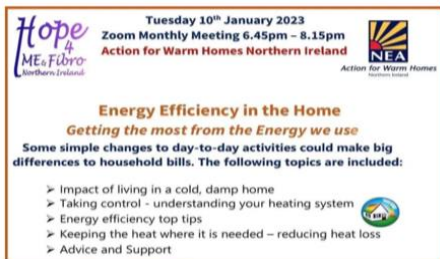
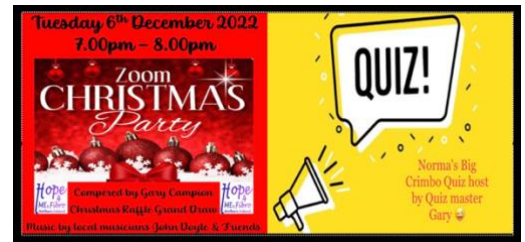
November 2023 Newry Mourne and Down District Council kindly hosted an official celebration event to mark the charity being awarded the Queen’s Award for Voluntary Services.

December 2022 Annual Christmas Party

Volunteer Gary Campion compared our annual Online Christmas party and quiz. Christmas dinners were provided for house/bed bound members.

PHA Warm Packs we’re provided to members in the NMDD Council areas.

1 year **FREE** subscriptions were provided to members wishing to use **CALM App for improving self-management.**



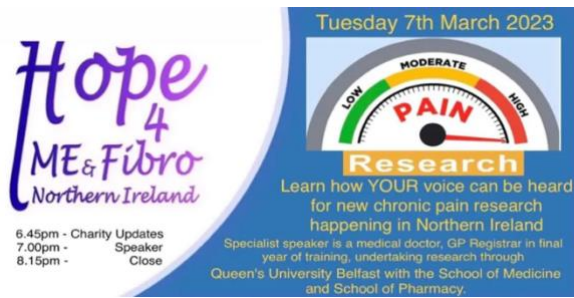
10th January 2023

Topic- Action for Warm Homes facilitated a session on energy efficiency in the home.

Tuesday 7th February 2023

An introduction to PATTERNS App, a self-help, management tool for pain.



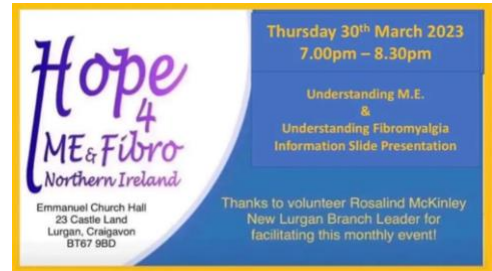


Tuesday 7th March 2023

Queens University Belfast, School of Medicine and School of Pharmacy research information and recruitment session.

30th March 2023

Lurgan Hub meeting topic, Understanding M.E. and Fibromyalgia slide presentation.



I wish to offer my sincere thanks as Founder of the Charity in 2011, to the Trustees, Committee and Sub-committee, who all work tirelessly, on a voluntary basis, to raise awareness and provide educational events for healthcare providers on behalf of the patients we represent. Our governance committee is made up of patients and our family members, without whom, none of what we do would be possible.

Keep up to date with the charity work and services here: <https://hope4mefibro.org/>

This report has been compiled by Mrs. Joan McParland MBE and content agreed by all Trustees. 31/07/2023

Hope 4 ME & Fibro Northern Ireland

Northern Ireland - Charity number 100184

Annual return

I report on the accounts of Hope 4 ME & Fibro Northern Ireland for the year ended 31st March, 2023.

As the Charity Trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

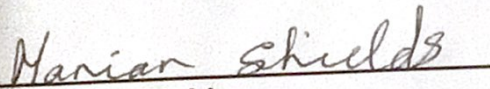
It is my responsibility to:

- examine the accounts under Section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

I have examined your Charity Accounts as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as Charity Trustees concerning any such matters.

I have completed my examination and have no concerns in respect of the matters and in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.



Marian Shields

Independent Examiner

30th June 2023

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Millvale Road
Bessbrook
Newry
Co. Down
BT35 7NN