



More Than Fibro - SCIO

Trustees' Annual Report

16th June 24 - 16th June 25

Charity contact information



More Than Fibro

Scottish Charity Number: SC051049

2B The Circle

69-71 Aberdalgie Road

Easterhouse

Glasgow

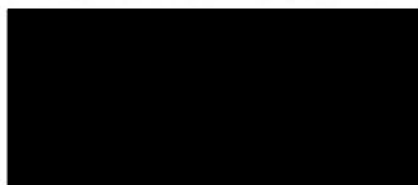
G34 9HJ



www.morethanfibro.org

Charity Trustees

Name all of your charity trustees for the period, and the date they left if they were not in post for the whole year.



Objectives and activities

More Than Fibro was set up to offer support to those living with Fibromyalgia and their families, all board members live with Fibromyalgia and have experienced social isolation, lack of support and awareness of the condition and we all have a passion to change things for others living with the condition.

Our aims as per our constitution are as follows:

- 1.1 The relief of financial hardship among people living with or caring for people with Fibromyalgia through support to access benefits, grants, and services
- 1.2 To promote the physical and mental health of sufferers of Fibromyalgia across Scotland through the provision of support, education, and practical advice
- 1.3 To advance the education of the public in all areas relating to Fibromyalgia
- 1.4 To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society.

To fulfil these aims, we have support on all social media channels, we have numerous in person community support meetings, we run virtual coffee chats, we attend events to raise awareness and funds, we offer advocacy support both in person and remotely, we run walking groups during spring and summer, subsidised reiki sessions and we offer volunteering opportunities to our members.

By carrying out these activities we are helping all members of the Fibromyalgia community to build links and support networks with fellow sufferers, support for families and carers to create more education and understanding. Opportunities to support others through volunteering, better health, and wellness both mentally and physically through support meetings, reiki, and walking groups.

Increased financial security by helping members access benefits and entitlements.

Structure, governance, and management

Our governing document is a two-tier constitution.

Trustee recruitment and appointment

Our board of trustees has remained stable throughout the year.

While all board members have Fibromyalgia, we do bring a diverse range of skills and life experiences that have been utilised to help the charity progress.

Achievements and performance

There have been many achievements in the past year that have contributed to the charities overall performance.

These Include:

The opening of our hub, a first of its kind place where members can visit for support and advice, a year earlier than planned and this has had huge successes with members coming from Inverness, Kircaldy and even some American and Australian visitors, and have given out in excess of 1000 info packs

Our helpline launched this year and we continue to promote this in order to increase calls.

Continuation of our subsidised Reiki sessions which are now running at capacity on a fortnightly basis.

We continue to work with the fuel bank to offer fuel vouchers for those experiencing fuel poverty.

We are now based in 3 shopping centres with regular stalls and events for awareness and fundraising.

We attended the World Pipe Band championships, the Mela festival, Dundee and Perthshire pride sadly this year they were seriously affected by the Scottish weather in terms of footfall and fundraising. Stirling pride was a great event and we made great links for going forward

Our advocacy service continues to be the busiest service we run and we now have Megan on our team as a dedicated advocacy worker with great outcomes.

Our membership has passed 13551 across our social media platforms.

We ran our 4th awareness week in May where we were gifted our own table and benches in the forge shopping centre mall to encourage people to talk and raise awareness of fibromyalgia

We have our leaflets and information on display in hospitals and GP surgeries, we continue to receive referrals from GP and community link practitioners.

We have continued our link with the Scottish Government Cross Party for Chronic Pain as patient advocates, and this is providing an opportunity to get our members voices heard to help improve services across Scotland.

Financial review

Please see overleaf profit and loss statement and cash flow statement.

Statement of the charity's policy on reserves

We would aim to hold in reserve 3 months of running costs, currently we are unable to maintain this, but it continues to be a goal.

Donated facilities and services

We don't pay stall fees to Seasonal events when we work with them.

We get our Clydebank stalls at a reduced rate

Our Chapelhall meeting runs at free room hire

Our website support is provided at a reduced fee

We have our forge stall running upstairs every Saturday at no cost.

Cash Summary

More Than Fibro SCIO

For the year ended 15 June 2025

2025

Income

Donations Non Restricted	2,631.46
Grants Restricted	230.00
Grants Unrestricted	8,580.00
HUB Income from fundraising unrestricted	19,421.87
Income from fundraising unrestricted	12,056.41
Interest Income	44.10
Other Revenue	51.56
Sales	1,411.47
Total Income	44,425.87

Less Expenses

Advertising & Marketing	271.89
Bank Fees	225.49
Cleaning	237.47
Cost of Goods Sold	1,543.33
Direct Expenses	21.84
Direct Wages	3,800.64
Expenses for Fundraising Activities Unrestricted	6,829.43
Hub Cleaning	150.00
HUB Expenses for Fundraising Restricted	1,407.45
HUB Expenses for Fundraising Unrestricted	6,831.53
Hub Payments relating to charitable expenses	2,555.11
HUB Volunteer Lunches	515.97
HUB Volunteer Travel Expenses	94.50
Insurance	555.54
IT Software and Consumables	671.66
Legal Expenses	73.33
Office Electricity	402.21
OFFICE Gas	403.57
Payments Relating to Charitable Expenses Restricted	559.16
Payments Relating to Charitable Expenses Unrestricted	2,053.03
Postage, Freight & Courier	390.41
Printing & Stationery	986.73
Rent	3,260.78
Rent A Shelf Sales Payments to owners	4,619.59
Repairs & Maintenance	247.60
Telephone & Internet	199.23
Volunteer Lunch Expenses	1,071.03
Volunteer Travel Expenses	2,895.51
Wages Payable - Payroll	48.00
Total Expenses	42,923.03

2025

Surplus (Deficit)	1,503.84
Plus Other Cash Movements	
Fixed Assets	(3,825.47)
Total Other Cash Movements	(3,825.47)
Plus VAT Movements	
VAT Collected	282.33
VAT Paid	(8,111.30)
Net VAT Movements	(7,828.97)
Net Cash Movement	(10,150.60)
Summary	
Opening Balance	10,322.90
Plus Net Cash Movement	(10,150.60)
Cash Balance	172.30

Profit and Loss

More Than Fibro SCIO

For the year ended 15 June 2025

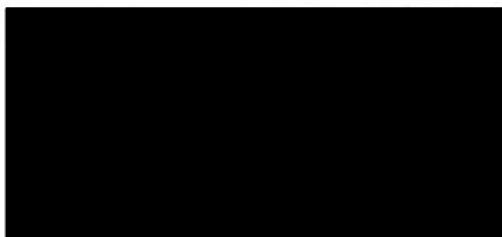
Cash Basis

2025

Turnover	
Donations Non Restricted	2,631.46
Grants Restricted	230.00
Grants Unrestricted	8,580.00
HUB Income from fundraising unrestricted	19,421.87
Income from fundraising unrestricted	12,056.41
Interest Income	44.10
Other Revenue	51.56
Sales	2,942.71
Total Turnover	44,426.87
Cost of Sales	
Cost of Goods Sold	1,543.33
Direct Expenses	21.84
Direct wages	5,800.04
Office Electricity	402.21
OFFICE Gas	403.57
Total Cost of Sales	6,171.59
	38,255.28
Gross Profit	
Administrative Costs	
Advertising & Marketing	271.89
Bank Fees	226.49
Cleaning	237.47
Expenses for Fundraising Activities Unrestricted	6,829.43
Hub Cleaning	150.00
HUB Expenses for Fundraising Restricted	1,407.45
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Profit and Loss

	2025
Telephone & Internet	199.23
Volunteer Lunch Expenses	1,071.03
Volunteer Travel Expenses	2,895.51
Total Administrative Costs	36,703.44
Operating Profit	1,551.84
Profit on Ordinary Activities Before Taxation	1,551.84
Profit after Taxation	1,551.84



APPENDIX 3



Report to the trustees/members of		Charity name		Independent examiner's report on the accounts		v2	
Registered charity number		SC 051049		More than Fibro			
On the accounts of the charity for the period		Period start date		Period end date			
		Day	Month	Year	Day	Month	Year
		16	06	2023 ⁺	15	06	2025
Set out on pages		(remember to include the page numbers of additional sheets)					
Respective responsibilities of trustees and examiner		<p>The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.</p>					
Basis of independent examiner's statement		<p>My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.</p>					
Independent examiner's statement		<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <ol style="list-style-type: none"> 1. which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> • to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and • to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations <p>have not been met, or</p>					
Signed*		<p>should be drawn in order to enable a proper reached.</p>					
Name		Date: 03/12/2025					
Relevant professional qualification(s) or body (if any)							
Address							

*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.
 **OSCR will accept digital or typed signatures.

Future

Our current plan for the next 12 months is to increase our volunteer numbers and provide locality based advocacy workers.

We would like to continue working making links with GP's the NHS and other community groups.

Achieve funding for paid staff which will help achieve stability in our staffing level and ability to deliver services.

Our annual awareness week will continue and as we enter our 6th year we have lots planned.

Launch of a support meeting in Alloa as requested by link practitioners in the area

Launch of a fibro choir to help with mental health, reduce isolation and raise awareness if we are able to perform in the local areas.

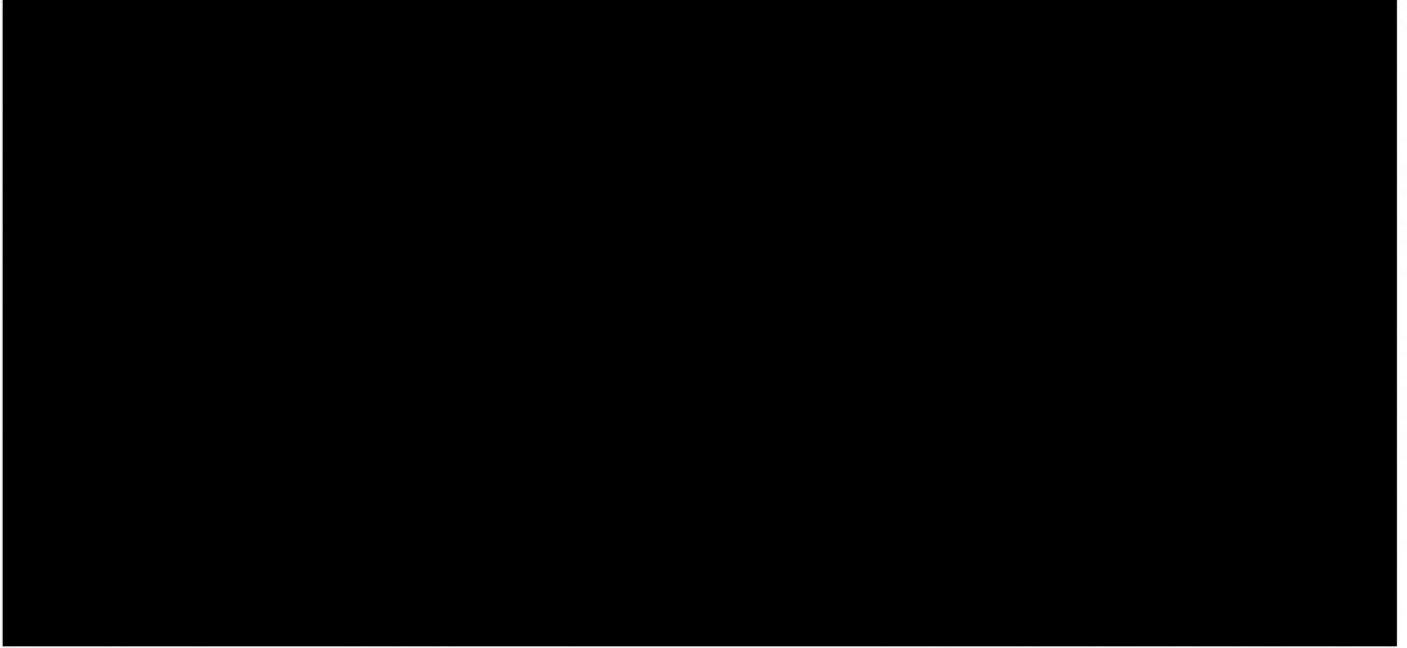
Offer more treatments in our therapy room, such as CBD massage, trauma counselling and training Amanda in more therapies to offer our members a wide range of opportunities for self care.

Additional information

As always, the board would like to thank our members for your continued support, we look forward to the next 12 months.

Declaration

Signed on behalf of the charity trustees:



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