CHARITY COMMISSION FOR ENGLAND AND WALES

Fibromyalgia Friends Together (reg date 28/10/24)	1210681	CC16a

FINAL Receipts and payments accounts

For the period from	Period start date 29/10/2024	To	Period end date 31/03/2026

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 £
A1 Receipts					
		-		-	-
				-	-
Donations	8995.94			8,996	
Donations -Rise foundation				-	
Events	208.20			208	
Chamwood Lottery	495.50			496	
easy fundraising	450.49			450	
training reimbursed				-	
raffle	131.00			131	-
other	30.45			30	-
				-	-
				-	-
Sub total *(Gross income for AR)*	10,312	-	-	10,312	-
A2 Asset and investment sales, (see table).					
		-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,312	-	-	10,312	-
A3 Payments					
Running costs	1178.11			1,178	
Equipment	940.29			940	
printing	19.54			20	
Consumables	25.95			26	
Events	20.00	963		983	
Other				-	
IT costs	191.27			191	
				-	
				-	-
				-	-
Sub total	2,375	963	-	3,338	-
A4 Asset and investment purchases, (see table)					
	-		-	-	
	-	-	-		
Sub total	-	-	-	-	-
Total payments	2,375	963	-	3,338	-
Net of receipts/(payments)	7,936	- 963	-	6,973	-
A5 Transfers between funds	-	-	-	-	
A6 Cash funds last year end	6993.51	1,033	-	8,026	8,026
Cash funds this year end	14,930	69.46	-	14,999	8,026

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Total			-
	Natwest	4,930	69	
	Ubited Trust Bank deposit	10,000		-
				-
	Total cash funds	14,930	69	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
		-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use (original cost for info)

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
			-
			-
			-
			-
			-
			-
			-
			-
		-	-

B5 Liabilities

Details	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
S Webster	SANDRA WEBSTER	11-8-26
	MARK PARMER	11/08/26

FINAL Trustees' Annual Report for the period

	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
From	28	10	2024	To	31	03	2026

Section A Reference and administration details

Charity name Fibromyalgia Friends Together

Other names charity is known by

Registered charity number (if any) 1210681

Charity's principal address

5 Oakley Close
Shepshed
Leicestershire
Postcode **LE12 9AS**

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	Mark Farmer	Chair		
2	Sandra Webster	Treasurer		
3	Janet Hall	Secretary		
4	Cara Norton	Trustee		
5	Trevor Jordan	Trustee		
6	Diane Stephens	Trustee	To 26th November 2026	
7	Patricia Jordan	Trustee		
8	Lucy Richards	Trustee	From 26th January 2026	
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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)

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)	CIO .Registered 28 October 2024
Trustee selection methods (eg. appointed by, elected by)	Elected as per constitution and co-opted as appropriate when vacancies arise

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.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	The relief of people with fibromyalgia and their carers by the provision of information, advocacy and support self-help groups and raising awareness amongst the public and medical profession of all aspects of fibromyalgia including latest developments in the understanding and treatment of the condition.
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)	During the period the charity worked to support people living with fibromyalgia and those who care for them by providing peer support, practical information and signposting to services. Our activities are open to the public and are designed to reduce isolation, improve understanding of the condition and encourage self-management alongside appropriate medical care. Our main activities for the public benefit included: • Running monthly in-person support group meetings to provide a safe space for members and carers to share experiences, obtain information and access peer support. • Maintaining an online community (Facebook group) to provide ongoing support between meetings, share trustworthy information and signpost to relevant services and research. • Organising social activities and informal meet-ups to reduce loneliness and help members build supportive relationships. • Providing one-to-one help and advice where needed, including signposting to health and welfare services and providing advocacy-style support where appropriate. • Operating a telephone support line to provide an accessible point of contact for people who are newly diagnosed, unable to attend meetings, or seeking information and reassurance. • Providing free information resources, including website content and support packs, to help members and carers navigate healthcare, daily living and wider support options. • Raising awareness of fibromyalgia by sharing information resources and updates on developments in understanding and treatment. In planning and delivering these activities, the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional details of objectives and activities (Optional information)

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

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

Section D Achievements and performance

Section D Achievements and performance

Summary of the main achievements of the charity during the year

During the period the charity continued to build its reach and strengthen the support available to people living with fibromyalgia and their carers, both in person and online. We maintained regular support provision, improved our visibility and took steps to strengthen long-term sustainability.

Key achievements during the period included:

- Delivering monthly in-person support group meetings throughout the year, with an average attendance of around 25 people. As membership continued to grow, we successfully relocated from the Shuttlewood Clarke Foundation in Ulverscroft to Bright Hope House in Swannington to ensure we could continue to meet safely and comfortably.
- Expanding our online support and signposting through social media, reaching nearly 4,000 people in our Facebook group and over 14,000 followers across our social media channels.
- Continuing development of our website to improve access to clear, trustworthy information about fibromyalgia and our services, with well over 40,000 visits each year.
- Maintaining additional support routes beyond meetings, including a telephone support line and free information resources (website content and support packs) to reach people who cannot attend in person.
- Strengthening governance by maintaining an active trustee team and recruiting additional trustees during the year.
- Welcoming new volunteers during the year, strengthening our capacity to communicate effectively, raise awareness and support fundraising activity.
- Receiving a significant donation of £8,616 from Fibromyalgia Scotland in recognition of our online profile and the support we provide.
- Participating in research activity with Loughborough University, helping to contribute to wider understanding of fibromyalgia.
- Generating additional income through the Charnwood Lottery and Easyfundraising schemes.
- Marking the charity's 10th birthday with a celebratory event, helping to strengthen our community and raise awareness of fibromyalgia.

Overall, these activities helped to reduce isolation and provide ongoing reassurance, information and practical support for people affected by fibromyalgia, enabling members and carers to feel better informed and more confident in managing the condition day to day.

Section E Financial review

Brief statement of the charity's policy on reserves	The charity does not have a formal Reserves policy. At the time of registration , the charity had a bank balance of £8026.26. Of this £1032.75 was restricted funds. There was £14999.39 of cash reserves at year end. Of this £69.36 was restricted. Of the total £10,000 is held in a fixed 1 year charity bond .
Details of any funds materially in deficit	

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.

The charity's principal sources of funding this period (17 months) were :

- Donation Fibromyalgia Scotland £8616
- Other donations £380
- Charnwood Lottery £496
- Easy fundraising £450
- Events £208
- Other £151

Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	S. Webster	
Full name(s)	SANDRA WEBSTER	MARK FARMER
Position (eg Secretary, Chair, etc)	TREASURER	CHAIR

CHARITY COMMISSION FOR ENGLAND AND WALES

Fibromyalgia Friends Together (reg date 28/10/24)	1210681	CC16a

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B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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		-	-
	-	-	-
	-	-	-
	-	-	-
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B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use (original cost for info)

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
			-
			-
			-
			-
			-
			-
			-
			-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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	MARK PARMER	11/08/26

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Section F Other optional information

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	S. Webster	
Full name(s)	SANDRA WEBSTER	MARK FARMER
Position (eg Secretary, Chair, etc)	TREASURER	CHAIR