



ANNUAL REPORT

January-December 2023

M.E SUPPORT NORTHERN IRELAND
Conway Mill, Belfast

Annual Report January-December 2023

Report of the committee.

The committee presents its report and financial statements for the year ended 31st December 2023.

Charity registration no: NIC104006

Registered office:

Conway Mill
5-7 Conway Street
Belfast
BT13 2DE
Phone: 07526252055

Chair person

Antoinette Christie (Reappointed)

Committee Members

Jeanette Marley, Secretary (Reappointed)
David Christie Vice-Chairperson (Reappointed)
Anne Smyth, (Reappointed)
Uli Speers (Reappointed)
Mary Mernagh

Principal Bankers

Bank of Ireland
202 Andersonstown Road
Belfast
BT11 9EB

Independent Accountant Review

John Beacom FCA, Muir & Addy Chartered Accountants
Muir Building
427 Holywood Road
Belfast
BT4 2LT

Structure, Governance and Management

ME Support NI is a registered charity number **NIC104006**

The committee consists of 6 members who meet at least twice per year and are responsible for the strategic direction and policy of the charity.

All members of the committee are elected from and by the membership and hold office until the close of the next Annual General Meeting, where they can be re-elected. The Chair is chosen from within the Committee and remains in office for not more than three consecutive years, unless 2 thirds of the full committee vote in favour of the person being re-elected as Chairperson. All Committee members are volunteers who have either got ME or have family members who are affected by ME.

Objectives

M.E Support Northern Irelands main objectives are to provide information, support and practical advice for people (including children), families and carers affected by M.E (Myalgic Encephalomyelitis). Our aim is to improve the lives and experiences of those children, young people and adults affected by this devastating neurological illness. We will do this by lobbying for services which are underpinned by expert knowledge and an understanding of M.E.

Chairs report

As Chair of ME Support Northern Ireland, having been elected at the last AGM. Firstly, I would like to thank all the Committee Members and volunteers for their ongoing support, I also like to pay tribute to all the M.E. sufferers and carers who attend our support group as I know how difficult it is to muster the energy to attend and give support to each other.

Due to SARS-CoV-2 many of our activities had to be cancelled or postponed.

However, we made every attempt to continue to support our members and the wider community in these challenging times.

Antoinette Christie

Chair person

Support

Online

We have been carrying our regular online support group meetings that have been very well attended. At the meetings we provide a place for our members and new friends to come together in a space place to share their experiences.

Our members find theses online meetings as a way to replace our in-person support group meetings that had to be suspended due to COVID-19.

It is our aim to re-establish in-person support as soon as it is safe & reasonable to do so.

Social media

We have a number of social media channels for our members to engage with us and the wider community. These include our Facebook Group & page that reaches new members of the M.E community every week.

We also facilitate text-based support on WhatsApp to provide people with a place to chat causally about their day-to-day lives and reduce social isolation.

Advice

Our committee continues to provide practical emotional and social care support to ME sufferers and their families.

Some of our committee arrange to meet up with members, who live outside of the Belfast area and who are unable to attend support group meetings.

We also have in the past year, sent out Birthday Cards, Christmas cards and information packs about upcoming event.

We are also continuing to engage with members who are unable to attend the support group meetings via email and post.

Email: info@mesupportni.com

Facebook: <https://www.facebook.com/groups/365117956886428/>

Scientific Advisor: Dr Vance Spence, ME Research UK

Patron: Dr Nigel Speight Consultant Paediatrician MA MB Chir, FRCP FRCPCH
DCH

Charity No: NIC104006