More Than Fibro – SCIO

Trustees' Annual Report
Year Ended 15 June 2026

"Supporting our community with compassion, and connection"

Scottish Charity Number: SC051049

💖 A Message From Our Trustees

This year has shown us, more than ever, the strength, colour, and resilience of the More Than Fibro community. Through financial challenges, rising demand, and the uncertainty of moving premises, one thing never wavered — the commitment we share to supporting people living with Fibromyalgia with compassion, connection, and hope.

Every group session, every wellbeing activity, every message of support, and every act of kindness from our volunteers has helped keep our doors open and our community shining. Even in difficult moments, you — our members, volunteers, supporters, and partners — brought light, energy, and purpose to everything we do.

We are proud of what we achieved together this year. We stayed open. We stayed present. We stayed connected. And we continued to make sure no one living with Fibromyalgia felt alone.

As we look ahead, we feel excited and optimistic. With new groups launching, new fundraising streams growing, and plans for a wellbeing centre taking shape, the future feels bright — because our community is bright.

Thank you for being part of More Than Fibro. Thank you for your trust, your courage, and your kindness. And thank you for helping us build a Scotland where people living with Fibromyalgia are supported, empowered, and celebrated.

With gratitude and hope, The Board of Trustees More Than Fibro – SCIO

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🌟 1. Reference & Administrative Information

Charity Name: More Than Fibro – SCIO

Principal Office: 69-71 Aberdalgie Rd, Easterhouse, G349HF

Trustees: Sharon Turnbull
Alison Carey
Amanda Mckelvie
Louise Cruickshank
Evelyn Tonner

Independent Examiner: Sandra Tosh

Bankers:Virgin Money and Zempler

✨ 2. Structure, Governance & Managementt

More Than Fibro is a Scottish Charitable Incorporated Organisation (SCIO) guided by trustees who bring lived experience, passion, and a shared belief that people living with Fibromyalgia deserve support that is warm, accessible, and empowering.
Our governance is built on:

- transparency
- compassion
- community leadership
- safeguarding and wellbeing
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Trustees receive induction covering governance, safeguarding, data protection, and financial controls. Volunteers across Scotland bring colour, energy, and heart to our work — they are the lifeblood of our community.

🌈 3. Charitable Purposes, Objectives & Activities

Our purpose is to ensure that people living with Fibromyalgia feel supported, connected, and uplifted.

Throughout the year, we delivered:

welcoming support groups across Scotland

one-to-one advocacy

mental health and wellbeing support

online support

community outreach

the Stronger Than Pain Virtual Walk

subsidised wellbeing activities

Even in difficult circumstances, our community spirit stayed bright.



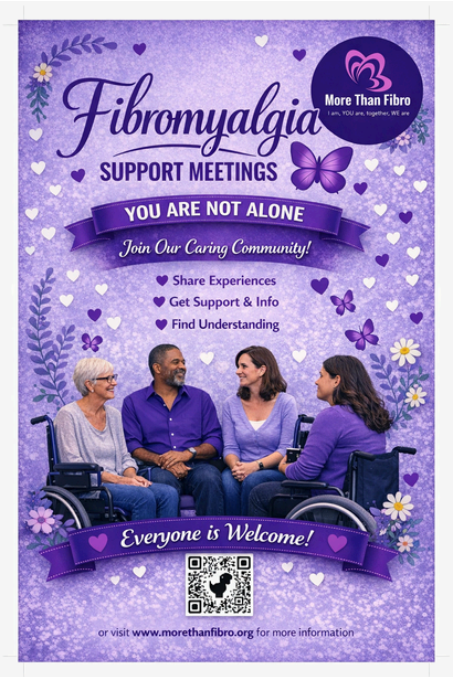
💖 4. Achievements & Performance

This year’s greatest achievement was staying open, staying present, and staying connected — even when financial pressures were at their highest.

We are proud of:

- keeping every core service running
- supporting volunteers despite limited expense capacity
- maintaining safeguarding and governance standards
- delivering uplifting community events
- responding to rising demand with creativity and determination
- protecting the charity’s values and reputation

Our community’s strength and positivity carried us through.



🌟 Impact & Engagement Summary

During the year, More Than Fibro continued to support people living with Fibromyalgia across Scotland through a wide range of community-focused services. Despite financial pressures, demand for our services remained high, and engagement across all areas of our work demonstrated the ongoing need for compassionate, accessible support.

💜 Community Support & Wellbeing Engagement

- 278 people attended our community support meetings across Scotland
- 24 people received mental health support
- 40 people accessed subsidised Reiki wellbeing sessions
- 44 participants took part in the Stronger Than Pain Virtual Walk
- 4371 visitors came through our community hub
- £27,810 in hub sales helped sustain our services
- Leaflets distributed: hundreds across Scotland (exact count not required for SORP)
- Choir participation: 24 members engaged in our wellbeing choir

📞 Direct Support & Advocacy

- 20 helpline calls provided emotional support, guidance, and connection
- Advocacy and one-to-one support continued throughout the year, helping members navigate health, employment, and housing challenges

🤝 Volunteers

- 23 volunteers supported our work across Scotland
- Volunteers contributed to support groups, wellbeing activities, hub operations, fundraising, and outreach
- Their contribution remains essential to delivering our services and maintaining community connection

🌈 What This Meant for Our Community

These engagement numbers show the scale of need within the Fibromyalgia community and the vital role More Than Fibro continues to play. Every group attended, every call answered, every wellbeing session delivered, and every volunteer hour contributed helped ensure that people living with Fibromyalgia felt supported, connected, and uplifted.
Even in a year of financial strain, our community remained strong, active, and engaged — a testament to the resilience of our members and volunteers.

📊 5. Financial Review

Income

- Donations: £3,319.86 unrestricted, £100 restricted
- Grants: £49.52 unrestricted, £11,429.44 restricted
- Fundraising receipts: £35,763.65 unrestricted
- Investment income: £296.27
- Other charitable receipts: £421.65 unrestricted, £51.56 restricted
- Trustee loan: £10,600

Restricted funds included:

- VANL Community Solutions Fund: £9,414.44
- Corra Foundation: £2,015
- Restricted donation: £100
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Expenditure

- Fundraising expenses: £21,822
- Charitable activity costs: £27,761.13 unrestricted, £7,813 restricted
- Trading payments: £422
- Fixed asset purchases: £511.66 unrestricted, £430 restricted

📊 5. Financial Review (continued)

Cash Position

Year-end cash balance: £172.30

Liabilities

- Trustee loan: £10,600
- Circle rent owed: £3,000
- Hub rent owed: £12,000
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Reserves

The charity had no free reserves at year-end due to rising demand, rent increases, premises move costs, and volunteer mileage reimbursement (£5,403).

Going Concern

Trustees believe the charity is a going concern because of:

- our new fundraiser
- new income streams
- plans for a wellbeing centre
- expansion of support groups
- strengthened grant-seeking strategy

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🌼 6. Plans for the Future

The year ahead is filled with colour, hope, and growth. We plan to:

- establish a Wellbeing Centre
- launch new support groups in Stirling, Alloa, and Coatbridge
- develop a Wellbeing Outreach Programme
- build new fundraising streams
- secure stable, affordable premises
- strengthen volunteer support



🛡️ 7. Statement of Trustees' Responsibilities

Trustees are responsible for preparing the Trustees' Annual Report and financial statements in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations.

✒️ 8. Approval

Approved by the Board of Trustees on:
Date: _____
Signed: _____
(Chair)