

THE 25% ME GROUP
(SUPPORT GROUP FOR SEVERE ME SUFFERERS)

ANNUAL GENERAL MEETING

REPORTS AND BALLOT BOOKLET

TO BE HELD ON 1st SEPTEMBER 2023



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2. **CHAIRMAN'S ANNUAL REPORT**
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7. **ELECTION OF MANAGEMENT COMMITTEE**
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8. **ELECTION OF OFFICE BEARERS**
(Refer to separate Ballot Paper Part B)
9. **PROPOSED DATE OF NEXT ANNUAL GENERAL MEETING –
1ST SEPTEMBER 2024**

The 25% ME GROUP is an Unincorporated Association which is a Registered Charity. No. SC034265

**MINUTES OF THE 25% ME GROUP'S 19TH ANNUAL GENERAL MEETING HELD ON
1ST SEPTEMBER 2022(AGM HELD BY POSTAL BALLOT)**

(Note: a total of 10% of the entire membership voted on the election of committee members, office bearers and on all the other motions contained within the Agenda)

1. Minutes of the 18th Annual General Meeting held on 1st Sept 2021 were distributed to all group members 6 weeks prior to the AGM.

2. Ratification of Minutes of the 18th Annual General Meeting.

Postal Ballot results received as follows: 80

Total number of completed Ballot Papers 1 returned	= 84
Total number who approved the previous Minutes	= 84
Total number who did not approve the previous Minutes	= 0
Total number who abstained from voting on this item	= 0

The previous Minutes were therefore duly approved by a majority of votes.

3. Chairman's Report was also distributed to all group members 6 weeks prior to AGM.

4. Ratification of Chairman's Report (ITEM 2, BALLOT PAPER 1).

Postal ballot results received as follows:

Total number of completed Ballot Papers 1 returned	= 84
Total number who approved Chairman's Report	= 84
Total number who did not approve Chairman's Report	= 0
Total number who abstained from voting on this item	= 0

The Chairman's Report was therefore duly approved by a majority of votes.

5. Annual Accounts and Audit Report was also distributed to all group members 6 weeks prior to AGM.

6. Ratification of Annual Accounts and Audit Report (ITEM 3, BALLOT PAPER 1)

Postal ballot results received as follows:

Total number of completed Ballot Papers 1 returned	= 84
Total number who approved Annual Accounts & Audit Report	= 83
Total number who did not approve Annual Accounts & Audit Report	= 0
Total number who abstained from voting on this item	= 1

The Annual Accounts and Audit Report was therefore duly approved by a majority of votes.

7. Proposed Re-appointment of Independent Auditor, Fiona Collie (ITEM 4, BALLOT PAPER 1)

Postal ballot results received as follows:

Total number of completed Ballot Papers 1 returned	= 84
Total number who approved proposed appointment of independent auditor	= 84
Total number who did not approve proposed appointment of independent auditor	= 0
Total number who abstained from voting on this item	= 0

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The above proposal to re-appoint the independent auditor, Fiona Collie, was therefore duly approved by a majority of votes.

8. Election of Management Committee (BALLOT PAPER 2)

The nominees who wished to be considered for a place on the management committee and the results of the votes contained within Ballot Paper 2 were as follows:

Total number of completed Ballot Papers 2 received as follows: 84

(a) Ordinary or Full Member Committee Nominees (total of seven places available)

John Breward was elected by a majority of votes. Tanya Harrison was elected by a majority of votes Maggie Kerr was elected by a majority of votes. Hayley Klinger was elected by a majority of votes. Kate Wilson was elected by a majority of votes. Simon Lawrence was elected by a majority of votes. Jan Johnson was elected by a majority of votes. Ina Wilson was elected by a majority of votes.
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(b) Associate Category (total of two places available)

Margaret Totten was elected by a majority of votes. Patricia Williams was elected by a majority of votes.
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10. Election of Office Bearers. (Ballot Paper 1)

Simon Lawrence was elected as Chairperson by a majority of votes. Jan Johnson was elected as Secretary by a majority of votes. Margaret Totten was elected as Treasurer by a majority of votes.

(Note: All of the above committee members and office bearers, duly elected by a majority of votes, are elected for a period of one year, commencing from 1st September 2022.)

11. Any Other Competent Business – no additional motions were received.

12. As there was no other business, the 19th Annual General Meeting was concluded and a provisional date for the next Annual General Meeting was set for 1st September 2023.

BALLOT PAPER

THE 25% ME GROUP
(SUPPORT GROUP FOR SEVERE ME SUFFERERS)

ANNUAL GENERAL MEETING

TO BE HELD ON 1st SEPTEMBER 2023



THIS PULL-OUT BALLOT PAPER IS FOR VOTING PURPOSES ON ITEMS ON THE AGENDA AND COMMITTEE AND OFFICE BEARERS ELECTIONS

DUE TO THE NATURE OF OUR GROUP AND ITS MEMBERSHIP, THIS AGM IS REQUIRED TO BE CONDUCTED BY POSTAL BALLOT. IT IS THEREFORE REQUIRED THAT THE MEMBERSHIP RECEIVE AND RATIFY THE CHAIRPERSON'S ANNUAL REPORT, ANNUAL ACCOUNTS AND AUDITOR'S REPORT AND APPROVE THE PROPOSED REAPPOINTMENT OF THE AUDITOR FOR THE 25% GROUP WHICH FORMS *PART A* OF THIS BALLOT PAPER. WE HAVE THEREFORE ATTACHED COPIES OF THESE REPORTS ALONG WITH THIS BALLOT PAPER.

WOULD MEMBERS ALSO PLEASE NOTE THAT COPIES OF OUR COMMITTEE NOMINEES BOOKLET IS ALSO AVAILABLE UPON REQUEST FROM THE OFFICE IF YOU WOULD LIKE TO VIEW SOME BRIEF BACKGROUND INFORMATION ABOUT EACH OF OUR NOMINEES.

WOULD YOU PLEASE READ THE ENCLOSED REPORTS THOROUGHLY AND THEN VOTE BELOW IN THE RELEVANT BOXES ON THE QUESTION OF ENDORSEMENT OF SAID REPORTS BY PLACING A CROSS IN THE "YES" OR "NO" BOXES IN EACH CATEGORY. THE SAME PROCEDURE APPLIES IN RELATION TO ABSTENTIONS.

PART A (VOTING – AGENDA ITEMS 1-4)

ITEM 1

I APPROVE THE MINUTES OF THE 25% ME GROUP'S 17TH AGM HELD ON 1ST SEP 2020

YES

NO

ITEM 2

I APPROVE THE CHAIRMAN'S ANNUAL REPORT

YES

NO

ITEM 3

I APPROVE THE ANNUAL ACCOUNTS & AUDIT REPORT

YES

NO

ITEM 4

IT IS PROPOSED TO RE-APPOINT THIS YEAR'S INDEPENDENT AUDITOR, FIONA COLLIE, TO AUDIT ON BEHALF OF THE GROUP FOR THE FOLLOWING YEAR'S AUDIT.

I APPROVE THIS PROPOSAL.

YES

NO

PART B (ELECTION OF THE MANAGEMENT COMMITTEE & OFFICE BEARERS)

AS WE HAVE RECEIVED NOMINATIONS FROM TEN (10) MEMBERS FOR THE TEN (10) COMMITTEE PLACES ON THE 25% ME GROUP'S MANAGEMENT COMMITTEE, NO 'RUN OFF' BALLOT PAPER BETWEEN CANDIDATES IS REQUIRED. THIS IS BECAUSE THERE ARE THE SAME NUMBER OF PLACES ON THE COMMITTEE AS WE HAVE NOMINATED CANDIDATES TO FILL THEM. HOWEVER, WE WOULD LIKE YOU TO CONFIRM WHETHER YOU ACCEPT THESE INDIVIDUALS AS YOUR COMMITTEE MEMBERS BY WAY OF A CONFIRMATION IN THE BALLOT BELOW.

ANY CANDIDATE RECEIVING MORE 'YES' VOTES, THAN 'NO' VOTES, WILL BE ELECTED FOR A PERIOD OF ONE YEAR COMMENCING FROM 1st SEPTEMBER 2023, AND WILL RUN UNTIL THE NEXT AGM.

THE FOLLOWING SECTIONS CONTAIN TWO (2) CATEGORIES COMPRISING THE CANDIDATE NAMES WHICH ARE IN ALPHABETICAL ORDER WITHIN EACH SECTION.

1. ORDINARY OR FULL MEMBERS
2. ASSOCIATE MEMBERS

1. ORDINARY OR FULL MEMBER CATEGORY

THERE ARE EIGHT (8) PLACES AVAILABLE FOR ORDINARY (FULL) MEMBERS TO STAND FOR ELECTION FOR MANAGEMENT COMMITTEE PLACES IN THIS SECTION.

YOU HAVE EIGHT (8) VOTES IN THIS SECTION. PLEASE VOTE BY PLACING A CROSS IN THE "YES" OR "NO" BOX FOR EACH CANDIDATE. IF YOU CHOOSE NOT TO VOTE FOR A PARTICULAR CANDIDATE, THIS AUTOMATICALLY COUNTS AS AN ABSTENTION (I.E. NON-VOTE.)

JOHN BREWARD	<input type="checkbox"/> YES	<input type="checkbox"/> NO
TANYA HARRISON	<input type="checkbox"/> YES	<input type="checkbox"/> NO
INA WILSON	<input type="checkbox"/> YES	<input type="checkbox"/> NO
HAYLEY KLINGER	<input type="checkbox"/> YES	<input type="checkbox"/> NO
SIMON LAWRENCE	<input type="checkbox"/> YES	<input type="checkbox"/> NO
JAN JOHNSON	<input type="checkbox"/> YES	<input type="checkbox"/> NO
MAGGIE KERR	<input type="checkbox"/> YES	<input type="checkbox"/> NO
KATE WILSON	<input type="checkbox"/> YES	<input type="checkbox"/> NO

2. ASSOCIATE CATEGORY

THERE ARE TWO (2) PLACES AVAILABLE FOR PEOPLE TO STAND ON THE COMMITTEE IN THIS SECTION.

YOU HAVE TWO (2) VOTES IN THIS SECTION. PLEASE VOTE BY PLACING A CROSS IN THE “YES” OR “NO” BOXES FOR EACH CANDIDATE. IF YOU CHOOSE NOT TO VOTE FOR A PARTICULAR CANDIDATE, THIS AUTOMATICALLY COUNTS AS AN ABSTENTION (I.E. NON-VOTE.)

MARGARET TOTTEN YES NO

PATRICIA WILLIAMS YES NO

OFFICE BEARER NOMINATIONS FROM COMMITTEE NOMINEES:

IN ADDITION TO THE ELECTION OF MANAGEMENT COMMITTEE, WE NEED TO ELECT THREE (3) OFFICE BEARERS FROM WITHIN THE RANKS OF OUR COMMITTEE MEMBERS, AS PER THE RULES OF OUR GROUP’S CONSTITUTION.

THE FOLLOWING NOMINEES HAVE ALSO EXPRESSED AN INTEREST IN BEING CONSIDERED FOR THE VARIOUS POSITIONS OF THE THREE (3) OFFICE BEARERS. WE WOULD LIKE YOU TO CONFIRM WHETHER YOU ACCEPT THESE INDIVIDUALS AS YOUR OFFICE BEARERS BY WAY OF A CONFIRMATION BALLOT BELOW.

YOU HAVE THREE (3) VOTES IN THIS SECTION. PLEASE VOTE BY PLACING A CROSS IN THE “YES” OR “NO” BOXES FOR EACH CANDIDATE. IF YOU CHOOSE NOT TO VOTE FOR A PARTICULAR CANDIDATE, THIS AUTOMATICALLY COUNTS AS AN ABSTENTION (I.E. NON-VOTE.)

SIMON LAWRENCE YES NO CHAIRPERSON

JAN JOHNSON YES NO SECRETARY

MARGARET TOTTEN YES NO TREASURER

MANY THANKS FOR YOUR CO-OPERATION IN THIS VOTING PROCESS.

***Once you have voted, please pull out this Ballot Paper and return to:
25% ME Group, PO Box 8620, Troon, Ayrshire, KA10 9BL
(no later than 1st September 2023)***

Chairperson's Report

Group Developments

In our 28th year of operation, we continue to rely on core funding and some smaller grants and donations from various individuals and organisations. These funds have allowed us to continue to employ two advocacy workers and the development worker for the group to help with the work load and demand for the services by members.

This has allowed us to continue to achieve a wide range of services for our members and provide them with much-needed practical assistance in order that they continue to reside independently within their own homes. The Group's advocacy service remains in high demand particularly in light of the benefit reforms taking place at the moment so this has proved to be a well utilised service and we are very pleased to be able to offer this exclusive service to our members. The support service, newsletter and contact list provided by the development worker also remain in very high demand with members requiring more emotional support than ever especially during and post pandemic.

Salaries and all other expenditure continues to be met from core funds. We had taken the decision last summer to end our premises lease and now the development worker also works from home. The advocacy workers also remain home-based. This has allowed us to save funds on rent as well as utility bills including gas, electric and water charges.

At present the annual expenditure for running the charity i.e. salaries and general running costs is approximately £1000 per week. Although, this is now financed out of core funds, we feel it is important in order to carry out, as well as the services mentioned above, other vital functions within the group and its operations, especially allowing us to continue to be involved in various government enterprises organised by the Department for Work and Pensions, NICE, Social Work Department, local health authorities, various local and regional M.E. Support Groups and other voluntary agencies dealing with disability issues.

In previous years, we had been able to attend various meetings and be pro-active in delivering various presentations relating to the group's services to other M.E. support groups when needed, but during the pandemic, this has not been possible and virtual meetings have taken place instead. Attendance at such events provided the Group with an opportunity to have its articles published and promoted via their newsletters and websites. This has helped promote our services and allowed us to reach many more severely affected sufferers.

We have produced various documents and press releases in order to highlight the plight of the severely affected and to campaign for biomedical research to be undertaken by the UK Government as well as issues relating to carers. In addition, we have prepared reports and press releases outlining our concerns and the possible detrimental effects upon our clients in relation to the benefit reforms and various subjects.

FUNDRAISING

We continue to send out funding appeals to various Trusts and charities around the UK, which provide us with small amounts of income.

We continue to look at ways to raise funds to support front line services. We were fortunate enough to have a large donation that was left to us via a member remembering us in their Will, so that has helped our charity continue to provide services for its members.

We also continue to receive donations from members, supporters and from ME Awareness events and the like.

OTHER DEVELOPMENTS

25% ME Group Activity : April 2022-March 2023

1. Presentations: 'Avoiding Preventable Malnutrition in severe ME' and UKMAW22 conference report
2. 'Learn About ME' Ongoing participation in project to promote and disseminate Dr Nina Muirhead's CPD accredited on line learning module
3. Social Care - Review and update 25% ME Group social care resources.
4. NHS and related misinformation - identifying and addressing.

Finance & Audit Reports

APPENDIX 2

OSCR

Office of the Scottish Charity Regulator

Independent examiner's report on the accounts							
Report to the trustees/members of	25% M.E.Group						
Registered charity number	SC034265						
On the accounts of the charity for the period	Period start date				Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2022	to	31	March	2023
Set out on pages	6 to 11					<small>(remember to include the page numbers of additional sheets)</small>	
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. 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 Charities Accounts (Scotland) Regulations 2006. 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 accounts.</p>						
Independent examiner's statement	<p>In the course of my examination, no matter has come to my attention</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 have not been met, or 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 						
Signed:	<i>Fiona Collie</i>				Date:	1-06-2023	
Name:	Fiona Collie						
Relevant professional qualification(s) or body (if any):							
Address:	Roman Road						
	Falkirk						
	FK4 2DE						



The 25% M.E. Group

SC034265

Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	April	2022		31	March	2023

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds March 2023	Total funds March 2022
	£	£	£	£	£	£
A1 Receipts						
Donations	9,009				9,009	11,049
Legacies	-				-	-
Grants	-	-			-	4,000
Receipts from fundraising activities	2,041				2,041	891
Gross trading receipts	-				-	-
Income from investments other than land and buildings	487				487	71
Rents from Land and Buildings	-				-	-
Gross receipts from other charitable activities	9,680				9,680	11,925
					-	-
A1 Sub total	21,217	-	-	-	21,217	27,936
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
A2 Sub total	-	-	-	-	-	-
Total receipts	21,217	-	-	-	21,217	27,936
A3 Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	56,149	-			56,149	57,295
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination	200				200	200
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	56,349	-	-	-	56,349	57,495
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
A4 Sub total	-	-	-	-	-	-
Total payments	56,349	-	-	-	56,349	57,495
Net receipts / (payments)	(35,132)	-	-	-	(35,132)	(29,559)
A5 Transfers to / (from) funds						
					-	-
Surplus / (deficit) for year	(35,132)	-	-	-	(35,132)	(29,559)

APPENDIX 2

The 25% M.E. Group

SC034265

Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total March 2023	Total March 2022
		£	£	£	£	£	£
B1 Cash funds	Cash and bank balances at start of year	199,410	-			199,410	228,969
	Surplus / (deficit) shown on receipts and payments account	(35,132)	-			(35,132)	(29,559)
						-	-
	Cash and bank balances at end of year	164,278	-	-	-	164,278	199,410

B2 Investments	Details	Fund to which asset belongs	Total March 2023	Total March 2022
			£	£
	Total		-	-

B3 Other assets	Details	Fund to which asset belongs	Cost (if available)	Total March 2023	Total March 2022
				£	£
	Laptop	Unrestricted Income	325	325	
	Total		325	325	-

B4 Liabilities	Details	Fund to which liability relates	Total March 2023	Total March 2022
			£	£
	Independent Examination	Unrestricted Group Accounts	200	200
	HMRC for PAYE & NI Costs	Unrestricted Group Accounts	407	467
	NEST	Unrestricted Group Accounts	235	235
	Total		842	902

B5 Contingent liabilities	Details	Fund to which liability relates	Total March 2023	Total March 2022
			£	£
	Total		-	-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Marg Totten</i>	MARGARET TOTTON	2/6/23
<i>Simon Lawrence</i>	SIMON LAWRENCE	10/6/23