

Action for ME

Annual report and accounts 2025/26

The Nature of My Wheelchair
Germaine Hypher



**ACTION
FOR** **M.E.**

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Cover image

The Nature of My Wheelchair, pen and pencil drawing by Germaine Hypher
Germaine is the author of the book *Crafting a Path Through Illness: exploring creativity while chronically ill*, and wrote about this for the Winter 2025 issue of our membership magazine, *InterAction*.

CEO's message

In the UK alone, an estimated 1.35m children, young people, and adults are living with ME or ME-like symptoms, including post-exertional malaise – the hallmark symptom of ME. Every day, they face an illness that can steal educations, careers, relationships, and independence.

Last year, I wrote that the release of the initial DecodeME results was the proudest moment of my career. It represented hope, validation, and a turning point for the ME community. I also wrote that the next step for ME research would be Sequence ME & Long Covid. At that time, the study had only recently been launched, and funding had yet to be secured.

I am delighted that, at the time of writing, that momentum has continued to grow. We have now secured partial funding for this world-leading, £20m study from a number of partners, including £4.75m from the UK government to sequence the first 6,000 ME samples, previously collected through DecodeME.

Alongside this progress in research, our support and healthcare services have continued to be there for children, young people, and adults affected by ME. I continue to be inspired by the expertise, professionalism, and compassion my colleagues within these services demonstrate on a daily basis.

From April 2025 to March 2026, our Information & Support Service alone responded to over 1,400 enquiries. Behind every conversation was someone looking for answers, reassurance, or simply someone who understood. Our team ensures that people facing one of the most misunderstood illnesses are not left to face it alone, and the evidence of their impact is clear to see.



Information & Support service feedback

Our Support and Healthcare services also play a pivotal role in capturing and sharing the stories and experiences of the ME community, raising much-needed awareness and supporting our vital fundraising work.

In addition to Sequence ME & Long Covid, we remain committed to keeping people with lived experience at the heart of everything we do through Patient and Public Involvement.

More than 5,500 people responded to our 2026 Big Survey, helping us build a richer picture of the impact of ME and Long Covid and shape future research. Initial findings are expected in November 2026.

Our influence with policymakers has continued to grow. Across Westminster and the devolved nations, we have shared the lived experiences of people affected by ME and pushed for lasting change.

At the time of writing, we have 24 MPs in our Parliamentary Champions network. They support the ME community by tabling written and oral questions and speaking at events, including last year's Westminster Hall debate tabled by Tessa Munt MP. They have joined calls for improved care and support, increased research funding and urgent action to address patient safety risks for the most severely affected.

Progress doesn't happen by chance. It happens because charities, researchers, supporters, volunteers, healthcare professionals, parliamentarians and people with lived experience continue to push together. There is still much to do, but the momentum is building: research is accelerating, awareness is growing and more decision-makers are listening.

Thank you for your part in this. Your support does not go unnoticed, and together, we're building a better future for everyone affected by ME.



Sonya Chowdhury

Sonya Chowdhury
Chief Executive,
Action for ME

Chair's message

Following another year of significant progress, I am proud to reflect on what Action for ME has achieved alongside our supporters, partners, staff, volunteers, and the wider ME community.

Momentum is building across research, policy, and awareness. Whilst there is still a long way to go, we are seeing encouraging signs that the voices of people with ME are being heard more widely than ever before. As Trustees, our role is to ensure the charity remains focused on delivering meaningful impact today, whilst building the foundations for lasting change tomorrow.

As we move towards the final year of our current strategy, we continue to be guided by our four key pillars:

Direct support - helping people today with information and support

Demand for our Support Services remains high, reflecting both the scale of need and the lack of appropriate provision for people with ME. Every enquiry represents someone seeking reliable information, practical guidance, or simply the reassurance that they are not alone. I am immensely proud that, despite increasing pressures, our team continues to provide compassionate, expert support to thousands of people every year.

Direct support - providing Healthcare Services to those who need it

Our Healthcare Services remain a vital lifeline for many people living with ME, offering specialist clinical care that is often unavailable elsewhere. We know too many people continue to face long waits and limited access to appropriate services across the UK. We remain committed to improving access wherever we can, whilst continuing to deliver high-quality, person-centred care through our Doctor, Physiotherapy, Counselling, and Chaplaincy services.

Long-term change - accelerating breakthrough research

This has been another landmark year for ME research. Following last year's publication of the DecodeME findings, we have continued working with partners to build on that success, securing significant investment towards Sequence ME & Long Covid. Alongside this, initiatives such as the Big Survey and the LOCOME project demonstrate the growing strength of collaborative

research that places lived experience at its heart. As Trustees, we are encouraged to see the research landscape gathering momentum and to know that Action for ME continues to play a leading role within it.

Long-term change - lobbying key decision makers, as a voice of the community

Our influence with policymakers has continued to strengthen through our growing Parliamentary Champions network and our engagement with governments across the UK. We have worked to ensure that the experiences of people with ME inform consultations, debates, and policy discussions, whilst continuing to press for improved care, greater research investment, and better protection for the most severely affected. We understand that meaningful change requires persistence, and we remain committed to advocating for the ME community wherever decisions are made.

None of this would be possible without the generosity of our donors, funders, fundraisers, supporters, and volunteers. Your continued support enables us to not only respond to the significant challenges people affected by ME face today, but also to invest in the long-term change that will improve lives for generations to come.

I would also like to thank my fellow Trustees for their experience, guidance, and commitment throughout the year. Above all, I want to recognise the dedication of our staff and volunteers, whose professionalism, compassion, and determination underpin everything Action for ME achieves.

Together, we have made meaningful progress this year. Whilst there is much more to do, I am confident that Action for ME is well placed to continue driving the change that people with ME deserve.



Roger Siddle

Roger Siddle
Chair,
Board of Trustees

Our impact in 2025/26

"I feel hope. Sometimes taking the time to actually listen and understand for the first time what I'm talking about. Not having to prove anything but [being] believed when I talk about my struggles. I am 34 and have lived with health scares as long as I can remember, and this is the first time in my life I have felt like this."

Information & Support service user



878 healthcare professionals developed their understanding of ME through our ME project



85% of people reported feeling more encouraged/hopeful after accessing our Doctor service



100% of young people that accessed our Young People's Counselling service reported feeling less isolated and alone as a result of our support



84% of Information & Support service users reported an increased understanding of their rights and options following our support

"Your service is wonderful. A diagnosis and the treatments/management suggested will make a world of difference to my everyday life. The validation from your doctor, after years of feeling ignored by public health services, has greatly encouraged me."

Doctor service user



Over **1,400** enquiries to our free Information & Support service resulted in increased support for people with ME



274 children & young people regularly connect with peers through our Young People's Community, reducing levels of isolation



249 bursaries provided to increase accessibility of our Healthcare Services



Support and information was accessed over **1.2m** times through our website and online forums



More than **£165k** raised through our Big Give Christmas Challenge campaign to improve lives and increase understanding



Over **5,500** people affected by ME responded to our Big Survey



We're changing lives

Our free Support Services ensure people affected by ME can access reliable information and compassionate support when they need it most

Petrina & Amber's story

“Action for ME has been so incredibly supportive to our situation. Both Amber and I have reflected that if it wasn't for your support, we would be in a very vulnerable and hopeless situation right now.”

Petrina came to us seeking guidance and information on securing the right healthcare for her daughter, Amber, who has ME.

“Our local paediatrician had maintained his belief that Amber's ME symptoms are psychological.” explains Petrina.

“She has no trust in him and doesn't want to see him again. I suspect he had miscommunication from Amber's school and might not be fully aware of the harm they caused Amber: the school were convinced Amber's symptoms were an emotional response, and that her inability to attend school was all for psychological reasons.”

“It's really harmful for people to assume having ME is just like being very tired,” says Amber. **“In reality, it has a devastating impact on your whole body and your life.”**

Our Information and Support service talked their situation through with Petrina, helping her consider her options, feel better equipped to ask the right questions, and secure the right support for her daughter.

“It's very reassuring knowing the Family Support service is available if required. Amber is very grateful to know the offer of free Counselling is there, too.”

Amber says that feeling validated and knowing her mum is supported has been the most valuable thing from Action for ME to her.

Petrina went on to make a formal complaint after her requests for a second medical opinion were further dismissed, alongside fighting for Amber to be granted reasonable adjustments for her exams.

With the support provided, Amber was able to find different ways to pace revision so that she could lie down for most of each day. She has used pacing, blended learning, and reduced content to take Dance GCSE, which she thought she would have to give up. Thanks to support from Action for ME, Amber achieved all of her GCSEs.

“Amber knows she needs to do things at her own pace and not expectations imposed by others,” says Petrina. **“I am so proud of her!”**

“Now I know what steps to take.”

Petrina and Amber's experience of disbelief and misunderstanding from doctors and teachers is sadly still common, so addressing this is an essential part of our work. Over the year, we had direct contact with **more than 450 doctors, teachers, social workers and other professionals** at events and by phone or email, sharing key resources and helping them better support their patients, clients and pupils with ME.

“I have personal experience of ME and felt this training was delivered with a great balance of both sensitivity and conviction.”

Feedback from training attendee

Nearly **900 health professionals** completed Dr Nina Muirhead's invaluable CPD module for GPs on diagnosing and managing ME. Thanks to funding from the Scottish Government, we worked with Nina to update the module as part of our Learn About ME project, producing complementary podcasts and webinars that, to date, have been accessed **more than 13,000 times**.

We also **received 146 entries** to our Medical Student Essay Competition, from students across the UK and at all stages of their medical degree. Many commented on how valuable it was to learn about ME in this way.

“ME/CFS was a really interesting condition to research, and I think it desperately needs more exposure. So many chronic illnesses, especially those that aren't visible, are massively stigmatised and misunderstood.”

Medical student essay competition entrant

People with ME and their families accessed our Information & Support and Family Support services **more than 1,400 times. This is a 20% increase in enquiries** to our Information & Support service compared to the previous year, showing just how much this service is needed. **96% of people** said they were satisfied or very satisfied with the support they received.

“The email I received was very thorough and helpful about all we had discussed which is great, especially as I experience bad brain fog. Thank you for being so understanding and extremely helpful. It means a lot to me to feel heard and understood.”

Information & Support service user

85% of people felt less isolated as a result of contacting us, while **87% agreed** they had increased knowledge of support they can access.

Our team signposted to new and updated resources, covering topics from the rights of people with ME at work, to education support for young people; from requesting reasonable adjustments, to professional development for doctors. In total, our guides, articles and factsheets were accessed **9,000 times**.

“Very compassionate, understanding and lots of really helpful advice and resources I haven't been able to find anywhere else. I was lost and feeling very scared and vulnerable. Now I don't feel so alone, and I know what next steps to take.”

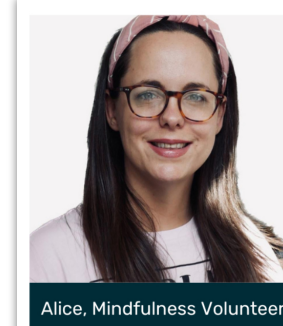
Information & Support service user

Alongside our one-to-one services, we facilitate peer-support via forums for both adults and young people, and workshops, like our **monthly mindfulness session, where 94% of attendees** said their wellbeing has improved as a result.

“It's lovely to have a live mindfulness meditation session rather than just finding ones on YouTube. I appreciate the support as something to look forward to in an isolated existence.”

Mindfulness workshop attendee

The insight and experience shared with us through our services and steering groups informs Action for ME's wider policy work, too. Along with other organisations in the Overlapping Illness Alliance, we had the valuable opportunity to input into a Department for Education pre-consultation draft, aimed at improving support for young people with ME and other conditions in schools. By including links to our resources, we have helped ensure that young people have access to the education that meets their needs.



Alice, Mindfulness Volunteer

“As a qualified mindfulness meditation instructor & ME/CFS sufferer, I enjoy running an online meditation group on behalf of Action for ME. This enables me to bring a group of sufferers & carers together, letting them know they are not alone, & hopefully offers some monthly respite while teaching mindfulness techniques which may help with symptom management. My sessions aim to promote relaxation & an overall sense of wellbeing, which is my way of giving back to the ME community.”



We're changing lives

Our holistic Healthcare Services offer tailored, person-centred care and support, filling significant gaps in specialist provision and ensuring people receive the expert help they need.

ME-informed physiotherapy

Action for ME is committed to patient-led care, supported by biomedical research.

“I have been living with ME for 15 years and, for most of that time, I was stuck in a relentless boom-and-bust cycle. Without any real guidance or support around pacing or managing my condition through the NHS, I was left to figure things out on my own - often getting it wrong. That all changed when I started working with the physio from Action for ME.”

Our physiotherapists offer an individually tailored approach, supporting those aged 13 and over with advice and expertise to improve quality of life.

“Following a sudden decline in my symptoms, I reached out - and it’s one of the best decisions I’ve made. Before meeting the Action for ME physio, I didn’t truly understand what a baseline was, and I certainly didn’t grasp the real meaning of pacing. I was still trying to manage my condition with the mindset of a healthy person.”

Recognising the wide spectrum of severity and symptoms, alongside the significant challenges that living with ME can present, our Healthcare Services aim to transform lives with compassionate, whole-person care, informed by the 2021 NICE guideline for ME/CFS.

“Your physio has been incredibly patient, understanding, and supportive. She guided me gently, step-by-step, helping me to properly understand my limits and how to work within them. Thanks to her support, I’ve finally established a sustainable baseline and, more importantly, I’m maintaining it.

For the first time in years, I feel confident about moving forwards. I’m now able to make thoughtful, realistic changes towards recovery - at a pace that won’t set me back.

I truly can’t thank you enough. Without your support, I believe I would still be bedbound, continuing to push myself beyond my limits every time I saw even the smallest sign of improvement.”

In our most recent annual patient survey, 84% agreed they felt involved in the planning of their treatment. A further 74% reported feeling more in control and able to manage their symptoms, highlighting the importance of directly involving people with ME in the care and support they receive.

This remains a core aspect of our Healthcare Services.

Listening to and understanding people affected by ME

We offer counselling and emotional support, through highly trained and experienced counsellors, to people with ME, and carers, aged 18 and over. In our recent annual Healthcare Services’ survey, **94%** of people accessing adult counselling said they **felt listened to and understood**. In addition:

88% agreed talking with a counsellor has had a positive impact on their emotional health

82% reported feeling less isolated after talking with a counsellor

We also offer a free Young People’s Counselling service for those aged 13-18 with either suspected or diagnosed ME. In last year’s report, we shared the exciting news that, thanks to funding from the Prudence Trust, we were expanding our Young People’s Counselling service to include 11- and 12-year-olds.

Since then, the service has continued to provide a safe space for children and young people to talk about their experiences of living with ME. The mid-term evaluation, published in October 2025, of the service showed that:

91% reported feeling less isolated after talking with a counsellor

89% agreed they felt more able to manage feelings about their illness

Overall, **100%** of young people said that they felt **heard and validated** by our counsellors, highlighting their specialist understanding of ME.

“It makes you not feel alone. They kind of understand you because obviously they’re specialised in everything.”

Young People’s Counselling service user

In addition to our counselling services, we also offer a multi-faith Chaplaincy service, recognising that people’s needs can be physical, emotional, and spiritual.

“The Chaplaincy service is a lifeline to me because I can’t go to church or have visitors. Your minister is very kind. I trust him completely. Talking to him brings me solace and a sense of peace. Thank you.”

Chaplaincy service user

Delivering specialist, patient-centred care

Our healthcare professionals have a specialist interest, and experience, in treating people with ME.

Our doctors support with diagnosis, information, and recommendations, offering evidence-based management advice in line with the NICE guideline (NG206). In our most recent annual survey:

93% of people accessing our doctor service said they felt listened to and understood

85% felt more encouraged/hopeful after accessing the service

“For the first time, I feel seen and understood. I wish I’d made an appointment years ago.”

Doctor service user

In addition to providing direct care to people with ME, our Doctors also contribute to educating and supporting other healthcare professionals in learning more about how to support patients with ME.

Dr Robin Kerr, one of our specialist Doctors, has previously presented in a Learn About ME webinar. Alongside Dr Nina Muirhead, Dr Kerr shared practical guidance on diagnosis, pathophysiology, and symptom management.

Over 50 healthcare professionals registered to take part and were sent the materials after the webinar, with all respondents to the webinar poll agreeing they felt more confident to support patients with ME as a result of attending.

Looking forward

As we move forward, we remain committed to improving the access journey for patients, simplifying forms and processes, and providing timely communications.

In recognition of waiting lists, we will continue to look to increase capacity within our specialist GP service and strengthen GP collaboration.

We also recognise the need for accessible services for those living with ME and we intend to continue our bursary support, alongside advocating for better healthcare policies.



We're changing futures

We're investing in world-leading biomedical research and the next generation of ME researchers to improve diagnosis, develop effective treatments, and bring us closer to a cure for ME.

DecodeME

In August 2025, the DecodeME study shared its **first major genetic results**, a turning point for ME research. We have driven this landmark study from the outset, alongside Lead Investigator, Professor Chris Ponting, at the University of Edinburgh, and mobilised the ME community whose participation made the findings possible. We embedded Patient and Public Involvement (PPI) in DecodeME from the design stage, an approach since praised by the Medical Research Council as a model of excellence.

The world’s largest study of the illness, DecodeME compared data from **15,579 people with ME** against 259,909 people without it, identifying eight genetic signals linked to the condition - the first robust evidence that genetics contribute to ME risk.

Several identified regions relate to the body’s response to infection, while others point to the nervous system, including a chronic pain pathway, echoing what people with ME have long reported.

We led a wide-reaching communications effort reaching public, media and policy audiences, building recognition of ME as a serious biological illness and challenging misconceptions about its causes. The dataset remains open to researchers worldwide, and the team is continuing to refine the analysis, with the final genetic results due soon, laying the groundwork for the studies that follow.

Sequence ME & Long Covid

In February 2026, we launched the first phase of Sequence ME & Long Covid, building on DecodeME’s successes to take research further. While DecodeME’s analysis (genome-wide association study - GWAS) captured only a fraction of genetic variation, this **proposed £20m study** will use long-read, whole-genome sequencing to read the complete genetic code of **9,000 people with ME and 9,000 people with Long Covid**, making it the world’s largest ‘long read’ whole genome-sequencing study of any disease of its kind.

We are leading the partnership, which includes the University of Edinburgh, Oxford Nanopore Technologies and the European Bioinformatics Institute (EMBL-EBI), with people with lived experience at the study’s heart.

Phase 1 has already secured funding from the Schmidt Initiative for Long Covid, CODA, the Solve ME/CFS Initiative, Action for ME and the wider public, supporting project mobilisation, the development of the Long Covid arm of the study and the partnership-building needed to secure funding for later stages.

In May 2026, we secured funding for Phase 2, including **£4.75m** from the UK government. Running alongside Phase 1, Phase 2 will sequence **6,000 ME samples** previously collected through DecodeME using Oxford Nanopore’s long-read technology, with EMBL-EBI analysing the samples (subject to funding).

PRIME

In October 2025, we helped launch PRIME, a **four-year, £800,000+** Medical Research Council programme led by Professor Chris Ponting, together with Action for ME, the ME Genetics Centre of Excellence, and six UK universities to build infrastructure that ME research has lacked for decades.

- PRIME has three core aims:
- 1. Creating 15 new research collaborations to investigate ME’s genetics, biomarkers and disease mechanisms.
 - 2. Strengthening international ties through two new research consortia on genetics and molecular biomarkers.
 - 3. Building a network of people with lived experience to help shape the research itself.

In May 2026, we launched this third aim with the ME/CFS Research Involvement Hub, building the world’s first pool of people with lived experience of ME to work alongside researchers as equal PPI partners, and have already received **over 500 sign-ups** as of July 2026.

PRIME is also running three major symposia as part of the programme, alongside regular webinars on various research topics, open not only to researchers and industry, but to the wider ME community too.



LOCOME

In December 2025, the LOCOME project announced landmark findings that deepened the genetic picture built by DecodeME. Led by PrecisionLife, in partnership with Action for ME, lived experience representatives and the University of Edinburgh, the Innovate UK-funded study used “combinatorial analysis” - examining groups of genes acting together - to identify 259 core genes linked to ME, including 255 entirely new genes, alongside 7,555 genetic variants spanning all eight regions originally identified by DecodeME.

The findings point to four key biological mechanisms, including immune dysfunction, disrupted brain and nerve signalling, inflammation and abnormal cell signalling, and identified 76 genes shared with Long Covid, revealing biological overlap and potential targets for repurposing existing drugs. Made possible entirely by DecodeME participants’ data, LOCOME demonstrates the lasting value of the dataset we helped build.

Big Survey

We launched our most recent Big Survey in November 2025, and it closed having received **over 5,500 responses** from people across the UK affected by ME and Long Covid.

Spanning 46 questions across six core sections, it explored illness onset and family history, the day-to-day and social impact of ME, access to NHS and social care, and the financial cost of the condition, alongside views on how Action for ME can better-support the community.

Our Big Survey runs every five years to track how the realities of living with ME are changing and we developed this iteration with the Discovery Research Platform for Medical Humanities at Durham University. Postdoctoral researcher, Dr Katharine Cheston, helped redesign the survey and lead its analysis, alongside a Patient and Public Involvement group.

Throughout 2026, Dr Cheston will analyse the dataset alongside the PPI Group, with initial findings expected in September 2026.

The anonymised responses will continue to underpin our awareness raising, policy influencing and service development work, alongside directly informing our next organisational strategy. The data has also been shared with Dr Audrey Ryback at the University of Edinburgh, who will use it to study age of ME onset, triggers and heritability.



Lived experience at the heart of our research work

2,900+

attended our research webinars giving the public direct access to research developments

5,500+

responded to our Big Survey aimed at building a richer picture of ME’s impact

500+

registered for our new ME/CFS Research Involvement Hub



We're changing futures

We amplify the voices and experiences of people affected by ME, advocating for change at a UK-wide policy level by raising awareness and influencing Parliament.

**ACTION
FOR
M.E.**

ME awareness in parliament

Every year, we work collaboratively with other organisations, policymakers, and governments to drive long-term change for people with ME.

In November 2025, a Westminster Hall debate on 'government support for people with ME/CFS' was held, led by one of our Parliamentary Champions and the current APPG on ME Chair, Tessa Munt MP (Lib Dem, Wells & Mendip Hills). The debate saw contributions from MPs across parties and included a response from the former Health Minister, Ashley Dalton.

Ahead of the debate, we shared a detailed briefing on ME and its impact with all MPs and were pleased to see it referenced numerous times throughout the debate, including mentions of our DecodeME research study (more on p 19). Importantly, many MPs shared the personal stories of their constituents who are living with ME, highlighting the devastating effects of the illness and lack of appropriate care and support so many still experience, calling for immediate improvements and serious investment in biomedical ME research. Alongside this debate, we have continued to work closely with Tessa through our role in the APPG on ME.

We have continued to grow our Parliamentary Champions network, which has now grown to 24 MPs, highlighting the cross-party support that exists for ME. Whilst we are pleased with this growth, we know we can do more.

In 2026/27 we will utilise our network of Champions to create even greater impact for the ME community and place increased pressure on the government to urgently address issues such as hospital provision for the most severely affected.

Driving change through collaboration

We are a proud founding member of the Overlapping Illness Alliance - a coalition of charities working to improve recognition, care and support for people of all ages living with complex, overlapping conditions.

In November 2025, the Alliance held its first parliamentary drop-in event, providing parliamentarians with the opportunity to meet member organisations and discuss the impact of the illnesses the Alliance represents.

Over 50 MPs, Peers, and their colleagues attended the event, raising much-needed awareness of the many overlaps that exist between the conditions, including the negative effects of the lack of complementary health and social care that exists, alongside the education and economic impact that so many experience.

There was widespread agreement amongst attendees that this joined-up, collaborative approach across illness areas is much-needed, creating a more impactful, powerful, and united voice.



17



questions tabled,
written by us for MPs

11



new Parliamentary
Champions

25



meetings held with
parliamentarians

Our first Summer Appeal

We know that significant change is needed for people affected by ME and that this scale of change doesn't just happen - it has to be made.

Over 11 days in June 2025, we ran our first ever Summer Appeal and **raised over £20,000** to support our work creating change for people affected by ME. During the appeal, we also shared the stories of people with ME to highlight the changes that are so desperately needed.

The money raised will:

- provide help and support to people affected by ME
- increase research and scientific understanding of ME
- change public and professional attitudes towards ME, across politics, healthcare, education, and beyond.

Throughout the appeal, we also ran a dedicated marketing campaign, aiming to educate the wider public on the daily, often devastating, impact of living with ME.

We were delighted to see a number of supporters also sharing a short video of themselves explaining the one change they want to see for the ME community, and the importance of our Summer Appeal.

"The change I want to see is more funding of medical research. To achieve that, we either need major campaigning to get the UK research agencies to fund studies into ME, or we need to raise serious funds to fund ME research ourselves. While many causes merit support, I do not know of any which, I believe, to be as deserving as the need to finally change the course of the lives of people with ME all around the world."

Peter, who shared a video during our appeal

If you missed our Summer Appeal, please don't worry - a gift any time of the year will still help us to create real and lasting change for people affected by ME.

To everyone who supported our appeal, we want to share a message of thanks from Emily, who used our Support and Healthcare services:



"To Action for ME supporters, I want to say thank you.

Thank you because this service has unequivocally believed and recognised and guided me through this experience. Thank you because being suddenly dependent and confused with bewildering symptoms, with very long waits for NHS input, this specialist service is a lifeline."

Twitch fundraiser

Every year, our dedicated fundraisers come up with creative ways to support our work, and this year was no different.

More and more people are using online gaming and live-streaming as a way to fundraise for charities, including Action for ME.

Red and her online community, - #vTubersWithDisabilities - used Twitch (an online live-streaming platform) to build a community, raise awareness, and fundraise to support us throughout August 2025, raising an amazing £400 - more than double their target!

"We thought it would be great to also use this as a way to send support to others with the condition. We have made handmade charms and 3D printed rewards for donors and we handmade new items every day of August to show off during our streams!"

"Making these has always been a hobby to help manage my condition with ME and [Fibromyalgia], so adding them to our event has been a really great feeling."

Red uses pre-recorded video, live Q&As, and the group chat to talk about their own experience of ME. Those on the stream play games and host giveaways to raise money.

"I have the medical condition myself. I have been ill since I was 10 years old. [I'm] just over 15 years now. It was places like Action for ME that made a lot of change and helped throughout my life."

Not only can we help raise funds to support others, but we can teach others about the condition in some more depth and show others where to find help from places like Action for ME."

DONATION REWARDS

- The Goodies -

Small Charms/Keyring Options

Random Goodie Bag	£5.00
D&D Edition	£6.66
Cute/Fun Edition	£6.66
One of a Kind Special Reward	£10.00

Large Charms/Keyrings Options

Random Goodie Bag	£8.00
D&D Edition	£9.99
Cute/Fun Edition	£9.99
One of a Kind Special Reward	£14.99

Limited Stock/Redeemables

One of a Kind Dice Towers	£20.00
Super Prize	£25.00
Owl Pals	£15.00
Handwritten Note	£5.00

Redeem When You Donate!
www.twitch.tv/666reddog





Fundraising spotlight

London Marathon 2025

Our fundraisers are so often motivated by the experiences of their friends and family and want to create change for their loved ones' futures.

Jack Green ran the London Marathon in April 2025, inspired by his sister, Hannah, and in aid of Action for ME. He raised over £5,500 and gave Hannah his medal. Hannah sent this message to our Fundraising team:

"I just wanted to send a message of pride for my brother, Jack, who ran the marathon on Sunday for you, in my name...he did the most incredible thing Sunday when he got home and came to see me, he gave me his medal. He said that over the last nine years, seeing what ME has stolen from me and all I've endured, I've been his inspiration and the least I deserved was a big, gold medal! I think it sums up how much family and friends support means. That medal will forever be my most prized possession. I'm so very proud of Jack...I just wanted to let you know!"

Our amazing London Marathon 2025 fundraisers raised over £40,000 to help us create change for people like Hannah!

Crochet fundraiser

Samantha Thompson was diagnosed with ME in 2001.

"During some of the more challenging phases, I needed gentle, adaptable ways to cope, both physically and mentally."

Samantha took up crochet and last year, created a range of mini awareness desk dolls, including a blue ME Awareness doll, called Luma.

"Luma believes rest is productive, small wins matter, and being here is enough."

These were sold on Etsy as a not-for-profit pattern, with all income (after taxes and fees) donated to ME charities, including Action for ME. Samantha hopes that this small blue doll can have the biggest possible impact in helping to support people living with ME.

"ME charities have played an incredibly important role in supporting my family over the years, so it felt right to offer this particular crochet pattern on a not-for-profit basis."

A special thank you

We'd like to say a special thank you to all the Charitable Trusts, Foundations, and companies that generously supported our work this year.

Without their support, we would not be able to continue our work in meeting the needs of the children, young people, and adults with ME now, whilst creating positive change for the future.

Eveson Charitable Trust

Kelton Trust

Linmara Trust

Miss E C Hendry Charitable Trust

Patricia Routledge Foundation

Peacock Charitable Trust

St. James's Place Charitable Foundation

Sir Edward Lewis Foundation

The Belstead Ganzoni Charitable Settlement

The de Laszlo Foundation

The Doris Field Charitable Trust

The February Foundation

The Gerald Bentall Charitable Trust

The J N Derbyshire Charitable Trust

The John Swire (1989) Charitable Trust

The Martin Laing Foundation

The P F Charitable Trust

The Scottish Government

The Sir James Reckitt Charity

The Souter Charitable Trust

The Tula Trust

The Walter Guinness Charitable Trust

Vermeer LLP



Our finances

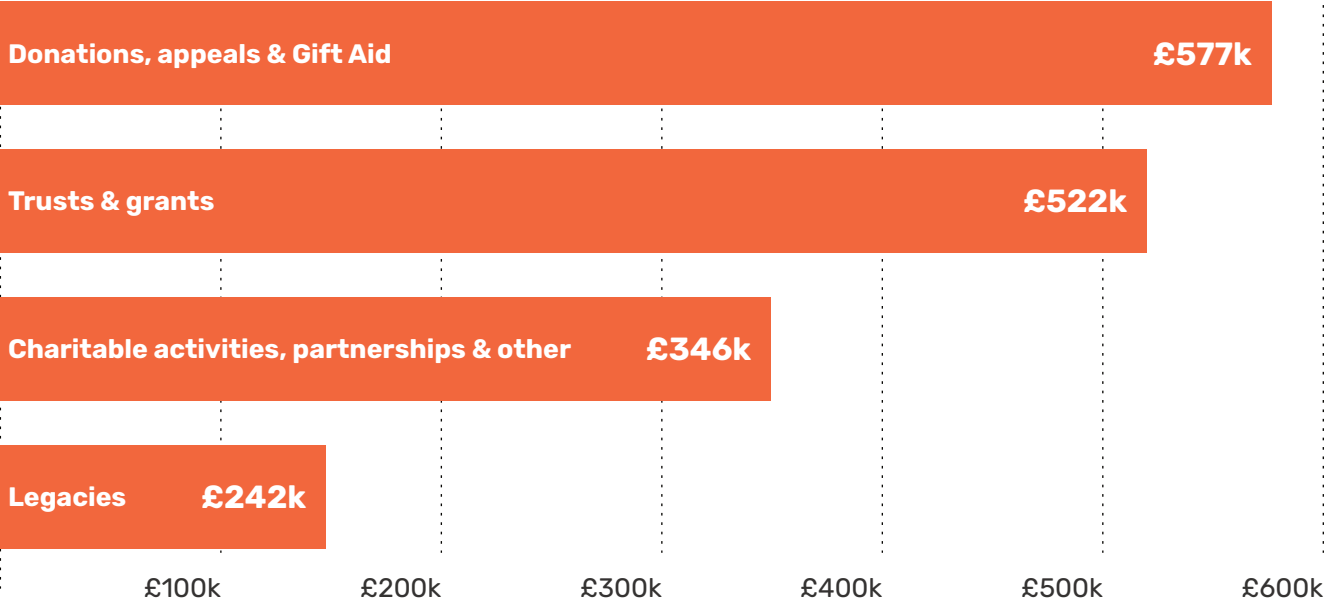
The financial results for the year show an improved performance vs. 2025 with a 25% increase in income and a return to surplus after several years of deficit.

Growth in Trust and Grant income, helped by the announcement of the DecodeME study's initial results and the successful securing of funding for Phase 1 of Sequence ME & Long Covid, together with increased income from collaborative research projects funded through project partners were the key drivers of the improved income performance. We have also nearly doubled our income from legacies thanks to some particularly generous bequests.

Careful management of expenditure throughout the year, with a 7% reduction in total costs, also helped contribute to the return to surplus.

However, while overall performance has improved, we have seen a change in our income mix, with restricted income increasing from 38% to 42% of total income. This has contributed to an unrestricted deficit for the year that in turn means that our unrestricted reserves have fallen to the equivalent of 2.2 months of operating expenditure, below the level set out in the charity's reserves policy.

The Trustees and senior team recognise the importance of maintaining unrestricted as well as total reserves and are focused on recovering unrestricted reserves to a level consistent with the reserves policy.



This year, we spent:

- £735k**

on our Information and Support, Peer Support, and Healthcare Services for young people, adults, and families with ME.
- £430k**

on fundraising.
- £217k**

on our investment in collaborative, biomedical research.
- £274k**

on our campaigning and influencing work.



Summary statement of financial activities

	2026 (£'000)	2025 (£'000)
Incoming resources	1,701.8	1,365.7
Resources expended	1,655.8	1,780.5
Net gains/(losses) on investments	1.3	(1.2)
Net movement in funds	47.3	(416.0)
Fund balance 31 March 2026	957.9	910.6

Summary balance sheet

	2026 (£'000)	2025 (£'000)
Fixed assets	30.5	86.1
Net current assets	927.4	824.5
Total assets less current liabilities	957.9	910.6
General funds	246.5	397.9
Designated funds	-	-
Unrestricted funds	246.5	397.9
Restricted funds	711.4	512.7
Accumulated funds	957.9	910.6

Our people, structure and governance

Public benefit

The Trustees confirm that they complied with the duty in the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission. The annual report contains a fuller description of the public benefit that the charity provides on pages 11 – 22.

Trustees

The Trustees, for the purposes of Charity law and under the Company's Articles, are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association, the members of the Board of Trustees are elected to serve for a period of three years. After which, they must be re-elected at the next Annual General Meeting. Trustees can be elected for two three-year terms with the potential for an additional, exceptional term. As the charity is also a Company Limited by Guarantee, the Trustees are also Directors of the Company.

The Board of Trustees of Action for ME meets quarterly with the Chief Executive and relevant staff to exercise corporate governance, give strategic direction, and manage the performance and achievement of charitable objectives. The Board also exercises fiscal oversight and takes the lead on strategic risk management.

All Trustees receive comprehensive monthly financial management reports with a commentary by the Finance Manager.

Day-to-day operations are overseen by the Chief Executive, whose quarterly reports to the Board include a report against key performance indicators identified in our high-level delivery plan.

Our committees

Five sub-committees, established as part of the Board, operate according to clearly defined terms of reference. These committees hold delegated authority, acting as a resource to the Chief Executive and staff team, and make recommendations to the Board. They are made up of Trustees, staff and volunteers from outside the organisation including our Supporting Members.

- The Audit, Finance and Fundraising Sub-Committee meets quarterly and reviews finances, risk controls, audit requirements, fundraising and income generation activity to support and grow our work.
- The Public Affairs and Communications Sub-Committee meets quarterly and provides a steer for the charity's policy and influencing work at local, national, and international levels.

- The Research Sub-Committee meets at least twice a year and monitors the charity's research-funded activity.
- The Remuneration and Nominations Sub-Committee meets as and when required, to make recommendations to the Board on senior appointments and related significant employment contract issues.
- The Healthcare Services Sub-Committee meets quarterly and provides oversight, scrutiny, and assurances in all aspects of Healthcare Services.

All staff members, including the Chief Executive, have performance objectives that link directly to the charity's strategic objectives. Progress against these are monitored through regular one-to-one meetings and an annual performance review. An annual outcomes summary is provided to the Board to assist with performance management responsibilities. All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the notes to the accounts.

The Trustees aim to ensure that we have all the necessary skill sets on the Board and regularly review its constituency. Trustees are recruited by advertising openly, or through targeted recruitment if there is a specific skill that would be beneficial to the Board, and that the charity is missing. We aim to have a minimum of 51% of Trustees on our Board who have direct experience of ME.

Supporting Members vote on new appointments and the re-election of existing Trustees, with results subsequently confirmed at our Annual General Meeting, held this year in September 2025. Each new Trustee receives a full induction and has the opportunity to be paired with a 'buddy' for the first year on the Board, plus access to ongoing training.

Chief Executive

The Chief Executive is responsible for setting the strategic direction for the charity with the Trustees, leading its implementation, and holds delegated financial authority within parameters set out by our financial controls.

Collaborative partners

By working collaboratively with others who share our values, we can be more effective in achieving our aims and improving the lives of children, young people, and adults with ME. This includes other ME charities and patient organisations, health, social care, and government and senior officials, and other decision-makers. As a member of a number

of organisations and alliances, including ForwardME, Disability Rights UK, Health Conditions in Schools Alliance, and the Disability Benefits Consortium, we continue to build capacity, reach more people, and achieve more by working in partnership to achieve common goals.

Governing document

The organisation is a charitable company limited by guarantee and is a registered charity in England and Wales, and in Scotland, with further details provided on the back page. The Company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the Company being wound up, members are required to contribute an amount not exceeding £1.

Fundraising policies

Action for ME is regulated by the Fundraising Standards Board. Our approach to fundraising is set out in our fundraising policy which is reviewed annually by Trustees. The charity primarily fundraises from philanthropic sources (e.g. grant giving bodies and individual donors) and fundraising events.

The charity recognises the need to conduct its fundraising within the context of recognised standards set out in the Institute of Fundraising's Code of Fundraising Practice, the Data Protection Act 1998/UKGDPR 2021, and the CAP Code (Committee of Advertising Practice). We do not employ external professional fundraisers or companies.

Our fundraising policy stresses the critical importance that no individual should use their position in Action for ME for personal gain, or to benefit others, at the expense of the charity, our mission, or our reputation. It sets out that individuals must not act in any way that could be reasonably seen by others as compromising the independence and integrity of the charity; and that all activities must be carried out with honesty and integrity, with employees never knowingly misleading supporters. The policy also sets out the way in which we deal with fundraising complaints, of which there were none during the period covered in this report.

Risk

The Chief Executive is responsible for maintaining the charity's Strategic Risk Register, which is reviewed quarterly by the Audit, Finance and Fundraising Committee and annually by the Board of Trustees. Risks are assessed according to their likelihood and potential impact, enabling the charity to identify areas of greatest exposure and ensure that appropriate mitigation measures are in place to protect our beneficiaries, services, reputation and financial sustainability.

During the year, the largest risks facing our charity were:

Successful delivery of the Healthcare Services (HCS) strategy, including the risk that the charity is unable to deliver its healthcare services objectives, resulting in increased costs, reputational damage and reduced healthcare impact. Mitigating actions include regular financial and operational performance reviews, oversight by the Healthcare Services Sub-Committee, implementation of an agreed HCS plan, ongoing monitoring of pricing changes, succession planning for key roles and recruitment of specialist clinical expertise.

Financial sustainability and maintaining adequate cashflow and reserves, which could affect the charity's ability to deliver its strategic objectives and services. The charity mitigates this risk through monthly management accounts, regular financial oversight meetings, robust fundraising plans and three-year financial planning.

Workforce wellbeing and operational resilience, including the risk that high levels of sickness absence significantly impact service delivery. This is managed through monitoring and review processes, updated policies and guidance, a strong focus on staff wellbeing and reasonable adjustments where appropriate.

The charity continues to monitor all strategic risks closely through established governance processes and regularly reviews the effectiveness of mitigation measures.

No serious incident reports were submitted to the Charity Commission during the year.

Financial review

Statement of financial activity

The charity reported an overall surplus of £47.3k for the year, reflecting continued growth in income, particularly in research, alongside careful management of expenditure. Restricted reserves increased to £711.4k (2025: £512.7k), reflecting funding secured for ongoing biomedical research programmes that will be delivered in future periods. Unrestricted reserves decreased to £246.5k (2025: £397.9k) as the charity continued to utilise these funds to support service delivery and strategic objectives.

Balance sheet & cash flow forecast

The charity's balance sheet remained strong at 31 March 2026, with net assets increasing to £957.9k (2025: £910.6k), reflecting the overall surplus achieved during the year. Cash and cash equivalents increased by £125.4k to £740.8k, supported by positive cash inflows from both operating activities (£72.2k) and investing activities (£53.1k). The charity continues to actively manage liquidity and working capital to maintain financial resilience.

Funding sources

The primary financial contributions to Action for ME predominantly stem from charity trusts, bequests, grassroots fundraising, event revenue, our Supporting Membership scheme, and donations from individuals. Additionally, Gift Aid supplements our fundraising streams.

Our strength lies in our varied fundraising channels, ensuring we aren't excessively dependent on a singular revenue source. With an eye on fortifying this diversity, we will continue to allocate additional resources to our fundraising team, aiming to solidify our long-term revenue prospects.

We are enormously grateful to all the Trusts and Foundations who have generously supported our work this year.

Investment policy

Action for ME has an ethical investment policy and when finances allow, aims to invest in line with the values of our organisation. This year, due to the closure and subsequent withdrawal of the M&G Charibond investment offer, our investment net value as of March 2026 was £8.2k (£50.5k in previous year).

Reserves policy

The current policy is to maintain sufficient funds deemed 'free' (unrestricted) at no less than three months, and no more than six months, of the

charity's unrestricted operating costs. The charity ended the financial year with unrestricted reserves of £246.5k, equivalent to 2.2 months of unrestricted expenditure, based on an average monthly unrestricted expenditure rate of £111.9k. The Trustees recognise this is below the minimum requirement set out in the policy and continue to monitor reserve levels closely through regular financial reporting, cash flow forecasting and scenario planning. Actions to strengthen the charity's financial resilience include maintaining tight control over expenditure and increasing focus on unrestricted income generation.

Grant making policy

Research funding awards are considered by the Research Sub-committee in accordance with the standards outlined in the Research Activity Ethical Policy Statement. The final decision for award funding sits with the Board.

Statement of Trustees' responsibility

The Trustees are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company and charity law requires the Trustees to prepare a financial statements for each financial year.

Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources. This includes its income and expenditure, of the charity's financial year.

In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently
- observe the methods and principles in the charity's SORP
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- make judgements and accounting estimates that are reasonable and prudent
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate and proper accounting records that are sufficient and show and explain the charity's transactions. They must disclose, with reasonable accuracy, at any time, the financial position of the charity and enable them to ensure that financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), and with the requirements of the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of the financial statements and other information included in annual reports may differ from legislation in other jurisdictions.

Auditor

Sumer Audit Co Limited were re-appointed as our auditor at the 2025 Annual General Meeting.

Provision of information to Auditor

So far as each of the Trustees is aware at the time the report is approved, there is no relevant information of which the company's auditor is unaware, and the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Small company provisions

This report has been prepared in accordance with special provisions for small companies under part 15 of the Companies Act 2006.

Forward look

As we enter the final year of our current strategy, we do so with renewed confidence and determination. Momentum is growing across research, policy, and awareness, creating real opportunities to improve the lives of people affected by ME both now and in the future.

Building on the progress made following DecodeME's groundbreaking findings, we will continue to champion high-quality, collaborative research that brings us closer to effective treatments and, ultimately, a cure. Supporting programmes such as Sequence ME & Long Covid, alongside wider initiatives that strengthen collaboration across the research community, will remain a key priority as we work to ensure that the growing momentum is translated into lasting impact. We will also continue to strengthen our

voice with decision-makers across the UK. Through our growing Parliamentary Champions network and wider policy work, we will press for improved healthcare and access to services, greater investment in research, and the full implementation of the commitments made in the government's Final Delivery Plan for ME/CFS. We know meaningful change takes time, but we remain committed to ensuring the experiences of people with ME continue to shape policy and practice.

Supporting people affected by ME today remains at the heart of everything we do. We will continue to develop our Support and Healthcare services, ensuring people can access trusted information, specialist care, and compassionate support when they need it most. As demand continues to grow, we will seek new ways to extend our reach and improve access to our Services, whilst maintaining the high-quality of support they provide.

With the continued generosity of our supporters, the dedication of our staff and volunteers, and the commitment of our partners, I am confident that, together, we will continue to accelerate progress. Every step forward brings us closer to a future where every child, young person, and adult affected by ME receives the understanding, care, and support they deserve.

A key financial priority for the coming year is the rebuilding of unrestricted reserves towards the level set out in the reserves policy.

Roger Siddle
Chair,
Board of Trustees

Jonathan Manuel
Trustee and Treasurer

Approved by the Board of Trustees
and signed on its behalf on
22/09/2026

Report of the Independent Auditors to the Members of Action for ME

Opinion

We have audited the financial statements of Action for ME (the 'charitable company') for the year ended 31 March 2026 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2026 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have

not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities Act 2011, and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The Trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of Trustees

As explained more fully in the Statement of Trustees' Responsibilities, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statement

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance,

but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below:

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud are: to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the company.

Our approach was as follows:

We obtained an understanding of the legal and regulatory requirements applicable to the company and considered that the most significant are the Companies Act 2006, Charities Act 2011, Charities and Trustee Investment (Scotland) Act 2005, UK Financial Reporting Standards and UK taxation legislation.

We obtained an understanding of how the company complies with these requirements by discussions with management and those charged with governance.

We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance.

We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.

Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and those charged with governance and obtaining additional corroborative evidence as required.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at

www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company’s members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and to the charity’s Trustees, as a body, in accordance with Chapter 3 of Part 8 of the Charities Act 2011 and regulations made under section 154 of that Act, and in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and regulations made under section 44 of that Act. Our audit work has been undertaken so that we might state to the charitable company’s members those matters we are required to state to them in an auditors’ report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company’s members as a body, for our audit work, for this report, or for the opinions we have formed.



Mark Powell (Senior Statutory Auditor)
For and on behalf of Sumer Auditco Limited
Chartered Accountants and Statutory Auditor
Lennox House
3 Pierrepont Street
Bath
BA1 1LB

Date: 28/09/2026

Action for ME statement of financial activities

Including income and expenditure account for the year ended 31 March 2026

	Notes	Unrestricted funds (£'000)	Restricted funds (£'000)	Total 2026 (£'000)	Total 2025 (£'000)
Incoming resources					
Incoming resources from generated funds:					
Donations and legacies	3	758.3	586.1	1,344.4	1,069.6
Other trading activities	3	13.7	132.5	146.2	83.4
Investment income	4	15.5	-	15.5	29.4
Incoming resources from charitable activities	3	195.7	-	195.7	183.3
Total incoming resources		983.2	718.6	1,701.8	1,365.7
Resources expended					
					As restated
Costs of generating funds:					
Costs of generating voluntary income	5	379.6	50.8	430.4	451.8
Charitable activities	5	756.3	469.1	1,225.4	1,328.7
Total resources expended		1,135.9	519.9	1,655.8	1,780.5
Net (losses)/gains on investments		1.3	-	1.3	(1.2)
Net movement in funds	12	(151.4)	198.7	47.3	(416.0)
Reconciliation of funds					
Fund balance at 1 April 2025		397.9	512.7	910.6	1,326.6
Fund balance at 31 March 2025		246.5	711.4	957.9	910.6

All incoming resources and resources expended derive from continuing operations. The notes on pages 39-49 form an integral part of these accounts.

Balance sheet

As at 31 March 2026 (company registered number 2906840)

	Notes	2026 (£'000)	2025 (£'000)
Fixed assets			
Tangible assets	9	0.5	2.9
Intangible assets	10	21.8	32.7
Investments	11	8.2	50.5
Total fixed assets		30.5	86.1
Net current assets			
Debtors	12	349.3	291.6
Cash at bank and in hand		740.8	615.4
Total current assets		1,090.1	907.0
Creditors: Amounts falling due within one year	13	(162.7)	(82.5)
Net current assets		927.4	824.5
Total assets less current liabilities		957.9	910.6
Capital and reserves			
General funds		246.5	397.9
Designated funds	14	-	-
Unrestricted funds		246.5	397.9
Restricted funds	15	711.4	512.7
Accumulated funds		957.9	910.6

The accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and in accordance with Financial Reporting Standard 102 and the Charities SORP (FRS 102). The notes on pages 39–49 form an integral part of these accounts.

Roger Siddle

Roger Siddle
Chair,
Board of Trustees

O. R. W.

Jonathan Manuel
Trustee and Treasurer

Approved by the Board of Trustees 22/09/2026

Cash flow

Action for ME cash flow statement for the year ended 31 March 2026

		2026 (£'000)	2025 (£'000)
Net cash flow from operating activities	See note a below	72.3	(437.1)
Net cash flow from investing activities	See note b below	53.1	(13.4)
Net increase/(decrease) in cash and cash equivalents		125.4	(450.5)
Cash and cash equivalents at beginning of period		615.4	1,065.9
Cash and cash equivalents at end of period		740.8	615.4

Cash flows from operating activities

	2026 (£'000)	2025 (£'000)
Net movement in funds	47.3	(416.0)
Depreciation	19.3	10.4
Losses/(gains) on investment	(1.3)	1.2
Financial income	(15.5)	(29.4)
	49.8	(433.8)
(Increase)/decrease in debtors	(57.7)	7.7
(Decrease)/increase in creditors	80.2	(11)
A Net cash from operating activities	72.3	(437.1)

Cash flows from investing activity

	2026 (£'000)	2025 (£'000)	
Purchase of tangible fixed assets	(6.0)	(3.4)	
Purchase of intangible assets	-	(32.7)	
Proceeds from sale of fixed assets	-	0.3	
Interest received	15.5	29.4	
Disposal/(investment) in financial assets	43.6	(7.0)	
B Net cash from investing activities	53.1	(13.4)	
	At 01.04.2025 (£'000)	Cash flow (£'000)	At 31.03.2026 (£'000)
Cash at bank	615.4	125.4	740.8

Notes to the accounts

1 Accounting policies

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice, applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 01 January 2019), as updated by Bulletin 1 – ('Charities SORP (FRS 102)'), the Financial Reporting Standard applicable in the UK and Republic of Ireland ('FRS 102') and the Companies Act 2006.

Action for ME is a private company limited by guarantee and registered in England and Wales. Its registration details are given on the back page. It meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value, unless stated otherwise in the relevant account policy note(s). The financial statements are prepared on a going concern basis. The Trustees consider that there are no material uncertainties over going concern. The preparation of financial statements in compliance with FRS 102 Section 1A Small Entities requires the use of certain critical accounting estimates. It also requires management to exercise judgement in applying the accounting policies.

Recognition of liabilities

Liabilities are recognised on the accruals basis.

Investments

Investments are valued at mid-market value at the year-end. Realised and unrealised gains or losses are credited or charged to the relevant fund in the Statement of Financial Activities.

Incoming resources

Incoming resources, including bank interest receivable, are accounted for on a receivable basis when the charity is legally entitled to the income and the amount can be quantified to the income with reasonable accuracy. For legacies, entitlement to funds, the measurable amount of the legacy, and the probability that it will be received, inform the decisions around recognition and receipt of legacy funds.

Deferred income, if conditions related to income have not been met or there is uncertainty about whether the charity can meet the conditions, the income is classified as a liability on the balance sheet and is deferred until it is likely that the conditions will be met.

Donated services and facilities (gifts in kind) are included as voluntary income at their estimated value to the charity when received, and under the appropriate expenditure heading, depending on the nature of the service or facility provided. Time donated by volunteers is not recognised in the financial statements as this cannot be reliably

valued.

Resources expended

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Grants payable are payments made to third parties in furtherance of the charity's objectives. Single or multi-year grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the Trustees have agreed to pay the grant without condition, or when the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the charity. Where a grant includes specific performance terms, grants payable are recognised when performance milestones are met.

Provisions for grants are made when the intention to make a grant has been communicated to the recipient but there is uncertainty about either the timing or the amount of the grant.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of charitable activities.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs include all expenditure not directly related to charitable activity. The Trustees have applied what they consider to be reasonable judgements in apportioning such costs between direct charitable and support costs. The central office functions, such as general management, payroll administration, budgeting and accounting, information technology, human resources and finance, are allocated across the categories of charitable activities and the costs of generating income. The basis of the cost allocation is explained in note 5 to the accounts.

Governance costs are the costs associated with the governance arrangements of the charity which relate to its general running, as opposed to those costs associated with fundraising or charitable activity. Included within this category are the cost of audit fees and costs linked to strategic management of the charity.

Governance costs are allocated across the categories of charitable activities and of generating income. The basis of allocation is explained in note 5 to the accounts.

Fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Items of less than £500 are not capitalised. Depreciation has been provided at the following rates to write off the cost of the assets (less their expected residual value) over their estimated useful economic lives. Office equipment - 25% on the straight-line method.

Intangible assets and amortisation

During the prior financial year, the charity invested in brand improvements, including an upgrade to the Action for ME website. The associated expenditure met the criteria for capitalisation and was recognised as an intangible asset. This asset continues to be amortised on a straight-line basis over its estimated useful economic life of three years.

Pensions

The charity operates an occupational pension scheme. Contributions are charged to the Statement of Financial Activities as they become payable in accordance with the rules of the scheme. The scheme is a defined contribution scheme.

Taxation

As a registered charity whose income and gains are used solely for its charitable purposes, the charity falls within the exemption for corporation tax and as such, has had no tax charge for this accounting period. The charity operates a partial exemption method for the recovery of certain VAT. The amount of VAT that cannot be recovered is included in support costs and is £49,516 (£54,153 in 2025).

Operating lease agreements

Rentals, applicable to operating leases when substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

Financial instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at the transaction value and subsequently measured at their settlement value. The charity does not acquire put options, derivatives, or other complex financial instruments.

2 Judgements in applying accounting policies and key sources of estimation uncertainty

In preparing these financial statements, the Trustees have had to make the following judgements:

- Apportionment of staff time on specific activities has been made in the absence of formal timesheets and is therefore based on the role profiles and work-plans of the individuals, as in previous years.
- The valuation and recognition of pending legacies throughout the year, and specifically at the year-end is based on the charity's entitlement to funds, the availability of sufficiently reliable estimates of the amount indicated for the legacy, and the probability that it will be received.

3 Details of incoming resources

	Unrestricted funds (£'000)	Restricted funds (£'000)	Total 2026 (£'000)	Total 2025 (£'000)
Donations and legacies				
Trusts and companies	136.2	91.4	227.6	240.5
Donations and appeals	440.1	47.2	487.3	585.7
Legacies	97.7	144.1	241.8	124.9
Grants	-	294.4	294.4	7.4
Gift Aid recoverable	81.8	7.4	89.2	82.4
Gifts in kind	2.5	1.6	4.1	28.7
	758.3	586.1	1,344.4	1,069.6
Other trading activities				
Lotteries and raffles	7.6	-	7.6	7.9
Supplement commission	2.5	-	2.5	2.7
Merchandise	0.1	0.8	0.9	0.7
Other	3.5	131.7	135.2	72.1
	13.7	132.5	146.2	83.4
Incoming resources from charitable activities				
Subscriptions	67.0	-	67.0	72.6
Healthcare Services	128.7	-	128.7	110.7
	195.7	-	195.7	183.3

Gift in kind income includes pro bono legal services provided by A&O Shearman in relation to research contracts, valued at £1,600 based on hours worked, and a donation of 100 refurbished Visable devices, valued at £25 per unit.

Details of 2025 income

	Unrestricted funds (£'000)	Restricted funds (£'000)	Total 2025 (£'000)
Donations and legacies			
Trusts and companies	87.0	153.5	240.5
Donations and appeals	336.9	248.8	585.7
Legacies	124.9	-	124.9
Grants	-	7.4	7.4
Gift aid recoverable	43.5	38.9	82.4
Gifts in kind	28.7	-	28.7
	621.0	448.6	1,069.6
Other trading activities			
Events	-	-	-
Lotteries and raffles	7.9	-	7.9
Supplement commission	2.7	-	2.7
Merchandise	-	0.7	0.7
Other	5.6	66.5	72.1
	16.2	67.2	83.4
Incoming resources from charitable activities			
Subscriptions	72.6	-	72.6
Healthcare Services	110.7	-	110.7
	183.3	-	183.3

4 Investment income

	2026 (£'000)	2025 (£'000)
Interest from cash investments in the UK	15.5	29.4

5 Resources expended

	Unrestricted funds (£'000)	Restricted funds (£'000)	Total 2026 (£'000)	As restated Total 2025 (£'000)
Costs of generating voluntary income				
Staff costs	277.6	50.8	328.4	313.7
Direct fundraising costs	19.0	-	19.0	20.1
Support costs - see below	83.0	-	83.0	118.0
	379.6	50.8	430.4	451.8

	Unrestricted funds (£'000)	Restricted funds (£'000)	Total 2026 (£'000)	Total 2025 (£'000)
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Charitable activities				
Information and Support Services	473.6	261.0	734.6	794.7
Campaigning and influencing work	264.0	9.9	273.9	252.8
Collaborative biomedical research	18.7	198.2	216.9	281.2
	756.3	469.1	1,225.4	1,328.6

Costs of charitable activities for unrestricted reserves are analysed as follows:

	Activities directly	Support costs undertaken	As below Total (£'000)
Charitable activity			
Information and Support Services		371.5	102.1
Campaigning and influencing work		226.7	37.3
Collaborative biomedical research		-	18.7
		598.2	158.1
			756.3

Central support and governance costs are allocated as follows according to full-time equivalent number of staff per activity.

	Governance costs	Admin costs finance	Property management	Office management	IT admin costs	Total (£'000)
Information and Support Services	11.1	50.2	12.9	21.5	6.4	102.1
Campaigning and influencing work	4.0	18.4	4.7	7.9	2.3	37.3
Collaborative biomedical research	2.0	9.2	2.3	4.0	1.2	18.7
	17.1	77.8	19.9	33.4	9.9	158.1
Fundraising	9.0	40.8	10.5	17.5	5.2	83.0
	26.1	118.6	30.4	50.9	15.1	241.1

	2026 (£'000)	2025 (£'000)
Governance costs		
Administrative salaries - based on time spent	14.0	27.2
Indemnity insurance for Trustees	1.4	1.5
Trustees' expenses	0.1	-
Auditors' fees	9.2	9.0
Consultant costs for safeguarding audit	0.8	4.1
Other	0.6	0.6
	26.1	42.4

	2026 (£'000)	2025 (£'000)
Grant activities		
The University of Edinburgh - PhD in biomedical research	37.0	111.1

Details of 2025 expenditure - restated

	Unrestricted funds (£'000)	Restricted funds (£'000)	2025 (£'000)
Costs of generating voluntary income			
Staff costs	256.7	57.0	313.7
Direct fundraising costs	20.1	-	20.1
Support costs - see below	118.0	-	118.0
	394.8	57.0	451.8

	Unrestricted funds (£'000)	Restricted funds (£'000)	2025 (£'000)
Charitable activities			
Information and Support Services	614.7	180.0	794.7
Campaigning and influencing work	243.3	9.5	252.8
Collaborative biomedical research	101.6	179.6	281.2
	959.6	369.1	1,328.7

Costs of charitable activities for unrestricted reserves are analysed as follows:

	Activities directly	Support costs undertaken	As below Total (£'000)
Charitable activity			
Information and Support Services	436.4	178.3	614.7
Campaigning and influencing work	204.9	38.4	243.3
Collaborative biomedical research	63.2	38.4	101.6
	704.5	255.1	959.6

Central support and governance costs are allocated as follows according to full-time equivalent number of staff per activity.

	Governance costs	Admin costs finance	Property management	Office management	IT admin costs	Total (£'000)
Information and Support Services	20.3	61.2	17.0	70.5	9.3	178.3
Campaigning and influencing work	4.3	13.2	3.7	15.2	2.0	38.4
Collaborative biomedical research	4.3	13.2	3.7	15.2	2.0	38.4
	28.9	87.6	24.4	100.9	13.3	255.1
Fundraising	13.5	40.5	11.3	46.6	6.1	118.0
	42.4	128.1	35.7	147.5	19.4	373.1

Comparative expenditure for 2025 has been restated to correct an error in the allocation of support costs; this reclassification has affected the analysis of expenditure by activity but has no impact on the total expenditure, net movement in funds, or closing fund balances.

6 Net movement in funds

	2026 (£'000)	2025 (£'000)
This is stated after charging		
Operating lease	29.4	48.0
Depreciation of owned fixed assets	19.3	10.4
Auditor remuneration	9.2	9.0
Trustees’ expenses	0.1	-
Pension costs	75.1	37.4

Funds belonging to the Charity have been used for the purchase of insurance to protect its Trustees in their capacity as Trustees. The sum expended by the Charity on such insurance for the year of 31 March 2026 was £1,406 (£1,497 in 2025).

7 Staff costs and emoluments

	2026 (£'000)	2025 (£'000)
Gross salaries	868.3	909.7
Employer’s National Insurance	91.5	70.0
Employer’s pension contributions	75.1	37.4
	1,034.9	1,017.1
Average number of employees	Number (2026)	Number (2025)
Engaged on charitable activities	22	22
Engaged on fundraising activities	8	9
Engaged on management and administration	4	4
	34	35
The number of employees whose emoluments as defined for taxation purposes amounted to over £60,000 in the year was as follows:	Number (2026)	Number (2025)
£60,000 - £70,000	1	1
£100,000 - £110,000	1	1
Total	2	2

The Charity considers its key personnel to comprise the Trustees and the Chief Executive Officer. The total employment benefits including employer pension contributions of the highest paid personnel was £105,896 (£102,812 in 2025).

The Charity remains grateful for the work of its volunteers. The role and scope of work undertaken varies, and takes into account the fluctuating energy levels of the volunteers, many of whom are affected by ME

The time donated by volunteers is not recognised in the financial statements as this cannot be reliably or consistently valued.

8 Trustees

	2026 (£'000)	2025 (£'000)
The Trustees all give freely their time and expertise without any form of remuneration or other benefit in cash or kind.		
Total expenses reimbursed to Trustees or met by the Charity. These expenses were made up of one Trustee for travel and accommodation for the purpose of attending Board meetings.	0.1	-
There were no related party transactions up to 31 March 2026.		

9 Tangible fixed assets

	Office equipment
Cost	
At 1 April 2025	36.7
Additions for year	6.0
Disposals in year	(5.8)
At 31 March 2026	36.9
Depreciation	
At 1 April 2025	33.8
Charge for year	8.4
Disposals in year	(5.8)
At 31 March 2026	36.4
Net book value	
At 31 March 2025	2.9
At 31 March 2026	0.5

10 Intangible assets

	Website (£'000)
Cost	
At 1 April 2025	32.7
Additions for year	-
Revaluations in year	-
At 31 March 2026	32.7
Amortisation	
At 1 April 2025	-
Charge for year	10.9
At 31 March 2026	10.9
Net book value	
At 31 March 2025	32.7
At 31 March 2026	21.8

The amortisation method is on a straight line basis at an estimated value of £10,917 per year for a period of 3 years. This is the first year of amortisation.

11 Investments

	£'000
Market value	
At 1 April 2025	50.5
Additions for year	-
Investment withdrawal	(43.6)
Revaluations	1.3
At 31 March 2026	8.2
Net book value	
At 31 March 2025	50.5
At 31 March 2026	8.2

The decision to withdraw investment was due to the closure of the investment fund offering by M&G Investments.

There were no investments outside of the UK.

12 Debtors

	2026 (£'000)	2025 (£'000)
Trade debtors	45.8	50.1
Prepaid expenses	40.8	35.5
Due from HMRC	2.1	2.8
Accrued income	260.6	203.2
	349.3	291.6

13 Creditors

	2026 (£'000)	2025 (£'000)
Trade creditors	25.3	32.0
Accrued expenses	33.9	22.3
Unpaid pension contributions	6.0	6.4
Other taxation and social security costs	22.1	18.6
Deferred income (see note below)	75.4	3.2
	162.7	82.5
	2026 (£'000)	
Movement of deferred income:		
Deferred income b/f	3.2	
Amount released in the year	(3.2)	
Amount deferred in year	75.4	
Deferred income at 31 March 2026	75.4	

14 Funds

	General funds (£'000)	Designated funds (£'000)	Total (£'000)
Statement of unrestricted funds			
Balance at 1 April 2025	397.9	-	397.9
Transfer between funds	-	-	-
Deficit for year	(151.4)	-	(151.4)
Balance at 31 March 2026	246.5	-	246.5

	Fixed assets (£'000)	Cash	Other net current assets (£'000)	Total (£'000)
Analysis of net assets between funds - current year				
Unrestricted funds:				
General funds	30.5	208.8	7.2	246.5
Designated funds	-	-	-	-
	30.5	208.8	7.2	246.5
Restricted funds	-	532.0	179.4	711.4
	30.5	740.8	186.6	957.9

	Fixed assets (£'000)	Cash	Other net current assets (£'000)	Total (£'000)
Analysis of net assets between funds - prior year				
Unrestricted funds:				
General funds	86.1	252.8	59.0	397.9
Designated funds	-	-	-	-
	86.1	252.8	59.0	397.9
Restricted funds	-	362.6	150.1	512.7
	86.1	615.4	209.1	910.6

15 Restricted funds

	Opening balances (£'000)	Incoming resources (£'000)	Outgoing resources (£'000)	Closing balances (£'000)
Movements in restricted funds				
General research	186.4	218.2	(94.1)	310.5
DecodeME	-	86.6	(86.6)	-
PRIME	-	16.0	(16.0)	-
Sequence ME & Long Covid	-	289.8	(1.5)	288.3
Services	142.2	12.8	(155.0)	-
Learn about ME	-	33.4	(6.6)	26.8
Breaking Isolation	1.4	2.5	(1.4)	2.5
Children and Young People's Counselling Service	173.1	-	(98.0)	75.1
Campaigning and influencing	-	9.9	(9.9)	-
Philanthropy	9.6	49.4	(50.8)	8.2
	512.7	718.6	(519.9)	711.4

General research – donations received from donors wishing to see advances in research.

DecodeME – funding awarded jointly by the Medical Research Council and National Institute for Health Research for our role in co-leading this research project as part of the ME/CFS Biomedical Partnership.

PRIME – a four-year programme funded by the Medical Research Council to accelerate meaningful, high-quality research into ME/CFS across the UK and globally.

Sequence ME & Long Covid – a new research initiative designed to explore the root causes of ME/CFS and Long Covid using large-scale, long-read whole-genome sequencing.

Services – funding to increase our reach to people of all ages affected by ME, including family members, offering information, resources, signposting, support and understanding, and healthcare.

Learn About ME – funding from Scottish Government’s Neurological Framework to promote a free online learning module for GPs, medical students and allied health professionals, working with the ME Association, #MEAAction Scotland and the 25% ME Group and complemented by our Learn About ME podcast series. Visit <https://www.actionforme.org.uk/supporting-you/learning-and-training/>.

Breaking Isolation – funding awarded by the Dr Martens Foundation up to 16 May 2025 to provide a collection of free online events and resources for young people with ME, designed to reduce the loneliness and isolation often experienced when living with the condition.

Children and Young People’s Counselling Service – funding from National Lottery Community Fund and Prudence Trust to deliver free counselling to children and young people with either diagnosed or suspected ME.

Campaigning & influencing – engaging with the UK government to amplify the voices of the ME community to shape policy development and improve the quality of care and support.

Philanthropy – funded personnel to improve income generation and support long-term sustainability through our philanthropic networks.

All other restricted funding consists of donations received in furtherance of our charitable activities in research, service delivery, and campaigning.

16 Pension commitments

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable to the scheme and is disclosed in note 7. Contributions in the sum of £5,990 (£6,411 in 2025) were outstanding at the balance sheet date.

17 Operating lease

At the year end the Charity had commitments under non-cancellable operating leases as set out below.

	Total leases 2026 (£'000)	Total leases 2025 (£'000)
Operating lease payments falling due:		
Within one year	22.4	29.2
Within two to five years	91.1	87.7
Over five years	-	-
	113.5	116.9

18 Contingent assets

The charity has been advised of a number of legacies which at year end cannot be reliably measured or require grant of probate. These legacies will be recognised as income once evidence of entitlement and the probability of receipt are confirmed.

Legal and administrative details

Action for ME

Registered charity no: 1036419
Registered in Scotland: SC040452
Incorporated on 10 March 1994
Company registration no: 2906840

Registered office

Unit 2.2 Streamline, 436-441 Paintworks
Bristol, BS4 3AS

Bankers

The Royal Bank of Scotland
144 New Street
Birmingham, B2 4NY

Sumer Auditco Limited

Lennox House
3 Pierrepont Street
Bath, BA1 1LB

President & Patrons

President

Clare Francis MBE

Vice President

Martin Arber

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Colin Morgan
Wendy Lippmann
Sarah Anderson (joined Nov 2025)
Beatrix Clark (joined Nov 2025)
Dominic Hogg (joined Nov 2025)
Jeff Banks (stood down Feb 2026)

Chief Executive

Sonya Chowdhury

We’re improving the lives of people affected by ME. Better meeting their needs today while taking action to secure change for tomorrow.

To donate to our work and help us improve the lives of even more people affected by ME, please visit [actionforme.org.uk/support-us/donate](https://www.actionforme.org.uk/support-us/donate)

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