

# FND ACTION

England & Wales · Charity number 1169554

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-10-10

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 5a New Road Avenue  
Chatham  
Kent  
ME4 6BB

**Phone** 07594651566

**Email** [contact@fndaction.org.uk](mailto:contact@fndaction.org.uk)

**Website** [www.fndaction.org.uk](http://www.fndaction.org.uk)

## Activities

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**Objects:** THE RELIEF OF SICKNESS AND PRESERVATION OF HEALTH OF PERSONS SUFFERING WITH FUNCTIONAL NEUROLOGICAL DISORDER, IN PARTICULAR BUT NOT EXCLUSIVELY BY: (1) RAISING AWARENESS OF FUNCTIONAL NEUROLOGICAL SYMPTOMS THROUGH THE PROVISION OF CURRENT INFORMATION TO THE GENERAL PUBLIC, HEALTH SECTOR, CAREGIVERS, AND THOSE SUFFERING FROM THESE SYMPTOMS.(2) PROMOTING AWARENESS OF FUNCTIONAL NEUROLOGICAL SYMPTOMS THROUGH CHARITABLE EVENTS, MEETINGS, SOCIAL MEDIA, ONLINE AND OFFLINE RESOURCES, INFORMATION PACKS, LEAFLETS, AND OTHER EDUCATIONAL MATERIALS AS REQUIRED FOR THE PUBLIC BENEFIT.(3) PROMOTING ONGOING RESEARCH FOR FUNCTIONAL NEUROLOGICAL SYMPTOMS BY ENCOURAGING PARTICIPATION THROUGH OUR WEBSITE AND SOCIAL MEDIA, AND PUBLISHING RESULTS.'

**Activities:** Raise awareness of Functional Neurological Disorder (FND) and provide information, education, and support across the UK. As a patient-led charity, we work with healthcare professionals, researchers, and associated organisations, develop regional community groups to connect and inform those affected and carers, and lead advocacy to improve understanding, recognition, care pathways and services.

## Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£29,054	£57,371	-	-
2023-12-31	£28,150	£39,285	-	-
2022-12-31	£30,650	£23,312	-	-
2021-12-31	£23,554	£23,377	-	-
2020-12-31	£18,252	£3,396	-	-

## Trustees

Name	Role	Appointed
Danya Mackenzie		2024-12-11
Eric Rosser		2017-01-17
Jenay Brehm		2024-12-11
Lisa Jane Dickinson		2024-03-04
Richmond Stace		2023-10-12
Timothy Richard Joseph Nicholson		2021-11-16
William Alexander Thomas Plender		2022-08-09

**FND ACTION**

England & Wales - Charity number 1169554

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# Accounts

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# FND *Action*

## ANNUAL REPORT

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31st December 2024

# Table of Contents

**01**

Administration and  
Governance

**02**

Vision, Mission &  
Values

**03**

Highlighted Support  
Activities

**04**

Highlighted Awareness  
Activities

**05**

Highlighted Advocacy  
Activities

**06**

Thank you - Volunteers  
& Fundraisers

**07-10**

Financial Reporting

# Administration & Leadership

Registered Charity name: FND Action

Registered Charity number: 1169554

Registered address: 5a New Road Avenue, Chatham  
Kent, ME4 6BB

Trustees: Eric Rosser, James Shipley, Timothy Nicholson, Tom Plender, Richmond Stace,  
Lisa Dickinson

The constitution was adopted on the 23th September 2016. FND Action is a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on the 10th October 2016.

## **Welcome from our Chair and CEO**

2024 has been a year of growth, collaboration, and increased visibility for FND Action. As a patient-led charity, our mission to support individuals with Functional Neurological Disorder, their families, and caregivers remains at the heart of everything we do.

From a governance perspective, we have continued to strengthen our board's oversight and ensure that FND Action operates transparently and effectively. Our trustees remain committed to guiding the charity with sound stewardship, ensuring compliance with regulatory requirements and best practice standards.

This year, we were proud to expand our advocacy and awareness efforts, including speaking at the FND Society International conference in Verona. These opportunities not only increased awareness of FND, but also ensured that the voices of our community are heard at national and international levels.

On the support side, we have continued to provide accessible, evidence-informed guidance through our website, peer support programs, and community initiatives. The dedication of our volunteers and fundraisers has been vital in making this possible, and we are immensely grateful for their time, energy, and generosity.

In 2025, we will continue to champion the needs of the FND community, amplify patient voices, and increase awareness at every level. With the dedication of our trustees, staff, volunteers, and supporters, we are creating a more informed, supportive, and inclusive environment for all living with FND.

Thank you for your continued support.

Tom Plender - Chair

Kim Hearne - CEO & Founder

# Vision, Mission & Values

## **Vision:**

To shine a light on Functional Neurological Disorder, so that people diagnosed feel heard, supported and empowered.

## **Mission:**

To create a world where FND is no longer hidden or misunderstood, where all people affected receive empathy and understanding and can access the support and treatment that is right for them.



## **Empathy**

We approach every person and situation with compassion and understanding.

## **Knowledge**

We provide accurate information to ensure our community is always well-informed.

## **Support**

We create safe spaces where people can share experiences and receive peer and expert support.

## **Community**

We welcome staff, volunteers, and supporters from all backgrounds who share in our mission.

## **Transparency**

We are accountable to our community and ensure our resources are well-managed.

## **Advocacy**

We work tirelessly to ensure that FND patients receive the treatment and support they deserve.

# Highlighted Support Activities

FND Action continues to respond to the growing needs of people affected by Functional Neurological Disorder. Our patient-led structure ensures that support is grounded in lived experience and shaped by real-world challenges. From peer support and family resources to accessible online information, we remain a trusted source of help, guidance, and reassurance for the FND community.



## Supporting People with FND, Families and Carers

Our support continues to grow through 1-2-1 support online groups and local communities.

Our Facebook group is now the largest national online peer support group for people with FND, offering daily reassurance and connection.

Alongside this, our community groups across the UK bring people together locally (currently in Kent, Essex, Lancashire and London), helping to reduce isolation and provide encouragement face-to-face as well as online.

## Website for Information and Guidance

Our website remains a trusted and accessible source of information about FND for patients, carers, and healthcare professionals.

Tens of thousands of people accessed our resources in 2024, with visitors from across the UK and many countries worldwide.

We continue to update and develop the website in line with community needs to ensure the information provided is accurate, relevant, and easy to access.

## Hidden Disability Scheme and Seizure Alert Cards

We are proud to continue being part of the Hidden Disabilities Sunflower Lanyard Scheme. By the end of 2024, more than 2,200 lanyards had been distributed, providing people in the UK with greater confidence when out in public and helping to reduce isolation.

Our seizure medical alert cards remain available, offering peace of mind and safety for those living with functional seizures.

We are considering introducing additional aids in the near future.

# Highlighted Awareness Activities

FND Action promotes understanding of Functional Neurological Disorder through public campaigns and education. We run awareness events, provide informative materials, and highlight the needs of the community to influence policy and practice. In addition, we nurture a supportive environment where patients and families share experiences, helping to reduce stigma and improve knowledge of FND among both the public and healthcare professionals.

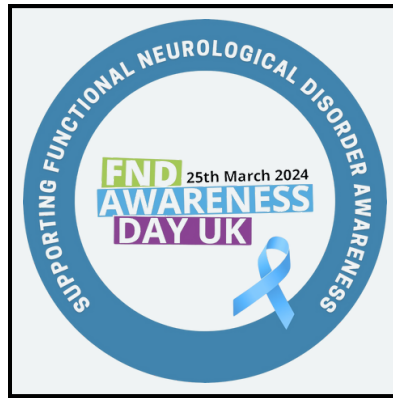


## Activities on social media

We continue to use our social media platforms to share stories from people living with FND, helping to raise awareness, provide a sense of community, and celebrate lived experiences.

We also platform individuals who advocate on their own channels, showing how their voices contribute to wider understanding.

We highlight news articles, research updates, and educational resources, giving our followers reliable, accessible information while amplifying patient voices.

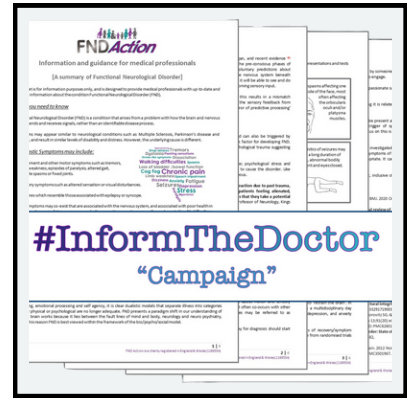


## FND Awareness Day UK - 25th March

The 25th March marks FND awareness day across the UK. Each year we join the charity's FND Dimensions and FND Friends to host an online event.



Social media continues to play the key role of the day, by sharing stories and infographics to help raise awareness of FND.



## #InformTheDoctor campaign

We continue to encourage people to share accurate, up-to-date information about FND with their doctors.

A 4-page downloadable information sheet provides current guidance, challenges outdated understanding, reduces stigma, and highlights the latest research for healthcare professionals.

We also now send it directly on behalf of individuals with a covering letter, ensuring it reaches medical establishments across the UK to improve understanding of FND.

# Highlighted Advocacy Activities

FND Action works to ensure that the voices of people living with FND are heard across the UK. By engaging with healthcare professionals, social care networks, and policy-makers, we highlight gaps in understanding and push for improvements in care. Our advocacy efforts, campaigns, and collaborations aim to reduce stigma, raise awareness, and create tangible change that enhances the lives of those affected by FND.



## Neurological Alliance '1 in 6' campaign

As a member of the Neurological Alliance, we participated in the '1 in 6' campaign, advocating for better recognition and support for people with neurological conditions. We shared findings from the My Neuro Survey 2024 and engaged policymakers to highlight gaps in care and mental health support. Our involvement helps raise awareness of challenges faced by people with FND, and promotes improvement in services, care, and understanding across the UK health services.



## International FND Society Conference, Verona

Our CEO spoke at the 5th Biennial conference of the FND Society in Verona, an international and multidisciplinary gathering of professionals dedicated to improving the diagnosis, treatment, and understanding of FND. The event brought together neurologists, psychiatrists, physiotherapists, researchers and more. These conferences provide an important opportunity to strengthen global collaboration between clinical expertise and lived experience.



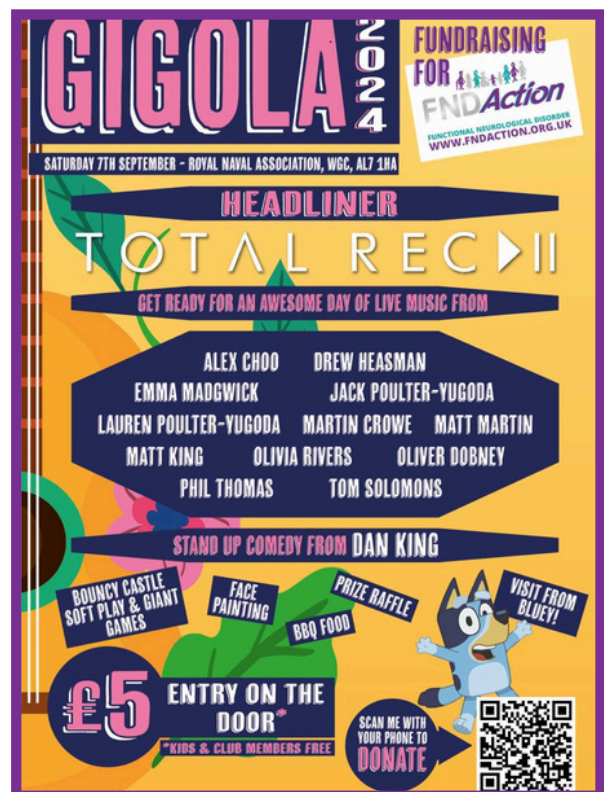
## Collaborations, alliances, and advocacy efforts

We continue to engage with related forums and alliances across the UK, ensuring the FND community has a strong united voice. In 2024, this also included charity representation at the international FND Society conference, alongside contributions to workshops and discussions supporting improved care and awareness.



# Thank You - Volunteers and Fundraisers

FND Action could not deliver its services, campaigns, and support without the generosity of our fundraisers and the dedication of our volunteers. Their time, energy, and commitment help us reach more people living with FND, raise awareness of the condition, and provide essential support to patients, families, and carers across the UK.



**“I wanted to raise money for FND Action so we could help as many patients, families, and carers as possible, raise and spread awareness of the condition, and contribute to the resources the charity provides to support people through a life-changing diagnosis.**

**Since being involved with the charity, it has been great to work together to help as many people as possible across the whole of the UK.” ~ Jordan, Essex**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

FND ACTION

1169554

**Receipts and payments accounts**

CC16a

For the period from	01/01/2024	To	31/12/2024
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
DONATIONS	29,054	-	-	29,054	28,150
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>29,054</b>	<b>-</b>	<b>-</b>	<b>29,054</b>	<b>28,150</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>29,054</b>	<b>-</b>	<b>-</b>	<b>29,054</b>	<b>28,150</b>
<b>A3 Payments</b>					
ACTIVITIES	9,510	-	-	9,510	7,525
EXPENSES/OFFICE	13,336	-	-	13,336	10,710
STATIONARY/POSTAGE	7,460	-	-	7,460	5,000
INSURANCE	105	-	-	105	97
MEMBERSHIP	722	-	-	722	472
WEBSITE	677	-	-	677	701
CONFERENCE	2,341	-	-	2,341	1,016
OPERATIONAL MANAGEMENT	22,950	-	-	22,950	13,500
OTHER	270	-	-	270	264
<b>Sub total</b>	<b>57,371</b>	<b>-</b>	<b>-</b>	<b>57,371</b>	<b>39,285</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>57,371</b>	<b>-</b>	<b>-</b>	<b>57,371</b>	<b>39,285</b>
<b>Net of receipts/(payments)</b>	<b>- 28,317</b>	<b>-</b>	<b>-</b>	<b>- 28,317</b>	<b>- 11,135</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	41,883	-	-	41,883	53,018
<b>Cash funds this year end</b>	<b>13,566</b>	<b>-</b>	<b>-</b>	<b>13,566</b>	<b>41,883</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	BANK ACCOUNT	11,683	-	-
	PAYPAL	1,883	-	-
		-	-	-
	<b>Total cash funds</b>	<b>13,566</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			


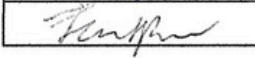
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	ERIC ROSSER	19/09/2025
	JENAY BREHM	19/09/2025

## Independent examiner's report on the accounts

### Section A Independent Examiner's Report

<b>Report to the trustees</b>	FND Action		
<b>On accounts for the year ended</b>	31 December 2024	<b>Charity no (if any)</b>	1169554
	<b>Set out on pages</b> 1 to 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024

**Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

<b>Signed:</b>	D. S. Ward	<b>Date:</b>	19 September 2025
<b>Name:</b>	David Ward		
<b>Relevant professional qualification(s) or body (if any):</b>	Fellow of the Institute of Chartered Accountants in England and Wales		

**Address:** 2 Ingleton Close, Holmes Chapel, Crewe, Cheshire CW4 7LF


**Section B Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**

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**FND ACTION**

England & Wales - Charity number 1169554

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# Accounts

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# FND *Action*

## ANNUAL REPORT

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31st December 2023

# Table of Contents

**01**

Administration and  
Governance

**02**

Our Mission

**03**

Highlighted Support  
Activities

**04**

Highlighted Awareness  
Activities

**05**

Highlighted Advocacy  
Activities

**06-09**

Financial Reporting

# Administration & Governance

Registered Charity name: FND Action

Registered Charity number: 1169554

Registered address: 5a New Road Avenue, Chatham  
Kent, ME4 6BB

Structure: Constituted as a CIO

Trustees: Eric Rosser (appt: 01.2017) Anthony Hunter (appt: 06.2023)  
James Shipley (appt: 11.2021) Richmond Stace (appt: 10.2023)  
Timothy Nicholson (appt: 11.2021) Devon Oship (appt: 10.2023)  
Tom Plender (appt: 08.2022)

The constitution was adopted on the 23th September 2016. FND Action is a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on the 10th October 2016.

Trustee selection is undertaken through consensus amongst current trustees for roles which are required to further the charity's objectives and activities. Trustee meetings are held periodically to discuss the structure and management of the charity. In planning activities of the charity, trustees have considered the guidance on public benefit issued by the charity commission.

The relief of sickness and preservation of health of persons suffering with Functional Neurological Disorder, in particular but not exclusively by:

Raising awareness of functional neurological symptoms through the provision of current information to the general public, health sector, caregivers, and those suffering from these symptoms.

Promoting awareness of functional neurological symptoms through charitable events, meetings, social media, online and offline resources, information packs, leaflets, and other educational materials as required for the public benefit.

Promoting ongoing research for functional neurological symptoms by encouraging participation through our website and social media, and publishing results.

# Our Mission

## **Peer support:**

We aim to develop our website as a key resource for information, support and signposting through regular updates. We continue to provide online support groups for those diagnosed in the UK, their families and their care givers. We recognise that having the opportunity to chat to other people diagnosed will eliminate isolation, and can have a positive impact on a condition that is still little known about. Our team will also continue to provide a caring hand and experience to be able to offer one-to-one support and guidance.

## **Empowerment:**

We aim to encourage and help people to achieve the best quality of life and improved wellbeing. We believe that whilst there is no magic cure, there is a lot that can be done to help towards recovery and/or management of symptoms.

## **Awareness:**

We aim to do everything we can to raise awareness of FND amongst the general public, healthcare sector, service providers and other related charities. We already have a strong social media presence, and aim to build on our advocacy work within areas such as education and social care.

## **Collaborations:**

We aim to continue to build on relationships with specialist health professionals, related charities and service providers. We understand that effective treatment and care of FND needs to have a holistic approach. We will also continue to assist researchers with project development and recruitment as we believe this is crucial for developing a better understanding of FND.



**Our vision is to shine a light on Functional Neurological Disorder so that people diagnosed feel heard, supported and empowered.**

# Highlighted Support Activities

FND Action continue to be a leading charity supporting and representing people living with FND in the UK. Our charity remains patient-led, and is therefore able to provide extensive knowledge of FND and recognition of people's needs. Regular contact with leading specialists and those who treat FND, and a keen interest in research development, ensures information provided is current and accurate.



### WHAT IS FND?

Functional Neurological Disorder is a diagnosis given when there is a problem with how the brain/nervous system is 'functioning'. Whilst the basic wiring is intact, there is a problem with how the signals/messages are being sent and received to allow the body to function in the normal way.

[Read more](#)



## Supporting those diagnosed, care givers and families

We continued to provide one-to-one support and online support groups.

By year end our Facebook groups had grown to 13.2k members, and we continue to help people daily with direct support.



FND Action's Facebook group has helped me because I feel less isolated and able to connect with people who have been through the same journey as me.



We continue to encourage and support people to connect with others in their area, in addition to our regional community groups.

## Providing a website for information and guidance

Our website continued to be a leading resource, for current information of FND, support information for those diagnosed and those who provide medical care.

In the region of 168,000 new visitors came to the website by year end, averaging 57,000 page views per month. Visitors were predominantly in the UK, but visits have also been recorded in over 80 other countries.

We continue to develop the website in line with the needs of our community.

## Membership of the Hidden Disability Scheme

By year end, in the region of 2,900 lanyards had been given out to people within the community, totalling around 8,000 since joining the scheme in August 2021.



Being part of the scheme has enabled us to be able to aid people with having the confidence and safety being out in public and assist with mental wellbeing due to isolation.

Seizure medical alert cards also remain available.

# Highlighted Awareness Activities

FND Action raise awareness through public campaigns and education. We organize awareness events, provide educational materials, and advocate for better policies and research funding. Additionally, we have fostered a supportive community where patients and families share their experiences, helping to reduce stigma and improve understanding of FND among both the public and medical professionals



## Activities on social media

We continued to use our social media platforms to inform on developments of FND, provide supporting information, and share posts from people in our community.

At year end, our public social platforms had in excess of 19,000 followers, with continued engagement from the public.

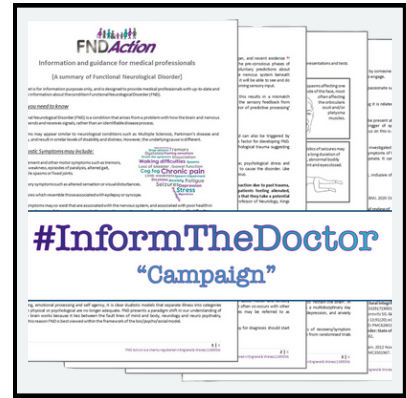


## FND Awareness Day UK - 25th March

The 25th March marks FND awareness day across the UK. Each year we join the charity's FND Dimensions and FND Friends to host an online event.



Social media continues to play the key role of the day, by sharing stories and infographics to help raise awareness of FND.



## #InformTheDoctor campaign

In 2022, we started a campaign to help people share current information relating to FND with their doctors.

The 4-page downloadable information sheet was designed to provide current information in order to tackle outdated understanding of the condition, reduce stigma and also inform professionals about the latest research.

The campaign has continued and has been distributed to many GP surgeries across the UK.

# Highlighted Advocacy Activities

With FND Action's several years of the knowledge, we remain equipped with being able to identify and prioritise areas where better understanding of FND is needed among clinical settings, social care and the public. This in turn identifies critical areas across the UK that need priority focus on. Through campaigns, education, and policy efforts, we work to reduce stigma, improve care, and promote research to enhance the lives of those affected.



## Attendance as Maximum's annual conference.

During the year, FND Action were invited to present at Maximus's annual conference.

Maximus provide health assessments for DWP, and it was a critical opportunity that our CEO was able to presented to over 1,000 health assessors and doctors across the country.

“ Presenting at the conference was a vital opportunity to raise awareness about the challenges FND patients face. It helped foster a better understanding of the condition, promoting more informed and compassionate assessments. Kim Hearne, CEO



## Assisting research development and recruitment

Given our extensive knowledge of FND and the needs of this patient community, we were often invited to contribute to research through PPI engagement.

This acknowledgement was also recognised by being asked on several occasions to get involved with helping put together research grants.

We continue to assist with recruitment for research projects through our online support groups and community connections.



## Collaborations with allied forums to be the #Voices4FND

We continued to engage with related forums and alliances across the UK.

We are members of/allied with several clinical and social forums, and had the opportunity to be able to present at various seminars and workshops, such as the FND Masterclass hosted at Kings College, London and events hosted by Medway Neurological Network.





CHARITY COMMISSION  
FOR ENGLAND AND WALES

FND ACTION

1169554

**Receipts and payments accounts**

CC16a

For the period  
from

01-01-23

To

31-12-23

**Section A Receipts and payments**

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
DONATIONS	28,150	-	-	28,150	30,650
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>28,150</b>	<b>-</b>	<b>-</b>	<b>28,150</b>	<b>30,650</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>28,150</b>	<b>-</b>	<b>-</b>	<b>28,150</b>	<b>30,650</b>
<b>A3 Payments</b>					
ACTIVITIES	7,525	-	-	7,525	7,303
EXPENSES / OFFICE	10,710	-	-	10,710	10,946
STATIONARY / POSTAGE	5,000	-	-	5,000	3,845
INSURANCE	97	-	-	97	101
MEMBERSHIP	472	-	-	472	266
WEBSITE	701	-	-	701	612
CONFERENCE	1,016	-	-	1,016	-
OPERATIONAL MANAGEMENT	13,500	-	-	13,500	-
OTHER	264	-	-	264	239
<b>Sub total</b>	<b>39,285</b>	<b>-</b>	<b>-</b>	<b>39,285</b>	<b>23,312</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>39,285</b>	<b>-</b>	<b>-</b>	<b>39,285</b>	<b>23,312</b>
<b>Net of receipts/(payments)</b>	<b>- 11,135</b>	<b>-</b>	<b>-</b>	<b>- 11,135</b>	<b>7,338</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	53,018	-	-	53,018	45,680
<b>Cash funds this year end</b>	<b>41,883</b>	<b>-</b>	<b>-</b>	<b>41,883</b>	<b>53,018</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	BANK ACCOUNT	41,324	-	-
	PAYPAL	559	-	-
		-	-	-
	<b>Total cash funds</b>	<b>41,883</b>	<b>-</b>	<b>-</b>
<small>(agree balances with receipts and payments account(s))</small>				

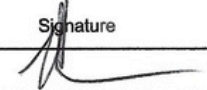
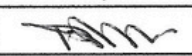
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	ERIC ROSSER	08/04/24
	TOM PLENDER	10/7/24



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

FND ACTION

**On accounts for the year  
ended**

31 December 2023

**Charity no  
(if any)**

1169554

**Set out on pages**

1 to 2.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

D. S. Ward

**Date:**

8 April 2024

**Name:**

DAVID STUART WARD

**Relevant professional  
qualification(s) or body  
(if any):**

Fellow of the Institute of Chartered Accountants  
in England and Wales (Reg no 7494816)

**Address:**

2 Ingleton Close, Holmes Chapel, Crewe, Cheshire  
CW4 7LF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Not applicable -

**FND ACTION**

England & Wales - Charity number 1169554

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# Accounts

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# FND *Action*

## ANNUAL REPORT

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31st December 2022

# Table of Contents

**01**

Administration &  
Governance

**02**

Our  
Mission

**03**

Highlighted Support  
Activities

**04**

Highlighted Advocacy  
Activities

**05**

Highlighted  
Achievements

**06**

Financial Review &  
Acknowledgements

# Administration & Governance

Registered Charity name: FND Action

Registered Charity number: 1169554

Registered address: 5a New Road Avenue, Chatham  
Kent, ME4 6BB

Structure: Constituted as a CIO

Trustees: Kim Hearne (appt: 10.2016) David Rosser (appt: 11.2021)  
Eric Rosser (appt: 01.2017) Timothy Nicholson (appt: 11.2021)  
James Shipley (appt: 11.2021) Tom Plender (appt: 08.2022)

The constitution was adopted on the 23th September 2016. FND Action is a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on the 10th October 2016.

Trustee selection is undertaken through consensus amongst current trustees for roles which are required to further the charity's objectives and activities. Trustee meetings are held periodically to discuss the structure and management of the charity. In planning activities of the charity, trustees have considered the guidance on public benefit issued by the charity commission.

The relief of sickness and preservation of health of persons suffering with Functional Neurological Disorder, in particular but not exclusively by:

Raising awareness of functional neurological symptoms through the provision of current information to the general public, health sector, caregivers, and those suffering from these symptoms.

Promoting awareness of functional neurological symptoms through charitable events, meetings, social media, online and offline resources, information packs, leaflets, and other educational materials as required for the public benefit.

Promoting ongoing research for functional neurological symptoms by encouraging participation through our website and social media, and publishing results.

# Our Mission

## **Peer support:**

We aim to develop our website as a key resource for information, support and signposting through regular updates. We continue to provide online support groups for those diagnosed in the UK, their families and their care givers. We recognise that having the opportunity to chat to other people diagnosed will eliminate isolation, and can have a positive impact on a condition that is still little known about. Our team will also continue to provide a caring hand and experience to be able to offer one-to-one support and guidance.

## **Empowerment:**

We aim to encourage and help people to achieve the best quality of life and improved wellbeing. We believe that whilst there is no magic cure, there is a lot that can be done to help towards recovery and/or management of symptoms.

## **Awareness:**

We aim to do everything we can to raise awareness of FND amongst the general public, healthcare sector, service providers and other related charities. We already have a strong social media presence, and aim to build on our advocacy work within areas such as education and social care.

## **Collaborations:**

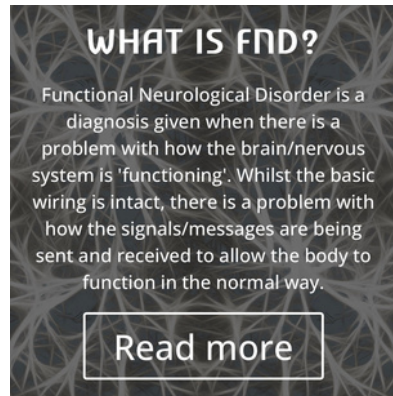
We aim to continue to build on relationships with specialist health professionals, related charities and service providers. We understand that effective treatment and care of FND needs to have a holistic approach. We will also continue to assist researchers with project development and recruitment as we believe this is crucial for developing a better understanding of FND.



**Our vision is to shine a light on Functional Neurological Disorder so that people diagnosed feel heard, supported and empowered.**

# Highlighted Support Activities

FND Action continue to be a leading charity supporting and representing people living with FND in the UK. Our charity remains patient-led, and is therefore able to provide extensive knowledge of FND and recognition of people's needs. Regular contact with leading specialists and those who treat FND, and a keen interest in research development, ensures information provided is current and accurate.



## Supporting those diagnosed, care givers and families

We continued to provide one-to-one support and online support groups.

By year end our Facebook groups had grown to 9,820 members, and we helped over 800 people directly.

“

FND Action's Facebook group has been a lifeline for me. I thought I was on my own with these horrible symptoms, but there is an amazing community who care about me.

”

We continue to encourage and support people to connect with others in their area, in addition to our own running groups.

## Providing a website for information and guidance

Our website continued to be a leading resource, for current information of FND and support information for those diagnosed and their caregivers.

In the region of 170,000 people visited the website over the course of the year, averaging 56,000 page views per month. Visitors were predominantly in the UK, but visits have also been recorded in 84 other countries.

We continue to develop the website in line with the needs of our community.

## Social prescribing & education within community sectors

We continued to expand on our advocacy work, involving connecting within the clinical and social sector, and discussing collaborations to develop educational materials for both children and students in higher education.

Our #InformTheDoctor campaign has helped us connect with primary care providers and services.

“

My Neurologist told me about the FND Action website. I didn't have a clue what FND was, and was so helpful to be able to read about FND which I could understand.

”

# Highlighted Advocacy Activities

With FND Action's several years of the knowledge, we remain equipped with being able to identify and prioritise areas where better understanding of FND is needed among clinical settings, social care and the public. This in turn identifies critical areas across the UK that need priority focus on. During 2023/24 FND Action aim to focus on developing awareness videos and educational materials to meet the awareness need for all regions.



## Using our social media sites to raise awareness of FND

We continued to use our social media platforms to inform on developments of FND, provide supporting information, and share posts from people in our community.

At year end, our public social platforms had in excess of 13,000 followers, with amazing engagement from the public.

Social media is the easiest and quickest way to get the voices of people with FND heard, and we are constantly looking at ways to reach more people.



## Assisting research development and recruitment

Given our knowledge of FND, and our extensive understanding of the needs of the community, we were often invited to contribute to research through PPI engagement.

This acknowledgement was also recognised by being asked on several occasions to get involved with helping put together research grants.

We continue to assist with recruitment for research projects through our online support groups and community connections.



## Collaborations with allied forums to be the #Voices4FND

We continued to engage with related forums and alliances across the UK.

We are members of/allied with several clinical and social forums, and had the opportunity to be able to present at various seminars and workshops, such as the FND Masterclass hosted at Kings College, London and events hosted by Medway Neurological Network.



# Highlighted Achievements

FND Action’s achievements, since starting the first charity for FND in the UK in 2016, are measured by membership feedback, performance and success of projects. All achievements have been made possible because of the generosity of fundraisers and donors, and the time volunteers give to help the charity and the cause. Below highlights three of our achievements that have had a positive impact on the FND community.



## FND Awareness Day UK - 25th March

The 25th March marks FND awareness day across the UK. Each year we join the charity’s FND Dimensions and FND Friends to host an online event.



Social media continues to play the key role of the day, by sharing stories and infographics to help raise awareness of FND.



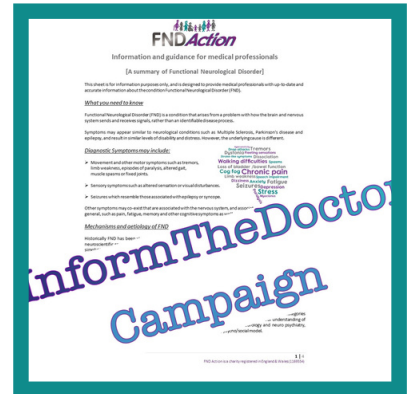
## Hidden Disability Scheme

By year end, in the region of 2,400 lanyards had been given out to people within the community, totally around 5,000 since joining the scheme in August 2021.

Being part of the scheme has enabled us to be able to aid people with having the confidence of being out in public.

Seizure medical alert cards also remain available.

“ I’m so happy now. I don’t go out at all. Scared in case I fall and have a seizure. I now have the confidence to go out in public. Thank you! ”



## #InformTheDoctor campaign

On the charity’s anniversary, the 10th October, we started a campaign to help people share current information relating to FND with their doctors.

The downloadable information sheet was designed to tackle the stigma around the condition, and also inform medical professionals about the latest research.

We were amazed by the success of the campaign, particularly when we started receiving messages from all over the world.

# Financial Review

## Reserves:

On the 31st December 2022 the sum of £53,018 was held in reserve to spend on charitable activities.

The charities policy is that the reserves will not fall below £1,000 without full agreement of the board of trustees.

In deficit: None.



Accounts for 2022 were independently examined by a Chartered Accountant, and we remain in a strong financial position which will enable the charity to continue in achieving its goals during the coming year.

# Acknowledgements



The generosity of our fundraisers and donors has allowed us to continue working in line with our objectives. To date the charity has not applied for grant funding.



FND Action are hugely grateful to our volunteers who are able to give time to help us support others, and to drive awareness forward for this still little-known condition.

“The trustees declare that they have approved the annual report above.”

Kim Hearne (Chair of Trustees)



CHARITY COMMISSION  
FOR ENGLAND AND WALES

FND ACTION

1169554

**Receipts and payments accounts**

CC16a

For the period from	01-01-22	To	31-12-22
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
DONATIONS	30,650	-	-	30,650	23,554
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>30,650</b>	<b>-</b>	<b>-</b>	<b>30,650</b>	<b>23,554</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>30,650</b>	<b>-</b>	<b>-</b>	<b>30,650</b>	<b>23,554</b>
<b>A3 Payments</b>					
ACTIVITIES	7,303	-	-	7,303	10,121
EXPENSES / OFFICE	10,946	-	-	10,946	5,144
STATIONARY / POSTAGE	3,845	-	-	3,845	3,522
INSURANCE	101	-	-	101	100
MEMBERSHIP	266	-	-	266	296
WEBSITE	612	-	-	612	663
OTHER	239	-	-	239	3,531
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>23,312</b>	<b>-</b>	<b>-</b>	<b>23,312</b>	<b>23,377</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>23,312</b>	<b>-</b>	<b>-</b>	<b>23,312</b>	<b>23,377</b>
<b>Net of receipts/(payments)</b>	<b>7,338</b>	<b>-</b>	<b>-</b>	<b>7,338</b>	<b>177</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	45,680	-	-	45,680	45,503
<b>Cash funds this year end</b>	<b>53,018</b>	<b>-</b>	<b>-</b>	<b>53,018</b>	<b>45,680</b>

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

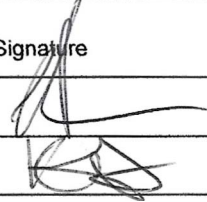

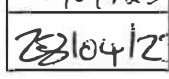
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	BANK ACCOUNT	51,912	-	-
	PAYPAL	1,106	-	-
		-	-	-
	<b>Total cash funds</b>	<b>53,018</b>	<b>-</b>	<b>-</b>
(agree balances with receipts and payments account(s))				

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		ERIC ROSSER	13/04/23
		KIM HEARNE	



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

FND Action

**On accounts for the year  
ended**

31 December 2022

**Charity no  
(if any)**

1169554

**Set out on pages**

i and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

**Responsibilities and  
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below \*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

D. S. Ward

**Date:**

12 April 2023

**Name:**

David Stuart Ward

**Relevant professional  
qualification(s) or body  
(if any):**

FCA (Fellow of the Institute of Chartered Accountants in England and Wales)

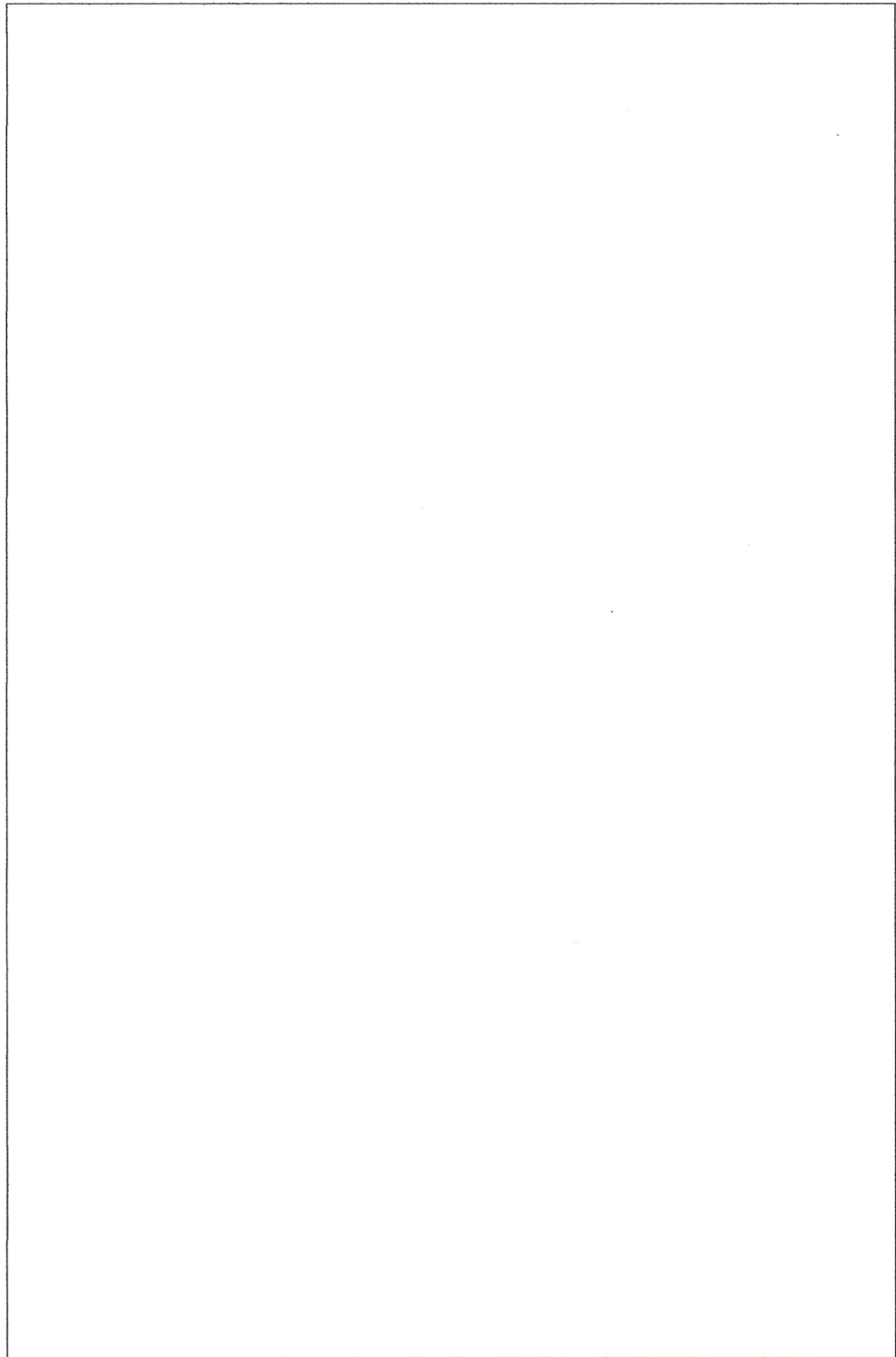
**Address:**

2 Ingleton Close, Holmes Chapel, Crewe,  
Cheshire

CW4 7LF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**



**FND ACTION**

England & Wales - Charity number 1169554

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# Accounts

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# **Trustees Annual Report**

**For the period 1<sup>st</sup> January 2021 to 31<sup>st</sup> December 2021**

**Charity Name: FND Action**

**Charity Registered Number: 1169554**

## Administration Details:

**Registered Charity Name:** FND Action

**Registered Charity Number:** 1169554

**Registered Address:** 5a New Road Avenue  
Chatham  
Kent  
ME4 6BB

**Structure:** Governing document: Constitution  
Constituted as a CIO  
Trustees selected and appointed by the Board

**Trustees:** Kim Hearne (Chair) - Appointed 10<sup>th</sup> October 2016  
Eric Rosser – Appointed 17<sup>th</sup> January 2017  
Tracey Shea – Appointed 16<sup>th</sup> April 2021  
James Shipley – Appointed 3<sup>rd</sup> November 2021  
David Rosser – Appointed 3<sup>rd</sup> November 2021  
Timothy Nicholson – Appointed 16<sup>th</sup> November 2021

## Governance, Structure and Management:

The Constitution was adopted on the 23<sup>rd</sup> September 2016.

FND Action is a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on the 10<sup>th</sup> October 2016.

Trustee selection is undertaken through consensus amongst current trustees for roles which are required to further the charity's objectives. Trustee meetings are held periodically to discuss and agree the charity's objectives and activities. In planning the activities of the charity, trustees have considered the guidance on public benefit issued by the charity commission.

## Objectives:

As per FND Action's Constitution, our objectives are:

The relief of sickness and preservation of health of persons suffering with Functional Neurological Disorder, in particular but not exclusively by:

- 1) Raising awareness of functional neurological symptoms through the provision of current information to the general public, health sector, caregivers, and those suffering from these symptoms.
- 2) Promoting awareness of functional neurological symptoms through charitable events, meetings, social media, online and offline resources, information packs, leaflets, and other educational materials as required for the public benefit.
- 3) Promoting ongoing research for functional neurological symptoms by encouraging participation through our website and social media, and publishing results.

## Vision and Mission:

FND Action's vision is to shine a light on Functional Neurological Disorders so that people diagnosed feel heard, supported and empowered.

Our Mission includes:

**Peer support:** We aim to develop our website as a key resource for information, support and signposting through regular updates. We continue to provide online support groups for those diagnosed with functional neurological symptoms in the UK, their families and their caregivers. We recognise that having the chance to chat to other people diagnosed will eliminate isolation, and can have a positive impact on a condition that is still little known about. We also continue to provide a caring hand and experience to be able to offer one-to-one support and guidance.

**Empowerment:** We aim to encourage and help people to achieve a better quality of life and improved wellbeing. We believe that whilst there is no magic cure, there is a lot that can be done to help towards recovery and/or management of symptoms.

**Awareness:** We aim to do everything we can to raise awareness of functional neurological symptoms amongst the general public, healthcare sector, service providers and other related charities. We already have a strong social media presence, and aim to build on our advocacy work within areas such as education and social care.

**Collaborations:** We aim to continue to build on relationships with specialist health professionals, related charities and service providers. We understand that effective treatment and care of FND needs to have a holistic approach. We will also continue to assist researchers with project development and recruitment as we believe this is crucial for developing a better understanding of FND.

## Activities:

FND Action's activities continue to be predominately undertaken remotely which allows us to provide support to people across the whole of the UK, and be able to engage in health-related advocacy and forums on a national scale.

We have fulfilled our objectives this financial year with the following activities:

- Providing support to those diagnosed through the provision of an informative website, online support groups, one-to-one support and signposting.
- Assisting with support aids by providing medical alert cards (for seizures), and sunflower lanyards following us joining the Hidden Disabilities Scheme in September.
- Raising awareness through the provision of online meetings, forums, steering groups, literature and merchandise to those diagnosed, the healthcare and social sectors, related organisation and charities, and the public.
- Ongoing development of our website as a leading resource for those diagnosed, caregivers and people with interest.
- Ongoing social media presence on Facebook and Twitter.
- Attendance of virtual conferences and events relating to FND and general health.
- Providing assistance to researchers and academics at submission and recruitment stage.
- Participation of the annual FND Awareness Day UK on the 25<sup>th</sup> March.
- Sitting on various steering groups/forums to be a voice for those diagnosed.
- Collaborations within the health and social care sector to raise awareness and educate.

## Achievements and Performance:

From being the first registered charity for FND support in the UK in October 2016, FND Action has remained a leading charity supporting people diagnosed with FND in the UK. Our charity remains patient-led, and is therefore able to provide extensive knowledge of FND and recognition of people's needs. We also regularly converse with leading specialists to ensure information provided is current and accurate. Whilst it has been a difficult time through the pandemic for the charity sector, we have still been able to continue to support people remotely and fulfil our objectives.

At the start and near the end of our financial year, FND Action underwent some significant changes with the administration of the charity, so for short periods of time future planning was on hold. Day to day activities continued, and by the end of the year future planning was able to resume.

Our online support network has continued to grow, and our main group currently has the largest FND charity membership, standing at 6,899 by our year end. Member requests average around 250 a month, which has seen a gradual increase of around 6% over the year. The group continues to be a haven for those diagnosed and their caregivers in the UK, especially for those who have been newly diagnosed given there remains significant issues around accessing treatment and care. Our admin team on the group play a significant role in helping assist people where possible and to keep the group positive.

The impact of the pandemic has contributed to a further surge in people contacting us for direct support given the disruptions and backlogs it has caused within the NHS. However, this surge also reflects that FND Action is becoming better known as a charity who can support people diagnosed, and the main avenues for them reaching us is through social prescribing and easily finding our website online. We on average received around 100 enquiries each month, all of which we were able to help directly or signpost.

FND Action continue to be a member of the Neurological Alliance, which is a collaboration of 70+ neurological charities that unite to advocate directly to the NHS/Public Health for better care and awareness of neurological conditions in England and Wales. We also play an active role as a member of the Medway Neurological Network, which is again a collaboration with local neurological charities with focus on improving local services, ongoing wellbeing and holding events to raise awareness of neurological conditions.

FND Action continue to be a community partner organisation of the International Functional Neurological Disorder Society and the UKFNForum. This allows us the opportunity to help towards influencing changes in medical care, and also be kept up to date with latest developments such as with treatment.

The 25<sup>th</sup> March marked the 5<sup>th</sup> annual FND UK awareness day and was again very successful with raising much needed awareness. Activities included people sharing self-lived experiences of FND and we collaborated with other FND charities to host online activities people could get involved in. Social media once again played a key role in spreading awareness, especially given the current lockdown rules. With inclusion of fundraising events that took place for the day, £3,000 was donated to the AMH Neurosciences Research Foundation to support free education for AHO's working with people with FND.

In August FND Action joined the Hidden Disabilities Scheme as it was recognised that some people were being poorly treated out in public, and that many were isolated given their fear of being judged. The scheme entails us providing sunflower lanyards, free of charge, to people diagnosed with FND, and are recognised as being a discrete way of letting the public and businesses know that the wearer

may need some additional support. By year end (3 month period) we distributed in the region of 2,500 lanyards, and received many messages of gratitude.

In September FND Action was able to reach another milestone by establishing its first office in Chatham, Kent, which acts as the registered address for the charity. This will allow the administration of the charity to be run more efficiently, as well as acting a base for us to benchmark the development of FND Community Groups across the UK.

In October the FND Drop-in Café was re-opened in Rochester Kent, which is held every 4<sup>th</sup> Friday of the month in conjunction with Medway Neurological Network. The attendance thereon has increased each month. The café forms part of the FND community group being benchmarked in Kent.

FND Action played an active role throughout the year in assisting researchers and academics in delivering studies into FND, including helping with initial applications and recruitment of participants.

In Wales there is currently no care pathways for FND. We were extremely grateful to have the opportunity to work with Health Technology Wales in putting forward a call for change to NHS Wales.

In alignment with growth, the charity has continued to develop strong links across the UK with a variety of medical professionals, other related charities and service providers within the health and social care sector. There was a significant increase in contact within social care and education, which we plan to engage in further moving forward.

## **Financial Review:**

**Reserves:** On the 31st December 2021 the sum of £45,680 was held in reserve to spend on charitable activities.

The charities policy is that the reserves will not fall below £1,000 without full agreement of the board of trustees.

**In deficit:** None.

## **Further Information:**

Due to the generosity of fundraisers and donors, we raised £23,554 during the year.

Expenditure supporting and delivering the charity's objectives has increased this year to £23,377. The majority of this was accounted for in the following areas of activity:

1. £7,000 on lanyards distributed to those diagnosed after becoming a member of the Hidden Disability Scheme.
2. £3,000 donated to the AMH Neurosciences Research Foundation.
3. £5,144 on office expenditure.

We remain in a strong financial position which will enable the charity to continue in achieving its goals during the coming year.

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

**Signed on behalf of the charity's trustees:**

A handwritten signature in black ink, appearing to be 'KH', written over a horizontal line.

**Kim Hearne**

**Chair of Trustees of the Board: FND Action**

**Date: 14.06.2022**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

FND ACTION 1169554

CC16a

**Receipts and payments accounts**

For the period from	01-01-21	To	31-12-21
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**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
DONATIONS	23,554	-	-	23,554	16,566
AWARENESS MERCHANDISE	-	-	-	-	1,686
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>23,554</b>	<b>-</b>	<b>-</b>	<b>23,554</b>	<b>18,252</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>23,554</b>	<b>-</b>	<b>-</b>	<b>23,554</b>	<b>18,252</b>
<b>A3 Payments</b>					
ACTIVITIES	10,121	-	-	10,121	1,175
EXPENSES/OFFICE	5,144	-	-	5,144	279
STATIONARY/POSTAGE	3,522	-	-	3,522	700
INSURANCE	100	-	-	100	100
MEMBERSHIP	296	-	-	296	523
WEBSITE	663	-	-	663	445
OTHER	3,531	-	-	3,531	174
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>23,377</b>	<b>-</b>	<b>-</b>	<b>23,377</b>	<b>3,396</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>23,377</b>	<b>-</b>	<b>-</b>	<b>23,377</b>	<b>3,396</b>
<b>Net of receipts/(payments)</b>	<b>177</b>	<b>-</b>	<b>-</b>	<b>177</b>	<b>14,856</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	45,503	-	-	45,503	30,647
<b>Cash funds this year end</b>	<b>45,680</b>	<b>-</b>	<b>-</b>	<b>45,680</b>	<b>45,503</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	BANK ACCOUNT	44,413	-	-
	PAYPAL	1,267	-	-
		-	-	-
	<b>Total cash funds</b>	<b>45,680</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))			

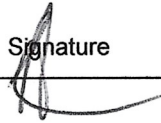

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	ERIC ROSSER	06/06/22
	KIM HEARNE	08/06/22

**FND ACTION**

England & Wales - Charity number 1169554

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# Accounts

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# Trustees Annual Report

For the period 1<sup>st</sup> January 2020 to 31<sup>st</sup> December 2020

**Charity Name:** FND Action

**Charity Number:** 1169554

**Address:** 53 Freshland Road

Maidstone

Kent ME16 0WH

**Trustees:**

Mr Chris Thairs (Chair)

Mr Eric Rosser (Treasurer)

Ms Kim Hearne

Miss Anita Mannings

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## Structure, Governance and Management:

Governing document: Constitution

Constituted as a CIO

Trustees selected and appointed by board

## Objectives and Activities:

### Objectives:

The relief of sickness and preservation of health of persons suffering with Functional Neurological Disorder, in particular but not exclusively by:

- 1) Raising awareness of functional neurological symptoms through the provision of current information to the general public, health sector, caregivers, and those suffering from these symptoms.
- 2) Promoting awareness of functional neurological symptoms through charitable events, meetings, social media, online and offline resources, information packs, leaflets, and other educational materials as required for the public benefit.
- 3) Promoting ongoing research for functional neurological symptoms by encouraging participation through our website and social media, and publishing results.

### Activities:

FND Action continues to be solely run by volunteers. During 2020 like many charities our activities have been slowed due to the effects of Covid-19, which did have quite an impact on productivity and delivery of new projects we were planning for, in most cases putting them on hold. This did not however prevent us in delivering our objectives to the best of our capacity. Activities included:

- The disseminating of information/awareness leaflets and merchandise to those diagnosed, medical professionals, healthcare organisations and charities, and the general public.
- Medical alert cards have remained available free of charge, which are utilised by those diagnosed with Non-epileptic/functional seizures.

- Development of the website has continued, with the aim of providing further resources to aid with the management of the condition.
- Social media platforms continue to be updated on a regular basis, providing information such as charity activities, fundraising events, new research, NHS information, social care and wellbeing/mental health support.
- Attended various virtual conferences and events upon invitation, in relation to raising awareness of the condition, and promote our existence as being a key avenue for support.
- Promoted and encouraged participation in a variety of studies when approached by Researchers. These were advertised on the website, peer support groups and social media.
- Engagement of the 4th annual UK Awareness Day for Functional Neurological Disorders, which took the 25<sup>th</sup> March 2020.
- Progression of establishing links with an ever-increasing number of medical professionals interested in the diagnosis and treatment of Functional Neurological Disorders.
- Connected with various NHS and social care establishments to raise awareness to aid with supporting people in the area, and work towards providing better services.

### **Achievements and Performance:**

#### **Achievements:**

The charity celebrated its 4th anniversary in October although on a smaller scale due to COVID-19, progressing further in delivering the objectives of the charity. It's been a tough year to be able to push forward with projects we had in the pipeline some of which have had to be postponed, such as, the new drop-in café in Kent & Medway had to be put on hold due to various restrictions the past year in social distancing, lockdowns etc. These will be looked at progressing again when safe and feasible to do so.

In alignment with growth, the charity has continued to develop strong links with a variety of medical professionals across the UK, other charities and service providers in the healthcare sector.

The charity's online peer support groups grow in membership every day, with people saying they are very grateful to have somewhere safe to talk about their condition, learn more about it and receive support.

The 4th FND Awareness day UK was very successful with the theme of #Voices4FND. Various charities and groups were involved in leading campaigns and activities. In addition to raising general awareness, and encouraging those with self-lived experience to get involved. This was done all on social media and through our website due to the beginnings of COVID-19. Engagement was considerably higher than the previous year, and social media again provided a valuable outlet for raising awareness to a large audience.

FND Action continues to be recognised as a prominent charity in our field, which has led to invitations to take part in various events and conferences, although virtual. We continue to engage in activities to assist and advocate for providing better understanding care and support of the condition.

#### **Performance:**

The online peer support groups have continued to grow in size, on average welcoming 10 new members a day. There is constant feedback from the members of the value this has brought to them, especially newly diagnosed people who are frequently dismissed by medical establishments given there is still a great need to provide better care and understanding.

The online shop has seen over 13,000 free of charge and sale products being sent out to customers continuing to spread further awareness of the condition. This includes just under 2000 seizure medical alert cards & 10,000 leaflets. We were unable to give out further leaflets at events this year due to them being virtual instead of face to face.

This sees a dip in sales from last year but is understandable with the ongoing pandemic.

Social media platforms across Facebook, Instagram and Twitter have continued to grow in size, and by year end equated to approximately 8000 followers.

**Financial Review:**

**Reserves:**

On the 31<sup>st</sup> December 2020, the sum of £45,503 was held in reserve to spend on charitable activities. The charity's policy is that the reserve will not fall below £1,000 without full agreement of the board of trustees.

**In Deficit:** None

**Further Information:**

Further Information: Due to the generosity of fundraisers and donors, we raised £18,252 during the year, and £3,396 was spent on delivering the charities objectives. The majority of this was for the distribution of awareness leaflets and merchandise. Projects with an estimated cost of £6,500 were not completed due to the pandemic crisis.

We remain in a strong financial position which will enable the charity to continue in achieving its goals during the coming year.

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

**Signed on behalf of the charity's trustees:**

A handwritten signature in black ink, appearing to be 'CT', with a long horizontal line extending to the right.

**Chris Thairs**

**Chair of Trustees of the Board: FND Action**

**Date: 31/01/2021**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

FND ACTION 1169554

## Receipts and payments accounts

CC16a

For the period from	01-01-20	To	31-12-20
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
DONATIONS	16,566	-	-	16,566	23,093
AWARENESS MERCHANDISE	1,686	-	-	1,686	1,900
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>18,252</b>	<b>-</b>	<b>-</b>	<b>18,252</b>	<b>24,993</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>18,252</b>	<b>-</b>	<b>-</b>	<b>18,252</b>	<b>24,993</b>
<b>A3 Payments</b>					
MARKETING/AWARENESS EXPENSES	1,175	-	-	1,175	2,024
STATIONARY/POSTAGE	700	-	-	700	2,180
INSURANCE	100	-	-	100	100
MEMBERSHIP	523	-	-	523	503
WEBSITE	445	-	-	445	-
OTHER	174	-	-	174	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>3,396</b>	<b>-</b>	<b>-</b>	<b>3,396</b>	<b>5,532</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>3,396</b>	<b>-</b>	<b>-</b>	<b>3,396</b>	<b>5,532</b>
<b>Net of receipts/(payments)</b>	<b>14,856</b>	<b>-</b>	<b>-</b>	<b>14,856</b>	<b>19,461</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	30,647	-	-	30,647	11,186
<b>Cash funds this year end</b>	<b>45,503</b>	<b>-</b>	<b>-</b>	<b>45,503</b>	<b>30,647</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	BANK ACCOUNT	44,480	-	-
	PAYPAL	1,023	-	-
		-	-	-
	<b>Total cash funds</b>	<b>45,503</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

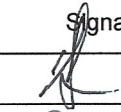

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	ERIC ROSSER	21/01/21
	CHRIS THAIRS	29/01/21