



Trustees Annual Report

For the period 1st January 2020 to 31st 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

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 25th 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 31st 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 blue ink, appearing to read 'Chris Thairs', 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

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Receipts and payments accounts

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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 £
A1 Receipts					
DONATIONS	16,566	-	-	16,566	23,093
AWARENESS MERCHANDISE	1,686	-	-	1,686	1,900
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	18,252	-	-	18,252	24,993
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,252	-	-	18,252	24,993
A3 Payments					
MARKETING/AWARENESS	1,175	-	-	1,175	2,024
EXPENSES	279	-	-	279	725
STATIONARY/POSTAGE	700	-	-	700	2,180
INSURANCE	100	-	-	100	100
MEMBERSHIP	523	-	-	523	503
WEBSITE	445	-	-	445	-
OTHER	174	-	-	174	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	3,396	-	-	3,396	5,532
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,396	-	-	3,396	5,532
Net of receipts/(payments)	14,856	-	-	14,856	19,461
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	30,647	-	-	30,647	11,186
Cash funds this year end	45,503	-	-	45,503	30,647

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 £
B1 Cash funds	BANK ACCOUNT	44,480	-	-
	PAYPAL	1,023	-	-
		-	-	-
	Total cash funds	45,503	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

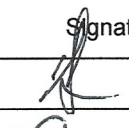

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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