



**FND** *Action*

# ANNUAL REPORT

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31st December 2022

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# 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.



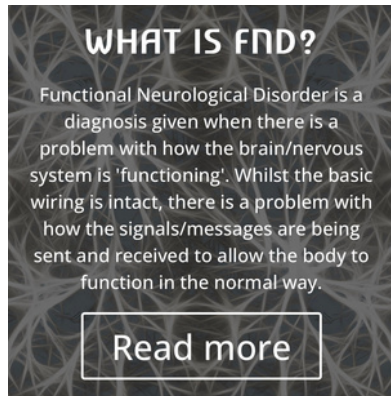
## Supporting those diagnosed, care givers and families

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.



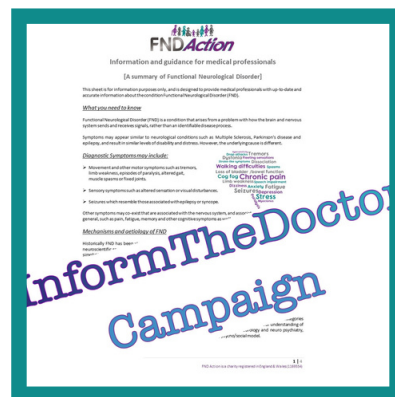
## Hidden Disability Scheme

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

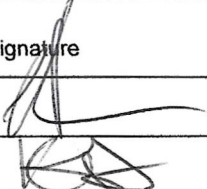
To

31-12-22

### 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	30,650	-	-	30,650	23,554
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	30,650	-	-	30,650	23,554
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	30,650	-	-	30,650	23,554
<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>	23,312	-	-	23,312	23,377
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	23,312	-	-	23,312	23,377
<b>Net of receipts/(payments)</b>	7,338	-	-	7,338	177
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	45,680	-	-	45,680	45,503
Cash funds this year end	53,018	-	-	53,018	45,680

## 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>	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
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	23/04/23	



**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 Ingletton 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.**