



**FND** *Action*

# ANNUAL REPORT

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31st December 2023

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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:	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:**

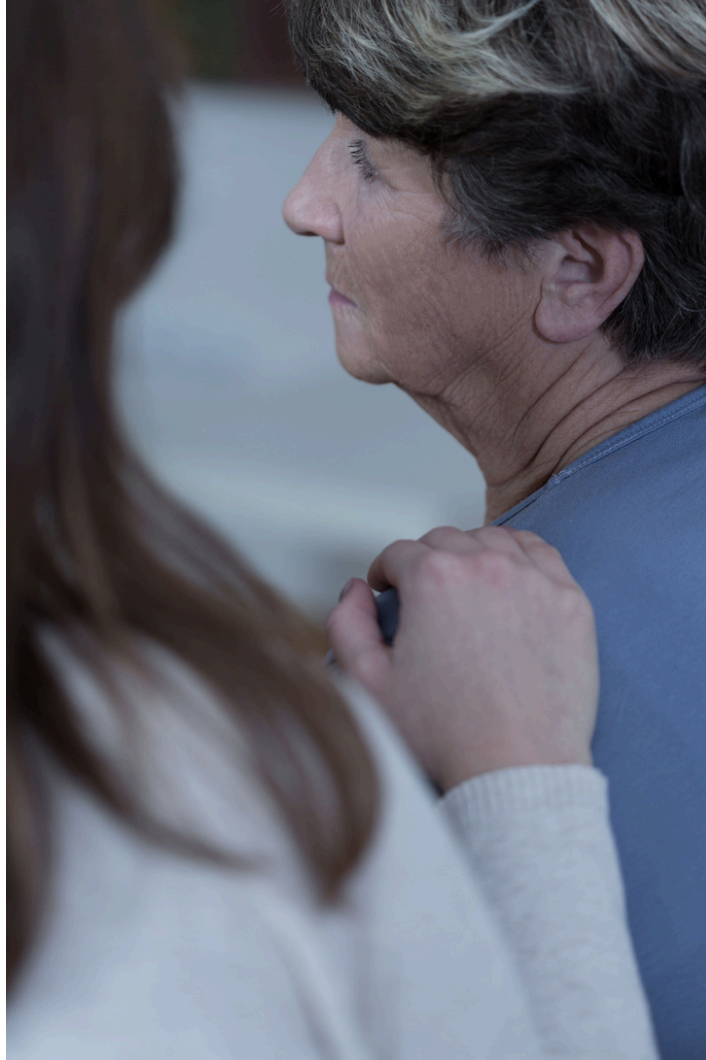
We aim to encourage and help people to achieve the best quality of life and improved wellbeing. We believe that whilst there is no magic cure, there is a lot that can be done to help towards recovery and/or management of symptoms.

## **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.



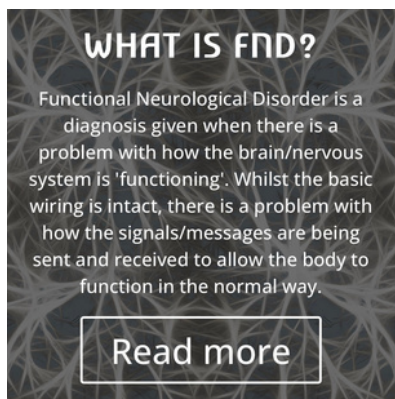
## Supporting those diagnosed, care givers and families

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

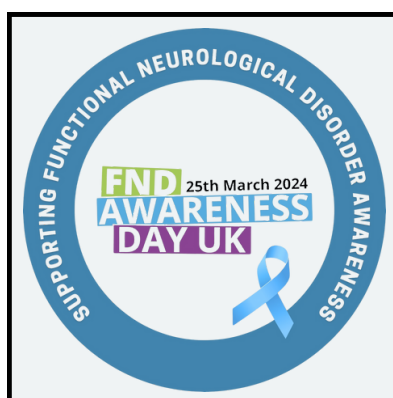
FND Action raise awareness through public campaigns and education. We organize awareness events, provide educational materials, and advocate for better policies and research funding. Additionally, we have fostered a supportive community where patients and families share their experiences, helping to 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.

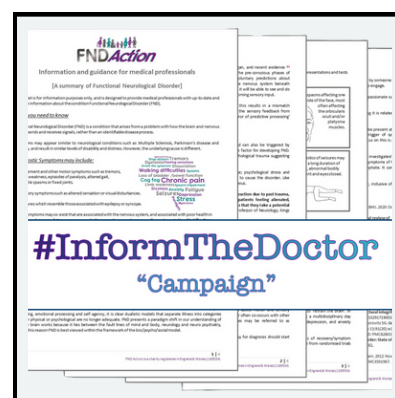


## FND Awareness Day UK - 25th March

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

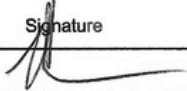
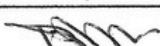
31-12-23

### 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>	28,150	-	-	28,150	30,650
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	28,150	-	-	28,150	30,650
<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>	39,285	-	-	39,285	23,312
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	39,285	-	-	39,285	23,312
<b>Net of receipts/(payments)</b>	- 11,135	-	-	- 11,135	7,338
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	53,018	-	-	53,018	45,680
<b>Cash funds this year end</b>	41,883	-	-	41,883	53,018



## 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>
(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	08/04/24
			TOM PLENDER	10/7/24



# CHARITY COMMISSION FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### 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 -