



FND *Action*

ANNUAL REPORT

31st December 2024

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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.

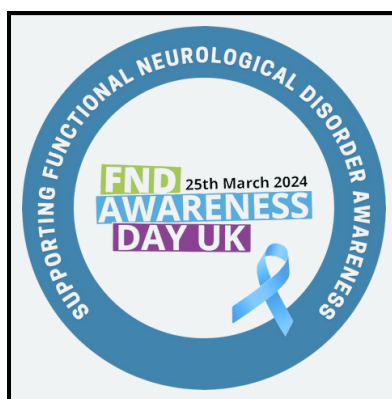


Activities on social media

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.

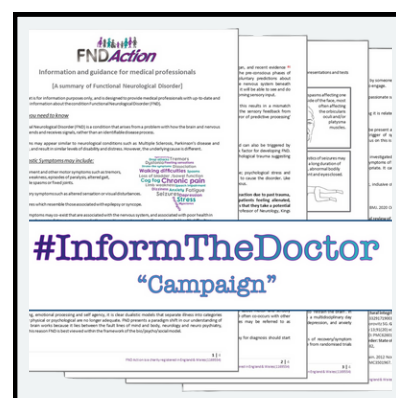


FND Awareness Day UK - 25th March

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

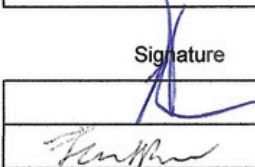
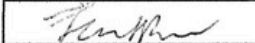
To

31/12/2024

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	29,054	-	-	29,054	28,150
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	29,054	-	-	29,054	28,150
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	29,054	-	-	29,054	28,150
A3 Payments					
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
Sub total	57,371	-	-	57,371	39,285
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	57,371	-	-	57,371	39,285
Net of receipts/(payments)	- 28,317	-	-	- 28,317	- 11,135
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	41,883	-	-	41,883	53,018
Cash funds this year end	13,566	-	-	13,566	41,883

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	11,683	-	-
	PAYPAL	1,883	-	-
		-	-	-
	Total cash funds	13,566	-	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	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	19/09/2025	
		JENAY BREHM	19/09/2025	

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

FND Action

On accounts for the year ended

31 December 2024

**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 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.*

Signed:

D. S. Ward

Date:

19 September 2025

Name:

David Ward

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

Fellow of the Institute of Chartered Accountants in England and Wales

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

Section B	Disclosure
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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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