

FND DIMENSIONS

England & Wales · Charity number 1170584

Details

Status Registered

Legal form CIO

Registered 2016-12-06

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

Contact

Address Unit 5
Fen End
Stotfold
Hitchin
Hertfordshire
SG5 4BA

Phone 0764657576

Email enquiries@fnddimensions.org

Website fnddimensions.org

Activities

Objects: THE OBJECTS OF THE CIO ARE:(1) TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS OF FND (FUNCTIONAL NEUROLOGICAL DISORDER) THROUGH THE PROVISION OF SUPPORT, INFORMATION AND PRACTICAL ADVICE.(2) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO FND.

Activities: FND Dimensions aims to build a network of 'peer support' groups for those people diagnosed with Functional Neurological Disorders. Through these groups the feeling of isolation and confusion can be greatly deminished and people can share experiences of living with FND.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£18,808	£10,759	-	-
2024-03-31	£9,725	£13,612	-	-
2023-03-31	£14,748	£7,061	-	-
2022-03-31	£2,514	£2,274	-	-
2021-03-31	£12,027	£11,447	-	-

Trustees

Name	Role	Appointed
Hazel Jane Gueldner		2025-09-29
Helen Whittle		2024-06-26
Jayne Elizabeth Bratton		2022-10-26
Jeanette Michele Clarke		2024-06-26
Jodie Emily Hanley		2025-09-29
Laurie Elizabeth Lolita Dragonsmith		2024-06-26
Leigh-Ann Wade		2024-03-04
Richard MacDonald		2026-02-13
STEPHANIE-ROXANNE BLANCO		2016-12-12

FND DIMENSIONS

England & Wales - Charity number 1170584

Accounts



FND Dimensions
Support, Knowledge and Awareness

Trustees Annual Report

Period start: 1st April 2024

Period end: 31st March 2025

Version Published

Version Control

Version	Date	Amendment
0.1	Nov 25	Draft by Steve Webster
0.2	21/11/25	Reviewed and minor edits by JoJo Hanley
0.3	22/11/25	Significant structure review and edit by Jayne Bratton
0.4	20/01/26	Changes applied based on feedback and released to the board
0.5	26/01/26	Changes applied based on feedback by the board
1.0	26/01/26	Signed off by the board
1.1	28/01/26	Change to a photo

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1. About FND Dimensions

The roots of FND Dimensions began in 2013 as a voluntary organisation and we became a 'Charity Incorporated Organisation' (CIO) in December 2016. We have over 2710 Members who are supported by over 50 Volunteers and 10 Board Members.

We support all those affected by Functional Neurological Disorder (FND), which includes people who have been diagnosed, along with their family, friends and carers. We have a network of 'peer support' groups for those people diagnosed with Functional Neurological Disorders. Through these groups, the feeling of isolation and confusion can be greatly diminished, and people can share experiences of living with FND.

Registered name:	FND Dimensions
Charity Number:	1170584
Charitable objects:	<ol style="list-style-type: none">1) To promote and protect the physical and mental health of sufferers of FND (Functional Neurological Disorder) through the provision of support, information and practical advice.2) To advance the education of the general public in all areas relating to FND.
Number of employees:	None
Postal address:	FND Dimensions, Unit 5, Fen End, Stotfold, Hitchin, Hertfordshire SG5 4BA
Email address:	enquiries@fnddimensions.org
Website:	www.fnddimensions.org

2. Trustees, Governance and Volunteers

Trustees as at 31st March 2025

Name	Position	Initials	Date of appointment
Jayne Bratton	Chair	(JB)	26 October 2022
Stephanie-Roxanne Blanco	Vice Chair	(SRB)	12 December 2016
Leigh-Ann Wade	Treasurer	(LW)	4 March 2024
Sarah Webster	Secretary	(SaW)	6 December 2016
Lolita Dragonsmith	Trustee	(LD)	26 June 2024
Jeanette Clarke	Trustee	(JC)	26 June 2024
Helen Whittle	Trustee	(HW)	26 June 2024

Co-opted Board Members as at 31st March 2025

Name	Position	Initials
Steve Webster	CEO and Founder	SW
Jodie Hanley		JH
Helen Crossley	Clerk	HC

Governance

The board has continued to meet regularly, and we also stay in touch through an active WhatsApp group. The Chair and Vice Chair support board members in their roles and meet regularly with the CEO.

This year we have been updating policies and putting more written processes in place.

We have introduced a structured board development programme, including for example:

- New Trustee Training Course run in February
- 'Coffees' with another board member
- Supporting board Members to reach out to expand their network
- Micro training sessions within the board meetings which have included topics such as the 6 thinking hats and monitoring impact.

Trustees and Volunteers

Our Volunteers, including the Trustees who of course, are also Volunteers, have been instrumental in developing key areas of activity in what has undoubtedly been our busiest year since gaining charity status in 2016.

With most of our Volunteers and Trustees also living with FND and other conditions, illness has continued to impact progress, as it has in previous years. However, the strength and dedication of the team, along with an increasing number of Volunteers, have ensured that day-to-day activity has continued and grown, which has been essential for us to meet the demands of this thriving charity.

We are incredibly grateful for the commitment, energy and empathy shown by our Volunteer team. Their support is vital in supporting our members and helping the charity grow.

Steve Webster - CEO

3. Financial Report

The overall summary below highlights our positive financial position and a significant growth in income over expenditure compared to the previous year.

Note: Our full accounts are attached as an annex to this report.

(£)	2024/2025		2023/2024	
		Restricted		Restricted
Income	18,808.20	0.00	9,725.08	0.00
Expenditure	10,759.60	0.00	13,611.85	0.00
Brought Forward	17,611.50	0.00	21,498.27	0.00
Balance	25,660.10	0.00	17,611.50	0.00
Liabilities	0.00	0.00	0.00	0.00

Note: Our reserves policy is to always have £10,000 in bank.

4. Our Members and Member Groups

Our Membership numbers have continued to grow, with 2710 Members as of 31 March 2024, which is 30% more Members than last year.

Engagement of Members

Engagement in our groups (community, local, national and Facebook) has increased, and more Members are actively participating in our live online sessions. Our online and in-person groups continue to provide vital support. More local groups are meeting face-to-face again, and more Members are volunteering to run them.

Three psychology undergraduate placement students are researching how to further reactivate the groups, which is an issue many charities have faced since COVID, and we are looking forward to their findings in the summer of 2025.

We introduced themed Chat Groups which remain highly popular and most of these also have regular online meetups. In addition to the wide range of groups, we have delivered a number of specialist guest speaker events, quiz events at Easter and Christmas, and a large music event called Stage and Screen Concert.

Chat Groups

Here is a summary of these groups:

- Coffee & Create – twice-monthly creative workshops
- Step by Step – monthly goal-setting support
- Book Club – monthly book review discussions
- Accessing Education – peer support for families and students
- Fundraising Group – Member-led fundraising ideas
- Business Development – skills support and business basics four-part course
- Neurodiversity Group – monthly support for neurodiverse Members
- Women’s Group – monthly peer support for female-specific issues
- Men’s Group – monthly peer support for male-specific issues

Guest speaker events

In this period, we welcomed a range of specialists to share valuable information with our Members, here are a few highlights:

- Pacing for FND: Why the Spoon Theory is not Enough!
- Budgeting Effectively - Utility Warehouse, Elaine
- Workplace Rights - Kerryn Withers Green
- FND in the Workplace - Flexible Working - Kerryn Withers Green
- FND in the Workplace - Sick Leave and Pay - Kerryn Withers Green
- Three Part Programme on Setting up your own business - Jayne Bratton
- PIP: Understanding the system - PIP Professional Support CIC

Thank you to all of our speakers for giving their time, and knowledge in support of our members.

Steve Webster - CEO

5. Fundraising

The increased activity of our Members being more active is also reflected in this year's exceptional fundraising activity, with Members and supporters organising a wide range of events. These included individual challenges, community events and a large-scale musical performance.

This additional activity has many benefits beyond financial income, as it helps to bring our community together and raise the profile of FND and the FND Dimensions charity.

Here are some highlights of the wonderful fundraising from this period:

Sarah's 10 Mile March in March 2024

Raised: nearly £300

'Hi, I'm Sarah, I was diagnosed with FND in 2018 when I was 22. It mainly affects my legs with nerve pain and the inability to move them. But sometimes



it leaves me unable to move, speak, or communicate, basically I'm trapped in my body.

I wanted to raise awareness about FND as it's often misunderstood, and many people, including medical professionals have never heard of it. 10 miles in a month doesn't sound like a lot to most people, but for me this will be a big achievement. Please consider donating to this wonderful charity who provide such support and help for many of us with FND.'

Sue & Gary's Y3P Challenge

Raised: nearly £3,000

'Our eldest child, JoJo, was diagnosed with Functional Neurological Disorder (FND) in 2019. They have had to cope with



many of the diverse symptoms of FND over the years such as seizures, leg weakness resulting in inability to walk, chronic pain and fatigue, tics, speech issues and a variety of other symptoms.

FND is a relatively unknown and stigmatised neurological condition which effects the way the brain sends signals to different parts of the body. The NHS offers little to no support. This is where charities, such as FND Dimensions, become invaluable. JoJo has not only personally benefited from the services of FND Dimensions, but now also Volunteers for them.

These smaller charities need all the help they can get with funding, so we are trying to do our part by taking on the Yorkshire 3 Peaks challenge on Saturday 29th June. We both hit the ripe old age of 50 this year so hopefully our fitness levels can cope with 24.5 miles and 5,236 ft elevation in under 12 hours.'

Helen's Yoga 108

Raised: £150

In early 2024 I was diagnosed with Functional Neurological Disorder (FND), a debilitating condition which has turned my world upside down. I was a yoga teacher and holistic therapist; a keen swimmer and I loved nothing better than walking for hours with my dogs or going to concerts with friends. Then my FND started.



Fortunately, I found the national charity FND Dimensions who have given me so much help and support. I have found a community of people who also live with FND who have shown me that life can continue, but in a different way. I now live a slower pace of life and have to be accompanied whenever I leave the house, but I am starting to return to the things I loved in an adapted way and with the help of my wheelchair.

In January, I started to attend chair yoga classes (the teacher still does not know I used to teach!) and I found my love of yoga returning. I have decided to celebrate this by setting myself a challenge: to practise yoga for 108 days, ending on the summer solstice which also happens to be International Yoga Day. As FND Dimensions have helped me so much, I feel that it is time to give them something back, so I am asking for donations for my challenge.'

Steve's – Swim Challenge 100

Raised: nearly £4,500

Swim Challenge 100 saw FND Dimensions Founder, Steve Webster, swim 100 miles in 100 swims.



This was Steve's fourth swimming challenge on behalf of FND Dimensions and undoubtedly his biggest challenge to date. When Steve swims, he can only use his arms, as kicking his legs brings on uncontrollable spasms.



Grant of: £5,475

Steve's – Swim Challenge 100 got the attention of the local Morrisons Supermarket Community Champion. After hearing about the challenge and the work



of the charity, she put FND Dimensions forward as her store's choices for the 'Morrisons Foundation - 125 Year Community Spaces Grant'. This was voted on by Morrisons staff Members across the country and FND Dimensions was chosen as one of the winning projects.

Royal British Legion Ilkeston Branch

Raised: £500

Steve's – Swim Challenge 100 enabled Steve to build on links with another local swimmer who is part of the Royal British Legion.



The RBL invited Steve to come and talk to them about his swim challenge and FND, resulting in another £500 being raised.

**Dr Lynda Shaw –
Neuroscience
Professional
Development
Programme**

Raised: nearly £500

Dr Shaw kindly ran a refresher course for previous participants of the above course, with all monies raised coming to FND Dimensions. ‘The course asks: Are you ready to find effective ways to banish toxicity, create empathy and empower your team in the workplace?’



Learning and development can be neglected in favour of pressing work commitments. However, by utilising this intuitively designed Self Learn Neuroscience Professional Development Programme, your knowledge will gain momentum, so you can reach and help the people that need it most. After all, by understanding more about your own brain, you can then understand more about the brain of others.’

Cuppa and Cake

Raised: nearly £900

This was the first time we held a ‘coffee morning’ type event, asking Members from across the country to get together with friends and family for a good chat over a hot drink and of course, the all-important cake.



Stage and Screen March 2025

Raised: £1852.39

At the end of March, we held a concert at University Hall, Nottingham Trent University (NTU) in Nottingham. The concert, 'Stage & Screen', featured a range of professional musicians, Members of NTU's various orchestral and big band performers and singers from the



NTU choirs. Importantly, it featured numerous performers who are diagnosed with Functional Neurological Disorder. The event itself was directed by our Trustee, Helen Whittle.



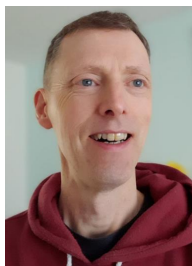
Note: Monies from this event will appear in next year's financial reports as it was held on 28th March.

As well as around 100 attendees on the night, the event was live-streamed and viewed by people as far away as New Zealand. We believe, it was the first event of its kind ever held in the world and was a truly inspiring, emotional and glorious celebration of what those with FND have to offer.

6. External engagement

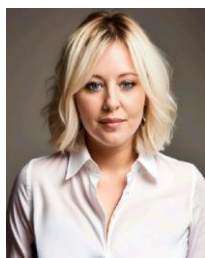
FND Dimensions continues to strengthen its presence within the wider neurological community. Our development programme with our Trustees includes supporting them to reach out and enrich existing and new contacts.

Here are some highlights:



Steve Webster
CEO

- Attended the Neurological Alliance AGM
- Continues to serve as Chair of the Neurological Alliance CEO Forum
- Is the Deputy Chair of the UK FND Network, a new organisation that aims to bring key medical professionals, the FND charitable sector and other key interested organisations together to share, disseminate and advocate for better FND services, by working in greater collaboration.



Steph Blanco
Vice Chair

Steph's TEDx Talk in 2023 continues to reach a growing audience, now with over 53,000 views (an 81% increase since last year). In the talk, Steph draws on her professional expertise as a neuropsychologist, her personal experience of FND, and her eight years with FND Dimensions. Her message strongly promotes the value of the charity's social support initiatives and continues to raise significant awareness of FND and the work of FND Dimensions.



Jayne Bratton
Chair

- Met with Members of 15 university psychology departments and introduced them to FND Dimensions. This has resulted in new connections, including the University of Suffolk, where we were able to offer two undergraduate placements.
- Delivered talks for osteopaths on the challenges of living with FND and explained the support offered by FND Dimensions.

Stage and Screen Concert

On Friday 28th March 2025, FND Dimensions, in a spectacular collaboration with NTU Music, proudly presented Stage and Screen, a powerful, uplifting musical event celebrating the power of creativity, resilience and community.

Talented musicians, including individuals living with Functional Neurological Disorder (FND), and many NTU alumni, united on stage for this powerful concert band performance which featured an extraordinary line-up of music from iconic films and theatrical productions.



Our thanks go to our Trustee Helen Whittle who led the event, and was also the Musical Director, and all the phenomenal Members of FND Dimensions who stepped out of their comfort zones to deliver an extraordinary evening of music and the powerful message that...

#FNDers Can.

Here are some images of this extraordinary evening:





FND Awareness Day UK – 25th March

This annual event brought together FND charities to raise FND Awareness, engaging people across the country and worldwide, as many Members from across the charities joined virtually.

Special thanks go to:

- Our CEO Steve Webster for organising this event
- Our Trustee Jeanette Clarke for delivering a very special Coffee and Chat session on Neurographic Art
- Georgina Carr the CEO of Neurological Alliance
- Fellow FND Charities: FND Action, FND Friends and FND Australia.



FND AWARENESS DAY UK **FND AWARENESS DAY AUS**

25th March 2025

On FND Awareness Day, FND Action, FND Dimensions, FND Friends, and FND Australia Support Services - stand together as a united global community to raise awareness, challenge stigma, and support those affected by Functional Neurological Disorder (FND).

FND knows no borders, affecting individuals worldwide, yet access to care, understanding, and support remains inconsistent. By working together, we amplify the voices of those living with FND, push for better recognition in healthcare systems, and ensure that no one faces this condition alone.

Today, we call on medical professionals, policymakers, and the public to join us in raising awareness and advocating for change. Together, across nations, we are stronger - and together, we will continue to fight for a better future for all those affected by FND.

#VOICES4FND

FND Action **FND Australia** **FND Dimensions** **FrieNDs**



FND 25th March 2025 AWARENESS DAY UK

EVENTS

Session 1 - Neurographic Arts - 10am-12pm

Crafting has many benefits from reducing stress and anxiety, boosting your mood and keeping your mind busy and focused. Please join us for this led session, you will need a notebook or paper, felt tip pens or colouring pencils, Black fine liner, circles of different sizes to draw around.

(If you would like to bring your own craft along instead, that's fine).

Session 2 – Drop In and Chat - 1.45pm-4pm

In the first part of this session, we will be joined by Georgina Carr, CEO Neurological Alliance, to talk about some of the developments being made across the neurology sector and the changing face of health services.

There will then be further opportunities to talk to each other, share experiences, and hear what the different charities are up to.

PLEASE NOTE - The Zoom link to join these sessions will be sent out on Monday 24th March

FrieNDs **FND Australia** **FND Dimensions**

#VOICES4FND

7. Moving forward

This has been a year of significant development for FND Dimensions. With stronger governance, more Volunteers and growing Membership, the charity is further strengthening its robust foundation for the future.

Next year will be a year of change because at the end of March 2025, our Founder and CEO takes on a new role within the charity.

The board will focus on creating a new 20-year strategy for the charity and building a strong delivery team, which will, as always, be focused on offering an even wider range of support to meet the increasing needs of our community.

8. Signed on behalf of FND Dimensions by



Jayne Bratton

Chair

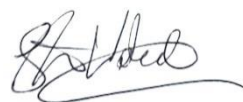


26 January 2026



Steve Webster

Founder and
CEO for this period



26 January 2026

FND DIMENSIONS**INCOME AND EXPENDITURE ACCOUNT****FOR THE YEAR ENDED 31ST MARCH 2025**

	31.03.25		31.03.24	
	£	£	£	£
Receipts				
Donations		385.00		1,000.00
Merchandise Sales		-		559.36
HMRC Gift Aid		1,226.09		393.85
Karadoo/Goodhub Funding Platform		8,413.62		2,848.67
Amazon Core		-		23.68
Easyfundraising		374.24		43.53
Eventbrite - Donations		-		51.00
Facebook Donations via Paypal		538.06		574.23
Dance Event		-		3,069.00
Stage & Screen Event		1,707.16		-
Stage & Screen Merchandise		145.23		-
10 Year Event		-		500.00
ML - Cake Sale		-		95.88
AXA Services - match ML cake sale income		-		95.88
Vision - West Notts College		90.22		-
Training		-		50.00
Derbyshire Healthcare		-		420.00
Research Project Support		75.00		-
Pseudo Event		306.01		-
Morrisons Foundation		5,475.00		-
Interest receivable		72.57		-
Total Income		18,808.20		9,725.08
Expenditure				
Zoom	235.08		250.67	
Ionos Website	196.46		158.32	
CEO Salary (part-time)	7,200.00		7,800.00	
Postage	41.39		103.29	
DBS	216.10		286.80	
Promotional Materials	-		1,048.00	
FND Wellbeing Workshops	156.00		-	
10 Year Event	-		849.43	
Merchandise	1,227.64		2,074.41	
ID Mobile - contract	120.90		115.02	
ID Mobile - Phone and Case	-		172.98	
Stationery	3.00		99.50	
London Marathon Evaluation	-		20.50	
ICO - Registration	40.00		40.00	
Neurological Alliance - Membership	31.00		5.00	
Insurance - PIB	498.59		465.63	
FND Awareness Day	387.50		-	
Stage & Screen Event	96.99		-	
Travel	298.76		112.30	
Paypal Fees	2.79		-	
Sundry	7.40		10.00	
Total Expenditure		10,759.60		13,611.85
Excess of Income over Expenditure for the Period		8,048.60		(3,886.77)
Fund Balances as at 31st March 2024		17,611.50		21,498.27
Fund Balances as at 31st March 2025		25,660.10		17,611.50

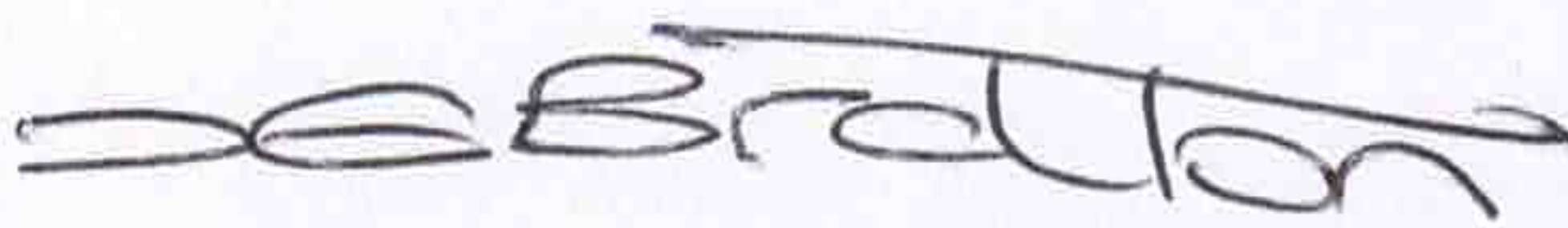
FND DIMENSIONS

BALANCE SHEET

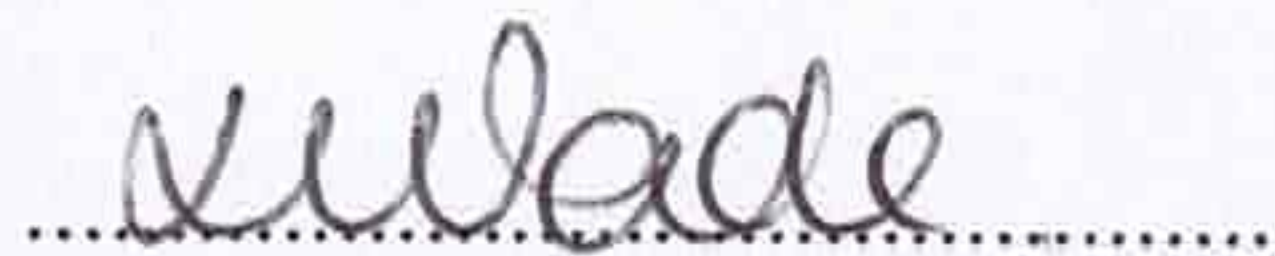
AS AT 31ST MARCH 2025

	Note	31.03.25		31.03.24	
		£	£	£	£
Fixed Assets					
Investments			-		-
Current Assets					
Debtors		-		-	
Cash at Bank and in Hand		<u>25,660.10</u>		<u>17,611.50</u>	
		25,660.10		17,611.50	
Current Liabilities					
Creditors: Amounts falling due within one year		<u>-</u>		<u>-</u>	
		-		-	
Net Current Assets			25,660.10		17,611.50
Total Assets Less Current Liabilities			<u>25,660.10</u>		<u>17,611.50</u>
Income Funds					
Restricted Funds	1		-		-
Unrestricted Funds			25,660.10		17,611.50
			<u>25,660.10</u>		<u>17,611.50</u>

The accounts were approved by the Board of Trustees on 24-11-2025.....



J E Bratton
Chair



L Wade
Treasurer

FND DIMENSIONS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2025

1 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances as at 31st March 2025 are represented by:			
Investments		-	-
Current assets	25,660.10	-	25,660.10
Creditors: Amounts falling due within one year		-	-
Prepayments and accrued income		-	-
	<hr/>	<hr/>	<hr/>
	25,660.10	-	25,660.10
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

FND DIMENSIONS**STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 31ST MARCH 2025**

	Unrestricted Funds £	Restricted Funds £	Total 2025 £
<u>Income resources from generated funds</u>			
Voluntary Income	18,808.20		18,808.20
Investment Income	-		-
Total incoming resources	18,808.20	-	18,808.20
<u>Resources Expended</u>			
Charitable Expenses			
Projects in education, community development and environment	-		-
Governance and Other Costs	10,759.60		10,759.60
Total Resources Expended	10,759.60	-	10,759.60
Net income/(expenditure) for the period/ net movement in funds	8,048.60	-	8,048.60
Fund balances at 5th April 2024	17,611.50	-	17,611.50
Fund balances at 5th April 2025	25,660.10	-	25,660.10

FND DIMENSIONS

England & Wales - Charity number 1170584

Accounts



FND Dimensions – AGM

Date 24th September @ 6.10pm

Venue – via Zoom

Reporting Year – April 1st 2023 – March 31st 2024

Trustees Committee

Jayne Bratton – Chair (JB)

Stephanie-Roxanne Blanco – Vice Chair (SRB)

Leigh-Ann Wade - Treasurer (LAW)

Sarah Webster - Secretary (SaW)

Dr Lynda Shaw – Trustee (DLS)

Faith Thornton – Trustee (FT)

Lolita Dragonsmith - Trustee (LD)

Jeanett Clarke - Trustee (JC)

Helen Whittle – Trustee (HW)

Co-opted

Steve Webster – Founder/CEO (SW)

Jodie Hanley (JH)

Patrick Doherty (PD)

Report on Activity – (SW)

FND Dimensions has continued to grow its activity this year, and this has also been mirrored with further growth in service users of our groups, now around 2500, around a 20% rise on last year with increased geographical spread. Outside interest through things like X have gone from 1500 followers to 1700 and website enquiries have increased. Such data confirms we are continuing to attract people to the charity and there is a greater need to deliver against our charitable objectives.

(1) To promote and protect the physical and mental health of sufferers of FND (Functional Neurological Disorder) through the provision of support, information and practical advice.

(2) To advance the education of the general public in all areas relating to FND.

Board of Trustees

The new trustees have been instrumental in helping to develop key areas of FND Dimensions activity in what has been a busy year, but also one which has seen quite a lot of illness within the board team. Fortunately, the depth of board involvement, alongside that of our increased volunteers, has meant that although things have slowed up a couple of times, the day-to-day activity has been maintained and built on.

Group Activity

Members

Our membership numbers have continued to grow over the past year (approx. 20%). We now have 2100 members (Facebook closed group) and over 2000 members (Google database) (Figures taken from March 2024). As our numbers grow, we are working harder to ensure our Google contacts database is kept updated. There are two membership figures in this report, one is the number of members that have joined our Facebook closed group ("FND Dimensions Meet-Ups") and the other is the number of members we have in our Google contacts database. We have some members that are not on Facebook and the membership numbers of our Facebook closed group can fluctuate as members leave (either intentionally or not), change their profile name, open a new profile etc. We are rarely told of name and profile changes therefore ensuring that our Google contact database is accurate can be quite challenging.

There is a written process in place for welcoming new members, allocating them to their nearest group and inputting their details onto the Google database and SW is responsible for this.

Fundraising & Events

This has been a leaner year in terms of income raised, but this has not hindered delivery as we continue to expand the amount of support, events and range of activity on offer to our members.

The development of the 'LIMITLESS' performing arts project had a significant impact and gained wide support not only from the FND community but also from the arts and health sectors, with funding received from the Arts Council for England (ACE) and the National Association for Social Prescribing (NASP).

The project's finale, held in collaboration with Linden Dance, took place at the Midlands Arts Centre (the MAC) in Birmingham. It featured performance artists diagnosed with FND working alongside non-FND dancers, singers, and musicians.

In the build-up to the finale, workshops for any of our members to attend took place online. These workshops included dance, run by Linden Dance and singing, run by another charity

and partner organisation in the project, 'Sing Your Pain Away'. These were well attended and brought much joy and fun to all those involved. In addition, movement specialist, Frances Collier took on 5 individuals from our membership (free of charge) as part of her 'neurolinguistics programme' which uses movement, from things as simple as breathing, as a way of tackling symptoms of FND. Each participant was provided with an individual plan, depending on their symptoms, to work through and develop their ability to move more freely. This was a very successful part of the project.

LIMITLESS

INSPIRING ARTS - EMPOWERING LIVES

31 AUGUST 2023, 6.30PM

MIDLANDS ARTS CENTRE

DANCE - MUSIC - FILM - SPEAKERS

Illuminating the realities of Functional Neurological Disorder (FND) and the power of the arts to transform lives.

Image: Dave Jones



This project has been a huge influence on FND Dimensions, and we intend to have a much more 'creative' approach to future projects that will undoubtedly engage our members and hopefully further raise awareness and funding for our work. FND Dimensions have already announced some details and dates of such upcoming creative events, and we look forward to working with our collaborators and internal experts on ensuring that creativity is central in our awareness and fundraising work.

As well as regular presentations from outside speakers and the general activity of the local groups both online and, in some cases, in person, needs a lot of time and support to develop further and help them achieve a more productive engagement. That being said, we have noticed a general rise in people discussing the possibility of 'face to face' meet ups and greater participation on our main Facebook page.

With Facebook's new 'Chat Group' feature, we have jumped on this idea and created several themed groups, which have proved very popular with members.

Coffee & Create – meets twice a month online with a variety of arts and crafts workshops being led by Jeanette Clarke. This group has highlighted what a talented and creative group of individuals we have within our membership. As well as giving people the opportunity to learn new skills, and the odd creative challenge, it has proved a welcome break from the daily torments of FND.

Step by Step – as a group, it meets once a month online to support individuals who want to set themselves goals for the following month. These goals vary in size and theme and are obviously tailored to what they themselves want to achieve. Goals are reviewed and changed (or not) at the next meeting.

Book Club – this group, led by JoJo Hanley, meets once a month online to discuss the book which was decided by the group the previous month to read. This provides an alternative escape from FND for those who have a penchant for literature, with a different genre of book being decided on each month in order to have a fair and broad spread.

Accessing Education – this group has met a couple of times but is mainly one that is set up for sharing advice, questions and information from parents/guardians of children with FND who are in school or higher education, or those directly in education requiring support.

Fundraising – this was originally meant to be a small committee of people, who would look at the more everyday fundraising type of events eg. sponsored walks, coffee mornings. However, because it was set up as a 'chat group' it meant any member could join, which they did. It has been relatively quiet. In its place a smaller 'fundraising committee' was set up, led by Steve Webster and Gareth Fairclough.

Business Development – this group has been picked up by a smaller number of people and is led by Jayne Bratton. As part of this Jayne has led on a 'business basics' course that individuals who were running or thinking of running their own business could join in order to understand subjects like, reaching your target audience.

Neurodiversity – as the link between FND and neurodiversity has become increasingly apparent, it was decided that it would be good to have a place where our members who were neurodiverse could come together for mutual support. The group is led by Jayne Bratton and has become a great place for members to share their experiences.

Listening Ears Service

The other big development over the past few months has been that of the ‘**Listening Ears**’ project. This project, gives members requiring 1:1 support because they are in greater need of help, guidance and simply someone to talk to and is particularly targeted toward members who are not yet ready for the wider services offered by FND Dimensions. Listening Ears has a group of dedicated volunteers who receive training to be able to take part in the service and become a ‘Listening Ear’ and then offer 1:1 non-crisis support in structured sessions. Anyone joining the service for support is given several weekly sessions, which are then slowly tapered off after a few weeks and they are ready to pull away from the service having worked through their concerns with their listening ear. We are extremely clear with our members that we are not a ‘crisis’ or ‘counselling’ service, and if anyone is in particular need, they are signposted appropriately. The project has so far been very successful, and we hope to expand it over time.

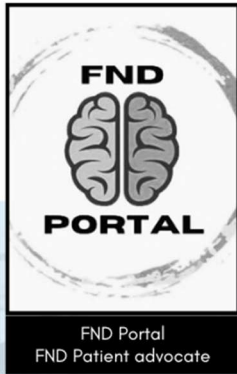
10-year celebrations

The 10-year celebrations were held in Derby last summer and saw the organisation pay tribute to the work of FND Dimensions and its beginnings from founder Steve Webster. This event saw a mixture of members, trustees, family, and friends come together to celebrate FND Dimensions’ journey over the years. FND Dimensions also announced the launch of plans to launch the Listening Ears Service and further plans for the development and advancement of education and awareness of FND. Thanks to all involved in helping to set up the event, which was a great success.

FND Awareness Day UK – 25th March followed the format as shown below and was undoubtedly the most successful FND Awareness Day to date, engaging people across the country and worldwide, as many members joined virtually. The event and talks from the day have been recorded and shared via YouTube to ensure ongoing impact from the events. Each talk already has thousands of views at the time of writing.



Stephanie-Roxanne Blanco
FND Researcher



FND Portal
FND Patient advocate



Professor Jon Stone
FND Specialist

**FND
AWARENESS
DAY UK**



ONLINE EVENT - ONE DAY - 3 TALKS

#THENANDNOW

Join us on FND Awareness Day UK as we explore the history and current understanding of Functional Neurological Disorder (FND)

From the past - to the present - to the future

MONDAY 25TH MARCH 2024

For further details and to book go to bit.ly/fndawarenessdayuk

HOSTED BY:    **#VOICES4FND**

Our members are our strength

FND Dimensions has an expanding team of volunteers, and now has over 50 volunteers, most of whom suffer with FND or related conditions. This invariably impacts our 'day-to-day' running when members of the team are ill and not able to support our activity, but we are moving to a position which sees people backed up by others who are able to step in and having roles more evenly shared or covered within teams. We are more than grateful for the time that our volunteers have given us, and we formally wish to thank them for helping FND Dimensions reach the level it has achieved during the last year.

We have maintained a consistent presence, offering regular group 'drop-in sessions', 'face-to-face' meet-ups, and other various online activities, as shown above. We have also started to expand the number of external speakers, bringing in specialist advice on FND-related issues.

Other links and FND Dimensions

FND Dimensions has continued to increase its presence within the wider FND/Neurology community and is achieving notable recognition in this area. Both Jayne (Chair) and Steve (CEO) attended the Neurological Alliance AGM in November, which proved very informative and helped to give the Neurological Alliance and the other delegates there a better idea of who we are. Off the back of this, Steve applied for and was appointed the new Chair of the Neurological Alliance's CEO Forum for the next two years.

Steve was also successful in taking up the position of Deputy Chair of the UK FND Network, a new organisation that aims to bring key medical professionals, the FND charitable sector and any other key interested organisations together to share, disseminate and advocate for better FND services, by working in greater collaboration.

Steph (Vice-Chair) did a TEDx Talk on FND in November and this aired in January 2025. During this talk Steph talked, from her professional background as a neuropsychologist on FND but also on her personal experience and her experience having worked in FND Dimensions for the past 8 years. Steph's talk now has over 25,000 views online and she positively promotes the social support initiatives offered by FND Dimensions.

Steve, Jayne and Steph have all begun to work collaboratively with the higher education sector in order to progress with FND Dimension's mission to improve awareness and education of FND. This is something which the board continue to build upon in the upcoming year.

Financial Report

Financial Statement for Year April 1st 2023 – March 31st 2024

(See attached for full report).

The overall summary below highlights our positive financial position and a significant growth on income and expenditure compared to the previous year.

Financial Statement for Year April 1st 2023 – March 31st 2024

	2023/2024	2023/2024 <i>Restricted</i>	2022/2023	2022/2023 <i>Restricted</i>
Income Per accounts (see Annex to Statement)	9,725.08	0.00	14,748.47 (including restricted)	1,800.00
Expenditure Per accounts (see Annex to Statement)	13,611.85	0.00	7,061.26 (including restricted)	1,800.00
Brought Forward	21,498.27	0.00	13,811.06	0.00
Balance	17,611.50	0.00	21,498.27	0.00
Liabilities	0.00	0.00	0.00	0.00

Moving Forward

FND Dimensions is undoubtedly experiencing significant change and progression. These changes require careful consideration and management, with input from all relevant stakeholders. The charity's foundations are being underpinned by a stronger, more proactive board, increased volunteers, and ever-increasing membership across our groups.

From this, we are evolving into a much more cohesive and effective charity, offering a wide package of support to our members on a group and individual basis to meet the demands of our growth. The challenges and opportunities are great, but so is our resolve to meet them.

Steve Webster

FND Dimensions – Founder / CEO

FND DIMENSIONS**INCOME AND EXPENDITURE ACCOUNT****FOR THE YEAR ENDED 31ST MARCH 2024**

	31.03.24	
	£	£
Receipts		
Donations		1,000.00
Merchandise Sales		559.36
HMRC Gift Aid		393.85
Karadoo/Goodhub Funding Platform		2,848.67
Amazon Core		23.68
Easyfundraising		43.53
Eventbrite - Donations		51.00
Facebook Donations via Paypal		574.23
Dance Event		3,069.00
10 Year Event		500.00
ML - Cake Sale		95.88
AXA Services - match ML cake sale income		95.88
Training		50.00
Derbyshire Healthcare		420.00
Interest receivable		-
Total Income		<u>9,725.08</u>
Expenditure		
Zoom	250.67	
Ionos Website	158.32	
CEO Salary (part-time)	7,800.00	
Postage	103.29	
DBS	286.80	
Promotional Materials	1,048.00	
10 Year Event	849.43	
Merchandise	2,074.41	
ID Mobile - contract	115.02	
ID Mobile - Phone and Case	172.98	
Stationery	99.50	
London Marathon Evaluation	20.50	
ICO - Registration	40.00	
Neurological Alliance - Membership	5.00	
Insurance - PIB	465.63	
Travel	112.30	
Sundry	10.00	
	-	
Total Expenditure		<u>13,611.85</u>
Excess of Income over Expenditure for the Period		(3,886.77)
Fund Balances as at 31st March 2023		<u>21,498.27</u>
Fund Balances as at 31st March 2024		<u><u>17,611.50</u></u>

FND DIMENSIONS

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31ST MARCH 2024

	Unrestricted Funds £	Restricted Funds £	Total 2024 £
<u>Income resources from generated funds</u>			
Voluntary Income	9,725.08		9,725.08
Investment Income	-		-
Total incoming resources	9,725.08	-	9,725.08
<u>Resources Expended</u>			
Charitable Expenses			
Projects in education, community development and environment	-		-
Governance and Other Costs	13,611.85		13,611.85
Total Resources Expended	13,611.85	-	13,611.85
Net income/(expenditure) for the period/ net movement in funds	(3,886.77)	-	(3,886.77)
Fund balances at 5th April 2023	21,498.27	-	21,498.27
Fund balances at 5th April 2024	17,611.50	-	17,611.50

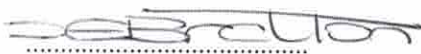
FND DIMENSIONS

BALANCE SHEET

AS AT 31ST MARCH 2024

	Note	31.03.24	
		£	£
Fixed Assets			
Investments			-
Current Assets			
Debtors			-
Cash at Bank and in Hand		<u>17,611.50</u>	
		17,611.50	
Current Liabilities			
Creditors: Amounts falling due within one year		<u>-</u>	
		-	
Net Current Assets			17,611.50
Total Assets Less Current Liabilities			<u>17,611.50</u>
Income Funds			
Restricted Funds	1		-
Unrestricted Funds			17,611.50
			<u>17,611.50</u>

The accounts were approved by the Board of Trustees on 24-09-2024



J E Bratton
Chair



L Wade
Treasurer

FND DIMENSIONS

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2024

1 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total £
Fund balances as at 31st March 2024 are represented by:			
Investments		-	-
Current assets	17,611.50	-	17,611.50
Creditors: Amounts falling due within one year		-	-
Prepayments and accrued income		-	-
	<hr/>	<hr/>	<hr/>
	17,611.50	-	17,611.50
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

FND DIMENSIONS

England & Wales - Charity number 1170584

Accounts



FND Dimensions – AGM

Date – November 27th 2023 @ 6.30pm

Venue – via Zoom

Reporting Year – April 1st 2022 – March 31st 2023

Trustees Committee

Jayne Bratton – Chair (JB)

Stephanie-Roxanne Blanco – Vice Chair (SRB)

Nicolas Stone - Treasurer (NS)

Sarah Webster - Secretary (SaW)

Jennie Verleg – Trustee (JV)

Louise Chatland – Trustee (LC)

Lynda Shaw - Trustee (DLS)

Linda Stone - Trustee (LS)

Co-opted

Steve Webster – Founder/CEO (SW)

Faith Thornton – Trustee in waiting (FT)

Report on Activity – (SW)

Once again it has been a very busy year with further growth in service users of our groups, now over 1700 and with increased geographical spread. Outside interest through things like Twitter have gone from 1200 followers to 1500 and website enquiries have increased. This confirms we are continuing to attract people to the charity and a greater need to deliver against our charitable objectives;

(1) To promote and protect the physical and mental health of sufferers of FND (Functional Neurological Disorder) through the provision of support, information and practical advice.

(2) To advance the education of the general public in all areas relating to FND.

Board of Trustees

As highlighted by the list above, the number of new Trustees has also increased and seen a greater depth in skill base and knowledge come into the team. This has proved invaluable as the Board alongside members look to develop the range of opportunities and information

available to our groups. A precursor to this was the appointment of a new Chair of Trustees, Jayne Bratton, who is leading the process of changes in conjunction with our evolving team.

FND Dimensions gets a new look

We were delighted to launch our new logo and website. Both have attracted wide praise and support. The logo is a significant improvement on our old one and represents what FND Dimensions is all about, with a much cleaner and professional image. Likewise, the website has been completely cleaned up and is now much simpler to navigate. Features on the site will continue to be developed, highlighting the services and information we provide to our members and outside audiences.

A huge thank you to Ali Cooley Design and Steven Bratton for their support and guidance in developing the logo and website respectively.

Group Activity

Members

Our membership numbers have grown extensively over the past year (approx. 16%). We now have 1740 members (Facebook closed group) and 2000 members (Google database) (Figures taken from March 2023). As our numbers grow we are working harder to ensure our Google contacts database is kept updated. There are two membership figures in this report, one is the number of members that have joined our Facebook closed group (“FND Dimensions Meet-Ups”) and the other is the number of members we have in our Google contacts database. We have some members that are not on Facebook and the membership numbers of our Facebook closed group can fluctuate as members leave (either intentionally or not), change their profile name, open a new profile etc. We are rarely told of name and profile changes therefore ensuring that our Google contact database is accurate can be quite challenging.

There is a written process in place for welcoming new members, allocating them to their nearest group and inputting their details onto the Google database and SW is responsible for this.

Fundraising & Events

This year has seen a significant rise in funding raised through sponsored events, donations and in particular a relationship and marketing exercise being held with Brian Barr Solicitors. This has enabled the part-time funding of a CEO for a limited period unless further monies can be found.

Particular media success was gained in Steve's Swimming Challenge which received, TV and radio coverage.

Applications for further funding will now be made.

FND Awareness Day UK – 25th March followed the format as shown below and was very successful, engaging people across the country.

FND 25th March 2023 AWARENESS DAY UK



videochat.fndawarenessday.org

9am - 10am

8am - 9am (Sydney)

Dr. Kasia Kozłowska

Australian Child & Adolescent Psychiatrist & Clinician Researcher
Presentation followed by a Q&A session.

11am - 12pm

10am - 11am (Sydney)

Dr. Nick Schindler

Consultant Paediatric Medicine
Presentation followed by a Q&A session.

3pm - 4pm

2pm - 3pm (Sydney)

Irene Roura – Mindfulness

Helping young people with mindfulness for positive self and empowerment.

5pm - 6.30pm

4pm - 5.30pm (Sydney)

Family Fun Quiz

Fun general knowledge quiz for all ages
Followed by general Q&A.

**SIMPLY SCAN
THE QR CODE
ABOVE TO JOIN
THE EVENTS!**
WEB ADDRESS ABOVE CAN ALSO
BE USED TO ACCESS EVENTS

#VOICES4FND

#YOUNGVOICES4FND



FND Dimensions has a small, but expanding team of volunteers, most of whom suffer with FND or related conditions. This invariably impacts on our 'day to day' running when members of the team are ill and not able to support our activity. We are more than grateful for the time that our volunteers give us and we formally wish to thank them for helping FND Dimensions reach the level it has during the last year.

We have maintained a consistent presence offering regular group 'drop-in sessions', 'face to face' meet up's and 1:1 support sessions for those with particular needs. We have also

started to expand the number of external speakers, bringing in specialist advice on FND related issues.

With the greater engagement of all trustees and new volunteers coming into the fold, we are looking to develop a couple of specific new projects that will be launched during the coming year. These will add significant impact to the support we are able to offer members, whose requests for support and ideas we continue to build into our programme of activity.

Financial Report – (NS)

Financial Statement for Year April 1st 2022 – March 31st 2023

(See attached for full report).

The overall summary below highlights our positive financial position and a significant growth on income and expenditure compared to the previous year.

Financial Statement for Year April 1st 2022 – March 31st 2023

	2022/2023	2022/2023 <i>Restricted</i>	2021/2022
Income Per list (see Annex to Statement)	14,748.47 (Including Restricted)	1,800.00	2,513.62
Expenditure Per list (see Annex to Statement)	7,061.26 (Including Restricted)	1,800.00	2,274.48
Carried Forward	13,811.06	0.00	13,571.92
Balance	<u>21,498.27</u>	0.00	13,811.06
<i>Liabilities</i>	0.00	0.00	

Moving Forward

FND Dimensions is undoubtedly going through a period of significant change and progression. These changes require careful consideration and management, with the input from all relevant stakeholders. The foundations the charity was built on are being underpinned with a stronger, more pro-active board, increased volunteers and ever-increasing membership across our groups.

From this, we are evolving into a much more cohesive and effective charity, offering a wide package of support to our members on a group and individual basis to meet the demands being asked of us. The challenges and opportunities are great, but so is our resolve to meet them.

Steve Webster


FND Dimensions – Founder / CEO

FND Dimensions

Financial Statement for Year April 1st 2022 – March 31st 2023

	2022/2023	2022/2023 Restricted	2021/2022
Income Per list (see Annex to Statement)	14,748.47 (Including Restricted)	1,800.00	2,513.62
Expenditure Per list (see Annex to Statement)	7,061.26 (Including Restricted)	1,800.00	2,274.48
Carried Forward	13,811.06	0.00	13,571.92
Balance	<u>21,498.27</u>	0.00	13,811.06
Liabilities	0.00	0.00	

Signed:


Treasurer – Mr N Stone


Chair – Jayne Bratton

FND DIMENSIONS

England & Wales - Charity number 1170584

Accounts

FND Dimensions - AGM

Date - Wednesday 21st September 2022 @ 5.15pm

Venue - via Zoom

Reporting Year - April 1st 2021 - March 31st 2022

Trustees Committee

Steve Webster - Founder/Chair (SW)

Nicolas Stone - Treasurer (NS)

Sarah Webster - Secretary (SaW)

Stephanie-Roxanne Blanco - Trustee (SRB)

Chrissie Moring - Trustee (CM)

Linda Stone - Trustee (LS)

Report on Activity - (SW)

Once again it has been a very busy year with further growth in service users of our groups, now over 1500 and with increased geographical spread. Outside interest through things like Twitter have gone from 1000 followers to just under 1200 and website enquiries have increased. This confirms we are continuing to attract people to the charity and a greater need to deliver against our charitable objectives;

(1) To promote and protect the physical and mental health of sufferers of FND (Functional Neurological Disorder) through the provision of support, information and practical advice.

(2) To advance the education of the general public in all areas relating to FND.

Group Activity

Members

Our membership numbers have grown extensively over the past year (approx. 25%). We now have 1500 members (Facebook closed group) and 1700 members (Google database) (Figures taken from March 2022). As our numbers grow we are working harder to ensure our Google contacts database is kept updated. There are two membership figures in this report, one is the number of members that have joined our Facebook closed group ("FND Dimensions Meet-Ups") and the other is the number of

members we have in our Google contacts database. We have some members that are not on Facebook and the membership numbers of our Facebook closed group can fluctuate as members leave (either intentionally or not), change their profile name, open a new profile etc. We are rarely told of name and profile changes therefore ensuring that our Google contact database is accurate can be quite challenging.

There is a written process in place for welcoming new members, allocating them to their nearest group and inputting their details onto the Google database and SW is responsible for this.

As we continue to grow, we are now seeing more unresponsive members in groups, as well as members leaving (either intentionally or accidentally). At present there is procedure as such for these situations, so we are discussing how best to address this potential issue and ensure that members are receiving the support they need.

Fundraising & Events

Funds being raised have been very limited this year (please see Treasurers report below). Most funding coming in has been the remainder of payments from 'Virgin Money Giving' resulting from Andy Varney's 'Virtual London Marathon' run and Thomas Snell's Ironman Competition.

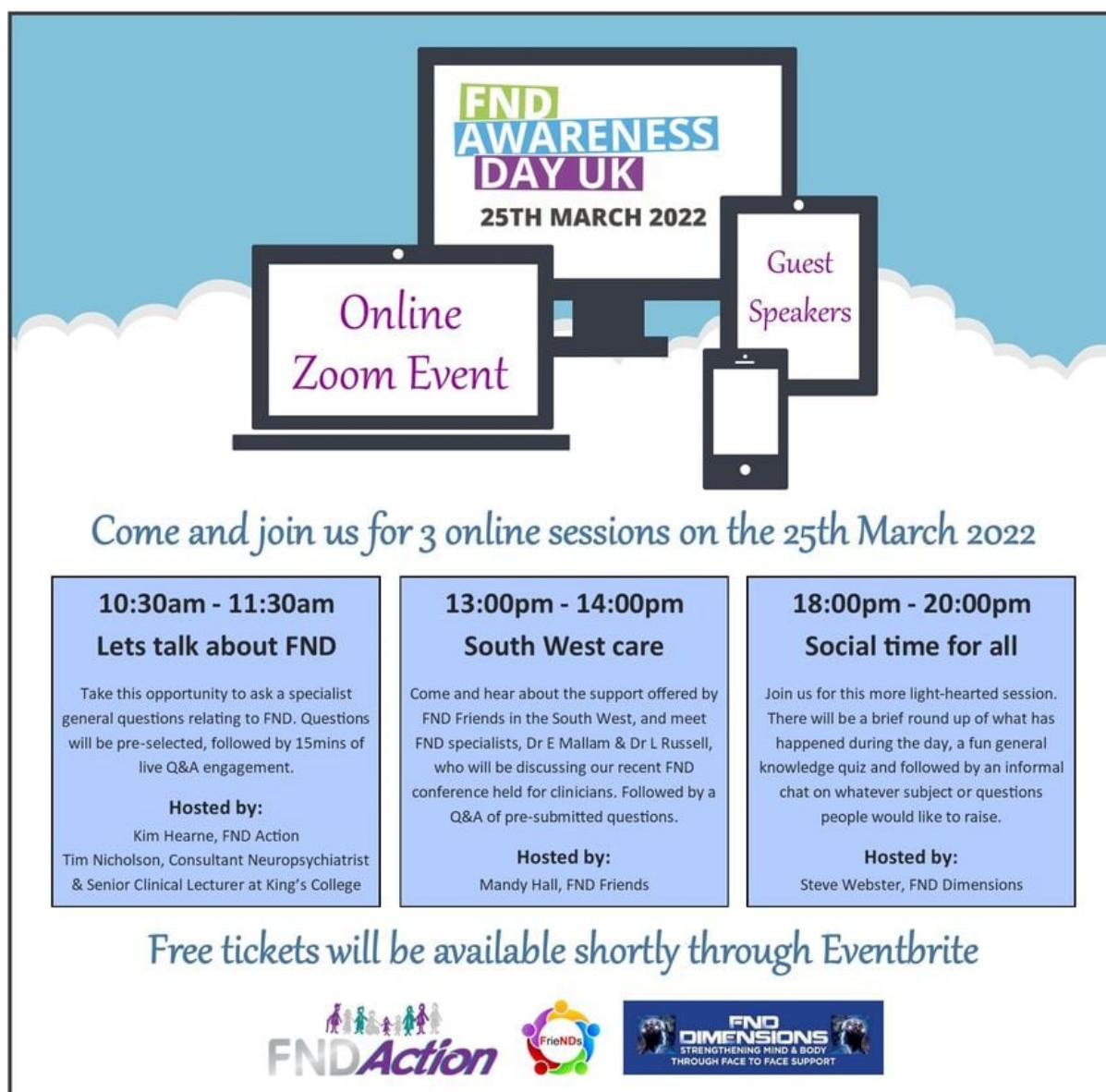
Working with 'Edukit Solutions' (The Funded Team) an application was made to the National Lottery's - Reaching Communities Grant, to try and raise funding to support the employment of a 'Project Manager', but this was unsuccessful.

There are several other smaller donations which have been received from individuals, but the overall year after income and expenses are added and subtracted, as seen a gain of around £250 - this has to be addressed.

Applications for further funding will now be made.

Other opportunities for events had to be put on hold due to COVID restrictions, limiting the chances of raising further funding.

FND Awareness Day UK - 25TH March followed the format as shown below and was very successful, engaging people across the country.



FND AWARENESS DAY UK
25TH MARCH 2022




Online Zoom Event

Guest Speakers

Come and join us for 3 online sessions on the 25th March 2022

<p>10:30am - 11:30am Lets talk about FND</p> <p>Take this opportunity to ask a specialist general questions relating to FND. Questions will be pre-selected, followed by 15mins of live Q&A engagement.</p> <p>Hosted by: Kim Hearne, FND Action Tim Nicholson, Consultant Neuropsychiatrist & Senior Clinical Lecturer at King's College</p>	<p>13:00pm - 14:00pm South West care</p> <p>Come and hear about the support offered by FND Friends in the South West, and meet FND specialists, Dr E Mallam & Dr L Russell, who will be discussing our recent FND conference held for clinicians. Followed by a Q&A of pre-submitted questions.</p> <p>Hosted by: Mandy Hall, FND Friends</p>	<p>18:00pm - 20:00pm Social time for all</p> <p>Join us for this more light-hearted session. There will be a brief round up of what has happened during the day, a fun general knowledge quiz and followed by an informal chat on whatever subject or questions people would like to raise.</p> <p>Hosted by: Steve Webster, FND Dimensions</p>
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Free tickets will be available shortly through Eventbrite

FND Dimensions has a small team of volunteers, all of whom suffer with FND or related conditions. This invariably impacts on our 'day to day' running when members of the team are ill and not able to support our activity. We are more than grateful for the time that our volunteers give us and we formally wish to thank them for helping FND Dimensions reach the level it has during the last year.

The central admin team has particularly had health issues this year which has impacted on the level of support being given to all groups. However, we have maintained a consistent presence offering regular group 'drop in sessions', some 'face to face' meet up's and 1:1 support sessions for those with particular needs.

We will be trying our best to recruit new volunteers with the relevant skills and drive to move FND Dimensions forward as we continue to grow and have received support from one of our members, Jayne Bratton who has a wealth of experience in terms of business growth and mentoring.

Financial Report - (NS)

Financial Statement for Year April 1st 2021 - March 31st 2022

(See attached for full report).

The overall summary below highlights our positive financial position, although the growth in the bottom-line figure was very small.

	2021/2022	2020/2021	2020/2021 Restricted
Income Per list (see Annex to Statement)	2,51362	1,706.96	9,320.00 COVID-19 Response NLCF 1,000.00 Albert Hunt Trust
Expenditure Per list (see Annex to Statement)	2,274.48	1,126.91	10,320.00
Carried Forward	13,571.92	12,991.87	0.00
Balance	13,811.06	13,571.92	0.00
Liabilities	0.00	0.00	

Volunteers

The recruitment of volunteers remains high on our agenda. We have 5 “senior admins” (SW/CM/SRB/Kerryn Withers-Green (KWG) and Julie Stafford (JS)) who meet regularly (via Zoom) to discuss the charity’s activities. They are also there to support and oversee the other volunteers. We currently have 20 volunteers for 61 groups. There is an obvious shortfall which we are trying to address and encourage new volunteers to come forward. KWG, with her HR experience, is working alongside other team members to iron out the recruitment procedure and ensure that this is written down and linked to the DBS checks. KWG also continues to work on the Data Barring Service procedure for volunteers. As an evergrowing charity it is important to ensure that we have documented procedures in place for our operations and SW is looking at the Safeguarding Policy. This is particularly important given the fact that all of the senior admins have FND and therefore could potentially be out of action due to ill health/symptoms. Having clear procedures in place means

that another person can pick up an individual's tasks should the need arise.

The needs of our groups continue to vary and the support that our volunteers require also varies greatly. All our volunteers have FND or are a carer for someone with FND and therefore their availability will be symptom dependent. There are also vast differences in the medical support and knowledge available in the different counties across the country which has a knock-on effect causing vast differences in the knowledge and awareness amongst volunteers. Sometimes volunteers emerge, without prompting, when a group is set up (or even when a new member joins). Some groups are very chatty and others need more encouragement. We are therefore continually reviewing how the groups are working during the senior admin meetings and thinking of ways we can best support our volunteers. We have just opened a "Volunteer Room" that is a Facebook group chat specifically for volunteers where we can share information with them and give them the opportunity to raise issues and meet other volunteers.

We would like to take this opportunity to formally thank all those volunteers who have supported FND Dimensions and the help they provide to allow us to keep growing.

Developments with the Functional Neurological Disorder Society (FNDS) have been slow as they get their own house in order. Their conference is taking place in Boston, USA in June and we have been permitted free virtual attendance.

For a long time now we have discussed changing the logo of FND Dimensions, to something more appropriate and professional looking. Likewise, we are wanting to update the FND Dimensions website. Through a contact of Jayne Bratton, Alison Cooley as offered to undertake the logo work for us 'pro bono' and will also redesign our leaflets to match. We have also received a very good offer from Jayne's husband Steven to pull the new website together for us and offer training on 'Wordpress' so we can update it regularly ourselves without too much difficulty - this offer has been taken up and the work is ongoing.

Groups

We currently have 61 groups that are split between the senior admin as follows:

SW (22 groups, including 6 shared)

North West: Cumbria

North East: Durham, Stockton-on-Tees

West Midlands: Birmingham, Coventry, Staffordshire, Telford and Shrewsbury, Worcestershire

East Midlands: Derby, Leicester (with SRB), Long Eaton, Loughborough

South West: Dorset (with Hannah Padley from FND Friends), Somerset (with FND Friends), Wiltshire (with FND Friends)

Northern Ireland (with CM)

Wales: Swansea and West, Wales South and Wales North

North West: Manchester, Merseyside, Preston, Morecambe, Chester and Wigan

South East: Berkshire, Oxfordshire

Scotland: Ayrshire (with CM), Edinburgh (with CM), Fife (with CM), Glasgow and West (with CM)

CM (25 groups, including 4 shared) - being covered by other team members currently

North West: Bury

East of England: Bedfordshire, Chelmsford, Colchester, Harlow, Hertfordshire, Ipswich, Norwich, Southend

South East: Buckinghamshire, Canterbury, Crawley, Croydon, Dartford, Portsmouth, Surrey, Sussex and Southampton

Greater London: London East, London North, London South, London West

Scotland: Ayrshire (with SW), Edinburgh (with SW), Fife (with SW), Glasgow and West (with SW)

SRB (2 groups, including 1 shared)

East Midlands: Nottingham, Leicester (with SW)

JS (3 groups)

Yorkshire and Humber: Yorkshire North, Yorkshire South, Yorkshire West

KWG (4 groups)

East of England: Cambridge, Peterborough

East Midlands: Northamptonshire, Lincoln

There are a few areas currently under development. The three Yorkshire groups have become quite large and difficult to manage. JS and CM have been looking at ways of potentially splitting the groups, so they are more focused on towns around where members are based, and hopefully recruiting local volunteers. Hopefully, this will mean that it is easier to identify an accessible meeting location for each group and the group chats will be more manageable with less people in them. (This was also in last years report, but due to illness remains to be actioned).

One of the actions from last years AGM was to have:

- A review of 'meet up's' to date with a questionnaire that allows participants the opportunity to help guide the future direction of the organisation

This was done during the summer and has been acted on. We have since developed one new group for 'Parents and Carer's' which has proved very

successful. We are looking at putting on more 'outside' speakers on particular subjects. There is a whole range of subject areas and these are being developed as quickly as possible eg. Functional Diet.

We have also run a number of 'Mindfulness' courses, which have also proved popular and well received and we will be applying for funding to hold more courses throughout 2022/23.

Key areas of development and the future

The impact of COVID has severely restricted the developments we had in last years plan and all have simply moved into the new financial year. Our efforts have been concentrated on delivering support to groups and individuals. We hope to deliver more of the list below as we move forward but there are undoubtedly 'unknowns' in relation to how COVID will continue to impact our day-to-day activity and the time limitations of having a small team.

- A push for more volunteers. Ideally each group should have a local volunteer to help oversee the conversations and arrange meet-ups
- A "toolkit" or member's pack, to help members understand the FND diagnosis, including hints and tips on how to cope with symptoms, some signposting to sources of further help etc
- A "toolkit" or volunteer's pack, to help volunteers with how to manage the group conversations, ideas on how to arrange meet-ups (the Facebook Messenger polls facility if available, using the charity's postcard etc.), help available for particularly isolated members (i.e. paying a taxi fare for someone to make a meet-up) etc
- Ensuring that we have the necessary documentation in place (including but not limited to, procedures and "how to" guides) to ensure continuity and consistency should a volunteer fall ill and therefore minimise any risk to the charity
- Finding the right balance between maintaining a group's individuality while still ensuring that the charity's identity is clear
- Secure the funds required to enable the charity to move forwards

There is a continued desire to develop a wider sense of 'community' across our membership and groups. Our original goal of developing 'local' support groups has undoubtedly happened (with varying success of how often the groups meet). Using the social media platforms, like Zoom, will be one way we can try and achieve this. We will also be developing ideas

for engaging with more members, that reflects their interests such as arts and crafts, as a way of bringing people together. It must be noted that this is very time consuming, hence the desire to fund two roles within the organisation, Project Manager and Administration Officer.

As we continue to grow it will be important that we ensure we keep on top of all our activity and recognise the issues we face head on.

- A review of all groups and how we can possibly change the current format from Messenger to Facebook. We need to streamline the groups in order to help develop a stronger community and levels of interaction between service users
- A clear need to increase volunteer numbers across the board within our activity
- Better use of IT to encourage greater participation by individuals who for one reason or another are unable to attend meetings and a continued roll out of 'Zoom' for meetings where possible.
- A 'toolkit' of ideas that individuals can use to help with their symptoms eg. Mindfulness Techniques. This would include general advice videos recorded by specialist doctors
- Attending more conferences to boost both the knowledge of FND and Dimensions within the wider public and with medical professionals, however COVID 19 is going to limit these opportunities and we will need to look for additional outlets to boost our promotional and FND awareness activity
- Establish a good relationship with the Functional Neurological Disorder Society, a new global group of medical professionals who are linking up to improve FND services and knowledge
- Developing links with medical bodies from local GP's to Clinical Commissioning Groups (CCG's), hospitals and other medical charities
- Develop a greater sense of 'Community' amongst our members
- Funding bids to allow for the potential employment of staffed positions within FND Dimensions itself. In particular a Project Manager (PM) and a Administration Officer (AO)
- The development of a 'bespoke' website that fully reflects all our activity
- Keep better records of all meet up's that take place and ensure the activities go out on the advertising postcards across our own & other organisations (where permitted)
- Need to look at achieving charity status in Scotland
- Continue the development of 'partnership' work with other FND charities and organisations
- Organise 'Mental Health Awareness Training' for all interested volunteers
- Review Safeguarding procedures and policy

In order to help achieve the above we have been working closely with not only our volunteers but also the 'Bratton Group' who support organisations and businesses in their growth and development. This support has been provided free of charge and has proved invaluable in helping us to plan moving forward more effectively.

FND DIMENSIONS

England & Wales - Charity number 1170584

Accounts

FND Dimensions – AGM
Monday 18th October'21 @5.15pm
Venue – via Zoom

Reporting Year – April 1st 2020 – March 31st 2021

Trustees Committee

Steve Webster - Founder (SW)
Chrissie Moring - Chair (CM)
Nicolas Stone - Treasurer (NS)
Sarah Webster - Secretary (SaW)
Stephanie-Roxanne Blanco - Trustee (SRB)
Linda Stone - Trustee (LS)

Report on Activity – (SW)

Once again it has been a very busy year with further growth in service users of our groups, now nearing 1300 and with increased geographical spread. Outside interest through things like Twitter have gone from 750 followers to just under 1000 and website enquiries have increased. This confirms we are continuing to attract people to and deliver against our charitable objectives;

(1) To promote and protect the physical and mental health of sufferers of FND (Functional Neurological Disorder) through the provision of support, information and practical advice.

(2) To advance the education of the general public in all areas relating to FND.

Last year we mentioned how FND Dimensions had been invited to be a 'Community Partner Organisation' of the global FND Society. We are now awaiting the next steps, which will involve a meeting with other charities and the key doctors running the society. The FND Society is in the process of re-organising it's International Conference which will now be held in Boston, USA in 2022. It is possible we may be invited to this, but in what capacity and at what cost is yet to be known. A judgement will need to be made whether or not it is appropriate for us to attend or not, particularly as most of the delegates are likely to be based in the USA and Canada, therefore not wholly relevant to our UK charity status.

Fundraising & Events

As with the rest of life and the world, all our activity was massively impacted by the COVID 19 pandemic. Fortunately, just before the first 'lockdown' in March last year we had already been setting up online provision to host 'meet up's' for those who could not attend 'face to face' meetings. Therefore, as soon as the pandemic hit, we were able to offer groups support through the use of Zoom meetings which has proven invaluable. We will continue to operate Zoom meetings but it is clear as the COVID restrictions are lifted, people are going to want to start to meet up 'face to face'. We will continue to follow government guidelines and act accordingly.

There were two key events planned in terms of fundraising. Our London Marathon runner, Andy has deferred his place until April 2022, when the plan is to bring the event back onto the streets of London. However, there was a 'Virtual London Marathon' held in October which Andy took part in by running a route around Derby City. Andy has so far raised over £3,600 and hope to build this up to £5,000.

The second event was to be Thomas, taking part in the Cairns Ironman competition in Australia. This has also now been deferred until 2022, but Thomas has already raised over £1600.

Fingers crossed for both events next year!

We made a successful application to the 'Coronavirus Community Support Fund' which was administered by the National Lottery Community Fund. We received a grant of £9,320 which allowed us to appoint two part-time officers for a period of six months from the end of June 2020. The funding also paid for our Zoom account.

In addition, an application was made to the Albert Hunt Trust to match the above grant. This was not completely successful, but we were awarded £1000 towards our work, which enabled the posts to be extended for a month.

Applications for further funding will now be made.

Other opportunities for events had to be put on hold due to COVID restrictions, limiting the chances of raising further funding.

This years FND Awareness Day UK, 25th March, was more about bringing the FND community together in what has been a difficult year for many. FND is isolating enough, without the added impacts of COVID. The day centred around developing creative projects including knitted squares from people around the country which were made into four blankets and a cushion, numerous people singing, 'Lean on me' by Bill Withers, art work, photography and other crafts. FND Dimensions played a pivotal role in this year's Awareness Day and it was considered a great success.

FND Dimensions has a small team of volunteers, all of whom suffer with FND or related conditions. This invariably impacts on our 'day to day' running when members of the team are ill and not able to support our activity. We are more than grateful for the time that our

volunteers give us and we formally wish to thank them for helping FND Dimensions reach the level it has during the last year.

We will be trying our best to recruit new volunteers with the relevant skills and drive to move FND Dimensions forward as we continue to grow.

Financial Report – (NS)

Financial Statement for Year April 1st 2020 – March 31st 2021

(See attached for full report).

The overall summary below highlights our positive financial position.

	2020/2021	2020/2021 Restricted	2019/2020
Income Per list (see Annex to Statement)	1,706.96	9,320.00 COVID-19 Response NLCF 1,000.00 Albert Hunt Trust	8,822.16
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Group Activity

Members

Our membership numbers have grown extensively over the past year (approx. 25%). We now have 1250 members (Facebook closed group) and 1400 members (Google database) (Figures taken from April 2020). As our numbers grow we are working harder to ensure our Google contacts database is kept updated. There are two membership figures in this report, one is the number of members that have joined our Facebook closed group (“FND Dimensions Meet-Ups”) and the other is the number of members we have in our Google contacts database. We have some members that are not on Facebook and the membership numbers of our Facebook closed group can fluctuate as members leave (either intentionally

or not), change their profile name, open a new profile etc. We are rarely told of name and profile changes therefore ensuring that our Google contact database is accurate can be quite challenging.

There is a written process in place for welcoming new members, allocating them to their nearest group and inputting their details onto the Google database and SW is responsible for this.

As we continue to grow, we are now seeing more unresponsive members in groups, as well as members leaving (either intentionally or accidentally). At present there is procedure as such for these situations, so we are discussing how best to address this potential issue and ensure that members are receiving the support they need.

Volunteers

The recruitment of volunteers remains high on our agenda. We have 5 “senior admins” (SW/CM/SRB/Kerryn Withers-Green (KWG) and Julie Stafford (JS)) who meet regularly (via Skype or Zoom) to discuss the charity’s activities. They are also there to support and oversee the other volunteers. We currently have 20 volunteers for 60 groups. There is an obvious shortfall which we are trying to address and encourage new volunteers to come forward. KWG, with her HR experience, is working with CM to iron out the recruitment procedure and ensure that this is written down and linked to the DBS checks. KWG also continues to work on the Data Barring Service procedure for volunteers. As an evergrowing charity KWG and KRL in particular have been looking at ensuring that we, as a charity, have documented procedures in place for our operations and SW is looking at the Safeguarding Policy. This is particularly important given the fact that all of the senior admins have FND and therefore could potentially be out of action due to ill health/symptoms. Having clear procedures in place means that another person can pick up an individual’s tasks should the need arise.

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South East: Berkshire, Oxfordshire

Scotland: Ayrshire (with CM), Edinburgh (with CM), Fife (with CM), Glasgow and West (with CM)

CM (26 groups, including 4 shared)

North West: Bury

East Midlands: Lincoln

East of England: Bedfordshire, Chelmsford, Colchester, Harlow, Hertfordshire, Ipswich, Norwich, Southend

South East: Buckinghamshire, Canterbury, Crawley, Croydon, Dartford, Portsmouth, Surrey, Sussex and Southampton

Greater London: London East, London North, London South, London West

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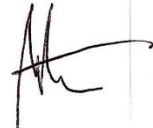
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- Continue the development of 'partnership' work with other FND charities and organisations
- Organise 'Mental Health Awareness Training' for all interested volunteers
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FND Dimensions

Financial Statement for Year April 1st 2020 – March 31st 2021

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Balance	13,571.92	0.00	12,991.87
Liabilities	0.00		0.00

Signed:



Treasurer – Mr N Stone



Chair – Mrs C Moring

Independent examiner's report on the accounts

Report to the trustees of FND Dimensions, on accounts for the year ending 31st March 2021.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43(2) of the charities act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts under section 43 of the 1993 Act
- To follow the procedures laid down in the general Directions given by the Charity Commission (under section 43(7)(gb)) of the 1993 Act, and
- To state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

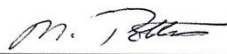
It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

The Financial Statements of FND Dimensions declare total income for the period of £12,026.96 and expenses incurred of £11,446.91, with a closing balance of £13,571.92. In connection with my examination, no matter has come to my attention which gives me reasonable cause to doubt that, in any material respect, the requirements:

- a. To keep accounting records in accordance with section 41 of the 1993 Act; and
- b. To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

Have been met.



Date 18 October 2021


Mr M Potter ACMA CGMA
c/o FND Dimensions
80 Peveril Crescent
West Hallam
Ilkeston
DE7 6ND


FND Dimensions

Financial Statement for Year April 1st 2020 – March 31st 2021

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