

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 <i>Restriicted</i> | 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 |
| Expenditure Per list (see Annex to Statement) | 1,126.91 | 10,320.00 | 2,903.29 |
| Carried Forward | 12,991.87 | 0.00 | 7,073.00 |
| Balance | 13,571.92 | 0.00 | 12,991.87 |
| <i>Liabilities</i> | 0.00 | | 0.00 |

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.

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.

Groups

We currently have 60 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

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 (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

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

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.

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.

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
- 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
- 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

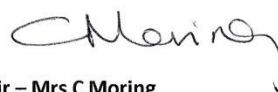
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| Liabilities | 0.00 | | 0.00 |

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.




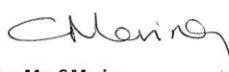
Date 18 October 2021

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

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