



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

Image: Dave Jones

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.



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 member 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.

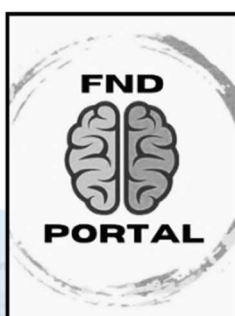
10-year celebrations

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:  **FND Dimensions**
Support, Knowledge and Awareness

 **FND Action**



#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	9,725.08
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	13,611.85
Excess of Income over Expenditure for the Period	(3,886.77)
Fund Balances as at 31st March 2023	21,498.27
Fund Balances as at 31st March 2024	17,611.50

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

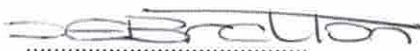
FND DIMENSIONS

BALANCE SHEET


AS AT 31ST MARCH 2024

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