

FND HOPE UK

England & Wales · Charity number 1173607

Details

Other names FND HOPE

Status Registered

Legal form CIO

Registered 2017-06-28

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

Contact

Address FND Hope UK
167-169 Great Portland Street
Fifth Floor
London
W1W 5PF

Phone 0203 468 5571

Email fndhopeuk@fndhope.org

Website <https://fndhope.org/about-fnd-hope/fnd-hope-uk/>

Activities

Objects: THE RELIEF OF SICKNESS AND PRESERVATION OF HEALTH OF THOSE AFFECTED BY FUNCTIONAL NEUROLOGICAL DISORDER (FND) AND THEIR FAMILIES, CARERS AND COMMUNITIES. IN PARTICULAR, BUT NOT EXCLUSIVELY BY:1. RAISING AWARENESS AND UNDERSTANDING OF THE GENERAL PUBLIC INTO THE NATURE, CAUSES, DIAGNOSIS, PREVENTION, TREATMENT AND RECOVERY OF FND THROUGH SOCIAL MEDIA, CHARITABLE EVENTS, MEDICAL CONFERENCES AND ANY OTHER EDUCATIONAL MEANS SUCH AS LEAFLETS AND BOOKLETS.2. COORDINATING A VOLUNTARY FND PATIENTS REGISTER TO ASSIST DOCTORS IN THE ADVANCEMENT OF NEW AND ONGOING RESEARCH, PREVENTION, TREATMENT AND RECOVERY OF FND IN PARTNERSHIP WITH THE GENETIC ALLIANCE3. WORKING WITH MEDICAL AND ALLIED HEALTH PROFESSIONALS TO PROVIDE A BETTER UNDERSTANDING OF FND, IMPROVE MEDICAL PROTOCOLS, AND PROMOTE ETHICAL STANDARDS FOR FUNCTIONAL NEUROLOGICAL DISORDER THROUGH PERSONAL CONTACT, ADVOCACY AND TRAINING.

Activities: Offering Patient support and awareness through assisting patients to find help and treatment. Creation of Patient educational materials. Join Research Boards Complete Research Surveys Join Scientific Medical Registry Participate in research protocols Read published research articles Engage with Medical and Allied Health Professionals via medical conferences, meetings

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Disability, Other Charitable Purposes
- **Who:** People With Disabilities

Geography

- United States
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£273,531	£92,910	-	-
2023-12-31	£120,372	£107,937	-	-
2022-12-31	£76,022	£51,283	-	-
2021-12-31	£71,463	£62,943	-	-
2020-12-31	£43,099	£20,235	-	-

Trustees

Name	Role	Appointed
Callum Patrick Alexander	Chair	2023-09-12
Bridget Mildon		2024-09-04
Dr Penny Trayner		2023-03-01
GORDON STANLEY MATTOCKS		2023-09-12
Victoria Christina McKillen		2023-09-12

FND HOPE UK

England & Wales - Charity number 1173607

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	01	2023	To	31	12	2023

Section A Reference and administration details

Charity name FND HOPE UK

Other names charity is known by FND HOPE

Registered charity number (if any) 1173607 & SC048333

Charity's principal address 167-169 GREAT PORTLAND STREET
NOTE: change registered address from 15th May 2024
 5th Floor
 London
Postcode W1W 5PF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lucinda Sian Smulders	Chair		
2	Bridget Danielle Mildon	Trustee		
3	Abigail Louise Bishop-Laggett	Trustee		
4	Christopher Thomas Symeon	Trustee		
5	Stephen John Betteridge-Sorby	Trustee		
6	Helen Elizabeth Bolter	Trustee	Deceased 28-Mar-2023	
7	Penelope (Penny) Jessica Claudia Trayner	Trustee		
8	Gordon Stanley Mattocks	Treasurer	12-Sep-2023 onwards	
9	Jennifer Helen Jeffrey	Trustee	12-Sep-2023 onwards	
10	Callum Patrick Alexander	Trustee	12-Sep-2023 onwards	
11	Charlotte May Maskery	Trustee	12-Sep-2023 onwards	
12	Victoria (Tori) Christina Ann McKillen	Trustee	12-Sep-2023 onwards	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Dawn Golder

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees dated 28 th June 2017
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Trustees are recruited and appointed under clause 10 of the Constitution (1) Apart from the first trustees, every trustee must be appointed [for a term of [three] years] by a resolution passed at a properly convened meeting of the charity trustees. (2) In selecting individuals for appointment as charity trustees, the charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Trustees and volunteers have undertaken the following online courses, created by VSL Consulting: An Introduction to Safeguarding Children - for Charities, The UK and EU GDPR's – Awareness Training for Charities, and An Introduction to Safeguarding Adults at Risk – for Charities. Volunteers sign a Volunteer Agreement and agree to abide by our Policies, DBS checks are also undertaken where required:</p> <ul style="list-style-type: none"> • Code of conduct • Conflict of interest • Complaints • UK data protection & confidentiality • Equal opportunities, bullying & harassment • Expenses • Health & Safety • Leave of absence • Safeguarding • Volunteer Information • Whistleblowing <p>Additional policies are in place for Trustees (Recruitment and Retention of Volunteers, Unrestricted Reserves)</p>
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Summary of the objects of the charity set out in its governing document

FND Hope UK aim to change how functional symptoms are understood and defined within the UK.

We work in a concerted manner to advocate for the Men, Women and Children who have had their lives impacted by physical and often debilitating functional symptoms.

Our mission is to promote awareness, support affected individuals, and advance research for the prevention, treatment and recovery of FND.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The relief of sickness and preservation of health of those affected by Functional Neurological Disorder (FND) and their families, carers and communities. In particular, but not exclusively by:

- 1) Raising awareness and understanding of the general public into the nature, causes, diagnosis, prevent, treatment and recovery of FND through social media, charitable events, medical conference and any other educational means such as leaflets and booklets
- 2) Coordinating a voluntary FND patients register to assist doctors in the advancement of new and ongoing research, prevent, treatment and recovery of FND in partnership with the Genetic Alliance.
- 3) Working with Medical and Allied Health Professionals to provide a better understanding of FND, improve medical protocols, and promote ethical standards for FND through personal contact, advocacy and training.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

UK Board of Trustees

In September 2023 we strengthened our board by recruiting five new board trustees to increase the skill set and diversity:

Gordon Mattocks

A qualified CIPFA accountant, Gordon took early retirement after 40 years' experience in public sector finance, audit and risk management. He has worked in new towns, higher education and local government, and was most recently employed in the social housing sector.

Now a board and finance/audit/risk committee member of various public sector and charitable organisations, he was a governor of the National Women's Residential College, an audit committee member of the Royal College of Midwives, and a board member of several housing associations. He is presently treasurer/trustee of the Young Women's Trust and independent audit committee member of the Dorset and Devon & Cornwall Police Authorities.

Jennie Jeffrey

Jennie is a charity sector professional and has worked across fundraising, grant-making, and charity development for the last 10 years. She spent most of this time at The Funding Network, supporting small charities and social enterprises to raise funds through live events, and working with donors to help them achieve their philanthropic goals. She currently works with a small disability charity, Flamingo Chicks, supporting them with fundraising on a part-time basis. In November, she will join the Edinburgh Voluntary Organisations' Council team where she will provide advice and support to Edinburgh's charities. Jennie is passionate about helping charities and social enterprises to flourish and believes wholeheartedly in the power of communities to drive change for themselves.

In May 2022 after a short illness, Jennie was hospitalised and eventually diagnosed with Functional Neurological Disorder. Her experience living with – and beginning to recover from – this illness has led her to want to raise awareness of this poorly understood condition and support others living with it. She is originally from County Durham and has settled in Edinburgh, having lived in Paris and London along the way.

Callum Alexander

Callum has a professional background in customer experience, business operations and business-to-business (B2B) marketing. For the past several years he has held a variety of roles at one of the world's largest manufacturers of industrial coding and marking and digital printing equipment. With a BA (Hons) in Management, he has overseen and implemented many continuous improvement projects and worked across a variety of B2B marketing campaigns. His voluntary experience includes being a former Chair of Trustees for a UK registered charity over a 4-year period.

Having been diagnosed with FND in 2020, Callum has volunteered at FND Hope UK since June 2021. During this time he has co-run one of our peer support groups and overseen our recruitment process for volunteers. He has represented the charity at various events and participated in patient advisory boards for FND research projects. He has also advocated for FND in both the national and regional media. He was appointed to the Board of Trustees in September 2023.

Charlotte Maskery

Charlotte is an Educator and online course provider, she has a 1st Class Degree in Counselling and Psychology, with a focus on children and young people's mental health, inclusivity and SEND.

She runs her own business 'Survive Succeed Achieve' which offers educational and mental health based support and resources for home educated and SEND students, supporting students with disabilities and mental health struggles to achieve their potential. Within her work she strives to raise awareness of mental health, invisible disabilities and FND.

Charlotte was diagnosed with FND in 2021, at the time she had no knowledge of the disorder and has since aimed to spread awareness to the wider community. Charlotte is passionate about improving understanding of FND, especially for children and teenagers, to reduce stigma and increase acceptance within the next generation.

Tori McKillen

Tori is a learning and communication professional with over 30 years' experience, the last 20 of which have been in Medical Communications where she has helped educate and inform researchers, clinicians, policy makers, pharmaceutical sales and marketing staff, and patients on a wide range of diseases. Through this work, and her personal experiences with Parkinson's disease, Alzheimer's, brain injury and FND, she understands the impact of such conditions on the lives of patients and their families.

Before specialising in Medical Communications, Tori built up a wealth of diverse experience in a number of sectors and has always been actively involved in fundraising for various charities.

Tori hopes that her unique mix of experience and her passion for communication and driving change will prove invaluable to FND Hope and help make the difference that is long overdue.

Volunteers

Not having paid staff means that our volunteers are the life-blood of the charity. During 2023 we had a core of 25 active volunteers. These volunteers support with Peer Support, Marketing, Social Media, Finance and Grant Writing/Researching. A significant portion of our volunteer network live with FND themselves, resulting in many having to step away due to a decline in their FND symptoms. We also outsourced a number of areas of work such as Bookkeeping and social media as we look to building a more sustainable model for the charity going forwards.

We are extremely grateful to each and every volunteer who have given their time to help us support and advocate for our FND community.

Medical Expert Committee

Our Medical Experts Committee continues to support our mission of empowering and improving the health of our UK FND community. The UK MEC is comprised of appointed Experts with the credentials, training and/or expertise and interest in FND that qualifies them to provide medically orientated guidance and technical assistance to the UK Board of Trustees and volunteers of FND Hope UK.

During 2023 our experts supported our activities and were vital to the success of our charity.

2022 Impact Report

Following on from the success of our first Impact Report in 2021, we published our 2022 Impact Report in Quarter 4 of 2023, celebrating our achievements and building on them for future years.



5 year strategy plan

Looking forwards, with support from Cranfield Trust we created a 5-year strategic plan for 2023-2028. We identified 10 strategic objectives with 5 top level tactics:

1. Prioritise fundraising and Grants that are cost effective and offer attractive short-term returns.
2. Reaching and building relationships with people newly and already diagnosed with FND.
3. Drive adoption of the FND care pathway by influencing key decision makers within ICS/ICB/Health boards and the Neurological Alliance.
4. Provide educational and support initiatives to those affected by FND, including family, friends and care partners. In the short term address the lack of a care pathway, and after it is implemented, compliment and address any gaps.
5. Recruit Staff/trustees experienced with FND and skills according to role.

By the end of 2023 we over-achieved 3 of our targets, narrowly missed 3, and realised that additional work is needed to enable effective measurement of the other 4.

Marketing/PR/Social Media Activity

By far one of the most successful strands of our work is via our healthy social media activity and 2023 was no exception. Our social media presence continues to increase year on year. In 2023 we had a total of 24,900 people follow us on our social media channels Facebook, Twitter/X, and Instagram. With a further 5,800 subscribers to our YouTube channel.



In **January** we shared posts linking to an array of different topics including our free weekly events, raising local MP awareness of FND and our collaboration with sunflower conversations podcast sharing information about FND as a hidden disability.

February focused on the inaugural parliament event and all the wonderful MPs who pledged to become FND aware, whilst also showcasing more of our weekly events, general awareness and highlighting specific FND symptoms.



In **March** we prepared for April's awareness campaign by requesting content from our community, we also shared our visit to neuro-convention and again highlighted specific symptoms of FND.

April kicked off our awareness month, we shared lots of UGC such as our communities wonderful art and also the FND & US stories series. We continued to also share our usual content including a provider directory, cookfulness series and information about specific symptoms.



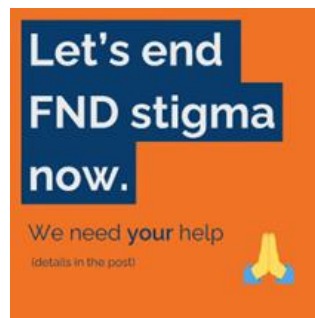
In **May** we have a large mix of different content including call outs for donations, specific symptoms discussions, posts about stigma, advertising our support groups and also our visit to the public health convention.



June was FND Hope's 6th birthday so we shared posts linking to that, along with some posts introducing our various volunteers for volunteers week!



July was a mixture of general support posts regarding symptoms, advertising our peer support groups and posts for meeting our trustees.



In **August** we began recruiting content for September's stigma campaign, reaching out to our community for their experiences. We also discussed fundraising and showed off some of the fabulous art journaling content from our community.

September was our stop the stigma campaign, we had lots of user-generated content from our community sharing their experiences of stigma, Lorraine Kelly content and more!



Make a Difference Today!
Donate to
FND Hope UK

OCTOBER PEER SUPPORT GROUPS

4th Oct Wales 1-2pm
 5th Oct England 10-11am
 10th Oct England 1-2pm
 11th Oct Scotland 7-8pm
 18th Oct Parents 6.30 - 7.30pm
 20th Oct England 3-4pm
 23rd Oct England 7-8pm
 27th Oct Carers 3.45 - 5pm

www.fndhope.org.uk
www.fndhope.org.uk

October we started accepting submissions for the Helen Bolter award so we shared lots about that on our socials, we also advertised our peer support groups and places for peer support volunteers. We continued to share posts about donations too.

In **November** we shared content from the inaugural Senedd FND Awareness Day, our feature on the Our unique brains ITN programme and urged people to share their FND story.



December contained two Christmas themed campaigns, one advent calendar sharing all the ways our community can support FND Hope for 12 days and one advent calendar showing all the ways FND Hope supports the community for 12 days.



Patient Resources – Online Classes

Online Movement & Wellbeing Programmes

In 2023, we continued to support those affected by FND with our real-time online movement and wellbeing programming. FND Hope UK collaborates with Synergy Dance© Outreach to deliver accessible yoga, dance, and Pilates sessions, as well as Art Journaling for Wellbeing and Mindfulness / Meditation sessions. We offered five free interactive sessions every week, providing an effective and appreciated way for our community to connect with others of all ages and improve physical, emotional, and mental health.



Classes are suitable for all ages and abilities, allowing everyone within our community to take part — even those who are bedbound or in a wheelchair. The sessions are held via Zoom and are provided free to participants.

We continue to publicise our online programme through our existing channels, including Twitter, Instagram, Facebook, our Peer Support network, and our monthly newsletter.

In 2023 we held 270 online movement and wellbeing classes with total attendance reaching 2,056.

Mindfulness for Positive Self Coaching course

Following a successful pilot in 2022, we re-ran the Mindfulness for Positive Self Coaching course. This is a 3-week course comprising weekly 90-minute sessions, run by a general nurse specialising in Mental Health, Hypnotherapy and Well-being.

During 2023 we provided 97 places, across 17 courses, with participants reporting a noticeable improvement in their FND symptoms. Participants described experiencing reduced anxiety, calmness, less dizziness, and fewer seizures.

“the techniques taught helped me cope on days of bad pain or FND flare ups. Irene taught me how to give myself head space, self compassion and take control back.”

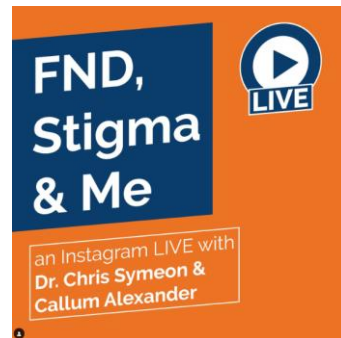
“the benefits will continue to be felt long into the future.”

Patient Resources – Peer Support

We offered 92 peer support groups during 2023, with an attendance of 599. We ran a total of 9 Support Groups volunteers: England, Scotland, Wales, East of England, North East, London, Parents, Carers and South West.

Patient Resources – Other**Webinars**

- September 2023: Stop the Stigma Instagram LIVE event
- November 2023: Live Ask Me Anything

**Newsletter & Patient Booklet**

We continued to distribute our virtual Newsletter to over 5K subscribers and to provide our patient booklet both in printed form at our events and by post and electronically via our website and on request.

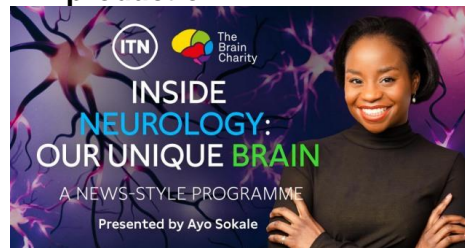
**Research**

We supported 31 research collaborations of various types/stages in 2023 in the following primary research areas:

- Outcome measures
- Non-treatment, psychological aspects
- Risk factors
- Treatment, occupational therapy
- Treatment, psychological therapy
- Accessibility/accommodation
- Stigma/bias
- Experience, patient or care giver
- Treatment, pharmaceutical
- Treatment, physical therapy
- Other, digital
- Diagnostic processes
- Treatment access

Advocacy/Awareness Raising

ITN production



FND Hope UK were privileged to have a 3-4 minute slot in a news-style digital programme that the Brain Charity and ITN Business partnered to produce. [INSIDE NEUROLOGY: OUR UNIQUE BRAIN](#) explores the vital work happening in healthcare and science to improve clinical outcomes for individuals living with brain-related conditions.

Launching on November 22nd, 2023 the programme will delve into the intersection of technology, cutting-edge research, and innovative treatments that are transforming lives. Hosted by Ayo Sokale from the ITN studios in London, INSIDE NEUROLOGY: OUR UNIQUE BRAIN, will look at the challenges faced by people with conditions such as Alzheimer's disease, Parkinson's disease, chronic insomnia, multiple sclerosis, epilepsy and stroke, among others. The programme will demonstrate the work being done in healthcare and science to improve clinical outcomes for individuals living with these conditions.

Helen Bolter Award

After the sad passing of our former Board Trustee, Helen Bolter, we worked with her family to find a way to honour her contribution to the FND community. Helen was a strong advocate around quality of care. She got involved with FND Hope UK because she felt strongly about social injustice, wanting to help others who had a misunderstood diagnosis and believed that the stigma attached to that misunderstood diagnosis amplified their problems. Her compassion for others held no bounds.



The Helen Bolter Award is an annual initiative honouring healthcare professionals who go above and beyond to combat the stigma surrounding FND. From dismantling negative attitudes to providing factual information and support, nominees embody a commitment to dignity, respect, and positive change.

In 2023, it's inaugural year, the winner of the award was Stuart Cosgrove, a dedicated physiotherapist who has made an extraordinary impact on FND awareness.

Ambassador program

In 2023 we have been developing some ideas for an FND Ambassador Programme. This programme would bring together, train, and support adults and teens to advocate for and talk about FND in their community. Such as for teens before their peers at schools, sports leagues, clubs, and after-school programmes.

For Adults workplaces, hospitals, GP surgeries, healthcare providers, organisations.



The goal is to educate both adults and young people, fostering acceptance and understanding about FND while dispelling the myths, stigma and stereotypes often associated with the diagnosis. The Adult or Teen (with their adult parent or guardian) assumes the role of an FND Ambassador. The Adult or Teen will lead presentations (with the adult helping with scheduling and other arrangements).

Conferences & Conventions**Neuro Convention**

Representatives of FND Hope UK attended the Neuro Convention on the 22nd/23rd March, for the third year running. Clare Nicholson and Dr Glenn Nielsen also attended on 23rd March to provide a 30 min presentation on FND.

Public Health and Primary Care convention

The Chair and Executive Director attended the Public Health and Primary Care convention on the 17th/18th May which targets GPs, trainee GPs, managers, podiatrists, physiotherapists, nurses, midwives, dietitians and other NHS and private clinicians working in primary and community care.

Neurology Clinical Reference Group

Representatives of FND Hope UK attended the Neurology Clinical Reference Group to discuss the Freedom of Information Project undertaken in 2022 including results.

Great opportunity to ensure FND is included within the Neurology framework.

Parliamentary Events & Activities

UK Parliamentary Awareness Day

Our inaugural [UK Parliamentary Awareness Day](#) was held on **8th February 2023** in the Houses of Parliament in London. The event saw charity volunteers meet with Members of Parliament (MPs) to discuss the action needed to deliver better care and support for those living with FND. Attended by 22 MPs across the two-hour session, each MP signed up to the charity's declaration, committing to support steps towards:

1. A dedicated FND care pathway at every UK neuroscience centre, which reflects the National Neurosciences Advisory Group (NNAG) optimal care pathway
2. The development of FND guidelines by both NICE and SIGN, to ensure consistent care is available across the country
3. Increased training in FND for healthcare professionals, to raise awareness of FND signs and symptoms and ultimately improve diagnosis

In the lead up to the event we got some great media coverage through Sky News on [TV](#) and [online](#), detailing the struggles faced by those living with FND. We also published this lovely video of the London event on our youtube

[FND Hope UK | Inaugural FND Parliamentary Event 8th February 2023](#) (youtube.com).

Senedd Awareness Day

Extending our political awareness work across the UK, on **21st November 2023** FND Hope UK held our inaugural Senedd Awareness Day to raise awareness of the condition and discuss what can be done to better support the FND community in Wales. The event was attended by 15 Members of the Senedd including two Ministers, with all MSs in attendance once again signing up the charity's declaration, committing to support steps towards:

1. Access to FND care at every Health Board in Wales, which reflects the care and services outlined in the NNAG optimal care pathway
2. The development of FND guidelines by NICE, to ensure consistent care is available in Wales and across the whole of the UK
3. Increase training in FND for healthcare professionals, to raise awareness of FND signs and symptoms and ultimately improve diagnosis.

FND was raised by MPs in the House of Commons 10 times in 2023, questioning Ministers about FND care and clinical guidelines.

Finances**Charity Lottery (set up in February)**

In February 2023, FND Hope UK set up a charity lottery through Unity Lottery; every 50p goes towards prizes and admin, and the other 50p is given to us as a charity.

Sterling Lottery achieved income of £2,084 in 2023.

Christmas cards (set up mid-December)

A last minute decision to do charity donations in lieu of Christmas cards generated £214.03, which bodes well for a better revenue next year with some better planning and foresight.

Grants

We secured Grants of £9,945 from the National Lottery Community Fund.

Fundraising/Donations

Thank you to our FND community, friends, family and healthcare professionals, we raised a total of £110,427.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has agreed an unrestricted reserves policy of £14,700.00, which covers 6 months' worth of online movement and wellbeing classes, insurance, memberships and subscriptions.

We actually held more during 2023 as we intended to recruit some paid roles. Unfortunately, this has taken longer than we anticipated and we didn't make the recruitment during 2023.

During 2024, we plan to update our unrestricted reserves policy to reflect future aspirations and further our plans to recruit to paid roles.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

For this period the Charity can report

Revenue: £120,372.46

Net Profit: £12,435.38

Total Funds: £115,894.56

Section F

Other optional information



We are registered charity in England & Wales 1173607 and Scotland SC048333

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Stephen John Betteridge-Sorby	Victoria Christina McKillen
Position (eg Secretary, Chair, etc)	Chair	

Date 09-Sep-2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
FND Hope UK

**On accounts for the year
ended**

31 December 2023

**Charity no
(if any)**

1173607 and
SC048333

Set out on pages

1 - 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 44 (1) (c) of the 2005 Act and section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 44 (1) (a) of the 2005 Act and Regulation 4 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Linda Dunford

Date:

09/09/2024

Name:

Linda Dunford

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

FCCA CTA

Address:

4 Marigold Drive

Bisley

GU24 9SF



Receipts and payments accounts

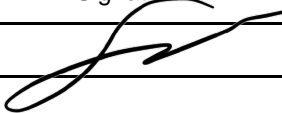
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For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	110,427	-	-	110,427	59,878
Grants	9,945	-	-	9,945	16,144
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	120,372	-	-	120,372	76,022
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	120,372	-	-	120,372	76,022
A3 Payments					
Charitable activities	35,928	6,975	-	42,903	13,606
Marketing and brochures	41,560	-	-	41,560	21,191
Training costs	30	-	-	30	803
Office costs	5,422	-	-	5,422	3,322
Legal and professional fees	4,829	-	-	4,829	5,733
Accountancy	1,518	-	-	1,518	666
Subscriptions	931	-	-	931	1,196
Venue hire, hotel and accommodation	1,489	-	-	1,489	1,242
Insurance	751	-	-	751	837
Bank charges and interest	3,498	-	-	3,498	1,611
Travel	375	-	-	375	415
Grants returned	-	-	-	-	-
Honorarium payment	4,000	-	-	4,000	-
Sundry expenses	631	-	-	631	661
Sub total	100,962	6,975	-	107,937	51,283
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	100,962	6,975	-	107,937	51,283
Net of receipts/(payments)	19,410	- 6,975	-	12,435	24,739
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	96,484	6,975	-	103,459	78,720
Cash funds this year end	115,894	-	-	115,894	103,459

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	HSBC	84,206	-	-
	Paypal	31,688	-	-
		-	-	-
	Total cash funds	115,894	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Independent Examiner		738	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Stephen Betteridge - Sorby	27/08/2024	

FND HOPE UK

England & Wales - Charity number 1173607

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	01	2022	To	31	12	2022

Section A Reference and administration details

Charity name

FND Hope UK

Other names charity is known by

FND Hope

Registered charity number (if any)

1173607 & SC048333

Charity's principal address

21 Chetwode

Banbury

Oxfordshire

Postcode

OX16 1QN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lucinda Sian Smulders	Chair		
2	Bridget Danielle Mildon	Trustee		
3	Abigail Bishop-Laggett	Trustee		
4	Christopher Symeon	Trustee		
5	Vincent Smith	Trustee	Resigned: 04.04.2022	
6	Stephen Betteridge-Sorby	Trustee		
7	Helen Bolter	Trustee		
8	Robert Wilson Thomas	Trustee	Resigned: 22.06.2022	
9	Joyce Davies	Trustee	Resigned: 12.01.2022	
10	Penny Trayner	Trustee	Appointed: 01.03.2023	
11				
12				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Dawn Golder

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees dated 28 th June 2017
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Trustees are recruited and appointed under clause 10 of the Constitution (1) Apart from the first trustees, every trustee must be appointed, for a term of [three] years, by a resolution passed at a properly convened meeting of the charity trustees. (2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>Trustees have undertaken the following online courses, created by VSL Consulting: An Introduction to Safeguarding Children - for Charities, The UK and EU GDPR's - Awareness Training for Charities, and An Introduction to Safeguarding Adults at Risk - for Charities</p> <p>FND Hope UK had 39 active volunteers supporting our FND community with Peer Support, Marketing, Social Media, Finance and Grant Writing/Researching. We are extremely grateful to each and every volunteer who have given their time to help us support and advocate for our FND community. Our volunteers have also undertaken in completing the online courses: An Introduction to Safeguarding Children - for Charities, The UK and EU GDPR's - Awareness Training for Charities, and An Introduction to Safeguarding Adults at Risk - for Charities</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

FND Hope UK aim to change how functional symptoms are understood and defined within the UK.

We work in a concerted manner to advocate for the Men, Women and Children who have had their lives impacted by physical and often debilitating functional symptoms.

Our mission is to promote awareness, support affected individuals, and advance research for the prevention, treatment and recovery of FND.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The relief of sickness and preservation of health of those affected by Functional Neurological Disorder (FND) and their families, carers and communities. In particular, but not exclusively by:

- 1) Raising awareness and understanding of the general public into the nature, causes, diagnosis, prevent, treatment and recovery of FND through social media, charitable events, medical conference and any other educational means such as leaflets and booklets
- 2) Coordinating a voluntary FND patients register to assist doctors in the advancement of new and ongoing research, prevent, treatment and recovery of FND in partnership with the Genetic Alliance.
- 3) Working with Medical and Allied Health Professionals to provide a better understanding of FND, improve medical protocols, and promote ethical standards for FND through personal contact, advocacy and training.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Our mission is to promote awareness of FND, support those affected by the condition and advance knowledge and research for the prevention, treatment and recovery from FND. We are looking forward to a world where FND patients can expect to be treated with the dignity, care and respect they deserve, regardless of the cause of their symptoms.

Supporting those affected by FND

myFND App



- FND Hope UK were grateful to have sponsored the upgraded development of the International myFND App following feedback from service users. The new app was launched on the 4th August 2022 following focus groups with the creators BM Inc and service users.
- Development updates included
 - The ability to create a report to share with healthcare providers
 - Rewards badges
 - Ability to select and track multiple symptoms overtime
 - Improved accessibility features such as dark mode
 - Lorraine Kelly, Patron for FND Hope UK helped to launch the new app via video, which was played 6,100 times
 - Since launch, there have been 11,975 downloads

Mindfulness for Positive Self Coaching



Collaborated with Irene Roura Garcia who has created a Mindfulness for Positive Coaching Course which last 3 weeks, 1.5 hours per session. We launched this in August 2022 and ran 5 courses, with 50 people attending.

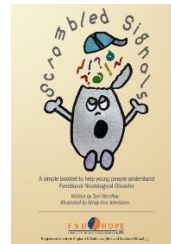
- During this course our attendees learned/refreshed on some basic concepts and techniques about mindfulness and Cognitive Behavioural Therapy, combining theory and practical exercises.
- The course was designed specifically for people experiencing FND, where they learned about mind and body, and techniques to help manage symptoms.

DVLA Terminology

We contacted the CEO of DVLA (Driving Vehicle Licensing Agency) to update the FEP1 form, specifically the change in terminology from Pseudoseizures and Non Epileptic Attack Disorder to Functional /

Dissociative Seizures. We received a response from the Senior Policy Team Leader on the 22nd September advising that the DVLA Senior Doctor agreed with our request, and the DVLA will now be updating the forms, policies and associated literature over the coming months

Scrambled Signals Booklet for our Younger Community



We collaborated with two members of our community to create Scrambled Signals. Toni Warrilow and Kirsty-ann Johnstone. The booklet was designed to help our younger community learn and understand FND. Booklets have been created in both Digital and Hard copies and have been distributed to both our community and health care professionals

FND Patient Booklet



Distributed 10,700 booklets in 2022 to our community and Healthcare professionals and 10,000 leaflets to raise awareness of FND.

Correspondance

Responded to 1143 emails in 2022, from our FND community, parents, carers, friends, and healthcare professionals, which has increased by 50% from 2021

Online Support Groups

We have a total of 9 Support Groups: England, Scotland, Wales, East of England, North East, London, Parents, Carers and South West. We held a total of 99 support groups via Zoom, with 599 attendees.

Online movement and Wellbeing Classes

In collaboration with Synergy Dance Outreach, and registered charity which provides innovative dance and yoga activities in schools, leisure centres, outreach centres and care homes. Inclusivity is vital to us. At Synergy, no one is left behind and we were determined lockdown would not stop us making a difference.

We offer our community Seated Dance, Seated Yoga and Seated Pilates. We have also collaborated with CREATE (Creative, Reflective, Emotive, Art Therapy for Everyone) to run Art classes and Mindfulness Energy to offer Mindfulness Meditation classes on a weekly basis.

In 2022, held 246 online movement and wellbeing with 2,097 people attending which is a 133% increase from 2021.

Website

We had 116,154 users to our website fndhope.org in 2022 from the United Kingdom

- 87,736 England
- 12,774 Scotland
- 4,120 Wales
- 2,208 Northern Ireland
- 905 Not Set
- 113 Isle of Man

Newsletters

We sent 10 newsletters in 2022 with 6,328 people reading our news. This enables us to communicate directly with our community, and healthcare professionals and provide invaluable updates on the work FND Hope UK are doing.

Webinars

Collaborated with Irwin Mitchell Solicitors, Kate Hayward – Occupational Therapist, Vocational Rehabilitation Service, The National Hospital for Neurology and Neurosurgery, London and Clare Nicholson – Occupational Therapist, FND Rehabilitation Service, The National Hospital for Neurology and Neurosurgery, London to present a webinar on Reasonable Adjustments in the workplace.

Telephone Helpline

Our pilot with the Brain & Spine Foundation finished in February 2022 after a 3 months study. 106 call-backs were completed, with an average call duration of 21.83 minutes.

- 69 call back were in relation to related to supporting people whose diagnosis has an impact on their mental health. 14 people were carers and 88 of the people supported were patients. We also spoke to 14 family members and 2 partners as well as 1 Health Professional. We captured the location of 99 people out of the 106 and South East was the area that most enquiries came from (20.2%).

We also identified in our own member survey, that whilst our community rated it a useful resource, over 50% had not used the service, we agreed not to continue with this service.

Advance Research

FND Hope UK have become Patient and Public Involvement where we evaluate and provide feedback on the research projects.

- Functional Sensory Symptoms - Glenn Nielsen, St Georges
- Physio4FMD Study – Glenn Nielsen, St Georges

- NEUROADS - Understanding risk factors and symptom triggers in functional neurological disorder: a pilot investigation Study - Dr Susannah Pick, Kings College
- Randomised feasibility study of eye movement desensitisation and
- reprocessing therapy for functional neurological disorder: Dr Sarah Cope – St Georges
- UCLH Functional Seizures Project with Dr Mahinder Yogarajah and Rachel Dean, from University College Hospital and St Georges.

Facilitated and supported focus groups with Dr Sue McKenzie and High Cunningham on undertaken to better understand the current management of patients with Functional Neurological Disorder (FND) within the NHS Fife catchment area, and if there is any understanding of a path through the healthcare system for the FND patient population within the NHS Fife, which was undertaken by Fife Health and Social Care Partnership.

Diagnosis & access to treatment

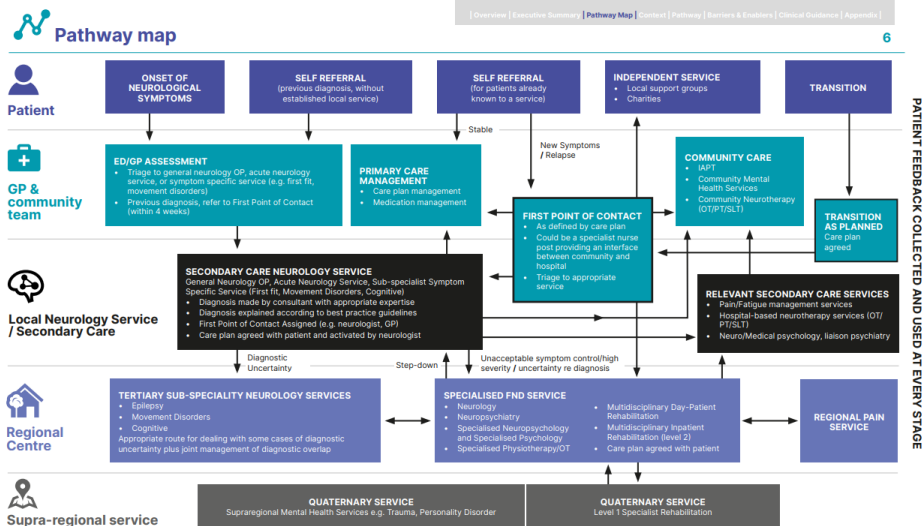
Neurological Alliance my Neuro survey

- Supported the creation and distribution of the My Neuro Survey to give a picture of the experience of care, treatment and support for people affected by neurological conditions. Over 8,500 people took part
 - 849 Adults and 64 Young Adults and Children took part with a diagnosis of Functional Neurological Disorder



Optimal FND Carepathway

We continued to collaborate on the Optimal FND Care pathway with the Neurological Alliance, National Neuro Advisory Group, Professor Mark Edwards and Dr Mike Dille. We were actively engaged in the public consultation to gather input, view and experience from people with neurological conditions and wider stakeholders



Neurological Alliance Policy Group

Our FND Hope UK Executive Director is the Vice chair to the Neurological Alliance Policy Group to support the Neurological Alliance's Policy Group in identifying opportunities to influence national public policy in the interests of the one in six people in England with a neurological condition.

FND Education Module for Healthcare Professionals

Supported, facilitated and arranged focus groups, with Dr Ania Crawshaw from St Georges, with the FND community to discuss the development of an online FND educational module for Healthcare professionals to ensure patient priorities reflected in the course. The course is now on the FutureLearn website.

Freedom of Information Project

In 2022, we surveyed, through a Freedom of Information request, all of the Clinical Commissioning Groups and Health Board in the UK as to their current provision of multidisciplinary rehabilitation for people with FND, as well as if they had active plans for developing or expanding services.

We found that:

- 50% of UK health boards / CCGs had no specific agreement to treat FND or did not treat FND, and almost 10% say that they do not accept referrals for treatment
- Between 14% (England), 21% (Scotland) and 43% (Wales) of services said that they did not accept physiotherapy referrals or provide physio for FND. Less than half (43%) said they had neurological physiotherapy services which would accept people with FND.
- Between 22% (England), 21% (Scotland) and 43% (Wales) of services said that they did not accept occupations therapy referrals or provide occupational health for FND and less than half (41%) said they had neurology based occupational therapy services which would accept people with FND.
- Between 17% (England), 14% (Scotland) and 43% (Wales) of services said that they did not accept speech and

language therapy referrals or provide speech and language for FND and only 39% said they had neurology-based speech and language therapy services which would accept people with FND.

- Between 16% (England), 29% (Scotland) and 43% (Wales) of services said that they did not accept psychology referrals or provide psychological therapy for FND, whilst 42% said they would accept people with FND.
- Only 35% said they had plans to improve their services for people with FND and only 35% said they were potentially interested in accessing further education or support to improve services.

This survey highlights the current patchy and inequitable provision of rehabilitative services for people with one of the commonest causes of neurological disability.

Raising awareness in the general & medical communities

Conventions



To help raise awareness in our medical communities, we attended the Neuro Convention (our 3rd year running) which is an exhibition for healthcare professionals working in neuro rehabilitation.



We also attended Therapy Expo which is an educational event for physiotherapists, sports therapists, osteopaths, chiropractors, and neuro therapists. We also arranged for Glenn Nielsen to do a presentation on FND with 56 attendees learning more about FND

Impact Report



We created our very first charity impact report which was distributed to our community, healthcare professionals, carers, friends and families and also shared with funders and supporters.

World FND Month

Supported the annual World FND Month in April 2022 to continue to raise awareness of FND to our community, general public and healthcare professionals.



Our Patron, Lorraine Kelly created some short videos, explaining what FND is, and asking our community to get involved in our #FNDaware campaign by sharing the #FNDaware poster.

Social Media Presence

Our social media presence is increasing year on year. In 2021 we had a total of 19,600 people follow us on our social media channels Facebook, Twitter, and Instagram. In 2022 this increased to 24,740 followers.

BPS DoN Position Statement

FND Hope UK were asked to be part of the BPS DoN Position Statement on the role of clinical neuropsychology in the management of children and adults with functional neurological disorders as experts by experience and representing the FND community.

Study Days

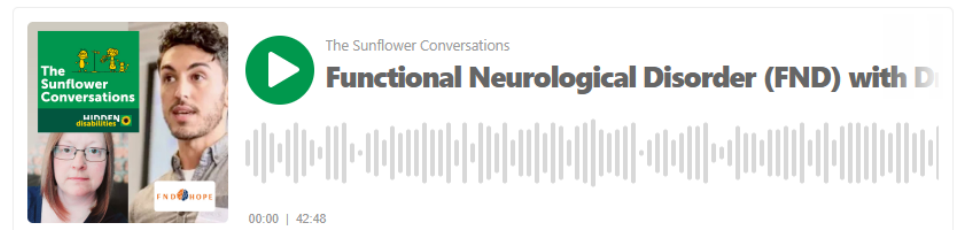
FND Hope UK were asked to attend a number of FND study days organised by different organisations, to provide a patient perspective on FND and how FND Hope UK supports and advocates for the FND Community

- Royal College of Emergency Medicine study day
- Speech and Language FND study day through the East Midlands Progressive Neurology Clinical Excellence Network
- Cygnet Health
- Royal National Orthopedic Hospital

Hidden Disabilities**The Sunflower Conversations**

Functional Neurological Disorder (FND) with Dr Chris Symeon and Dawn Golder, FND Hope UK

JANUARY 08, 2023 HIDDEN DISABILITIES SUNFLOWER



We collaborated with Hidden Disabilities on creating a Podcast, alongside Dr Chris Symeon on what FND is and a personal FND journey, including creating an FND Sunflower card for our community.

Finances

We secured Grants of £16,144, including:

- The National Lottery Community Fund £8,169.00
- Versus Arthritis on behalf of Sports England £4,500.00
- D'Oyle Carte Charitable Trust £2475.00
- Girdlers Company £500.00

Fundraising/Donations

Thank you to our FND community, friends, family and healthcare professionals, we raised a total of £76,022.

Section E Financial review

Brief statement of the charity's policy on reserves

The charity has agreed an unrestricted reserves policy of £14,700.00, which covers of 6 months' worth of online movement and wellbeing classes, insurance, memberships and subscriptions. Reserves currently exceed this amount because the charity is waiting for FND Hope International to send the shared services invoices for 2022. Trustees are also looking to recruit full-time staff as the charity is growing and has been 100% volunteer led since its conception on the 28th June 2017. In addition, the charity is looking to create Educational Modules to support the education of Schools, Universities, Healthcare Professionals and Employers in the coming months.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

For this period the Charity can report:

Revenue: £76,022
Net Profit: £24,739

Total Funds: £103,459

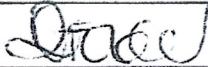
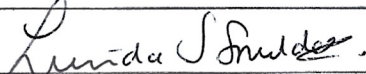
Section F Other optional information

We a registered charity in England & Wales 1173607 and Scotland SC048333

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dawn Golder	Lucinda Smulders
Position (eg Secretary, Chair, etc)	Executive Director	Chair

Date 30/08/2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
FND Hope UK

**On accounts for the year
ended**

31 December 2022

**Charity no
(if any)**

1173607 and
SC048333

Set out on pages

1 - 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act), the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 44 (1) (c) of the 2005 Act and section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 44 (1) (a) of the 2005 Act and Regulation 4 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Linda Dunford

Date:

05/09/2023

Name:

Linda Dunford

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

FCCA CTA

Address:

4 Marigold Drive

Bisley

GU24 9SF



Receipts and payments accounts

For the period from	Period start date	To	Period end date
	01/01/2022		31/12/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	59,878	-	-	59,878	66,783
Grants	9,169	6,975	-	16,144	4,680
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	69,047	6,975	-	76,022	71,463
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	69,047	6,975	-	76,022	71,463
A3 Payments					
Charitable activities	13,366	240	-	13,606	27,439
Marketing and brochures	21,191	-	-	21,191	8,448
Training costs	803	-	-	803	3,469
Office costs	3,322	-	-	3,322	3,466
Legal and professional fees	5,733	-	-	5,733	6,086
Accountancy	666	-	-	666	612
Subscriptions	1,196	-	-	1,196	869
Venue hire, hotel and accommodation	1,242	-	-	1,242	823
Insurance	837	-	-	837	844
Bank charges and interest	1,611	-	-	1,611	821
Travel	415	-	-	415	-
Grants returned	-	-	-	-	10,000
Sundry expenses	661	-	-	661	66
Sub total	51,043	240	-	51,283	62,943
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	51,043	240	-	51,283	62,943
Net of receipts/(payments)	18,004	6,735	-	24,739	8,520
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	78,480	240	-	78,720	70,200
Cash funds this year end	96,484	6,975	-	103,459	78,720

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	HSBC	78,309	6,975	-
	Paypal	18,175	-	-
		-	-	-
	Total cash funds	96,484	6,975	-

(agree balances with receipts and payments account(s))

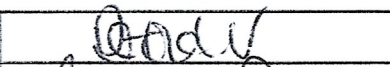
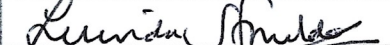
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Independent Examiner		708	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Dawn Golder	30/08/2023
	Lucinda Smulders	30/08/23

FND HOPE UK

England & Wales - Charity number 1173607

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	01	2021	To	31	12	2021

Section A Reference and administration details

Charity name

FND Hope UK

Other names charity is known by

FND Hope

Registered charity number (if any)

1173607 & SC048333

Charity's principal address

21 Chetwode

Banbury

Oxfordshire

Postcode

OX16 1QN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Birtwistle	Chair	Resigned 10.03.2021	
2	Louyse McConnell-Trevillion	Trustee	Resigned 18.02.2021	
3	Bridget Danielle Mildon	Trustee		
4	Lucinda Sian Smulders	Chair		
5	Robert Wilson Thomas	Trustee		
6	Richard Newland	Trustee	Resigned 19.05.2021	
7	Joyce Davies	Trustee		
8	Abigail Bishop-Laggett	Trustee		
9	Christopher Symeon	Trustee		
10	Vincent Smith	Trustee	Appointed 27.10.2021	
11	Stephen Betteridge-Sorby	Trustee	Appointed 27.10.2021	
12	Helen Bolter	Trustee	Appointed 27.10.2021	

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Warner Wilde Limited	4 Marigold Drive, Bisley. GU24 9SF

Name of chief executive or names of senior staff members (Optional information)

Dawn Golder

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees dated 28 th June 2017
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (eg. appointed by, elected by)	Trustees are recruited and appointed under clause 10 of the Constitution (1) Apart from the first trustees, every trustee must be appointed [for a term of [three] years] by a resolution passed at a properly convened meeting of the charity trustees. (2) In selecting individuals for appointment as charity trustees, the charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Trustees and Volunteers have undertaken the following courses

- Online GDPR Awareness for Small Charities Course conducted by VSL Training
- Online Safeguarding Child Awareness Course by VSL Consulting

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

FND Hope UK aim to change how functional symptoms are understood and defined within the UK.

We work in a concerted manner to advocate for the Men, Women and Children who have had their lives impacted by physical and often debilitating functional symptoms.

Our mission is to promote awareness, support affected individuals, and advance research for the prevention, treatment and recovery of FND.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The relief of sickness and preservation of health of those affected by Functional Neurological Disorder (FND) and their families, carers and communities. In particular, but not exclusively by:

- 1) Raising awareness and understanding of the general public into the nature, causes, diagnosis, prevent, treatment and recovery of FND through social media, charitable events, medical conference and any other educational means such as leaflets and booklets
- 2) Coordinating a voluntary FND patients register to assist doctors in the advancement of new and ongoing research, prevent, treatment and recovery of FND in partnership with the Genetic Alliance.
- 3) Working with Medical and Allied Health Professionals to provide a better understanding of FND, improve medical protocols, and promote ethical standards for FND through personal contact, advocacy and training.

Additional details of objectives and activities (Optional information)

FND Hope UK had 22 active volunteers supporting our FND community with Peer Support, Marketing, Social Media, Finance and Grant Writing/Researching. We are extremely grateful to each and every volunteer who have given their time to help us support and advocate for our FND community.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

UK Board

- We have strengthened our board by recruiting three new additional board members to increase the skill set and diversity.
 - **Vincent Smith** – CEO of Meningitis Research Foundation. Experience of being an international consultant, Chief Operating Officer and Head of Direct Marketing for organisations as diverse as Cancer Research UK and the African Centre for Economic Transformation (Ghana). Charity Strategy experience.
 - **Helen Bolter** - Studying for a Masters at Edinburgh University in: The Clinical Management of Pain. Completed short courses in Fundraising for Charity (University of Kent) and Business and Strategy for Charity (Directory of Social Change). Undergone NHS Level 2 training in Safeguarding of both children and adults. Previous experience in grant-writing and in teaching at undergraduate and postgraduate level.
 - **Stephen Betteridge-Sorby** - Carer for FND Partner. Nurse Consultant & Lecturer in Paediatrics. Held Executive positions in the NHS, Department of Health, Education and Charity Sectors. Appointed Medallist of the Order of the British Empire in the 2021 Queen's Birthday Honours list in recognition of his achievements.

Medical Expert Committee

The UK MEC currently comprises of 21 Medical and Allied Health Professionals across the UK

- The UK MEC have undertaken a number of projects during 2021
 - Commenced work on understanding the prevalence of FND which has been estimated to be between 50k and 100k adults in the UK
 - Discussions on how Long Covid patients are experiencing functional symptoms. Research is being done within this area
 - Commenced contacting all CCG's and Health Boards to identify if they are commissioned to treat FND patient, this will run into 2022.
 - UK MEC and FND Hope UK co-signed a letter addressed to the Health Minister in response to a petition which reach over 10k signatures.
 - Support in answering questions raised by our community
 - Discussions on NHS Choices and how we can separate FND from the Medically Unexplained Symptoms.

myFND app

- myFND is a mobile application which aims to enable users to understand and self-manage symptoms of Functional Neurological Disorder (FND). First released in May 2020, we now want to fund updates to the myFND app to make it easier to use, more engaging, and better positioned to help people affected by FND.
- The myFND app supports patients who need it most. It enables them to better understand their condition, recognise how their symptoms change, and learn how they can begin to self manage the disorder.
- The project to create the app was led by Dr Chris Symeon, Consultant Neuropsychiatrist, and the multidisciplinary team at The Wolfson Neurorehabilitation Service, St George's University Hospitals NHS Foundation Trust. Throughout the development, the team

consulted with clinicians and service users, along with getting input and evaluation from FND Hope UK and clinical and academic experts in the field. We also solicited support and guidance from DigitalHealth.London and NHS Digital.

- So far, the project has been funded by St George's Hospital Charity and Dr Chris Symeon was seeking further funding to expand the app's functionality and integration in line with direct user feedback.
- The next update of the myFND app will include accessibility improvements, such as additional font size control and dark mode, the ability to track multiple symptoms and push notifications. We will also incorporate additional strategies for self-management techniques and enhance the instructional and resource aspects of the app with an Info Hub website. The instructional/educational content will be searchable and users will be able to apply filters.
- FND Hope UK agreed to support and invest (Nov 2021) in updating the myFND App.

Online Movement and Wellbeing Programs

We wanted to continue to support those affected by Functional Neurological Disorder (FND) through real-time online programming. FND Hope UK collaborates with Synergy Dance © Outreach to deliver accessible yoga, dance, and Pilates sessions, as well as Art Journalling for Wellbeing and Mindfulness / Meditation sessions. We offer five free interactive sessions every week, providing a low-barrier way to connect with others of all ages and improve physical, emotional, and mental health.

All classes are suitable for all ages and abilities, allowing everyone within our community to take part — even those who are bedbound or in a wheelchair. The sessions are held via Zoom, which is free for participants and platform-inclusive.

We continue to publicise our online programming through our existing channels, including Twitter, Facebook groups, our Peer Support network, and our monthly newsletter.

125 Movement Classes held in 2021 via Zoom (Yoga, Dance, Pilates, Mindfulness Meditation and Art Journalling for Wellbeing) providing activities for our community.

Peer Support Groups

We offered **80 peer support groups** during 2021. With over **150 people** attending between September 2021 and December 2021 to keep our community safe during COVID. With the help and support of 13 volunteers, we organised 1 hour virtual peer groups using our Zoom platform each month in the following areas

- Wales
- England
- Parents
- Ireland / Northern Ireland
- Carers
- East of England
- London

"Talking to people who understand what it is like will make a difference."

Servicer User

"I appreciate other people's experience and how to cope." **Service User**

Between September 2021 and December 2021 close to **600 people** attended our Online Movement/Wellbeing Classes and Peer Groups.

Collaboration with The Brain & Spine Foundation

FND Hope UK was delighted to be collaborating with the Brain and Spine Foundation to offer an appointment-based telephone helpline service for our FND community. The service would enable our FND community to speak directly with the Brain and Spine Foundation nurses bringing together two charity organisations specialising in FND who would provide support in a trusted environment.

We agreed to a 3 month pilot period starting on the 2nd December 2021 and finishing on 24th February 2022.

In collaboration with the Brain and Spine Foundation **52 call-backs** were completed between 2nd December and 23rd December with an average call length of 21.27 mins.

Pilot to continue until February 2022.

Videos released by FND Hope UK during 2021 via the FND Hope You Tube Channel for our #FNDandUS Campaign and FND Awareness Videos reached **94.7k views** with over **978 subscribers**

#FNDandUS Campaign

- FND Hope UK continued to work closely with Director Mike Rumsey from Rumsey Films where we were able to document the inspiring personal FND journeys of six of our service users. The campaign was a continuation of our successful launch in 2020.
 - Our #FNDandUS Campaign saw over **800k video views** (Facebook, Twitter, Instagram and You Tube) to raise awareness of FND between July 2021 and December 2021 - Ellie, Andy, Summer, Alex, Leah and Brian

World FND Month

- Encouraged participation from the general public and our FND community in our 9th Annual #FNDAware Awareness Campaign World FND Month
- **I'm Still Me** FND Awareness Video
 - Our FND Community, Patron, Medical and Allied Health Professionals, Friends, Families, and Carers have all come together in this video to help raise awareness of Functional Neurological Disorder. We would particularly like to thank Alison Newland our Peer Support Worker and Volunteer for writing and producing the song shown in the video called "I'm still me".
 - This had a reach of over **42,000 views** on Facebook, **1,200 views** on You Tube

FND Awareness Videos by Professor Mark Edwards as part of World FND Month

Professor Mark Edwards, Professor of Neurology, St Georges University Hospital alongside Mike Rumsey from Rumsey Films, created 9 different videos to help raise awareness of FND for the general public, FND Community and Medical Community.

With over **6,500** video views on FND Hope You Tube channel, **228,199** impressions on Twitter, and **160,166** reach on Facebook and Instagram.

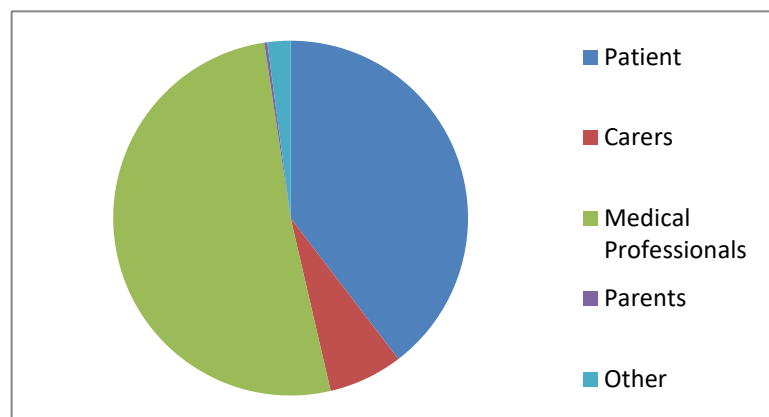
- What is FND
- FND Pathway
- Impact of FND
- Patient Organisations
- FND and Children
- FND Symptoms
- FND Diagnosis Part 1 and Part 2
- FND Treatment Services

Advocacy and Support

- We responded to over **900 emails** from our community to support them with questions, identifying FND specialists, sign-posting them to resources we have on our website.

FND Patient Booklets and Leaflets

- During 2021, we distributed **3,287** FND Patient Booklets to our FND community, Carers, Parents, Medical and Allied Health Professionals.



Keeping our community informed

9 Virtual Newsletters sent with over **5,000** people opening and reading our newsletters during 2021.

Research

- Provided a platform via the Research Committee to review research projects and recruit accordingly. FND Hope UK supported **12** UK specific Research Projects.

Neurological Alliance

- FND Hope UK has been working very closely with the Neurological Alliance and the National Neuro Advisory Group (NNAG) following

the Mental Health and Neuroscience Leaders away day in 2019. NNAG, along with Professor Mark Edwards, Dr Mike Dilley and our Executive Director and other stakeholders groups came together to discuss Functional Neurological Disorder. The outcome of the breakout session identified challenges in accessing appropriate care, support and treatment across the UK so together we developed an Optimal FND Care Pathway. FND Hope UK organised three focus groups with our service users to provide an overview of the pathway, and to obtain feedback. We were joined by members of the Neurological Alliance and Professor Mark Edwards.

- We supported the advertising of the new NeuroLifeNow app which was created by The Brain & Spine Foundation and the Neurological Alliance.
- The Executive Director was part of the working group for the My Neuro Survey which is run by the Neurological Alliance every two years. The aim of the survey is to understand the patient experience in all neurological conditions. The survey ran from October 2021 to Jan 2022 with FND being in the top 5 reported neurological conditions.
- The Executive Director remains co-chair of the policy group which is run every quarter.

Neurological Alliance of Scotland

- We have started to work more closely with the Neurological Alliance of Scotland, specifically around the lack of FND Services and no mention of FND on the NHS Inform platform.

Social Media

- Our social media presence is increasing year on year **19,600** people follow our news on Instagram, Facebook and Twitter.

Grants

FND Hope UK was successful in obtaining a Grant from Versus Arthritis for £4680.00 to enable us to continue to offer our online movements classes: Yoga, Dance and Pilates to our FND community free of charge for a 6 month period. The award was granted to start from 1st October 2021 to 31st March 2022.

Organising Focus Group for FND Education for Health Care Professionals

FND Hope UK in collaboration with Dr Ania Crawshaw a Neurology Registrar and Clinical Lecturer at St George's University London who is working together with Professor Mark Edwards to develop an online FND education module for healthcare professionals organised focus groups with the FND community to obtain their ideas on developing the project to ensure that patient priorities are included and reflected in the course content. The module is intended to include information about FND (including definition, current understanding about mechanisms, clinical features, positive diagnostic signs and management) and a section focusing on communication skills and language that can be helpful in consultations with patients who have FND.

Discussions with MPs

FND Hope UK wrote too many MP's to invite them along to discuss FND to help raise awareness and to inform them of the issues being experiencing by our FND community.

We were able to get the following Parliamentary Questions raised with responses

- **'To ask the Secretary of State for Health and Social Care, what plans he is putting in place to ensure consistent guidance and definition for the neurological condition 'Functional Neurological Disorder' across the NHS'. Dr Lisa Cameron, SNP and Chair of the APPG for Disability**

Answered 29.04.2021 - People with functional neurological disorder (FND) are likely to be diagnosed under a local clinical commissioning group care pathway and therefore any data would only be collected a local level. There are presently no specific plans to further ensure the collection of data on the number of patients with FND.

- **'To ask the Secretary of State for Health and Social Care, pursuant to the Answer of 29 April 2021 to Question 184486 on Functional Neurological Disorder, what plans are in place to ensure consistent coding and recording among CCGs and Health Boards of Functional Neurological Disorder through a nationally agreed data code and definition'? Dr Lisa Cameron – SNP and Chair of the APPG for Disability**

Answered 20 May 2021 - There are currently no specific plans to do so. The Department is currently funding research projects into functional neurological disorder through the National Institute for Health Research, which will improve understanding of the condition

- **'To ask the Secretary of State for Health and Social Care, what plans are in place to fund and deliver a national NHS care pathway for functional neurological disorder'? By Peter Dowd, Labour**

Answered 20 May 2021 - The National Neuro Advisory Group (NNAG), which includes NHS England and NHS Improvement, Public Health England, expert bodies, clinicians, academics, and patient voice organisations, develops and coordinates the national programme of neurology service improvement. The NNAG has a priority in their work plan for 2021/2022 to support development of a clinical pathway for functional neurological conditions, including functional neurological disorder.

- **'To ask the Secretary of State for Health and Social Care, what assessment he has made of the need for specific NICE guidance for the diagnosis and treatment of functional neurological disorder'? By Peter Dowd, Labour**

Answered 24 May 2021 - The National Institute for Health and Care Excellence (NICE) has guidance in place to support clinicians in the diagnosis of functional neurological disorder. The 'Suspected neurological conditions: recognition and referral' guideline published in 2019 covers the initial assessment of symptoms and signs that might indicate a neurological condition. It helps healthcare professionals to identify people more quickly who should be offered referral for specialist investigation and includes recommendations for people **who** have previously been diagnosed with functional neurological disorder. The guideline is available at the following link: www.nice.org.uk/guidance/ng127(opens in a new tab)

Section D

Achievements and performance

Neuro Convention at the NEC

FND Hope UK attended the Neuro Convention on the 15th and 16th September 2021 to help raise awareness of Functional Neurological Disorder.

We held discussions with Occupational Therapists, Physiotherapists, Charities, members of our community and many other Allied Health Professionals highlighting the great work we are doing, how we support our community and much more.

Partnership with Irwin Mitchell

FND Hope UK partnered with Irwin Mitchell Solicitors to organise a Financial Wellbeing Webinar on Monday 13th August 2021

The webinar consisted of discussing

- Cashflow planning
- Pensions
- Managing income and expenditure
- Dealing with debt
- Navigating these tools in exceptional circumstances.
-

The webinar also explored how our community can ensure DWP understands how their condition affects them on a day-to-day basis, including:

- Understanding the DWP Criteria
- Knowing when to apply for benefits
- What medical evidence is relevant to support the application
- General tips on how to complete benefit application forms.

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has agreed a reserve policy for the following:
£10,000.00 for the distribution and printing of Patient Packs
£5000.00 for the organisation of additional Peer Support Groups within the UK

Reserves are higher because we did not have the opportunity to spend due to COVID 19

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

For this period the Charity can report

Revenue: £71,463
Net Surplus: £8,520

Total Funds: £78,720


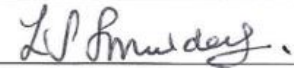
Section F Other optional information

We are registered charity in England & Wales 1173607 and Scotland SC048333

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dawn Golder	Cindy Smulders
Position (eg Secretary, Chair, etc)	Executive Director	Chair
Date	8/07/22	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
FND Hope UK

**On accounts for the year
ended**

31 December 2021

**Charity no
(if any)**

1173607 &
SC048333

Set out on pages

1 to 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2021.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

21 July 2022

Name:

Frances Julie Wilde

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

FCCA, DChA

Address:

4 Marigold Drive

Bisley

GU24 9SF



Receipts and payments accounts

For the period from	01/01/2021	To	31/12/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations and Legacies	66,783		-	66,783	43,099
Grants		4,680	-	4,680	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	66,783	4,680	-	71,463	43,099
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	66,783	4,680	-	71,463	43,099
A3 Payments					
Charitable activities	24,499	2,940	-	27,439	1,660
Marketing and brochures	8,448	-	-	8,448	11,735
Training costs	1,969	1,500	-	3,469	791
Office costs	3,466	-	-	3,466	4,505
Legal and professional fees	6,086	-	-	6,086	1,537
Accountancy	612	-	-	612	600
Subscriptions	869	-	-	869	678
Venue hire, hotel and accommodation	823	-	-	823	372
Insurance	844	-	-	844	986
Bank charges and interest	821	-	-	821	-
Grants returned	10,000	-	-	10,000	-
Sundry expenses	66	-	-	66	-
Sub total	58,503	4,440	-	62,943	22,864
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	58,503	4,440	-	62,943	22,864
Net of receipts/(payments)	8,280	240	-	8,520	20,235
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	70,200	-	-	70,200	49,965
Cash funds this year end	78,480	240	-	78,720	70,200

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	HSBC	71,462	240	-
	PayPal	7,018	-	-
		-	-	-
	Total cash funds	78,480	240	-
	(agree balances with receipts and payments account(s))			

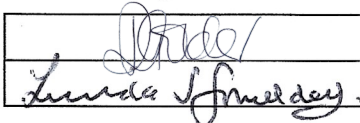
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	IE Fee		666	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Dawn Golder	
	Cindy Smulders	12/07/22

FND HOPE UK

England & Wales - Charity number 1173607

Accounts



Trustees' Annual Report for the period

Period start date: 01 01 2020 To Period end date: 31 12 2020

Section A Reference and administration details

Charity name: FND Hope UK

Other names charity is known by: FND Hope

Registered charity number (if any): 1173607 & SC048333

Charity's principal address: 21 Chetwode
Banbury
Oxfordshire
Postcode: OX16 1QN

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Matt Birtwistle	Chair		
2	Louyse McConnell-Trevillion	Trustee		
3	Bridget Danielle Mildon	Trustee		
4	Lucinda Sian Smulders	Trustee		
5	Robert Wilson Thomas	Trustee		
6	Richard Newland	Trustee	07.09.2020	
7	Joyce Davies	Trustee	07.09.2020	
8	Abigail Bishop-Laggett	Trustee	18.11.2020	
9	Christopher Symeon	Trustee	18.11.2020	
10				
11				
12				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Warner Wilde Limited	4 Marigold Drive, Bisley. GU24 9SF

Name of chief executive or names of senior staff members (Optional information)

Dawn Golder

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees dated 28 th June 2017
How the charity is constituted <i>(eg. trust, association, company)</i>	Charitable Incorporated Organisation (CIO)
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Trustees are recruited and appointed under clause 10 of the Constitution (1) Apart from the first trustees, every trustee must be appointed [for a term of [three] years] by a resolution passed at a properly convened meeting of the charity trustees. (2) In selecting individuals for appointment as charity trustees, the charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Trustees have undertaken the following courses</p> <ul style="list-style-type: none"> • Online GDPR Awareness for Small Charities Course conducted by VSL Training • Online Safeguarding Adults Awareness Course by Vital Skills • Online Safeguarding Child Awareness Course by VSL Consulting
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

FND Hope UK aim to change how functional symptoms are understood and defined within the UK.

We work in a concerted manner to advocate for the Men, Women and Children who have had their lives impacted by physical and often debilitating functional symptoms.

Our mission is to promote awareness, support affected individuals, and advance research for the prevention, treatment and recovery of FND.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The relief of sickness and preservation of health of those affected by Functional Neurological Disorder (FND) and their families, carers and communities. In particular, but not exclusively by:

- 1) Raising awareness and understanding of the general public into the nature, causes, diagnosis, prevent, treatment and recovery of FND through social media, charitable events, medical conference and any other educational means such as leaflets and booklets
- 2) Coordinating a voluntary FND patients register to assist doctors in the advancement of new and ongoing research, prevent, treatment and recovery of FND in partnership with the Genetic Alliance.
- 3) Working with Medical and Allied Health Professionals to provide a better understanding of FND, improve medical protocols, and promote ethical standards for FND through personal contact, advocacy and training.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Peer Support Groups

- Due to the Global COVID Pandemic, we quickly had to change our strategy to bring our peer support groups online to still provide the support to our FND community. With the help and support of our 13 volunteers, together we organised 1 hour virtual peer groups using our Zoom platform each month.
 - London (1st Tuesday of every month)
 - Scotland (2nd Wednesday of each month)
 - Wales (3rd Monday of each month)
 - North East (1st Saturday of each month)
 - Norfolk (1st Wednesday of each month)
 - Surrey (3rd Friday of each month)
 - UK Wide (4th Wednesday of each month)
 - Berkshire (1st Thursday of each month)
 - BCP (Bournemouth, Christchurch, Poole) and Isle of Wight (2nd Monday of each month)
 - Parent Peer Groups (3rd Thursday of each month)
 - This is a vital source of support for our FND community, where they can reach out to peers going through a similar journey, ask questions, and provide support and advice to each other.
 - We have also seen medical professionals join our peer support groups to provide additional support and to answer questions : Dr Christopher Symeon from the Wolfson Rehab

Unit, London and Dr Jason Price, Middlesborough.

- We have also put in place online training for our peer support workers to complete a Child Safeguarding course and an Adult Safeguarding Course supplied by VSL Consulting and Vital Services.

“FND Hope UK is so important for those of us with FND to get information and meet others with the same condition, so as not to feel so isolated” **Lesley Peer Support Worker for Scotland**

“The charity is important to me as living in a rural island, it’s easy to feel alone but with FND Hope UK I feel part of a community”. **Maureen - Service User**

“FND Hope UK is the first line of support for a condition of pandemic proportions, while sufferers wait for 6-12 months (minimum) for a first contact support/referral from a professional”. **Leon – Service User**

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

UK Board

- We have strengthened our board by recruiting four new additional board members to increase the skill set and diversity.
 - Joyce Davies a master degree in clinical psychology and is also a Neurodiversity Education Officer with the SNP
 - Dr Christopher Symeon who is a Consultant Neuropsychiatrist from the Wolfson Rehab Unit as part of St Georges University Hospital
 - Richard Newland, a CEO & founder of AIMCommunity a Creative Arts Education and Mentoring charity, including a Masters Degree in Youth and Community Work.
 - Abigail Bishop-Laggett public relations and government affairs professional who is experienced in supporting healthcare organisations raise awareness of complex or lesser-known conditions.

Medical Expert Committee

- We have grown our UK Medical Expert Committee by inviting
 - Dr Ben Baig - Senior Lecturer in Child and Adolescent Psychiatry, St Thomas' Hospital, London
 - Dr Fiona Summers - Consultant Clinical Neuropsychologist, Aberdeen Royal Infirmary (NHS Grampian)
 - We now have a diverse range of medical and allied health professionals. We meet on a quarterly basis via Zoom, and discuss advancing research in both Adults and Young Children. Help to raise awareness of FND, support any public policy changes. We support research requests and survey studies and proactively engage our community to get involved.

“FND Hope UK has played a major role in changing the landscape for people with FND, their carers and families. They have been central to increased

awareness of FND and provide a lot of information and support with minimal resources. FND Hope UK also works really closely with health professionals such as myself in a wide variety of clinical and research projects. I have personally found this invaluable. The continued success of FND Hope UK is essential to patients with this common but hidden condition as well as the clinicians trying to improve services and research for them". – Professor Jon Stone – Professor of Neurology, Royal Infirmary Edinburgh and member of FND Hope UK Medical Expert Committee

"FND Hope UK plays a crucial role in raising awareness of FND as well as providing information and support to people with the condition. By representing those with lived experience of FND, they play a vital role in empowering patients and advocating for better FND services." Dr Biba Stanton, Neurologist, Kings College Hospital

"Stigma, negative attitudes and misunderstanding have historically and continue to surround the interactions of healthcare professionals with people with FND. FND Hope UK provides an essential bridge that allows patient voices to be really heard and the development of a shared understanding of this common and disabling condition. Through this process, research and clinical service developments are immeasurably strengthened, and the prospect of improved care and treatment for people with FND is brought significantly closer to reality". Professor Mark Edwards, Professor of Neurology, St Georges University Hospital

#FNDandUS Campaign



- FND Hope UK worked closely with Director Mike Rumsey from Rumsey Films where we were able to document the inspiring personal FND journeys of four of our service users. The campaign was launched by our Patron Lorraine Kelly, and became really successful with a total reach of **814,744** which is fantastic and shows just how much awareness we were able to raise on FND. On Twitter our reach was 99,869 and on Facebook and Instagram 714,875.
- On our You Tube Channel we had the following views (Total 7,445)
 - Lorraine launch – 1k
 - Jemma – 998 views
 - Anthony – 612 views
 - Georgia – 763 views
 - Robert – 572 views
 - Full Film – 3.5k views

Meet our inspiring individuals

- Robert – Trustee and Legal Advisor for FND Hope UK
- Jemma – FND Hope UK Peer Support Worker
- Anthony – FND Hope UK Peer Support Worker
- Georgia – FND Hope Warrior

- We were so overwhelmed by the response, that we have agreed to continue with this campaign in 2021

myFND app

- We supported the creation, provided feedback, and organised a webinar to launch the new myFND app created by Dr Christopher Symeon, Professor Mark Edwards, Dr Glenn Nielsen, Dr Mike Dilley, Dr Rahcel Dean from the Wolfson Rehabilitation Team.
- The app helps individuals to understand their symptoms, track how the symptoms change over time and learn different techniques to help manage their FND symptoms. The webinar has been watched over 700 times, and we have received some positive feedback on the App.

Neurological Alliance Partnership

- The Executive Director has been working very closely with The Neurological Alliance
 - Supported the Neurological Alliance survey, life with a neurological condition during COVID19 where we were asked to review the survey prior to promotion 7.61% responses were from the FND community. The report found that people with neurological conditions had been profoundly impacted by the pandemic, with many reporting disruptions to their treatment, care and support.
 - We signed a joint letter with many other neurological charities in collaboration with the Neuro Alliance to Sir Simon Stevens to look at restarting service for people with neurological conditions after the COVID19 pandemic.
 - Our Executive Director has also become a member of the Mental Health Sub Group which discusses Mental Health policies and how these can be changed, such as the Integrated Care Systems and Influence.
 - The Neurological Alliance formally asked our Executive Director to become the Vice Chair of the Policy Group where policy issues are raised and discussed to help support policy changes for all neurological conditions such as Long Covid, PIFU (Patient Initiated Follow Up).
 - The Executive Director has also been meeting with National Neuro Advisory Group (NNAG) part of the Neurological Alliance, on the Optimal FND pathway, which unfortunately was paused due to the COVID19 pandemic. Work will commence in 2021.

Wales Neurological Alliance

- We have started to work more closely with the Wales Neurological Alliance, specifically around the lack of FND Services. We have also connected with Dr Tanya Edmonds who will be organising a Task & Finish group for FND Services in Wales in 2021.

Neurological Alliance of Scotland

- We have started to work more closely with the Neurological Alliance of Scotland, specifically around the lack of FND Services and no

mention of FND on the NHS Inform platform. Our Trustee Robert Wilson Thomas has also joined the Wales Neurological Conditions Advisory Group

CoronaUnity

- CoronaUnity is a student led COVID19 organisation to help support charities on consultancy projects. The executive director worked with 6 students on the following projects
 - Social Media Audit of our Social Media Accounts
 - Creation of a Volunteer Handbook
 - Plan a PR Strategy for the roll out of our #FNDandUS campaign
 - It was great to work with some really enthusiastic students, and we were able to identify areas for improvement for our social media, the new Volunteer Handbook has now been created and the PR strategy helped us to plan and organise our #FNDandUS campaign

Charity of the Year

- Southampton RTC formally announced us as their charity of the year to help us raise awareness of FND and to help with fundraising. We'd like to thank them for their help and support.

World FND Month

- Encouraged participation from the general public and our FND community in our 7th Annual #FNDAware Awareness Campaign World FND Month
 - Our patron Lorraine Kelly also got involved in creating a positive message for our FND community, with over 2.7k views on our FND Hope YouTube Channel.

"April is World FND month and in these unprecedented times our aim is to continue to offer support throughout this pandemic, as we recognise that FND doesn't stop for anything. We all need to try to remain positive, and as active as possible.

Remember we are allowed to go out into the fresh air for exercise once a day, of course many of us are in isolation due to the lockdown, but remember physical social distancing does not mean emotional distancing. You can pick up the phone, write a letter, and join in with some of the activities during World FND Month.

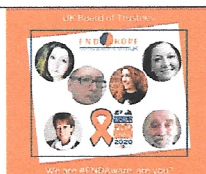
FND Hope UK are here for you. Any form of exercise for your mind and body is so positive to keep you motivated. So try and do what you can.

Let's try to look at what we do have this month rather than what we don't.

Positivity is the key when times are hard. So let's all keep motivated as best we can and help those around us, as together we've got this.


*I'm FND Aware are you? Take care and stay well". **Lorraine Kelly CBE Patron***

- Many more also got involved



The board of Trustees getting involved to share with our community that we are #FNDAware

1014 people reached on our Open Facebook Page

	<p>Clinical Neuropsychologist at the John Radcliffe Hospital in Oxford, Dr Niels Detert, discusses Mindfulness during World FND Month</p> <p>524 views on You Tube</p>
	<p>The Brain Charity (Liverpool) getting involved in raising awareness of FND</p> <p>872 people reached on our Open Facebook Page</p>
	<p>Pembroke Castle lighting up Blue for World FND Month and to support the NHS, photo by Beverly Thomas</p> <p>1019 people reached on our Open Facebook Page</p>
	<p>Dagenham dancer defies odds to walk again despite being paralysed from the waist down</p> <p>Lauren share her story in the Barking and Dagenham Post</p> <p>1168 people reach on our Open Facebook Page</p>
	<p>Tom Plender writes about his FND journey for the Nihealthcare.com "A quest for clarity".</p> <p>669 people reached on our Open Facebook Page</p>
	<p>Alison Newland creates an inspiring video sharing her own FND journey for World FND Month.</p> <p>756 people reached on our Open Facebook Page</p>

Fundraising

- We have been very thankful for the fundraisers we have had in 2020, even with the Global Pandemic. Here are some of the fundraisers we'd like to mention, but we'd like to thank all our fundraisers in helping to support our charity and our FND community.

Just Giving (Total includes Gift Aid)

- Carl Knowles, Inverness ½ Marathon £1005.36
- Kate Bidwell, ½ mile walk for her 21st birthday £922.65
- Donna Stretton, 100 miles in August, £788.02
- Laura Cordell, Virtual Pub Quiz, £722.50

Virgin Money Giving

- Christina Golder, My Prudential BikeRide London, £616.25
- Sally Eason, 10 Flute-a-Thon, £588.36

Facebook

- Angelina Marren, £361.00
- Charlotte Alder, £320.00
- Val Stewart, £284.00
- Megan Elizabeth, £260.00

Webinars

- FND Hope UK organised a number of webinars for our FND community on the following topics
 - Dr Niels Detert, Mindfulness, with 553 views on our You Tube Channel
 - Professor Mark Edwards on FND and Relapses with 1.3k views on our You Tube Channel
 - Dr Chris Symeon, MyFND App with 770 views on our You Tube Channel
 - Dr Jason Price, Hypnosis and FND, with 684 views on our You Tube Channel

NICE Guidelines

- We provided feedback on the Suspected Neurological Conditions Quality Standards specifically for FND
- We held a meeting with Dr Paul Chrisp Director of FND Guidelines with Professor Mark Edwards on how to create an FND NICE Guideline. Due to the COVID Pandemic, most guidelines had been placed on hold due to a number of COVID related guidelines needing to take priority. Further discussions to be held in 2021.

Advocacy and Support

- We responded to over 500 emails from our community to support them with questions, identifying FND specialists, sign-posting them to resources we have on our website.
- We also supported 15 individuals with providing more detailed letters to help with requesting referrals to FND specialist units, providing letters to medical professionals to educate them on FND due to poor treatment, discussing reasonable adjustments in the workplace, and housing support.

Peer Support Groups

- Due to the Global COVID Pandemic, we quickly had to change our strategy to bring our peer support groups online to still provide the support to our FND community. With the help of 13 volunteers, we organised 1 hour virtual peer groups using our Zoom platform each month.
 - London (1st Tuesday of every month)
 - Scotland (2nd Wednesday of each month)
 - Wales (3rd Monday of each month)
 - North East (1st Saturday of each month)
 - Norfolk (1st Wednesday of each month)
 - Surrey (3rd Friday of each month)
 - UK Wide (4th Wednesday of each month)
 - Berkshire (1st Thursday of each month)
 - BCP (Bournemouth, Christchurch, Poole) and Isle of Wight (2nd Monday of each month)
 - Parent Peer Groups (3rd Thursday of each month)
 - This is a vital source of support for our FND community, where they can reach out to peers going through a similar journey, ask questions, and provide support and advice to each other.
 - We have also seen medical professionals join our peer support groups to provide additional support and to answer questions : Dr Christopher Symeon from the Wolfson Rehab Unit, London and Dr Jason Price, Middlesbrough.
 - We have also put in place online training for our peer support workers to complete a Child Safeguarding course and an

Adult Safeguarding Course supplied by VSL Consulting and Vital Services.

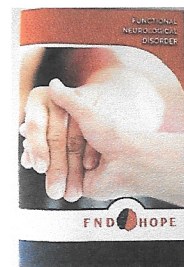
"FND Hope UK is so important for those of us with FND to get information and meet others with the same condition, so as not to feel so isolated" **Lesley Peer Support Worker for Scotland**

"The charity is important to me as living in a rural island, it's easy to feel alone but with FND Hope UK I feel part of a community". **Maureen - Service User**

"FND Hope UK is the first line of support for a condition of pandemic proportions, while sufferers wait for 6-12 months (minimum) for a first contact support/referral from a professional". **Leon – Service User**

FND Patient Booklets and Leaflets

- FND Hope UK collaborated with FND Hope International, Professor Jon Stone and Dr Tim Nicholson in the creation of an FND Patient Booklet are continuing to send to Hospitals, medical professionals, to our Peer Support Workers, Healthcare professionals and community rehab centres to hand out to their FND community. We have sent over 8000 booklets so far with more to send on the horizon for 2021, and distributed over 10k leaflets to the General Public and our FND community to provide further information and raise awareness of FND.



Research

- Provided a platform to recruit participants for the following research projects exclusively to the UK:
 - Psychedelics in FND Treatment
 - Physiotherapist's experiences of communicating with people with FND
 - Interoception and executive functioning in relation to emotion perception
 - Priority Setting Partnership (PSPs) for Medically Not-Yet-Explained Symptoms (MNYES)
 - How long have people with FND had to wait for treatment
 - Shame, stigma and poorly understood medical conditions
- Provided advice and feedback on a feasibility study on EMDR Therapy for FND Treatment. Project to commence 2021

Collaboration Meetings

- Meeting held with South London and Maudsley regarding the new Inpatient Rehabilitation Unit to ensure that it meets the requirements of our FND community.

Section D

Achievements and performance

Social Media

- Our social media presence is increasing year on year

Social Media Account	2018	2019	2020	% Increase
FND Hope UK Facebook Page (followers)	656	2,691	4,769	+61%
FND Hope UK Facebook Group (followers)	3,200	4,412	5,237	+16%
FND Hope UK Instagram (followers)	219	444	1,350	+67%
FND Hope UK Twitter (followers)	600	1,421	2,274	+38%

Section E

Financial review

Brief statement of the charity's policy on reserves

The charity has agreed a reserve policy for the following:
£10,000.00 for the distribution and printing of Patient Packs
£5000.00 for the organisation of additional Peer Support Groups within the UK

Reserves are higher because we did not have the opportunity to spend due to COVID 19

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

For this period the Charity can report

Revenue: £43,099
Net Surplus: £20,235

Total Funds: £70,200

Section F

Other optional information


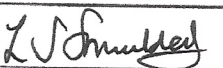
We are registered charity in England & Wales 1173607 and Scotland SC048333

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dawn Golder	Cindy Smulders
Position (eg Secretary, Chair, etc)	Executive Director	Chair

Date 26/08/2021

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of	Charity Name FND Hope UK		
On accounts for the year ended	31 December 2020	Charity no (if any)	1173607 & SC048333
Set out on pages	1 and 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2020.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act (1)") and the Charities and Trustee Investment (Scotland) Act 2005 ("the Act (2)") and the Charities Accounts (Scotland) Regulations 2006 (as amended).

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act (1). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Charities Accounts (Scotland) Regulation 2006 does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act (2) and to state whether particular matters have come to my attention.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act (1) or in accordance with Section 44(1) (a) of the 2005 Act (2) and Regulation 4 of the 2006 Accounts Regulations
- the accounts do not accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:  Date: 1 September 2021

Name: F J Wilde

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

Address: 4 Marigold Drive

Bisley

Surrey GU24 9SF

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Empty box for disclosure details.



Receipts and payments accounts

For the period from	Period start date 01/01/2020	To	Period end date 31/12/2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & Legacies	43,099	-	-	43,099	46,513
Charitable Activities	-	-	-	-	225
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	43,099	-	-	43,099	46,738
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	43,099	-	-	43,099	46,738
A3 Payments					
Raising Funds	-	-	-	-	1,656
Charitable Activities	1,660	-	-	1,660	2,041
Marketing and Brochures	11,735	-	-	11,735	11,144
Training Costs	791	-	-	791	-
Office costs	4,505	-	-	4,505	2,100
Legal and Professional fees	1,537	-	-	1,537	1,751
Accountancy	600	-	-	600	-
Conference Expenses	-	-	-	-	843
Subscriptions	678	-	-	678	864
Venue Hire, Hotel and Accommodation	372	-	-	372	-
Insurance	986	-	-	986	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	22,864	-	-	22,864	20,399
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	22,864	-	-	22,864	20,399
Net of receipts/(payments)	20,235	-	-	20,235	26,339
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	49,965	-	-	49,965	23,626
Cash funds this year end	70,200	-	-	70,200	49,965

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	HSBC	62,762	-	-
	Paypal	7,438	-	-
		-	-	-
	Total cash funds	70,200	-	-

(agree balances with receipts and payments account(s))

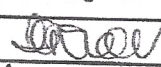
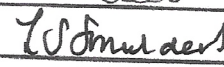
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	FND Hope Int. (shared services charge 2019 and 2020)		4,527	
	IE Fee		612	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Dawn Golder	26/08/21
	Cindy Smulders	26/08/21