



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 15 th 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)

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 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:

- 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

Additional policies are in place for Trustees (Recruitment and Retention of Volunteers, Unrestricted Reserves)

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.

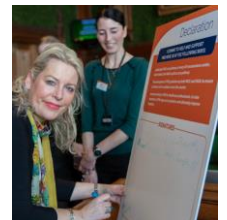
Marketing/PR/Social Media Activity

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.



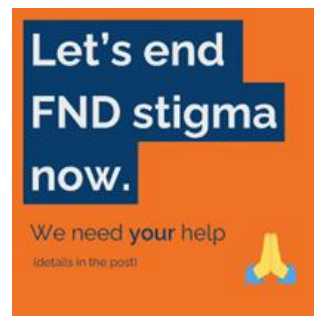
In **May** we have a large mix of different content including call outs for donations, specific symptoms discussions, posts about stigma, advertising our support groups and also our visit to the public health convention.



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!

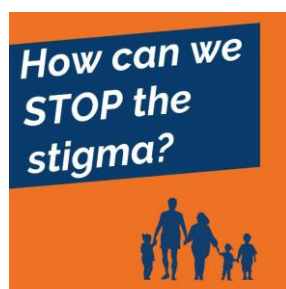


July was a mixture of general support posts regarding symptoms, advertising our peer support groups and posts for meeting our trustees.



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

www.fndhope.org.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

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.”

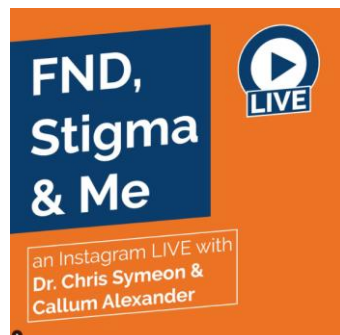
Patient Resources – Peer Support

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.



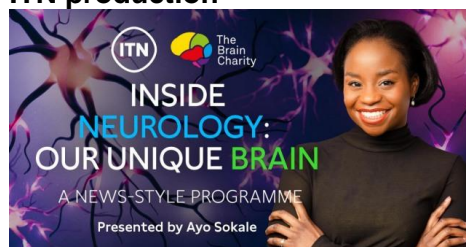
Research

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

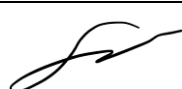
Section G

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: 

Date: 09/09/2024

Name: Linda Dunford

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

FCCA CTA

Address:

4 Marigold Drive

Bisley

GU24 9SF



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name No (if any)
FND Hope UK 1173607 & SC048333

Receipts and payments accounts

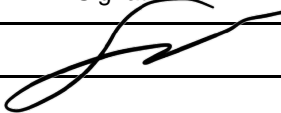
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For the period from	Period start date	To	Period end date
	01/01/2023		31/12/2023

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