

FND FRIENDS

England & Wales · Charity number 1176608

Details

Status Registered

Legal form CIO

Registered 2018-01-10

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

Contact

Address FND FrieNDs
89 Queen Street
Newton Abbot
Devon
TQ12 2BG

Phone 07933958195

Email info@fndfriends.com

Website fndfriends.com

Activities

Objects: THE RELIEF OF NEED OF ANYONE SUFFERING FROM OR AFFECTED BY FUNCTIONAL NEUROLOGICAL DISORDER (FND) IN THE SOUTH WEST OF ENGLAND BY SUCH MEANS AS THE TRUSTEES DEEM APPROPRIATE, IN PARTICULAR BUT NOT LIMITED TO ADVANCING THE UNDERSTANDING AND KNOWLEDGE OF FND AMONG HEALTHCARE WORKERS ACROSS THE SOUTH WEST OF ENGLAND AND PROVIDING A BEFRIENDING SERVICE TO HELP ELEVATE THE ISOLATION EXPERIENCED BY PATIENTS AND THEIR FAMILIES.

Activities: We are offering support online across the globe through our website and social media. Across the South West of England we offer practical support in the way of information packs sent/ handed out specific to where the member lives, as well as meet ups in towns & cities across the area plus home visits. We hold training days for medics to try to improve their knowledge and understanding of FND.

Classification

- **How:** Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Bath And North East Somerset
- Bristol City
- Cornwall
- Devon
- Dorset
- Gloucestershire
- North Somerset
- Somerset
- South Gloucestershire
- Wiltshire
- Throughout Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£20,037	£22,144	-	-
2024-04-05	£5,653	£18,684	-	-
2023-04-05	£21,512	£20,005	-	-
2022-04-05	£23,886	£27,075	-	-
2021-04-05	£51,734	£47,704	-	-

Trustees

Name	Role	Appointed
Amanda Hall		2020-04-27
Caroline Martin		2021-10-21
Dave Penny		2025-10-16
Emma Laskey		2025-01-07
Jessica Thomson		2018-02-07
Sam Lock		2025-10-16
Sharon Clark		2025-11-26

FND FRIENDS

England & Wales - Charity number 1176608

Accounts



To accompany accounts dated to 05/04/2024

Charity No.1176608

Our Aims and Objectives

The aims and objectives of FND Friends is to provide support to anyone suffering from or affected by Functional Neurological Disorder (FND) in the Southwest of England by such means as the trustees deem appropriate, in particular but not limited to advancing the understanding and knowledge of FND among healthcare workers across the Southwest of England and providing a befriending service to help alleviate the isolation experienced by patients and their families.

The Trustees consider the above objectives to be for the public benefit and have due consideration to the Charity Commission's guidance on public health.

Summary of the activities within the 12 months between 6th April 2024 and 5th April 2025.

1. Our continuously growing online (Facebook) community of individuals affected by FND, be they patients, relatives or carers has become a valuable resource for all concerned. The number of members on our Facebook closed support group have grown tremendously. This community encourages peer support, demonstrating that individuals are not alone, regardless of where they are geographically or in their FND journey. Some people find us at the beginning of their journey, around time of diagnosis, others find us years down the line. Wherever an individual is, the knowledge that those with FND are part of a large family is important and can assist in acceptance, achieving remission or making the most of a bad day.
2. Provides a platform for the sharing of ideas, knowledge and experience. Many people gather valuable knowledge about how to live with symptoms, where to look for assistance and how to react to the ideas, thoughts and impressions of others.
3. Provides a way in which people can socialise, reducing the social isolation felt by many but especially for those who are housebound by their symptoms.
4. Provides a pool of individuals whom may be willing to further FND research, either through participation or through the sharing of ideas.
5. Enables people to share both positive and negative experiences of the healthcare system within the Southwest of England. Greater knowledge helps people to understand what they can reasonably expect from a particular appointment type, who they can turn to when appointments go wrong and how to navigate the system to best find the assistance they need.
6. Provides us with a window so that we can see where we need to focus the efforts of FND FriENds.
7. Represents a small area of the UK. This allows us to discover other organisations within our area, work out how they might benefit our service users, and identify how we can work together to meet the needs of individuals. It also means that service users are more

- likely to find others in a similar situation, making it more likely that they can then benefit from meeting up and all that goes with that.
8. The Twitter account, for the dissemination of information about life with FND, is also proving to be a very useful way of finding those affected by the disorder in the SW of England, as well as a tool by which we can reach NHS communities (including CCG groups and NHS England), carers organisations, publicise events and run awareness days.
 9. We are offering a new service, visiting isolated individuals who are desperately in need of advice, advocacy and signposting prior to joining some of our meet-ups or on-line communities. We can also accompany individuals to MDT meetings, discussing their needs and supporting them in any way necessary.
 10. Upon request, we visit individuals while they are inpatients in the Rosa Burden Centre at Southmead Hospital, providing emotional and practical support as needed.
 11. We are continuing discussions with a number of leading clinicians across the country, which has culminated in some networking that is shaping our current activities. We regularly meet with Southwest Hospitals to do area updates.
 12. We are compiling an FND friendly Consultant Neurologist database for the whole of the Southwest of England. This will not only help patients find the support that they so desperately want and need, it will also aid other healthcare workers (OTs, Physios etc) to find the most appropriate person to refer their patient to, we have also been receiving direct NHS referrals since March 2022.
 13. We are continuing to work with other neurological patient support groups (such as the MS society, Parkinson's, Headway, MNA, Health Watch across the Southwest etc). We are also part of the FND Network committee. The Neuro Alliance and the FND Society and are networking with other professionals up and down the county.
 14. Organised patient support group meet-ups across the Southwest, with regular groups now meeting in Bristol, Swindon, Weston-super-Mare, Gloucester, Taunton, Yeovil. North Devon, Exeter, Plymouth, Torbay, Bournemouth, Weymouth, Minehead and St. Austell and Launceston.
 15. Our offices continue to grow from strength to strength.
 16. Designed and printed leaflets that describe what FND is, who we are and what we do. These leaflets have been distributed around our area, handed out at fetes and fayres, posted to those who have asked for them and offered at our local hospitals / Doctors' surgeries.
 17. Raised sufficient funds through fundraising activities, grant writing etc to enable us to perform the above activities.
 18. We have started the craft days back up in the Bristol office every 2 weeks. **We have started craft sessions in Taunton once a month and Seated Pilates in Yeovil once a week. And a new pain monthly pain cafe in our Devon office.**

Optional objectives and activities

1. We are identifying projects that require grant funding and thinking about how and where to apply.
2. We are currently reliant on volunteers for any of the work done by the charity, not just that performed by the Trustees. This work includes fundraising, outreach, publicity, befriending etc.
3. We have started online exercise classes once a week which have been going very well

and have also done Stress & Anxiety workshops.

Achievements and performance

1. We are the first FND patient support group to work exclusively for people based in the Southwest of England, a population that is traditionally hard to reach and often neglected. We are also the first FND patient support group to offer face – face consultations and discussion groups with invited external speakers.
2. The creation, promotion, and hosting of two Facebook groups: one (closed) group purely for patients and their carers (currently reaching 2900 members and growing daily) and another Young FND Friends Under 25, including those working with FND patients. Whilst the actual numbers of people in the groups are still fairly low, the impact the organisation has through the Facebook groups is much wider.
3. The creation and continual development of a website (fndfriends.com) which is receiving traffic most days. Through the website, it is not only a way to contact us but we can signpost individuals to different organisations in the Southwest of England and further afield that are intended to help those with disabilities, as well as share ideas, news, research ideas and more.
4. We have a Twitter account (@fndfriendsuk) and Instagram which we use to highlight the plight of patients diagnosed with FND, and to publicise ourselves, the disorder and events to the wider online community.
5. We held our first in person regional conference in March 2025 which was a huge success.
6. We joined 4 other FND patient support organisations to run a successful online awareness day on 25th March 2024 and again 2025. It attracted much attention (using platforms such as Twitter) from major organisations such as multiple NHS groups (such as commissioning groups) and news broadcasters (such as local BBC radio), as well as reaching out to individuals with the condition / blog authors / healthcare professionals who work with FND patients / researchers / and those purely with an interest in the condition, we also had a talk from Dr Jon Stone. Our Facebook group grew rapidly as a direct result of the awareness day.
7. The distribution of leaflets to doctor's surgeries, hospitals, chemists, as well as to individuals who have requested help through our Facebook groups.
8. The creation of links between FND FriENDs and leading medics. This will help us to ensure that patients are being informed of the most up to date thinking, research and ideas, as well as providing us with credibility within the medical world.
9. The development of a feedback service between patients and NHS services provided for patients with FND in the Southwest of England. This enables us to provide a truthful and honest view of the service that is provided.
10. We are now starting to do Awareness Days in Hospitals with one being done on March 2025 in Musgrove Hospital, Taunton and then on 12th August at Yeovil District Hospital, Yeovil.
11. It is planned that FND Friends starts running training days for trainee and qualified healthcare workers, sharing experiences of what it is like to live with FND, how it can change lives (and not just that of the patient) and how to help people help themselves.
12. We have set up several meetups across the Southwest, but most notably in Taunton, Weymouth, Devon and Cornwall. We are hoping to increase are volunteers' numbers to continue our work in these areas and other areas and to offer more activities and events

- in the Southwest.
13. We have supported other fundraising ideas, such as sponsored walks, independent markets, and stalls at other events.
 14. We have encouraged participation in research opportunities as and when they arise, by raising awareness of specific opportunities through our online communities.
 15. Both our offices continues to run successfully as a drop-in centre, where those affected by FND can find help, a friendly ear, or the opportunity to meet similarly affected individuals.
 16. Other successful fundraising grants from a number of organisations such as Devon County Council. We have run several online events to raise funds, where the merchandise we have been selling is generally items made and donated by individuals supported by FND FrieNDs. We have also been investigating other funding streams (such as Easyfundraising.com, Torbay Lottery, Teignbridge Lottery and PayPal Giving Fund) and have helped service users to raise money for the charity.
 17. We have been working alongside Dr Mallam from Bristol Southmead hospital and Dr Leo Russel to build on our services and the Hospital services throughout the Southwest and building better relationships with all the Hospitals throughout the southwest. This has come with a huge positive affect and has seen most of the Hospitals now referring patients to us after diagnosis and giving out our Website for information.

Financial Review

1. The charity prepares its annual financial records using the Receipts and Payments accounting method, permitted to unincorporated charities with income of less than £250,000.
2. At the end of the reporting period, the charity held unrestricted cash reserves of £5,129 (2024 - £7,472).
3. The charity will need to retain £5,500? in their account to cover the cost of the next 12 months for core cost such as both offices and activities and therapies sessions. Our Funding can vary as it can be hard applying for grants when more and more charities are applying for the same grants. We will continue to apply for grants for funding and continue with our fundraising events.
4. The charity Trustees believe the charity to still be a going concern and has a busy but productive 12 months ahead of us. We are looking at supporting new service users with all our activities and therapies that we provide.

Structure, Governance and Management

1. The charity is governed by its CIO Foundation Document dated 10 January 2018 and amended on 11 February 2021 and is constitutes a CIO.
2. The Trustees will continue to recruit Volunteers for current positions available across the southwest. The Charity uses social media to advertise for new staff as well as on their website. The Charity appoints new trustees from our current volunteers at our AGM through a voting and nomination system.

Reference and Administrative details

1. Charity registered name – FND FriENDs
2. Registered number – 1176608
3. Principal address – Suite 5 Bridge House, Courtenay Street, Newton Abbot, Devon, TQ12 2QS
4. Trustees
 1. Amanda Hall
 2. Caroline Martin
 3. Jessica Edden-Thomson
 4. Lucy Burrows (appointed 2024)

In 2024 Lucy Burrows became a trustee and in January 2025 Emma Laskey became a trustee.

Approved on behalf of the board of Trustees

A handwritten signature in black ink, appearing to read 'A Hall', with a small 'eves' watermark or mark at the bottom right of the signature.

Amanda Hall

Chair of the board of Trustees: FND FriENDs

Date: 27.11.25



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name FND FRIENDS	No (if any) 1176608
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CC16a

Receipts and payments accounts

For the period from	Period start date 6-Apr-24	To	Period end date 5-Apr-25
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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	2,284	-	-	2,284	1,320
GRANTS RECEIVED	6,310	1,500	-	7,810	10
FUNDRAISING	2,692	-	-	2,692	1,375
Sponsorship	200	-	-	-	-
PAYPAL	2,604	-	-	2,604	500
MERCHANDISE	5	-	-	5	118
REFUNDS	1,739	-	-	1,739	372
LOTTERY	128	-	-	128	277
Misc	2,575	-	-	2,575	229
Sub total (Gross income for AR)	18,537	1,500	-	19,837	4,201
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	18,537	1,500	-	19,837	4,201
A3 Payments					
RENT	5,272	1,000	-	6,272	7,193
INSURANCE	371	-	-	371	344
OFFICE COSTS	1,180	-	-	1,180	1,119
PRINT, POST AND IT COSTS	4,025	-	-	4,025	3,295
Tesco Grant	228	-	-	228	-
CRAFT SUPPLIES	29	200	-	229	218
Sponsorship	298	-	-	298	-
TRAINING	-	-	-	-	-
TRAVEL	-	-	-	-	-
EXPENSES	3,481	-	-	3,481	2,055
FUNDRAISING COSTS	169	-	-	169	-
LOTTERY	-	-	-	-	-
SUBSCRIPTIONS	-	-	-	-	-
STORAGE	-	-	-	-	-

OTHER MISC COSTS	7,091	300	-	7,391	3,844
MERCHANDISE		-	-	-	616
Sub total	22,144	1,500	-	23,644	18,684
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	22,144	1,500	-	23,471	18,684
Net of receipts/(payments)	- 3,607		-	- 3,607	- 14,483
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	7,599	-	-	-	20,565
Cash funds this year end	3,992.00	1,500	-	5,492	6,082

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


Categories	Details	Unrestricted funds	Restricted funds	Endowment funds to nearest £
B1 Cash funds	Bank account	4,353		-
	Savings account			-
	Paypal	776	-	-
	Total cash funds	5,129.00	-	-
	<small>(agree balances with receipts and payments account(s))</small>	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	NONE	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	NONE		-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
	COMPUTERS		1,500	1,000
			-	-
			-	-
			-	-

		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
NONE		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Amanda Hall	27.11.25

FND FRIENDS

England & Wales - Charity number 1176608

Accounts



To accompany accounts dated to 05/04/2024

Charity No.1176608

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2. Provides a platform for the sharing of ideas, knowledge and experience. Many people gather valuable knowledge about how to live with symptoms, where to look for assistance and how to react to the ideas, thoughts and impressions of others.
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4. Provides a pool of individuals whom may be willing to further FND research, either through participation or through the sharing of ideas.
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 12. We are compiling an FND friendly Consultant Neurologist database for the whole of the Southwest of England. This will not only help patients find the support that they so desperately want and need, it will also aid other healthcare workers (OTs, Physios etc) to find the most appropriate person to refer their patient to, we have also been receiving direct NHS referrals since March 2022.
 13. We are continuing to work with other neurological patient support groups (such as the MS society, Parkinson's, Headway, MNA, Health Watch across the Southwest etc). We are also part of the FND Network committee. We also joined the FND Society and are networking with other professionals up and down the county.
 14. Organised patient support group meet-ups across the Southwest, with regular groups now meeting in Bristol, Swindon, Weston-super-Mare, Gloucester, Taunton, Yeovil. Exeter, Plymouth, Torbay, Bournemouth, Weymouth and St. Austell.
 15. Our offices continue to grow from strength to strength.
 16. Designed and printed leaflets that describe what FND is, who we are and what we do. These leaflets have been distributed around our area, handed out at fetes and fayres, posted to those who have asked for them and offered at our local hospitals / Doctors' surgeries.
 17. Raised sufficient funds through fundraising activities, grant writing etc to enable us to perform the above activities.
 18. We have started the craft days back up in the Bristol office every 2 weeks.
 19. We have launched our new campaign FND Kids Road Show on Awareness Day 25th March 2023 and provided training for schools.

Optional objectives and activities

1. We are identifying projects that require grant funding and thinking about how and where to apply.

2. We are currently reliant on volunteers for any of the work done by the charity, not just that performed by the Trustees. This work includes fundraising, outreach, publicity, befriending etc.
3. We have started online exercise classes once a week which have been going very well and have also done Stress & Anxiety workshops.

Achievements and performance

1. We are the first FND patient support group to work exclusively for people based in the Southwest of England, a population that is traditionally hard to reach and often neglected. We are also the first FND patient support group to offer face – face consultations and discussion groups with invited external speakers.
2. The creation, promotion, and hosting of two Facebook groups: one (closed) group purely for patients and their carers (currently reaching 2000 members and growing daily) and another Young FND Friends Under 25, including those working with FND patients. Whilst the actual numbers of people in the groups are still fairly low, the impact the organisation has through the Facebook groups is much wider.
3. The creation and continual development of a website (fndfriends.com) which is receiving traffic most days. Through the website, it is not only a way to contact us but we can signpost individuals to different organisations in the Southwest of England and further afield that are intended to help those with disabilities, as well as share ideas, news, research ideas and more.
4. We have a Twitter account (@fndfriendsuk) and Instagram which we use to highlight the plight of patients diagnosed with FND, and to publicise ourselves, the disorder and events to the wider online community.
5. We had the Southwest Conference on the 19th March 24 which was held online and was attended by various health care professionals.
6. We joined 4 other FND patient support organisations to run a successful online awareness day on 25th March 2023 and again 2024. It attracted much attention (using platforms such as Twitter) from major organisations such as multiple NHS groups (such as commissioning groups) and news broadcasters (such as local BBC radio), as well as reaching out to individuals with the condition / blog authors / healthcare professionals who work with FND patients / researchers / and those purely with an interest in the condition, we also had a talk from Dr Jon Stone. Our Facebook group grew rapidly as a direct result of the awareness day.
7. Encouraged the creation of short stories and poetry, intended for distribution across social media with the #Voices4FND,, as part of FND awareness day UK 2023 and with hashtags #WeCare4FND, #YoungVoices4FND, an invaluable resource not just for patients, but for anyone affected by the condition. For 2023 we focused on kids with FND.
8. The distribution of leaflets to doctor's surgeries, hospitals, chemists, as well as to individuals who have requested help through our Facebook groups.
9. The creation of links between FND FrieNDs and leading medics. This will help us to ensure that patients are being informed of the most up to date thinking, research and ideas, as well as providing us with credibility within the medical world.
10. The development of a feedback service between patients and NHS services provided for patients with FND in the Southwest of England. This enables us to provide a truthful

- and honest view of the service that is provided.
11. We held several social meet ups on Zoom and MS Teams. We still have not been able to do awareness days in the Hospitals.
 12. It is planned that FND Friends starts running training days for trainee and qualified healthcare workers, sharing experiences of what it is like to live with FND, how it can change lives (and not just that of the patient) and how to help people help themselves.
 13. We have set up several meetups across the Southwest, but most notably in Taunton, Weymouth, Devon and Cornwall. We are hoping to increase are volunteers' numbers to continue our work in these areas and other areas and to offer more activities and events in the Southwest.
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 18. We have been working alongside Dr Mallam from Bristol Southmead hospital and Dr Leo Russel to build on our services and the Hospital services throughout the Southwest and building better relationships with all the Hospitals throughout the southwest. This has come with a huge positive affect and has seen most of the Hospitals now referring patients to us after diagnosis and giving out our Website for information.

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1. The charity prepares its annual financial records using the Receipts and Payments accounting method, permitted to unincorporated charities with income of less than £250,000.
2. At the end of the reporting period, the charity held unrestricted cash reserves of £7,472 (2023 - £20,565).
3. The charity will need to retain £5,500 in their account to cover the cost of the next 12 months for core cost such as both offices and activities and therapies sessions. Our Funding can vary as it can be hard applying for grants when more and more charities are applying for the same grants. We will continue to apply for grants for funding and continue with our fundraising events.
4. The charity Trustees believe the charity to still be a going concern and has a busy but productive 12 months ahead of us. We are looking at supporting new service users with all our activities and therapies that we provide.

Structure, Governance and Management

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2. The Trustees will continue to recruit Volunteers for current positions available across the southwest. The Charity uses social media to advertise for new staff as well as on their website. The Charity appoints new trustees from our current volunteers at our AGM through a voting and nomination system.

Reference and Administrative details

1. Charity registered name – FND FrieNDs
2. Registered number – 1176608
3. Principal address – Suite 5 Bridge House, Courtenay Street, Newton Abbot, Devon, TQ12 2QS
4. Trustees
 1. Amanda Hall
 2. Caroline Martin
 3. Jessica Edden-Thomson
 4. Lucy Burrows (appointed 2024)

In September 2023 Suzanna Groves stepped down from being a trustee October 2023, Amy Reeves and Dan Brown stepped down from being a trustee and in November 2023 Hannah Padley stepped down from being a trustee and in January 2024 became a trustee.

Approved on behalf of the board of Trustees

A handwritten signature in black ink, appearing to read 'A Hall', with a small 'eves' written below it.

Amanda Hall

Chair of the board of Trustees: FND FrieNDs

Date: 28.11.24



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name FND FRIENDS	No (if any) 1176608
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CC16a

Receipts and payments accounts				
For the period from	Period start date 06-Apr-23	To	Period end date 05-Apr-24	

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	1,320	-	-	1,320	977
GRANTS RECEIVED	-	1,500	-	#VALUE!	15,370
FUNDRAISING	1,385	-	-	1,385	388
BANK INTEREST	--	-	-	-	-
PAYPAL	500	-	-	500	3,472
MERCHANDISE	118	-	-	118	71
REFUNDS	372	-	-	372	1,013
LOTTERY	229	-	-	229	193
Misc	229	-	-	229	28
Sub total (Gross income for AR)	4,153	1,500	-	#VALUE!	21,512
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,153	1,500	-	#VALUE!	21,512
A3 Payments					
RENT	6,912	281	-	7,193	8,177
INSURANCE	344	-	-	344	324
OFFICE COSTS	1,119	-	-	1,119	1,212
PRINT, POST AND IT COSTS	3,092	203	-	3,295	2,214
WAGES	-	-	-	-	-
CRAFT SUPPLIES	218	-	-	218	148
PULICITY AND AWARENESS	-	-	-	-	-
TRAINING	-	-	-	-	-
TRAVEL	-	-	-	-	60
EXPENSES	2,042	13	-	2,055	3,758
FUNDRAISING COSTS	-	-	-	-	84
LOTTERY	-	-	-	-	-
SUBSCRIPTIONS	-	-	-	-	-
STORAGE	-	-	-	-	-
OTHER MISC COSTS	3,676	168	-	3,844	3,847
MERCHANDISE	616	1	-	616	181

	Sub total	18,019	665	-	18,684	20,005
A4 Asset and investment purchases, (see table)						
		-	-	-	-	
		-	-	-	-	
	Sub total	-	-	-	-	-
	Total payments	18,019	665	-		20,005
	Net of receipts/(payments)	- 13,866		-	- 13,866	1,507
A5 Transfers between funds		-	-	-	-	-
A6 Cash funds last year end		20,565	-	-	-	19,637
Cash funds this year end		6,699.00	665	-	7,364	21,144

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


Categories	Details	Unrestricted funds	Restricted funds	Endowment funds to nearest £
B1 Cash funds	Bank account	6,696	835	-
	Savings account			-
	Paypal	776	-	-
	Total cash funds	7,472.00	835	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
	NONE	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	NONE		-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
	COMPUTERS		1,500	1,000
			-	-
			-	-
			-	-

B5 Liabilities

		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
NONE		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Amanda Hall	28.11.24

FND FRIENDS

England & Wales - Charity number 1176608

Accounts



To accompany accounts dated to 05/04/2023

Charity No.1176608

Our Aims and Objectives

The aims and objectives of FND Friends is to provide support to anyone suffering from or affected by Functional Neurological Disorder (FND) in the Southwest of England by such means as the trustees deem appropriate, in particular but not limited to advancing the understanding and knowledge of FND among healthcare workers across the Southwest of England and providing a befriending service to help alleviate the isolation experienced by patients and their families.

The Trustees consider the above objectives to be for the public benefit and have due consideration to the Charity Commission's guidance on public health.

Summary of the activities within the 12 months between 6th April 2022 and 5th April 2023.

1. Our continuously growing online (Facebook) community of individuals affected by FND, be they patients, relatives or carers has become a valuable resource for all concerned. The number of members on our Facebook closed support group have grown tremendously. This community encourages peer support, demonstrating that individuals are not alone, regardless of where they are geographically or in their FND journey. Some people find us at the beginning of their journey, around time of diagnosis, others find us years down the line. Wherever an individual is, the knowledge that those with FND are part of a large family is important and can assist in acceptance, achieving remission or making the most of a bad day.
2. Provides a platform for the sharing of ideas, knowledge and experience. Many people gather valuable knowledge about how to live with symptoms, where to look for assistance and how to react to the ideas, thoughts and impressions of others.
3. Provides a way in which people can socialise, reducing the social isolation felt by many but especially for those who are housebound by their symptoms.
4. Provides a pool of individuals whom may be willing to further FND research, either through participation or through the sharing of ideas.
5. Enables people to share both positive and negative experiences of the healthcare system within the Southwest of England. Greater knowledge helps people to understand what they can reasonably expect from a particular appointment type, who they can turn to when appointments go wrong and how to navigate the system to best find the assistance they need.
6. Provides us with a window so that we can see where we need to focus the efforts of FND FriENds.
7. Represents a small area of the UK. This allows us to discover other organisations within our area, work out how they might benefit our service users, and identify how we can work together to meet the needs of individuals. It also means that service users are more

- likely to find others in a similar situation, making it more likely that they can then benefit from meeting up and all that goes with that.
8. The Twitter account, for the dissemination of information about life with FND, is also proving to be a very useful way of finding those affected by the disorder in the SW of England, as well as a tool by which we can reach NHS communities (including CCG groups and NHS England), carers organisations, publicise events and run awareness days.
 9. We are offering a new service, visiting isolated individuals who are desperately in need of advice, advocacy and signposting prior to joining some of our meet-ups or on-line communities. We can also accompany individuals to MDT meetings, discussing their needs and supporting them in any way necessary. These services have been strained this year due to Covid restrictions.
 10. Upon request, we visit individuals while they are inpatients in the Rosa Burden Centre at Southmead Hospital, providing emotional and practical support as needed.
 11. We are continuing discussions with a number of leading clinicians across the country, which has culminated in some networking that is shaping our current activities. We have been consulted in the writing of an article to appear in the BMJ about the diagnosis of FND, as well as policy making in Scotland (although this is out of area, we are still able to use our experience and share ideas for the benefit of all). We regularly meet with Southwest Hospitals to do area updates.
 12. We are compiling an FND friendly Consultant Neurologist database for the whole of the Southwest of England. This will not only help patients find the support that they so desperately want and need, it will also aid other healthcare workers (OTs, Physios etc) to find the most appropriate person to refer their patient to, we have also been receiving direct NHS referrals since March 2022.
 13. We are continuing to work with other neurological patient support groups (such as the MS society, Parkinson's, Headway, MNA etc) based in the Bristol area and further afield to form neurological alliances. We are also part of the FND Network committee. We also joined the FND Society and are networking with other professionals up and down the county.
 14. Organised patient support group meet-ups across the Southwest, with regular groups now meeting in Bristol, Swindon, Weston-super-Mare, Gloucester, Taunton, Yeovil, Exeter, Plymouth, Torbay, Bournemouth, Weymouth and St. Austell.
 15. Our offices continue to grow from strength to strength.
 16. Designed and printed leaflets that describe what FND is, who we are and what we do. These leaflets have been distributed around our area, handed out at fetes and fayres, posted to those who have asked for them and offered at our local hospitals / Doctors' surgeries.
 17. Raised sufficient funds through fundraising activities, grant writing etc to enable us to perform the above activities.
 18. The Bristol office is still up and running but due to Covid we were following Government regulations.
 19. We have started the craft days back up in the Bristol office every 2 weeks – new comment.
 20. We have launched our new campaign FND Kids Road Show on Awareness Day 25th March 2023.

Optional objectives and activities

1. We are identifying projects that require grant funding and thinking about how and where to apply.
2. We are currently reliant on volunteers for any of the work done by the charity, not just that performed by the Trustees. This work includes fundraising, outreach, publicity, befriending etc.

Achievements and performance

1. We are the first FND patient support group to work exclusively for people based in the Southwest of England, a population that is traditionally hard to reach and often neglected. We are also the first FND patient support group to offer face – face consultations and discussion groups with invited external speakers.
2. The creation, promotion, and hosting of two Facebook groups: one (closed) group purely for patients and their carers (currently reaching 1,700 members and growing daily) and another (open) group (@functionalsymptoms) available for anyone, including those working with FND patients. Whilst the actual numbers of people in the groups are still fairly low, the impact the organisation has through the Facebook groups is much wider.
3. The creation and continual development of a website (fndfriends.com) which is receiving traffic most days. Through the website, it is not only a way to contact us but we can signpost individuals to different organisations in the Southwest of England and further afield that are intended to help those with disabilities, as well as share ideas, news, research ideas and more.
4. We have a Twitter account (@fndfriendsuk) and Instagram which we use to highlight the plight of patients diagnosed with FND, and to publicise ourselves, the disorder and events to the wider online community.
5. We joined 4 other FND patient support organisations to run a successful online awareness day on 25th March 2022 and again 2023. It attracted much attention (using platforms such as Twitter) from major organisations such as multiple NHS groups (such as commissioning groups) and news broadcasters (such as local BBC radio), as well as reaching out to individuals with the condition / blog authors / healthcare professionals who work with FND patients / researchers / and those purely with an interest in the condition. Our Facebook group grew rapidly as a direct result of the awareness day.
6. Encouraged the creation of short stories and poetry, intended for distribution across social media with the #Voices4FND,, as part of FND awareness day UK 2023 and with hashtags #WeCare4FND, #YoungVoices4FND, an invaluable resource not just for patients, but for anyone affected by the condition. For 2023 we focused on kids with FND.
7. The distribution of leaflets to doctor's surgeries, hospitals, chemists, as well as to individuals who have requested help through our Facebook groups.
8. The creation of links between FND FriENDs and leading medics. This will help us to ensure that patients are being informed of the most up to date thinking, research and ideas, as well as providing us with credibility within the medical world.
9. The development of a feedback service between patients and NHS services provided for patients with FND in the Southwest of England. This enables us to provide a truthful and honest view of the service that is provided.
10. We held several social meet ups on Zoom and MS Teams. We still have not been able to do awareness days in the Hospitals.

11. It is planned that FND Friends starts running training days for trainee and qualified healthcare workers, sharing experiences of what it is like to live with FND, how it can change lives (and not just that of the patient) and how to help people help themselves.
12. We have set up several meetups across the Southwest, but most notably in Taunton, Weymouth, Devon and Cornwall. We are hoping to increase are volunteers' numbers to continue our work in these areas and other areas and to offer more activities and events in the Southwest.
13. We have supported other fundraising ideas, such as sponsored walks, independent markets, and stalls at other events.
14. We have encouraged participation in research opportunities as and when they arise, by raising awareness of specific opportunities through our online communities.
15. Both our offices continues to run successfully as a drop-in centre, where those affected by FND can find help, a friendly ear, or the opportunity to meet similarly affected individuals.
16. We ran a very successful Christmas online zoom party.
17. Other successful fundraising grants from a number of organisations such as Scope and Devon County Council. We have run several online events to raise funds, where the merchandise we have been selling is generally items made and donated by individuals supported by FND FrieNDs. We have also been investigating other funding streams (such as Easyfundraising.com, Amazon Smile, Torbay Lottery and PayPal Giving Fund) and have helped service users to raise money for the charity.
18. We have been working alongside Dr Mallam from Bristol Southmead hospital and Dr Leo Russel to build on our services and the Hospital services throughout the Southwest and building better relationships with all the Hospitals throughout the southwest. This has come with a huge positive affect and has seen most of the Hospitals now referring patients to us after diagnosis and giving out our Website for information.

Financial Review

1. The charity prepares its annual financial records using the Receipts and Payments accounting method, permitted to unincorporated charities with income of less than £250,000.
2. At the end of the reporting period, the charity held unrestricted cash reserves of £20,707 (2022 - £19,637).
3. The charity will need to retain £10,000 in their account to cover the cost of the next 12 months for core cost such as both offices and activities and therapies sessions. Our Funding can vary as it can be hard applying for grants when more and more charities are applying for the same grants. We will continue to apply for grants for funding and continue with our fundraising events.
4. The charity Trustees believe the charity to still be a going concern and has a busy but productive 12 months ahead of us. We are looking at supporting new service users with all our activities and therapies that we provide.

Structure, Governance and Management

1. The charity is governed by its CIO Foundation Document dated 10 January 2018 and amended on 11 February 2021 and is constitutes a CIO.
2. The Trustees will continue to recruit Volunteers for current positions available across the southwest. The Charity uses social media to advertise for new staff as well as on

their website. The Charity appoints new trustees from our current volunteers at our AGM through a voting and nomination system.

Reference and Administrative details

1. Charity registered name – FND FrieNDs
2. Registered number – 1176608
3. Principal address – Bradbury House, Wheatfield Drive, Bradley Stoke, BRISTOL BS32 9D21B
4. Trustees
 1. Amanda Hall
 2. Caroline Martin
 3. Daniel Browne
 4. Jessica Edden-Thomson
 5. Amy Reeves
 6. Hannah Padley (appointed 2023)
 7. Suzanna Groves (appointed 2023)

In February 2023 Hannah Padley and Suzanna Groves became a Trustee and in March 2023 Clara Edden-Thomson stepped down from being a trustee.

Approved on behalf of the board of Trustees



Amanda Hall

Chair of the board of Trustees: FND FrieNDs

Date: 27.09.23



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name FND FRIENDS	No (if any) 1176608
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CC16a

Receipts and payments accounts	
For the period from	Period start date 06-Apr-22
To	Period end date 05-Apr-23

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	977	-	-	977	1,520
GRANTS RECEIVED	14,205	1,165	-	15,370	10,500
FUNDRAISING	388	-	-	388	2,184
BANK INTEREST	--	-	-	-	-
PAYPAL	3,472	-	-	3,472	7,800
MERCHANDISE	71	-	-	71	-
REFUNDS	1,013	-	-	1,013	8,359
LOTTERY	193	-	-	193	-
Misc	28	-	-	28	-
Sub total (Gross income for AR)	20,347	1,165	-	21,512	30,363
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	20,347	1,165	-	-	30,363

A3 Payments					
RENT	8,177	-	-	8,177	7,703
INSURANCE	324	-	-	324	325
OFFICE COSTS	1,212	-	-	1,212	531
PRINT, POST AND IT COSTS	2,214	-	-	2,214	6,246
WAGES	-	-	-	-	-
CRAFT SUPPLIES	148	-	-	148	113
PULICITY AND AWARENESS	-	-	-	-	553
TRAINING	-	-	-	-	10
TRAVEL	-	60	-	60	-
EXPENSES	3,758	-	-	3,758	3,940
FUNDRAISING COSTS	84	-	-	84	-
LOTTERY	-	-	-	-	3,139
SUBSCRIPTIONS	-	-	-	-	194
STORAGE	-	-	-	-	795
OTHER MISC COSTS	3,430	1 417	-	3,847	3,234

MERCHANDISE	181	-	-	181	-
Sub total	19,528	477	-	20,005	26,783
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	19,528	477	-		26,783
Net of receipts/(payments)	819		-	819	3,580
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	19,637	-	-	-	22,826
Cash funds this year end	20,456.00	-	-	20,456	26,406

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


Categories	Details	Unrestricted funds	Restricted funds	Endowment funds to nearest £
B1 Cash funds	Bank account	19,894	688	-
	Savings account			-
	Paypal	813	-	-
	Total cash funds	20,707.00	688	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	NONE	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	NONE		-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
	COMPUTERS		1,500	1,000
			-	-
			-	-
			-	-
			-	-

B5 Liabilities

		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
NONE		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Amanda Hall	27.09.23

FND FRIENDS

England & Wales - Charity number 1176608

Accounts



To accompany accounts dated to 05/04/2022

Charity No.1176608

Our Aims and Objectives

The aims and objectives of FND Friends is to provide support to anyone suffering from or affected by Functional Neurological Disorder (FND) in the Southwest of England by such means as the trustees deem appropriate, in particular but not limited to advancing the understanding and knowledge of FND among healthcare workers across the Southwest of England and providing a befriending service to help alleviate the isolation experienced by patients and their families.

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6. Provides us with a window so that we can see where we need to focus the efforts of FND Friends.
7. Represents a small area of the UK. This allows us to discover other organisations within our area, work out how they might benefit our service users, and identify how we can work together to meet the needs of individuals. It also means that service users are more

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 9. We are offering a new service, visiting isolated individuals who are desperately in need of advice, advocacy and signposting prior to joining some of our meet-ups or on-line communities. We can also accompany individuals to MDT meetings, discussing their needs and supporting them in any way necessary. These services have been strained this year due to Covid restrictions.
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 11. We are continuing discussions with a number of leading clinicians across the country, which has culminated in some networking that is shaping our current activities. We have been consulted in the writing of an article to appear in the BMJ about the diagnosis of FND, as well as policy making in Scotland (although this is out of area, we are still able to use our experience and share ideas for the benefit of all). In March 2022 we held a Southwest Conference.
 12. We are compiling an FND friendly Consultant Neurologist database for the whole of the Southwest of England. This will not only help patients find the support that they so desperately want and need, it will also aid other healthcare workers (OTs, Physios etc) to find the most appropriate person to refer their patient to, we have also been receiving direct NHS referrals since March 2022.
 13. We are continuing to work with other neurological patient support groups (such as the MS society, Parkinson's, Headway, MNA etc) based in the Bristol area and further afield to form neurological alliances. We also joined the FND Society and are networking with other professionals up and down the county.
 14. Organised patient support group meet-ups across the South West, with regular groups now meeting in Bristol, Swindon, Weston-super-Mare, Gloucester, Taunton, Yeovil, Exeter, Plymouth, Torbay, Bournemouth, Weymouth and St. Austell.
 15. We expanded our second office and Drop-in centre in Devon which has been incredibly successful in reaching more local people and working with The local hospitals.
 16. Due to Covid we haven't been able to do any patient awareness in hospital but have on-line.
 17. Designed and printed leaflets that describe what FND is, who we are and what we do. These leaflets have been distributed around our area, handed out at fetes and fayres, posted to those who have asked for them and offered at our local hospitals / Doctors' surgeries.
 18. Raised sufficient funds through fundraising activities, grant writing etc to enable us to perform the above activities.
 19. The Bristol office is still up and running but due to Covid we were following Government regulations.

Optional objectives and activities

1. We are identifying projects that require grant funding and thinking about how and where to apply.

2. We are currently reliant on volunteers for any of the work done by the charity, not just that performed by the Trustees. This work includes fundraising, outreach, publicity, befriending etc.

Achievements and performance

1. We are the first FND patient support group to work exclusively for people based in the Southwest of England, a population that is traditionally hard to reach and often neglected. We are also the first FND patient support group to offer face – face consultations and discussion groups with invited external speakers.
2. The creation, promotion and hosting of two Facebook groups: one (closed) group purely for patients and their carers (currently reaching 1,380 members and growing daily) and another (open) group (@functionalsymptoms) available for anyone, including those working with FND patients. Whilst the actual numbers of people in the groups are still fairly low, the impact the organisation has through the Facebook groups is much wider.
3. The creation and continual development of a website (fndfriends.com) which is receiving traffic most days. Through the website, it is not only a way to contact us but we can signpost individuals to different organisations in the South West of England and further afield that are intended to help those with disabilities, as well as share ideas, news, research ideas and more.
4. We have a Twitter account (@fndfriendsuk) and Instagram which we use to highlight the plight of patients diagnosed with FND, and to publicise ourselves, the disorder and events to the wider online community.
5. We joined 4 other FND patient support organisations to run a successful online awareness day on 25th March 2021 and again 2022. It attracted much attention (using platforms such as Twitter) from major organisations such as multiple NHS groups (such as commissioning groups) and news broadcasters (such as local BBC radio), as well as reaching out to individuals with the condition / blog authors / healthcare professionals who work with FND patients / researchers / and those purely with an interest in the condition. Our Facebook group grew rapidly as a direct result of the awareness day.
6. Encouraged the creation of short films describing life with FND, intended for distribution across social media with the #voices4fnd, as part of FND awareness day UK 2021 and again #WeCare4FND for 2022. These films are hosted on Youtube, and are an invaluable resource not just for patients, but for anyone affected by the condition.
7. The distribution of leaflets to doctor's surgeries, hospitals, chemists, as well as to individuals who have requested help through our Facebook groups.
8. The creation of links between FND FrieNDs and leading medics. This will help us to ensure that patients are being informed of the most up to date thinking, research and ideas, as well as providing us with credibility within the medical world.
9. The development of a feedback service between patients and NHS services provided for patients with FND in the Southwest of England. This enables us to provide a truthful and honest view of the service that is provided.
10. We held several social meet ups on Zoom due to covid restrictions we have been unable to put on awareness days in the Hospitals.
11. It is planned that FND Friends starts running training days for trainee and qualified healthcare workers, sharing experiences of what it is like to live with FND, how it can change lives (and not just that of the patient) and how to help people help themselves.
12. We have set up several meetups across the Southwest, but most notably in Bristol,

- Swindon, Gloucester, Salisbury, Taunton, Weymouth, Devon and Cornwall. We are hoping to increase are volunteers numbers to continue our work in these areas and to offer more activities and events in these areas.
13. We have supported other fundraising ideas, such as sponsored walks and coffee mornings and some on-line events.
 14. We have encouraged participation in research opportunities as and when they arise, by raising awareness of specific opportunities through our online communities.
 15. Both our offices continues to run successfully as a drop-in centre, where those affected by FND can find help, a friendly ear or the opportunity to meet similarly affected individuals. Although the emergence of a Corona virus-Covid-19 may affect this over the coming months.
 16. We ran a very successful Christmas online zoom party.
 17. Other successful fundraising grants from a number of organisations. We have run several online events to raise funds, where the merchandise we have been selling is generally items made and donated by individuals supported by FND FrieNDs. We have also been investigating other funding streams (such as Easyfundraising.com, Amazon Smile, Torbay Lottery and PayPal Giving Fund) and have helped service users to raise money for the charity.
 18. We have been working alongside Dr Mallam from Bristol Southmead hospital and Dr Leo Russel. To build on our services and the Hospital services throughout the Southwest and building better relationships with all the Hospitals throughout the southwest. This has come with a huge positive affect and has seen most of the Hospitals now referring patients to us after diagnosis and giving out our Website for information.

Financial Review

1. The charity prepares its annual financial records using the Receipts and Payments accounting method, permitted to unincorporated charities with income of less than £250,000.
2. At the end of the reporting period, the charity held unrestricted cash reserves of £19,677 (2021 - £22,826).
3. The charity will need to retain £10,000 in their account to cover the cost of the next 12 months for core cost such as both offices and activities and therapies sessions. Our Funding can vary as it can be hard applying for grants when more and more charities are applying for the same grants. We will continue to apply for grants for funding and continue with our fundraising events.
4. The charity Trustees believe the charity to still be a going concern and has a busy but productive 12 months ahead of us. We are looking at supporting new service users with all our activities and therapies that we provide.

Structure, Governance and Management

1. The charity is governed by its CIO Foundation Document dated 10 January 2018 and amended on 11 February 2021 and is constitutes a CIO.
2. The Trustees will continue to recruit Volunteers for current positions available across the southwest. The Charity uses social media to advertise for new staff as well as on their website. The Charity appoints new trustees from our current volunteers at our AGM through a voting and nomination system.

Reference and Administrative details

1. Charity registered name – FND FrieNDs
2. Registered number – 1176608
3. Principal address – Bradbury House, Wheatfield Drive, Bradley Stoke, BRISTOL BS32 9D21B
4. Trustees
 1. Amanda Hall
 2. Caroline Martin (appointed October 2021)
 3. Daniel Browne (appointed June 2021)
 4. Jessica Edden-Thomson
 5. Amy Reeves
 6. Clara Edden-Thomson (appointed 2021)

In June 2021 Hannah stepped down from being Chairperson and trustee, Amanada become Chairperson, Jessica became Secretary and Daniel became Vice Chair.

Approved on behalf of the board of Trustees



Amanda Hall

Chair of the board of Trustees: FND FrieNDs

Date: 12/1/2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

FND FRIENDS

1176608

Receipts and payments accounts

CC16a

For the period from	06-Apr-21	To	05-Apr-22
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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	1,520	-	-	1,520	14,083
GRANTS RECEIVED	10,500	-	-	10,500	40,864
FUNDRAISING	2,184	-	-	2,184	923
LEGACY INCOME	-	-	-	-	-
BANK INTEREST	-	-	-	-	1
MERCHANDISE	-	-	-	-	50
PAYPAL	1,323	-	-	1,323	1,717
REFUNDS ON EXPENDITURE	8,359	-	-	8,359	-
	-	-	-	-	-
Sub total (Gross income for AR)	23,886	-	-	23,886	57,641
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,886	-	-	23,886	57,641
A3 Payments					
RENT	7,703	-	-	7,703	4,731
INSURANCE	325	-	-	325	325
OFFICE COSTS	531	-	-	531	-
PRINT, POST AND IT COSTS	6,246	-	-	6,246	7,773
WAGES	-	-	-	-	17,292
CRAFT SUPPLIES	113	-	-	113	-
PUBLICITY AND AWARENESS	553	-	-	553	110
TRAINING	10	-	-	10	9,741
BEHINDING COSTS	-	-	-	-	10
EXPENSES	3,940	-	-	3,940	4,723
FUNDRAISING COSTS	-	-	-	-	730
LOTTERY	3,139	-	-	3,139	-
SUBSCRIPTIONS	194	-	-	194	-
STORAGE	795	-	-	795	-
OTHER MISC COSTS	3,234	1	-	3,234	5,158

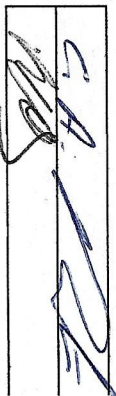

PAYPAL FEES	292	-	-	292	-
Sub total	27,075	-	-	27,075	50,592
A4 Asset and investment purchases, (see table)	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	27,075	-	-	27,075	50,592
Net of receipts/(payments)	3,189	-	-	3,189	7,049
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22,826	-	-	22,826	15,777
Cash funds this year end	19,637	-	-	19,637	22,826

B5 Liabilities

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

		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
NONE		-	
		-	
		-	
		-	

Signature	Print Name	Date of approval
	C.A. MARTIN	23/2/23
	A. REEVES	23/2/23