

CHARITY NAME:

FND MATTERS NI

REPORTING PERIOD:

1st APRIL 2024 TO 31st MARCH 2025

CHARITY COMMISSION NUMBER:

108776

Trustees Annual Report for the period ended 31st March 2025

MEETING PROGRAMME

Our weekly Tuesday Zoom peer group meetings continued and were well attended, also our in person drop-ins continued to be popular and attendance at each one was approx 15-20 people. We were able to hold at least one per month at different locations (Belfast, Lisburn, Newtownards, Portadown & Newry) and our volunteers at each one monitored each session.

Additionally, we introduced themed discussion sessions and guest speakers during several meetings, which were well received and sparked engaging conversations among attendees. The positive feedback highlighted the value of both regular peer support and opportunities for learning and networking within our community.

Our young persons and young adults group met every week via Zoom. They also had a creative day with artist Lauren and produced a video funded by Tesco. Their artwork was displayed at an art gallery in Cityside which was well received. Our groups are very supportive of each other and have welcomed more people into the groups.

COUNSELLING

This year we funded more than 800 hours of Counselling and feedback from the counsellors reported that in all cases the benefits from counselling has led to improved mental and physical health, and outcomes have dramatically improved. We are also getting referrals from social workers who have clients diagnosed with FND asking for our help and support. We also welcomed a new counsellor this year who is qualified to provide counselling for children. This is a great addition to the team and also to the range of counselling we can offer. A new befriending service was started this year and involves 4 of our volunteers offering a phone call once a week in order to give support, these volunteers also have FND and are empathetic in their approach. Our Counsellors also attended a training day at Lansdown Hotel.

NETWORKING

This year we have been heavily involved with campaigning for better services for people with FND. We supported many research projects led by Queens University and Ulster University. These projects are on going and hopefully will provide information to us. On a weekly basis we have answered requests for Booklets we produced to be sent to various Doctors, physiotherapists, speech and language therapists and the Ambulance Service, we have also had requests to train HSC staff. One of our trustees attended a training session presented by Brain Injury. We also attended 2 health fairs, and are members of the All party group on neurology which includes other neurology charities and is hosted by M L A's. We continue to be members of NINCA (northern Ireland neurological charities alliance) and have committed to 'Fight for Neuro Campaign' which will be launched at Stormont sometime after the Neurology

Review is published sometime in June 2025. We are also members of FND Network and have attended meetings with our colleagues in England and Scotland. We were also part of the working group for Brain Awareness Week.

FUNDING

This year we joined a new fundraising platform 'Enthuse' this has enabled us to simplify and make things easier for supporters to donate. We have some supporters who have set up a direct debit for a monthly amount. Our supporters have also contributed to our fundraising efforts and have raised approx. £5,200 which includes bucket collections and sponsored events. Other funding received was £24,000 which was restricted and went towards our yearly counselling expenses.

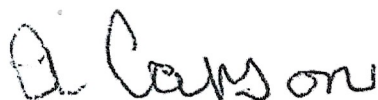
TRUSTEE MEETING PROGRAMME

All our trustees have been attending meetings – ninca, apg on neurology – neurology review meetings, hosting drop-ins. We have been meeting approx. monthly keeping up to date on neurology, funding etc.

PLANS FOR 2025 – 2026

To continue campaigning for services specific to FND and to secure funding for a worker and a new and updated website.

The trustees report was approved by the board of trustees on 10/12/2025 and were signed on their behalf by:



Mrs Alfreda Carson

Treasurer

Date: 10/12/2025