

FND Action

ANNUAL REPORT

31st December 2025

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Administration & Leadership

Registered Charity name: FND Action

Registered Charity number: 1169554

Registered address: 5a New Road Avenue, Chatham
Kent, ME4 6BB

Trustees: Eric Rosser, James Shipley, Timothy Nicholson, Tom Plender, Richmond Stace, Lisa Dickinson, Jenay Brehm, Danyal Mackenzie

The constitution was adopted on the 23th September 2016. FND Action is a Charitable Incorporated Organisation (CIO) and was registered with the Charity Commission on the 10th October 2016.

Welcome from our Chair and CEO

2025 has been another important year for FND Action as we continue our mission to support people living with Functional Neurological Disorder, their families, and carers. As a patient-led charity, lived experience remains at the heart of everything we do, helping to shape the support, information, and advocacy we provide.

Like many small charities, we've encountered a combination of opportunities and challenges throughout the year. Thanks to the commitment of our trustees, volunteers, fundraisers, and supporters, we have continued to strengthen the organisation and build a sustainable future for the FND community.

Alongside the continued development of our services, we have worked to strengthen the charity through improved governance, robust policies and procedures, and a growing volunteer network. These foundations help ensure that FND Action remains accountable, transparent, and able to meet the increasing demand for support.

Our website and support services have continued to provide trusted information and guidance to thousands of people across the UK and beyond, while our awareness and advocacy work has helped ensure that the voices of people living with FND are represented within the wider neurological community.

None of this would be possible without the dedication and generosity of everyone who supports FND Action. Together, we are helping to improve understanding, reduce stigma, and ensure that nobody affected by FND feels alone.

Thank you for your continued support.

Tom Plender - Chair
Kim Hearne - CEO & Founder

Vision, Mission & Values



Vision:

To shine a light on Functional Neurological Disorder, so that people diagnosed feel heard, supported and empowered.

Mission:

To create a world where FND is no longer hidden or misunderstood, where all people affected receive empathy and understanding and can access the support and treatment that is right for them.

Empathy
We approach every person and situation with compassion and understanding.

Knowledge
We provide accurate information to ensure our community is always well-informed.

Support
We create safe spaces where people can share experiences and receive peer and expert support.

Community
We welcome staff, volunteers, and supporters from all backgrounds who share in our mission.

Transparency
We are accountable to our community and ensure our resources are well-managed.

Advocacy
We work tirelessly to ensure that FND patients receive the treatment and support they deserve.

Highlighted Activities

FND Action continues to support and advocate for people affected by Functional Neurological Disorder through patient-led services, accessible information, awareness campaigns, and collaborative working across the neurological community. Everything we do is shaped by lived experience, helping to ensure that individuals and families affected by FND feel informed, supported, and less alone.



Supporting People with FND, Families and Carers

Our support services continue to provide a safe and welcoming space for people living with FND, as well as their families and carers. Through one-to-one support, online peer communities, and local meet-ups, we help reduce isolation and connect people with others who understand the challenges of living with the condition.

Our patient-led approach ensures support is grounded in lived experience, offering reassurance, practical guidance, and hope at every stage of the FND journey.



Website for Information, Guidance & Support

Our website continues to be a leading trusted source of information for people living with FND, their families, carers, and healthcare professionals. Throughout the year, we have continued to expand and develop our online resources to ensure information remains accurate, accessible, and relevant.

As awareness grows, the website increasingly serves as an important point of support for individuals seeking reliable guidance and a better understanding of the condition.



Annual FND Awareness Day UK - 25th March

FND Awareness Day UK continues to raise awareness and understanding of FND, bringing together patients, families, clinicians, and supporters. Online sharing to fundraising.



For part of the day we also launched a new video campaign, and continued to grow our online reach.

Highlighted Activities Cont..



60 Seconds In My Shoes video Campaign

As part of FND Awareness Day UK 2025, we launched the 60 Seconds in My Shoes campaign, encouraging people affected by FND to share their experiences through short personal videos. The initiative was designed to raise awareness, increase understanding, and ensure lived experience remains central to conversations about the condition.

The campaign has helped amplify patient voices, challenge misconceptions, and engage a wider audience through social media and digital platforms.



#FNDYoungCarers November Campaign

Throughout November, FND Action shone a light on the often unseen role of young carers within the FND community. The campaign celebrated the compassion, resilience, and dedication of children and young people who help support a loved one living with the condition.

We invited young carers to share their stories, poems, and videos, giving them a voice whilst helping to raise awareness and understanding of their experiences. By sharing these personal moments, we were able to give young carers a voice.



BNPA 38th Annual Conference March 2025

FND Action was proud to be represented at the 38th Annual Conference of the British Neuropsychiatry Association (BNPA), bringing the lived experience perspective to an audience of neurologists, psychiatrists, psychologists, therapists, and researchers.

Our CEO spoke about the challenges faced by people living with FND, highlighting the importance of patient voices, reducing stigma, and improving access to care. The conference also provided an opportunity to strengthen connections across the wider neurological community and support ongoing collaboration to improve understanding of FND.

THE NEUROLOGICAL ALLIANCE
FUNCTIONAL NEUROLOGICAL DISORDER SOCIETY
THE UK FND network
MEDWAY NEUROLOGICAL NETWORK

Thank You - Volunteers and Fundraisers

Volunteers and fundraisers continue to play a vital role in the work of FND Action. Their time, commitment, and generosity support the delivery of the charity's services, awareness campaigns, and community initiatives, helping to reach more people affected by Functional Neurological Disorder. The continued support of individuals, families, and the wider community enables FND Action to expand its work and strengthen its mission of ensuring that people living with FND feel informed, supported, and less alone.





"I was Diagnosed with Functional Neurological disorder in 2021 and felt quite alone for a long time. After going through a period of long-term sick with my then employer, I met a colleague who had created a support group within my workplace and during this time I met Kim from FND Action. I helped raise funds through my volunteering hours before I left the company. I started to volunteer for FND Action because I knew what it was like to feel alone, and could see how giving back to others was essential along with raising awareness of FND. As a volunteer I feel proud of the work I do to support others." ~ Vikki

Plans For The Future

As we look forward to our tenth anniversary, FND Action can say with pride that it has established itself as the leading voice for FND change across the UK. Looking forward, the need for information, education and support continues to grow year on year and is soon likely to outgrow our capacity to deliver. Having strengthened our board of trustees during 2025, we have adopted the following strategic objectives which we hope will enable us to build capacity and sustainability so we are in good shape to continue our work and expand our impact for at least the next ten years:

- Increase revenue through donations, grants, trusts and earned income to achieve our ambition of employing our first staff team to deliver the core objectives of our business plan.
- Continue and expand our FND awareness campaigns and healthcare education initiatives
- Contribute to the development of age-appropriate, multidisciplinary care and improved support for children and young people affected by FND
- Strengthen support services by increasing the number of face to face and on-line community groups across the UK
- Continue promoting the NHS Treatment Pathway, mapping services and advocating for equitable access to NHS services across the UK
- Continue to build future partnerships with healthcare organisations, researchers, charities and other partners to improve services

Financial Review

Reserves: On December 31st 2025, the sum of £28,827 was held in reserve to spend on charitable activities. The charity policy is that the reserve will not fall below £15,000 without full agreement of the board of trustees.

In Deficit: None

Further Information:

Due to the generosity of our fundraisers and donators, we raised £59,000 during the year, double that of 2024.

During the year £44,000 was spent delivering the charity's objectives. Also we were able to improve our costs of operating, and made savings of £13,000.

We remain in a strong financial position which will enable us to achieve the charity's goals during the coming year.

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
FND Action	1169554

Receipts and payments accounts

CC16a

For the period from	01/01/2025	To	Period end date 31/12/2025

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	55,512	-	-	55,512	29,054
CHARITABLE ACTIVITY	3,762	-	-	3,762	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	59,274	-	-	59,274	29,054
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	59,274	-	-	59,274	29,054
A3 Payments					
CHARITABLE ACTIVITIES	5,718	-	-	5,718	9,510
EXPENSES/OFFICE	11,986	-	-	11,986	13,336
STATIONERY/POSTAGE	1,060	-	-	1,060	7,460
INSURANCE	101	-	-	101	105
MEMBERSHIP	653	-	-	653	722
WEBSITE	808	-	-	808	677
CONFERENCE	-	-	-	-	2,341
OPERATIONAL OVERHEADS	23,400	-	-	23,400	22,950
OTHER	288	-	-	288	270
Sub total	44,014	-	-	44,014	57,371
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	44,014	-	-	44,014	57,371
Net of receipts/(payments)	15,261	-	-	15,261	- 28,317
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	13,566	-	-	13,566	-
Cash funds this year end	28,827	-	-	28,827	- 28,317

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

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	BANK ACCOUNT	26,385	-	-
	PAYPAL	2,442	-	-
		-	-	-
	Total cash funds	28,827	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

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

B4 Assets retained for the charity's own use

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

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

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

Signature	Print Name	Date of approval
	Jenay Brehm	28/08/2026
	Eric Rosser	28/08/2026

CCXX R2 accounts (SS) 2

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Charity Name FND Action		
On accounts for the year ended	31 December 2025	**Charity no (if any)**	1169554
Set out on pages	1 to 2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2025

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all 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 (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

** Please delete the words in the brackets if they do not apply.*

Signed:	D S Ward.	**Date:**	8 September 2026
Name:	David Ward		
Relevant professional qualification(s) or body (if any):	Fellow of the Institute of Chartered Accountants in England and Wales		

Address:	2 Ingleton Close, Holmes Chapel, Crewe, Cheshire, CW4 7LF

Section B	**Disclosure**
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	The charity's Manager, Mrs Kim Hearne, has been paid approximately £1,800 every four weeks during the year. It is recommended that the charity should pay Mrs Hearne through a payroll on an employed basis. The relationship does seem to carry the mutuality of obligations that is typical of an employer and an employee.