FND Dimensions
Support, Knowledge and Awareness

Trustees Annual Report

Period start: 1st April 2025

Period end: 31st March 2026

Version 1.0

Version Control

Version	Date	Amendment
0.1	June 26	Draft by Steve Webster
0.2	3 July 2026	Changes by Jayne Bratton
0.3	18 July 2026	Changes applied based on feedback by the board
0.4	20 July 2026	Final changes
1.0	20 July 2026	Signed off by the board

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1. About FND Dimensions

FND Dimensions began in 2013 as a voluntary organisation and became a Charitable Incorporated Organisation (CIO) in December 2016. Today, we support a growing community of more than 3,400 Members, made possible by the commitment and generosity of over 50 Volunteers and 10 Board Members.

We support everyone affected by Functional Neurological Disorder (FND), including people living with the condition, as well as their families, friends and carers. Through our network of peer support groups, Members are able to connect with others who truly understand their experiences, helping to reduce feelings of isolation, share knowledge and encouragement, and build confidence.

Registered name:	FND Dimensions
Charity Number:	1170584
Charitable objects:	1) To promote and protect the physical and mental health of sufferers of FND (Functional Neurological Disorder) through the provision of support, information and practical advice. 2) To advance the education of the general public in all areas relating to FND.
Number of employees:	None
Postal address:	FND Dimensions Unit 5, Fen End, Stotfold, Hitchin, Hertfordshire SG5 4BA
Email address:	enquiries@fnddimensions.org
Website:	www.fnddimensions.org

2. Trustees, Governance and Volunteers

Trustees as at 31st March 2026

Name	Position	Initials	Date of appointment
Jayne Bratton	Chair	JB	26th October 2022
Stephanie-Roxanne Blanco	Vice Chair	SRB	12th December 2016
Leigh-Ann Wade	Treasurer	LW	4th March 2024
Lolita Dragonsmith	Trustee	LD	26th June 2024
Jeanette Clarke	Trustee	JC	26th June 2024
Helen Whittle	Trustee	HW	26th June 2024
Jodie Hanley	Trustee	JH	29th September 2025
Hazel Gueldner	Trustee	HG	29th September 2025
Richard MacDonald	Trustee	RM	13th February 2026

Co-opted Board Members as at 31 st March 2026

Name	Role	Initials
Steve Webster	Founder	SW
Claire Macdonald	Policies & Procedures	CM

Governance

The Board met regularly throughout the year and stayed closely connected between meetings through an active WhatsApp group. The Chair and Vice Chair continued to support Trustees in their roles, and Board Members met regularly with the wider volunteer team to provide guidance, coordinate activities and help ensure everyone felt informed and supported.

As FND Dimensions continues to grow, we have continued to strengthen the way we work. During the year, we reviewed and updated a number of our policies and introduced additional processes and procedures to improve consistency, share knowledge and help ensure the charity remains resilient as we grow.

To help ensure continuity, we aim to have at least two people able to undertake each key role so that activities can continue if someone is unwell or unavailable. To support this approach, we have developed a series of simple 'Ways of Working' (WoWs). These short practical guides explain how key tasks are carried out, enabling Volunteers and Board Members to confidently step into roles and maintain continuity of service when needed.

Throughout the year, we also maintained:

- Monthly Board meetings
- Operations meetings
- One-to-one support and planning meetings
- Strong relationships with external organisations to help advocate for improved FND services
- A regular programme of online activities for our Members

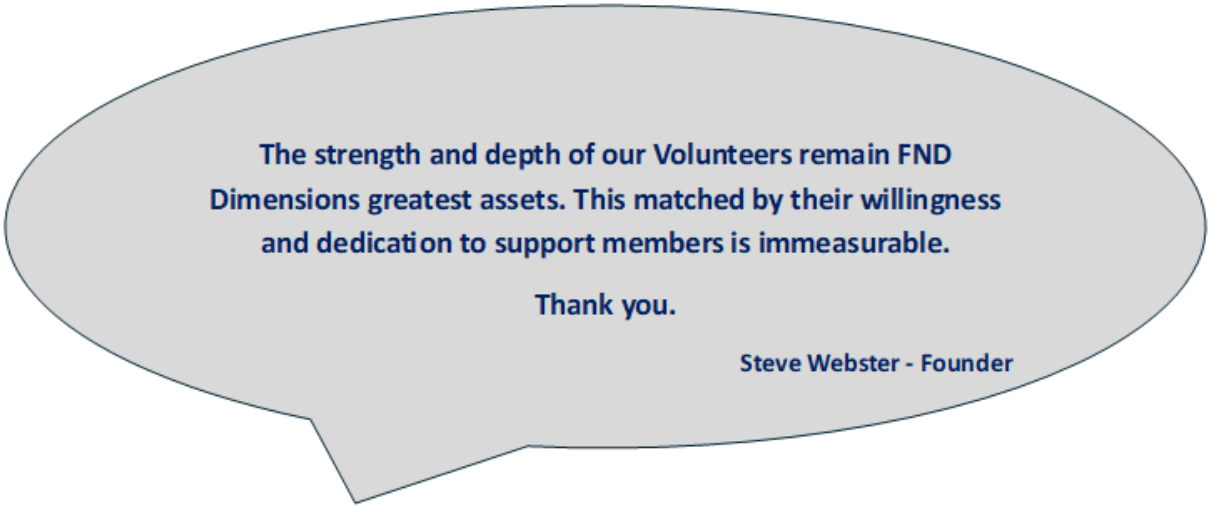
We thank Helen Crossley for undertaking the role of CEO during Steve Webster's extended leave of absence due to ill health and for the support she provided during that time.

Trustees and Volunteers

Our 60 Volunteers, including our 10 Trustees, who all give their time freely, have once again played a vital role in developing and delivering the charity's activities throughout another busy and rewarding year.

As the majority of our Volunteers and Trustees also live with FND and other long-term health conditions, illness has, at times, affected the pace at which we have been able to develop new initiatives. Despite these challenges, the commitment, resilience and generosity of our team, have enabled us to maintain our day-to-day support and also to continue expanding our activities to meet the needs of our growing FND community.

We are incredibly grateful to every Volunteer who gives their time, skills and lived experience to support others. Their kindness, compassion and dedication are at the heart of everything we do, helping to make FND Dimensions the welcoming and supportive community it still is today.



3. Financial Report

The summary below provides an overview of our finances for the year. While we received less income than in the previous year, careful management of the charity's resources has enabled us to remain financially secure and well placed to continue supporting our Members.

Note: Our full accounts are attached as an annex to this report.

(£)	2025/26		2024/25	
		Restricted		Restricted
Total income	**8,209.04**	0.00	18,808.20	0.00
Total expenditure	**6,392.23**	0.00	10,759.60	0.00
Opening balance	**25,660.10**	0.00	17,611.50	0.00
Closing balance	**27,476.91**	0.00	25,660.10	0.00
Liabilities	**0.00**	0.00	0.00	0.00

Note: The Trustees' reserves policy is to maintain unrestricted reserves of at least £10,000 to ensure the continued operation of the charity.

4. Our Members and Member Groups

Our Membership has continued to grow, reaching more than **3,400 Members** by 31 March 2026 - an increase of **25%** compared with the previous year.

Engagement across our community continues to grow, with more Members actively participating in our local and national groups, Facebook community, and live online sessions. Our online and face-to-face groups provide invaluable peer support, helping people connect with others who understand the challenges of living with FND.

Our local and national groups

It has been particularly encouraging to see more local groups returning to meeting face-to-face, with an increasing number of Members volunteering to lead them. We are working to ensure this positive trend continues, with more local groups being established to help people affected by FND build local connections, share experiences and support one another.

We have also continued to work alongside psychology students to better understand the impact of our services and identify opportunities for future development. An undergraduate placement student has been researching the benefits of our Arts and Crafts sessions, with the findings potentially supporting future funding applications for this popular area of activity. A master's psychology student has also been exploring the potential for a more structured one-to-one peer support programme for our Members. The findings from both projects are expected by autumn 2026 and will help inform the future development of our services.

Our national and local groups and meet-ups remain at the heart of our community. Together, these activities provide opportunities to share experiences, develop new skills, pursue shared interests and build meaningful connections with others who understand the realities of living with FND.

Alongside these regular groups, we hosted two specialist guest speaker events and our much-loved Easter and Christmas quizzes, giving Members even more opportunities to learn, share experiences and enjoy time together.

Our national groups and meetups

The following national groups and meet-ups were available to Members throughout the year:

- **Open-topic meetups** – Twice-monthly informal 'drop-in' sessions where Members can discuss any aspect of living with FND, share experiences, ask questions and support one another in a welcoming and understanding environment

- **Coffee & Create** – Twice-monthly creative workshops where Members can relax, socialise and enjoy a variety of creative activities

- **Colouring** – A relaxed monthly colouring session offering creativity and connection

- **Journaling** – Monthly sessions exploring journaling techniques to support wellbeing and self-reflection

- **Book Club** – Monthly discussions exploring a chosen book in a friendly and supportive environment

- **Step by Step** – Monthly sessions offering encouragement and support to help Members set and achieve personal goals

- **Accessing Education** – Peer support for Members, families and students navigating education

- **Fundraising Group** – A space for Members to share ideas and help develop fundraising activities

- **Running your own business** – Practical advice and skills development for Members who run, or are considering starting, their own business

- **Neurodiversity Group** – Monthly peer support for neurodiverse Members

- **Women's Group** – Monthly peer support exploring topics and experiences relevant to women living with FND

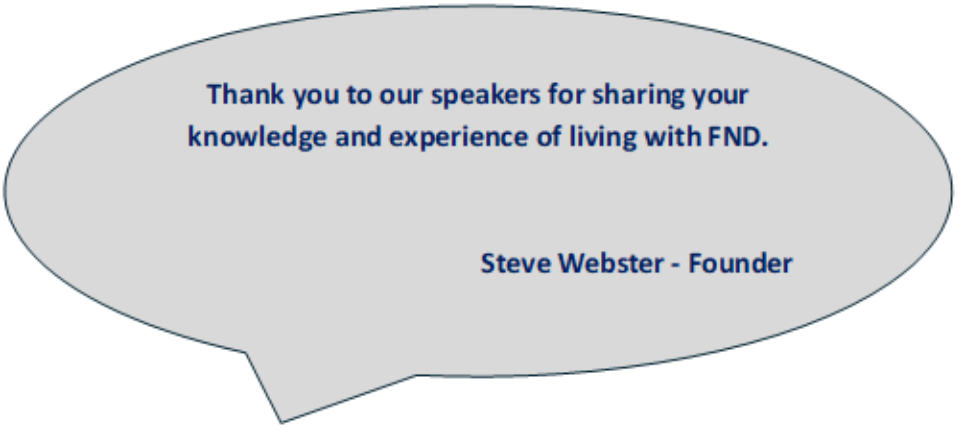
- **Men's Group** – Monthly peer support exploring topics and experiences relevant to men living with FND

- **LGBTQIA+ Group** – Monthly peer support for LGBTQIA+ Members and allies.

Guest speaker events

During the year, we were delighted to welcome two guest speakers who shared their knowledge, expertise and personal experiences with our Members:

- **Natalia Mitchell** – The FND Personal Trainer: Living with FND: How movement can help
- **Liam Virgo** – FND Advocate: From being bed-bound to appearing on television: a personal journey of resilience and determination.



We plan to welcome an even wider range of guest speakers during 2026/27, covering a variety of topics to help our Members develop their knowledge, build confidence and continue learning how to live well with FND.

5. Fundraising

This has been an exceptional year for fundraising, with our Members, Volunteers and supporters going above and beyond to raise both vital funds and awareness of FND. From personal challenges to community events, their enthusiasm, creativity and determination have been truly inspiring.

Every event, donation and fundraising challenge has helped make a real difference. Beyond the funds raised, these activities have brought people together, strengthened our community, increased awareness of Functional Neurological Disorder and introduced many more people to the work of FND Dimensions.

We are incredibly grateful to everyone who has supported us throughout the year. Whether organising an event, taking on a personal challenge, making a donation or cheering others on, every contribution has helped us continue supporting people affected by FND. Here are just some of the wonderful fundraising highlights from the year.

Stage and Screen March 2025

Raised: £581.64

(These funds came in during April 2025, hence featuring in this report).

At the end of March, we held a concert at University Hall, Nottingham Trent University (NTU) in Nottingham. The concert, 'Stage & Screen', featured a range of professional musicians, Members of NTU's various orchestral and big band performers and singers from the NTU choirs. Importantly, it featured numerous performers who are diagnosed with Functional Neurological Disorder. The event itself was directed by our Trustee, Helen Whittle.



PJ Big Band May 2025

Raised: £433

Inspired by the success of 'Stage and Screen' in March 2025, one of the generous performers, PJ (front left), and his talented band organised this fantastic fundraising event in support of FND Dimensions. Admission was free, and the audience gave generously while enjoying an outstanding evening of music. We are incredibly grateful to PJ, the band and everyone who supported the event, helping to raise both vital funds and awareness of FND.





Sue Barton St. Ives, Cambridge WI Coffee Morning

Raised: £261

Sue, the mother of one of our Members, organised a wonderful coffee morning with her local WI group, helping to raise funds for FND Dimensions while also increasing awareness of Functional Neurological Disorder within her local community.

Fiona Davies Walk for FND October 2025

Raised: £1,502



Fiona's inspiring 15-mile walk from Lincoln to Woodhall Spa was about much more than fundraising. It was a powerful demonstration of determination, resilience and raising awareness of FND.

In Fiona's own words: “This walk is more than a fundraiser—it's a personal challenge and a statement of resilience. I’ll be following the scenic Waterway Sustrans path, and although my current average is 6–8 miles, I’m determined to complete the full x15 miles with the support of family and friends and shine a light on FND”.



Christmas Crafternoon December 2025

Raised: £467.50

This fantastic community event brought people together for a fun-filled afternoon of creativity while raising valuable funds for FND Dimensions. Our heartfelt thanks go to everyone who helped organise, support and attend the event.



Rosie's Craft Sale December 2025

Raised: £530



Rosie, one of our wonderfully talented crafters, organised a Christmas sale featuring her beautiful handmade creations, with the aim of raising £50 for FND Dimensions. We are delighted to say that she far exceeded her target, thanks to her creativity, hard work and the generosity of everyone who supported her.

Inspired by the success of her Christmas sale, Rosie is now setting up a Folksy shop, where she plans to continue selling her handmade creations to raise even more funds for FND Dimensions. We are incredibly grateful for her ongoing enthusiasm, generosity and commitment to supporting people affected by FND.







Christmas Card December 2025

Raised: £122.50

FND Dimensions also introduced a virtual Christmas card that supporters could purchase and send to family and friends to help reduce the cost of traditional postage while raising funds for the charity.



A huge thank you to our Volunteer Michelle for her wonderful design, and to everyone who bought and shared a card in support of FND Dimensions.

Steve and Amy Morrisons Instore Collection December 2025

Raised: £400

We continue to have a happy and positive relationship with the Morrisons Supermarket, Ilkeston Branch, Derbyshire.



What's notable about these events is the amount of people who are now coming up to the stand to say, 'I have FND' or 'I know someone with FND'.

And more

Raised:	
£300	Twitch Dizzybees
£320	Spartan UK Fundraising
£30	Aimee's birthday
£16	H.Wright - Plymouth
£135	Lily Climbing Snowdon (May 2026)

6. External engagement

FND Dimensions continues to build strong relationships across the wider neurological community. We encourage and support our Trustees to develop new partnerships, strengthen existing relationships, and work alongside other organisations to improve awareness and understanding of FND, helping to shape better support and brighter outcomes for people affected by the condition.

Our Trustees continue to represent FND Dimensions in a wide range of national organisations and initiatives, helping to raise awareness of FND, strengthen partnerships and improve support for our community. Some highlights from this year include:



Steve Webster

Founder

- Attended the **Neurological Alliance** Annual General Meeting in person, strengthening FND Dimensions' relationships within the wider neurological community.
- Completed his term as Chair of the **Neurological Alliance** CEO Forum, having helped foster collaboration between neurological charities across the UK.
- Continued to serve as Deputy Chair of the **UK FND Network**, bringing together healthcare professionals, charities and partner organisations to share knowledge, strengthen collaboration and advocate for improved services and outcomes for people affected by FND.



Dr Steph Blanco

Vice Chair

- Steph's **TEDx** Talk, first delivered in 2023, continues to reach an ever-growing audience, with more than 64,000 views, a 21% increase since last year. Drawing on her professional expertise as a neuropsychologist, her lived experience of FND and her eight years with FND Dimensions, Steph's talk highlights the power of understanding, peer support and community. It continues to raise awareness of FND while shining a spotlight on the work and impact of FND Dimensions.
- Purple Pioneer Award Winner – **Scope** (May 2025). Steph was recognised for using her lived experience of a hidden disability to challenge perceptions, break down barriers and help others feel seen, understood and valued. This well-deserved recognition reflects her passion for improving awareness, inclusion and understanding of FND.

- Dr Steph Blanco was a keynote speaker at the **FNDLincs** Awareness Event in Stamford, which welcomed over 200 people affected by FND, their families and healthcare professionals. FND Dimensions also had an exhibition stand, hosted by Jayne Bratton, who met many people living with FND while building valuable new contacts and strengthening relationships with healthcare professionals and partner organisations.



Jayne Bratton

Chair

- Jayne and Steph delivered a webinar, hosted by **Neurobox**, on Dynamic Disabilities in the Workplace, helping organisations better understand and support employees with fluctuating disabilities. Combining research, lived experience, and practical leadership strategies, they highlighted the importance of trust, flexibility, and inclusive workplaces. The session encouraged participants to rethink traditional approaches to workplace adjustments and provided practical recommendations for creating environments where both employees and organisations can thrive.

- Jayne delivered a specialist awareness session to **Everyturn**, one of the UK's leading mental health charities, to increase understanding of FND. Combining lived experience, clinical knowledge and practical guidance, the presentation explored the impact of FND, the barriers many people face in accessing appropriate diagnosis and support, and how professionals can provide more compassionate, person-centred care. The session also introduced the work of FND Dimensions and identified opportunities for future collaboration to improve outcomes for people affected by FND.

FND Awareness Day UK – 25th March



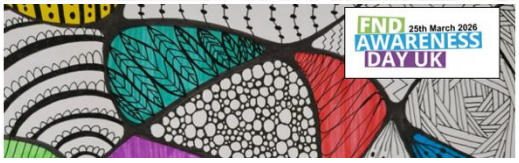
FND Awareness Day UK once again united FND charities in a shared commitment to raising awareness and improving understanding of Functional Neurological Disorder in this annual event.

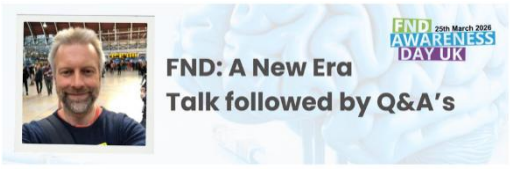
Members from across the charities came together virtually to celebrate, learn and support one another, helping to extend the reach of this important awareness campaign across the UK and beyond.

Our sincere thanks go to:

- Our Founder, Steve Webster, for organising this collaborative event and bringing the FND community together.
- Our Trustee, Jeanette Clarke, for delivering a wonderful Coffee and Create session on Neurographic Art.
- Dr Niels Detert, for his insightful presentation, FND: A New Era, and for sharing his expertise with our Members.
- Our fellow FND charities, FND Action and FND Friends, for their continued collaboration and support in making the event such a success.







7. Moving forward

As we look to the future, we are genuinely excited about what lies ahead for FND Dimensions. We have strong foundations, a growing and passionate team of Volunteers, dedicated Trustees, and an incredible community of Members who continue to inspire us every day.

Our focus now is on building on everything we have achieved together. Over the coming year, we will continue refining and implementing our ambitious 20-year strategy, providing a clear roadmap for the future of FND Dimensions. The strategy has been shaped around the needs and aspirations of our community and will guide our priorities as we continue to grow and develop.

We will continue to strengthen our governance, support and develop our Volunteers, build new partnerships, and create even more opportunities for people affected by FND to connect, learn and support one another. We also look forward to expanding the range of activities, services and resources we provide so that even more people affected by FND can access the support they need.

Most importantly, we will continue to listen. FND Dimensions has always been shaped by the voices, experiences and ideas of our Members, and that will remain at the heart of everything we do.

To everyone who has been part of our journey this year—our Members, Volunteers, Trustees, supporters, partners, fundraisers and everyone who has championed FND Dimensions—thank you. Your kindness, generosity, passion and belief in what we are building together continue to inspire us every day.

Together, we look forward to building an even stronger, more connected and more inclusive future, ensuring that everyone affected by FND has access to understanding, support and hope.

8. Signed on behalf of FND Dimensions by



Jayne Bratton

Chair



18 July 2026



Steve Webster

Founder



18 July 2026

Appendix 1 - Financial breakdown

Income and expenditure account

For the year ended 31st March 2026

	31.03.26 £		31.03.25 £
Receipts			
Donations	**40.00**		385.00
HMRC Gift Aid	**157.73**		1,226.09
Karadoo/Goodhub Funding Platform	**2,031.97**		8,413.62
St Andrews Church - PJ Big Band	**433.02**		-
Easyfundraising	**-**		374.24
Eventbrite - Donations	**28.50**		-
Facebook Donations via Paypal	**2,848.70**		538.06
S Barton - Coffee Morning	**261.00**		-
Stage & Screen Event	**527.56**		1,707.16
Stage & Screen Merchandise	**56.08**		145.23
R Taylor - Rosie's Fundraising	**530.00**		-
Vision - West Notts College	**-**		90.22
Iron Man Event Donation	**136.00**		-
Christmas Crafternoon	**467.50**		-
Research Project Support	**-**		75.00
Pseudo Event	**-**		306.01
Morrisons Foundation	**394.89**		5,475.00
Interest receivable	**296.09**		72.57
Total Income		**8,209.04**	18,808.20

	31.03.26 £	31.03.25 £
Expenditure		
Zoom	**247.08**	235.08
Ionos Website	**308.43**	196.46
CEO Salary (part-time)	**3,000.00**	7,200.00
S Webster - Fundraising	**1,800.00**	-
Postage	**12.64**	41.39
DBS	**147.30**	216.10
Great North Run Entry Fee	**71.00**	-
FND Wellbeing Workshops	**-**	156.00
Merchandise	**-**	1,227.64
ID Mobile - contract	**50.00**	120.90
Stationery	**-**	3.00
ICO – Registration	**52.00**	40.00
Neurological Alliance - Membership	**31.00**	31.00
Fundraising Regulator	**60.00**	-
Insurance - PIB	**512.09**	498.59
FND Awareness Day	**-**	387.50
Stage & Screen Event	**-**	96.99
Travel	**-**	298.76
Paypal Fees	**80.69**	2.79
Sundry	**20.00**	7.40
Total Expenditure	**6,392.23**	10,759.60
Excess of Income over Expenditure for the Period	**1,816.81**	8,048.60
Fund Balances as at 31st March 2025	**25,660.10**	17,611.50
Fund Balances as at 31st March 2026	**27,476.91**	25,660.10