

## Helen Bolter Award Nominations – Community to vote for favourite nomination

Name	Specialism	Nomination Reason
Dr Julia Brown	GP	Dr Brown helped me throughout my most challenging times with fnd. She always listened to me and treated me with respect. I never felt rushed or hurried during appointments and she explained fnd to me in a very positive and upto date way. She always took any new symptoms seriously and never made me feel like I was imagining things. She made the appropriate referrals as and when necessary.
Stuart Cosgrove	Physiotherapist	I am writing to enthusiastically nominate my physiotherapist, Stuart Cosgrove for the Helen Bolter award in recognition of his exceptional contributions in treating me for Functional Neurological Disorder. Stuart has truly gone above and beyond in his role. One of his remarkable qualities is his ability to remove negative and discriminatory attitudes associated with FND. He approaches each patient with empathy and a positive attitude, eradicating internal shame and building self-esteem. Furthermore, Stuart is a passionate advocate for FND awareness. He tirelessly researched and educated his team about this condition with evidence-based information, dispelling myths and stereotypes. His dedication to focusing on the positive aspects of FND has now inspired countless individuals and improved their quality of life. What sets Stuart apart is his unwavering commitment to treating everyone with dignity and respect. He always offers positive support and encouragement, creating a safe space for patients to heal both physically and emotionally. Stuart has played a pivotal role in my journey towards recovery. He has helped me learn to lift my legs, stand, walk, and now even lift weights, which I once thought was impossible due to my FND. His guidance and expertise have been life-changing. Additionally, Stuart demonstrates self-awareness, ensuring non-judgmental thinking and behaviour. This attribute fosters a trusting patient-therapist relationship, essential for successful treatment. In conclusion, Stuart is a shining example of a healthcare professional who has transformed the lives of FND patients. I wholeheartedly support his nomination for the Helen Bolter award and believe that his

		exceptional qualities, along with his commitment to physical rehabilitation, deserve recognition.
Kim Wilson	Physiotherapist	Kim has been an outstanding advocate for people with FND and she has provided excellent and compassionate physical rehab for young people and FND, particularly those people who are neurodiverse in the South East of England. She has never turned away anyone who has been unable to pay for services and has provided vital links for professionals working with her to provide good quality MDT working. She works with people in such a kind and creative way and never ceases to provide support and education to colleagues across the country who need support or guidance to improve their practice for people with FND. I wouldn't be where I am professionally without her.
Dr Kirsten	Chiropractor	At my first appointment with Dr Kirsten I was both surprised and delighted to discover that she already knew what FND is and that she had other patients with the condition. This put me at immediate ease because I feel much more comfortable being treated by someone with an understanding of FND. Dr Kirsten conducted her own research into what FND is and how to best support those living with the condition. Since then Dr Kirsten has been the medical professional who has provided me with the most support on my FND journey, including providing contact details for a company that provides Neuro-Physiotherapy and Hydrotherapy in my local area. In addition to supporting her patients who live with FND, Dr Kirsten has also supported other Chiropractors both colleagues and Chiropractors in the wider Chiropractic community. She provides information about FND and advice on how to treat patients with FND so that other Chiropractors can provide their patients with the best possible care.
Dr Naomi Evans	GP	The reason for my nomination is because she is by far the most understanding and will do everything in her power to help me all the other doctors was dismissive of me telling me it was anxiety throwing anti depressants at me I would go in crying constantly and no one listened until I had an appointment with Dr Evans she knew I wasn't right and has and still goes above and beyond her role as a GP to help me as much as possible and takes the time to listen she deserves an award when so many won't listen and help she will and won't stop until she is listened to on my behalf.
Dr Pinkerton	GP	Dr Pinkerton has been the first GP I have encountered who has known of FND and is actively trying to learn more about the condition. She has been very sympathetic to me, and has understood how hard it can be at times when I end up in flares. When I talked to her I didn't feel judged at all and was more relaxed discussing problems I was having because of this..
Cameron Moss	Neurophysiotherapist	Cameron has been the man that has changed my life in more ways than one. He is a deeply passionate, caring man that truly listens to what you say. He treats you as an individual and remembers conversations you have had months ago. He cares deeply about what is going on in your life aside from your FND and looks at you as a whole

		<p>person, with a family, a job and a social life. It shows he knows the value of a positive life for those with fnd and does his best to provide advice and support. I have had FND for 10 years and I couldn't even stand up on my own until I met Cameron. He is the most knowledgeable healthcare professional I have ever come across and I would have never had made the progress I have without him. He has helped me understand my FND and spent hours telling me all about it at my first appointment. No one had made me feel so supported and after so many years of being told it's all in my head he told me it wasn't. That lifted such a weight. From his support I have gone from being stuck in a chair to being able to walk on the sand on holiday which I would never have dreamed of doing. The man has changed my life, he has gone to conferences abroad, he does research alongside his already busy job. There are not many people I can say have changed my life for the better, but he is most definitely one of them.</p>
Dr Callum Duncan	Neurologist	<p>After becoming unwell last November suffering from severe tremors and seizures and being told just to think of something nice from a local GP, I finally met Dr Duncan he admitted me to hospital that day knowing how severely poorly I was. I was so scared as I felt so alone and not heard. He came and spoke with myself and my husband and explained I had FND he was honestly the most professional doctor I had ever met. He showed concern, compassion and made me feel at ease but most importantly he would help me. He has advocated for me with other specialists to ensure I am having the appropriate treatment but always video calls me monthly to check in. I'm not any better really but I understand my condition and don't feel I need to justify myself or be ashamed of it anymore. I lost my little boy aged 3 so it's likely the trauma has had an impact on me, I'm so grateful for Dr Duncan after being treated so badly by other healthcare professionals. I am only 42 I had a good career was a busy mum to now not able to function in any way. I know one person believes in me and is there to help and listen</p>
Dr Dutta	GP	<p>This is my GP surgery ,I would actually like to nominate the whole surgery,when I was diagnosed with FND after a bad car crash,I joined fnd hope as my surgery itself wasn't very clued up on FND and the symptoms etc , after somewhat educating myself on my condition I send my surgery an email with a link to your website and asked the surgery if they could possibly download and print all the information about fnd out and circulate round the surgery, I didn't expect any form of reply etc ,but to my suprise and great relief the practice manager phoned me up and was extremely grateful for the information and had forwarded it on to all members of staff, since then my surgery have been so very helpful with me ,if I phone for an appointment it is highlighted that I have fnd and they are so very aware that I might not be able to communicate as well as normal,my doctor (Dr Dutta)now stays in frequent contact with me and always ensures I am getting adequate treatment, this may not seem a lot but for me it has been such a huge weight of me ,I don't need to constantly explain my condition to them if I need to visit the</p>

		surgery and I am confident and also pleased that they as a whole have taken FND as a real disability and not all in the mind ,so with FND hopes help we have made a small dent in raising awareness at my local gp surgery to which they have gone above and beyond for me and possibly other patients
Function First Brighton Team	Neurology and Physiotherapy dept combined	The full team have been amazing with our daughter for past 3 years since diagnosis and have helped us all in coping with the condition
Katie Butler	Specialist Neurology Physiotherapist	<p>I met Katie having been diagnosed with FND following sudden paralysis. Prior to meeting her I met numerous other health professionals including consultants, psychologists, nurses - all of whom were incredibly dismissive and pushed the narrative that FND is simply 'all in your head' without any real explanation, encouragement or treatment pathway. Like many FND patients, I came to Katie feeling frightened, hopeless and embarrassed to have FND because of the stigma and negative experiences I had had so far.</p> <p>Katie took the time to explain FND to me and to dispel the negative stigma I had experienced so far. She listened to me without judgement (SO important) and she gave me the tools I needed to begin my road to recovery. Most importantly she gave me hope - hope that there are people out there that understand this condition, there are professionals out there on the front line that are fighting for FND patients to be heard and respected. Katie works hard to educate patients and professionals with the aim of removing the stigma that is attached to FND and to improve patient outcomes. She works tirelessly to improve the understanding and treatment of FND within Oxford University Hospitals Trust. We certainly need more people like Katie to help turn the tide on the negative stigma attached to FND.</p>
Claire Calver	Neurophysiotherapist	In 2021 when i suddenly became paralysed because of my FND I was told by lots of health care professionals I was making it up and it's all in my head I was left to lay in bed all day using bedpans . At the time I never heard of FND until one day Claire came to my bedside and sat down and told me everything she possibly could about FND and during my 4 months stay she helped me so much not just with physio but being an advocate for me if I was being mistreated by staff members on the ward she would have a word she made sure everyone understood my condition and how it was affecting me she helped me get some of my independence back .It was nice to finally meet someone who treated me like a human.She is also creating a FND pathway (which she isn't getting paid for ) at the hospital for patients like me so we all get proper care the correct referrals are made and we feel like our voices are being heard.Claire is an exceptional women and helped me so much at time in my life where I just needed someone to talk to she was there she went above and beyond and because of her help I now able to walk and have a very good understanding of FND !

Dr. Michael Moutoussis	Honorary consultant psychiatrist in psychotherapy	<p>I nominate Dr. Michael Moutoussis for his outstanding work in the area of FNSD, both his compassionate clinical work with patients and his internationally renowned research into FNSD. Michael pioneered a Guided Self Help (GSH) programme here at Queen Square, which has evolved from an in-person group to online group therapy and is overseeing the development of other formats including a step-down community group. Michael organised an international conference: 'Is Resignation Syndrome a Functional Neurological Disorder?' which involved a significant (and on-going) effort to focus on functional neurological disorders of awareness, and to bring cutting-edge neuroscientists to the table, thereby greatly helping to de-stigmatise FNSD in general, functional disorders of awareness, and RS most specifically. Michael has co-supervised a number of Masters students' research projects, the most recent of which, with the support of the FND Hope charity, recruited and involved a group of experts-by-experience (with FNSD) as research collaborators. He oversees a monthly Complex Case Discussion, facilitating reflection and discussion of Best Practice. Michael is a wonderfully knowledgeable, astute, sensitive, generous-spirited and kind colleague. His work has helped validate FNSD from a clinical and scientific point of view and helped patients overcome stigma and ableism related to FNSD</p>
Dr Abrar Hussain	Consultant Psychiatrist	<p>Dedication, persistence, and compassion are the words to describe the work Abrar has done for over a decade in challenging the stigma faced by the FND community. Since 2012, he has single handedly and consistently raised awareness of FND in Berkshire and nationally. He leads a consultant delivered FND service covering a population of over 900,000.</p> <p>In addition to high-quality clinical work as a dual trained FND specialist (psychiatrist and accredited CAT/EMDR therapist), his portfolio includes teaching, research (CODES trial), and quality improvement (accredited Green Belt). His popularity among patients (Doctify trust score 4.99/5.00) and colleagues (90th percentile domains) and his people skills help him collaborate and spread a positive FND message across systems and geographical barriers.</p> <p>Abrar has delivered over 200 pieces of intervention aimed at removing stigma. These include speaking in local/national/international settings, chairing meetings, delivering supervision, and coordinating multi-disciplinary discussions. He has won prizes including a bursary from the Royal College of Psychiatrists (RCPsych) to present on FND in an international conference (Italy 2018). He has been honoured with several Clinical Excellence Awards.</p> <p>His latest campaign, a survey of the FND community regarding preferred terminology to reduce stigma was published to an international audience (RCPsych winter 2022).</p>

Katey McPherson	Physiotherapist	<p>After two years under the NHS, despite the very best care and attention, I was making little to no progress. Since starting to work with Katey, it is not so much that progress is obvious, but that it seems possible. And possibility gives (FND) hope.</p> <p>Maybe it is her generosity of spirit and time; maybe it is the fact that she seems to take my FND personally; maybe it is the ingenuity with which she approaches every session; maybe it is her resolve to forge a multidisciplinary team however and with whomever she. Or maybe it is that she is able, and has the capacity, to care, so deeply.</p> <p>I do not know if I will walk again; I do not know if I will get better; I do not know that I will not get worse. But I know that, whatever the outcome, I will approach and embrace it with more bravery, patience and hope than had I not had the privilege to work with Katey McPherson. My superhero.</p>
-----------------	-----------------	--