

Tunbridge Wells OCD Support Group

A place for education, empathy and understanding, a support group for people affected by
Obsessive-Compulsive Disorder (OCD)

The **Tunbridge Wells OCD Support Group** usually meets on the third Wednesday of every month, from 7pm – 9pm.

2010 Meeting Dates

Wed 21st April
Wed 19th May
Wed 23rd June
Wed 21st July
Wed 18th Aug
Wed 15th Sept
Wed 20th Oct
Wed 17th Nov
Wed 15th Dec

Venue

Gallery Room (upper level),
The Camden Centre,
Market Square,
Royal Victoria Place,
Royal Tunbridge Wells,
Kent
TN1 2SW

Disability access to all floors is available via lift.

Crescent Road and Royal Victoria Place are the two nearest public car parks, both of which are free after 6pm.

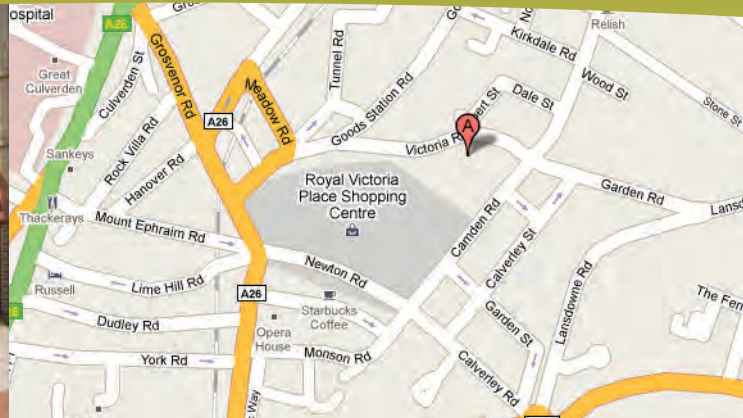
Group Contact Details

To contact the support group facilitator please contact the charity OCD-UK, (not the Camden Centre):

Email: office@ocduk.org
Telephone: 0845 120 3778
(Voicemail messages will be returned within 24-48 hours).



The Camden Centre



About The Group

The Tunbridge Wells OCD Support Group is open to people affected by this debilitating illness, be they sufferers, family members or friends. We provide an informal meeting where people affected by OCD can talk to others in a friendly, understanding, non-judgmental way.

The group does not offer specific therapy or professional guidance, but is an opportunity to share ideas and strategies, and to provide mutual support.

Attendance is free of charge and no booking is necessary, just come along on the evening of the group.

The group is facilitated by trained service users, all of whom have OCD or have experienced OCD in the past and have been vetted by OCD-UK for your confidence. The group is also funded by OCD-UK, the leading national charity working with, and for, people affected by Obsessive-Compulsive Disorder.

What is Obsessive-Compulsive Disorder (OCD)?

Often referred to as the secret illness, Obsessive-Compulsive Disorder (OCD) is a condition where a person will experience repetitive, intrusive and unwelcome thoughts (the obsessions), which will usually cause the person to carry out repetitive behaviours (the compulsions) in a vain attempt to relieve themselves of the obsessions.

Sufferers are plagued by persistent, recurring thoughts about feared situations (obsessions), which they attempt to fight with mental or physical rituals, excessive repetition of actions, washing, checking or counting, or agonised ruminations (compulsions).

Common obsessions include fears around contamination, causing harm to one's self or others, inappropriate sexual thoughts, hypochondria and 'unlucky' numbers.

Most sufferers are actually aware that their fears and behaviour are irrational but feel unable to control them.

Ticehurst OCD Support Group

In addition to the Tunbridge Wells support group, on the first Tuesday of every month OCD-UK also facilitate a free monthly support group in partnership with **The Priory Ticehurst House**, Ticehurst, Nr Wadhurst, East Sussex TN5 7HU.

2010 Meeting Dates (all Tuesdays, 7-9pm)

6th April, 4th May, 1st June, 6th July, 3rd August, 7th Sept, 5th October, 2nd November and 7th December 2010.

Contact OCD-UK for further details.



The Tunbridge Wells Support Group is funded and facilitated by OCD-UK.

www.ocduk.org

Registered Charity Number: 1103210

