

Compulsive Reading



Annual Review

A Compulsive Reading Special



OCD-UK

Supporting children and adults affected by Obsessive-Compulsive Disorder

Welcome to the 2012 OCD-UK Annual Review

Chair's Report by **Kylie Cloke**, chair of OCD-UK



Welcome to the 2012 OCD-UK Annual Review.

This is our opportunity to tell you all about our work during 2012.

OCD-UK remained extremely busy during 2012. As in previous years, we continued with our core aims of providing support, guidance and advice to those affected by OCD. Our forums, telephone line, email support and support groups continued to be utilised on an extremely frequent basis by many different people. We corresponded with sufferers, carers, family and friends, and health professionals on a daily basis, tailoring our services dependant on the needs of those seeking help. Furthermore, we continued with our aim of campaigning for improved access to high quality treatment by working directly with some IAPT services and offering training workshops to trainees specifically aimed at improving knowledge and understanding of OCD. We also posed serious questions to an NHS Trust after announcements that they were scaling down their specialist OCD clinic.

Raising awareness of OCD amongst the general public, policymakers and health professionals continued in 2012. In October we launched the 2nd OCD Awareness Week, in conjunction with global OCD organisations, and we produced some amazing posters and postcards that were distributed across the UK in an attempt to get the nation talking. We were extremely appreciative that our OCD Awareness Week was supported by the cast of Coronation Street, and we were sent numerous photos of the different cast members posing with our placards pledging their support to our cause. Facebook and Twitter were, once again, turned into a sea of orange with many, many people offering their support during Awareness Week. Furthermore, to raise more awareness during 2012, we held talks with MP Charles Walker to discuss the problems faced by people with OCD.

Fundraising continued to develop in 2012, with cycle riding becoming a popular event for our fundraisers. Our very own CEO, Ashley, undertook a London to Paris bike ride – no mean feat for the not most athletic of people – and Jo (pictured on the front cover), both raising valuable funds for OCD-UK and raising awareness of OCD by proudly displaying the OCD-UK logo on their cycle jersey during the ride. Whether our members cycled hundreds of miles, ran a marathon or held a coffee morning at their workplace, the valuable funds they raise every year allow us to continue with our key aims and missions. Without their generosity, OCD-UK would not survive.

A notable achievement for 2012 was the live streaming of our annual conference. As in previous years, we changed location of our conference to ensure that we maintain our aim of reaching as many people affected by OCD as possible, and we held our 2012 conference in Cardiff. Through the allocation of a charitable grant, we were able to ensure that those that could not attend in person, were given the opportunities to watch our conference through live streaming on the internet. Knowledgeable professionals and inspiring individuals spoke at length about the signs and symptoms of OCD, treatment options and first hand battles with OCD, and provided those

that attended (and those that watched on the internet) information, guidance, advice and inspiration that OCD is an unnecessary illness that, with the correct treatment and support, can be overcome. At our AGM, following the conference, we were delighted to inform our members of our new honorary president, Steve Sharpe, and our new overseas ambassador, Adam Radomsky. Following on from their unwavering support in recent years, we were delighted that they accepted our offer of joining the OCD-UK team and we look forward to continuing to work closely with them in the future.

For me personally, 2012 saw a return of my own OCD. Having been free from it for 6 years, it slowly crept back in after an extremely stressful year of juggling full time work, three children and a full time university degree. For the first time in many years, I went back to my GP and asked for a referral for CBT. After jumping through many hoops, I was finally offered a course of 12 sessions of CBT through my local IAPT service. I am still currently undergoing treatment, and hope to offer a positive result in next year's annual report! However, I wanted to highlight my own personal battle with OCD within this annual report. As a charity that is independent, we have always been proud that we are managed only by people with direct experiences of OCD. This has continued to remain the same during 2012, and by highlighting my own experiences, I hope that our members are secure in the knowledge that I truly understand what they are experiencing! I don't pretend to understand or sympathise, I actually do understand and I can empathise with each and every one as I, myself, am slogging my way through days of intrusive thoughts, complicated rituals and never-ending anxiety. However, on a more positive note, I have overcome OCD in the past, and I fully intend on doing it again – but, there is nothing wrong with seeking the correct support and treatment when struggling ;)

I must end my annual report with some heartfelt thanks. Firstly, I must thank our CEO, Ashley Fulwood. As always, he has worked tirelessly to ensure that those affected by OCD have access to support, information and guidance during their times of struggle and continues to strive to change some of the misguided public perceptions of OCD. I must thank my band of trustees, without your support and help in 2012, OCD-UK would not have been able to function as effectively as it did. To Steve Sharpe, our honorary president, thank you for your continued financial support. In times of an economic downfall, your support is needed and very much appreciated. To our members, whether you donate £2, £5, £10 or £20 a month, I do hope you really understand how each individual donation makes such a difference to our survival each year. I thank you for your continued support to our charity.

I look forward to 2013 and hope we can be as successful as 2012.

Kylie
—x—

Our Vision

Is of a world where the devastating impact of **Obsessive-Compulsive Disorder** is reduced through effective and safe treatment that is free for everyone, or ultimately through the discovery of a cure.



Our Mission

Is to make a positive and meaningful difference in the everyday lives of children and adults affected by Obsessive Compulsive Disorder.

We will do this by providing accessible and effective support services and by campaigning for improved access to quality treatment for people with OCD. We want to ensure that every person affected by OCD receives the quality of treatment and care that they deserve and that they can proceed, unhindered by OCD, to live their life to the full, free of the impact of OCD.

Our Values – OCD-UK are OCD

Open – with ourselves and those we support, their family, friends and carers

Caring – providing emotional and practical support in a non-judgmental way

Dynamic – in all our efforts to raise awareness and promote positive change.

OCD-UK

- Is the independent voice of people with Obsessive-Compulsive Disorder in the UK.
- Is the service user led charity for people with OCD, run by sufferers, for sufferers.
- Raises awareness among healthcare professionals, health services and politicians about the seriousness of OCD, to change opinion and influence healthcare policy change for treating OCD.
- Receives no external support for core costs and remains funded and completely reliant on voluntary donations.
- Remains the source of independent advice and information on Obsessive-Compulsive Disorder and treatments.

Working towards positive change

Our Strategy

OCD-UK remains positive in its approach to tackling OCD and the charity is determined that we will beat Obsessive-Compulsive Disorder through improved treatment or, ultimately, through the discovery of a cure.

The OCD-UK management team has listened carefully to the needs of our service-users, those affected by OCD and their families, and has created a working strategy to guide the charity towards its vision.

As a result, we are confident that the objectives that underpin our working strategy, although challenging, are grounded in reality and address the fundamental needs we have highlighted through talking to our service-users.

We remain committed to addressing these objectives, either through working alone or creating working partnerships to achieve these aims.

Through the tireless hard work of all our trustees and volunteers since our conception in 2003, we

have positioned ourselves to be the leading and largest member charity that is solely dedicated to supporting children and adults affected by Obsessive-Compulsive Disorder here in the UK. This gives us the opportunity, as well as the responsibility, and most importantly, as a service-user led charity, the understanding to lead the way in the challenge to deliver a comprehensive support service for both children and adults affected by Obsessive-Compulsive Disorder.

The strategy that we have adopted also serves to guide the work of the charity's management trustees, staff and volunteers, and measure the success of their work against the charity's short and long-term objectives.

The strategy has four primary long-term objectives which we believe will, one day, see us achieve our vision of a world where the devastating impact of Obsessive-Compulsive Disorder is no more.

These long term objectives are:

- **Objective 1** – Support those affected by OCD
- **Objective 2** – Improve understanding of OCD
- **Objective 3** – Improve access to quality treatment
- **Objective 4** – Promote OCD research

Thank You

By Ashley Fulwood

Chief Executive of OCD-UK

A word from Ashley, Chief Executive

Wow, another year flew by and, like always, that year was spent helping and supporting children and adults affected by Obsessive-Compulsive Disorder (OCD).

Our efforts and success in helping those that suffer with OCD is only possible through your continued support in these difficult times. Those who fund us through your kind membership donations and our fantastic fundraisers who swim, cycle, run or madly jump out of perfectly good airplanes to raise funds for our charity.

Equally, my loyal and amazing volunteers that help me to run our services. We are a small group but I think one of my strengths over the years is to surround myself by good people and my volunteers are good people. In fact, they are brilliant and it shows in the charity's work. I have so many amazing people volunteering for OCD-UK, I am hugely lucky to have them working for our great charity.

I sincerely thank you, all our supporters and volunteers, past and present, for your continued support of OCD-UK and I hope that you feel that my efforts, and that of the OCD-UK management team, are leading your charity in the manner in which you feel is fitting.

The work of our charity is designed to offer both practical advice and support but, also, to inspire and offer hope that OCD is beatable.

I make no apology for regularly stating and allowing our charity to be a vehicle that promotes the important message that OCD can be treated and that and

that recovery is absolutely possible for many people. However, the caveat to the above statement is that recovery often requires access to good quality CBT treatment which sadly, all too often, remains out of reach for many of us with OCD. IAPT went some way to making CBT easier to access in England but, in most cases, IAPT and other local services (across the UK) often lack the level of expertise necessary to provide the kind of specialist CBT treatment that people with moderate to severe OCD require.

With access to the national specialist services in London and Bristol requiring long distance travel for much of the UK (if you are lucky enough to secure local clinical commissioning group funding), then the practicalities of accessing specialist treatment remains challenging, at best, for most people.

As someone with remnants of OCD still proving bothersome I felt I needed a little more support, because I want to be 100% recovered, not just settle for being 80% better. So back in October (2012) I sought more CBT through my local Sussex *Health in Mind* service and whilst my therapist was a lovely lady, she admitted she did not know much about OCD. It really should not be like that and we must change that!

OCD-UK would like to see this gap in services plugged by all local NHS services across the UK by funding a local 'dedicated OCD service'.


Such a service, with minimal cost, could provide the level of treatment for people with OCD that is desperately lacking in most parts of the country, offering appropriate treatment that in many cases could lead to recovery.

Myself and my team will continue to work hard for all those suffering with OCD, we not only need to make a difference, we **MUST** make a difference!

Ashley Fulwood

ashley@ocduk.org





“ It has been longer than a year ago and I found the courage to call OCD–UK to find support and help for my family after our son had been diagnosed with OCD. I will always remember your words of reassurance, support, compassion. ”

Stefi - OCD-UK service-user

Delivering on our aims

Our long-term strategic objectives and some examples of our work that we undertook during 2012.

Objective 1: Support those affected by OCD

To provide practical and emotional support, encouragement and inspiration to help children and adults affected by Obsessive-Compulsive Disorder to reach their full potential in life and to help them live with, and challenge their OCD through to recovery.


In addition to the daily provision of email, telephone and online support, we also fund and provide information and advice to a number of support groups around the country. This is something we expanded in 2012.

We also expanded our online support services through partnership with *HealthUnlocked* who provide online communities for the NHS Choices website. OCD-UK have taken on the facilitation of their online OCD community.

Another example of our daily support service is advocacy. We believe that advocacy is a natural component of providing good quality support for those that reach out to us. This is frequently helping people access treatment either locally or at one of the national specialist services.

Sometimes, we empower people with guidance and information to become their own advocate to chase their own treatment. On other occasions we represent individuals. One such example to typify how we provide advocacy support during 2012 is how we helped Rose (name changed) to access treatment at the Centre for Anxiety Disorders and Trauma (CADAT) in London. We worked, somewhat doggedly for several month encouraging the local NHS Trust to fund the referral for treatment.

OCD-UK patron, **Ian Puleston-Davies** spoke about his OCD for our OCD Awareness Video that was released in 2011.



*"It's won quite a few battles,
but it won't win the war!"*

- Ian Puleston-Davies

Objective 2: Improve understanding of OCD

To improve the understanding that the general public, health professionals and policy makers have about Obsessive-Compulsive Disorder. We will do this by highlighting the debilitating and disabling nature of the illness and working towards changing perceptions and challenging comments about OCD that trivialise the nature of the illness.

In addition to working with the media on a weekly basis, through the supply of information about OCD and provision of volunteers who act as case studies, we also worked towards educating health professionals through providing information and supporting educational workshops in 2012 for the University of Surrey and Westminster.

Our biggest achievement in 2012 was again facilitating the **OCD Awareness Week** event here in the UK. OCD Awareness Week had been run for several years by the International OCD Foundation in the US and, for 2012, we became a global partner for the event. Our objective to raise awareness had mixed success; while we did not obtain the mainstream media success, we did make a difference online.

Hundreds of our supporters turned Facebook and Twitter a sea of orange by posting OCD Awareness Week images, and supportive messages and we had celebrity tweets from Stephen Fry, Derren Brown, footballer David James and several of the Corrie and Emmerdale cast members, all with a combined following of over 7,597,173 people.

We also worked towards educating PZ Cussons (UK), manufacturers of Carex Hand Wash, and turned the negative mimicking of OCD behaviour in their advert into an awareness opportunity by working in collaboration with the manufacturer and adding an OCD awareness message on their website, and hopefully changed the perception of OCD with each visit to their website.



Objective 3: Improve access to quality treatment

It is our belief that everyone affected by Obsessive Compulsive Disorder should have access to the most appropriate and the highest quality standards of care, support and treatment.

On a daily basis we act as independent advocates for people with OCD, advising and sometimes acting on their behalf to help them gain access to treatment.

In 2012 we continued to lobby senior Ministers and NHS Trusts across the UK to highlight inequalities in treatment provision for OCD.

Earlier in 2012, the MP Charles Walker spoke about his OCD during a debate on Mental Health in the House of Commons. We later met with Mr Walker and discussed the need for improved access to psychological treatment services.

We continued to champion the need for dedicated OCD services across the country, using the template model of a now closed service in Surrey, the 'Specialist Psychological Service'. This model of a small, but specialist service, is the kind of local service that we believe every Trust should be providing, and would fall in line with NICE recommendations – sitting between secondary care services, and national specialist clinics. We will continue to highlight the SPS model for good practice.

We also spent time trying to engage the South London and Maudsley (SLaM) NHS Foundation Trust about their cutbacks at the Centre for Anxiety Disorders and Trauma (CADAT).

Long term, we felt we needed to capture some evidence to reflect peoples experiences of trying to access treatment through the NHS. So in 2011, and running through 2012, we completed a two-year project to undertake a survey of service-users experiences of accessing OCD treatment through the NHS. This will be followed by a further study in 2014 to take measurements about the effectiveness of NHS treatment and to identify whether service-users responses show overall improvements in services.

OCD-UK making a difference

Objective 4: Promote OCD research

To be the leading OCD charity promoting excellence in OCD research through actively supporting and promoting only safe, non-invasive and ethical OCD research which is working towards developments in understanding, treating and curing Obsessive-Compulsive Disorder.

Each year we receive dozens of requests for our members to take part in various research studies, but OCD-UK has a very stringent policy in listing research requests in order to protect our members rights, dignity, well-being, very valuable time and, of course, safety.

Therefore, OCD-UK will only ever list those research projects that have received NHS ethical approval (please note this differs from university ethical bodies) and/or which our research panel feels will make a significant difference, without carrying any potential risk to our members.

OCD-UK believes our policy on listing research requests ensures our members and community can have confidence in participation.

Our long-term objective is to put ourselves in a position within five to ten years where we are able to invest and fund OCD research ourselves into innovative areas which we feel will make a significant difference into understanding, treating or curing Obsessive-Compulsive Disorder.

In 2012 we supported research projects and helped recruitment for research at the University of Bath and the University of Surrey. OCD-UK was influential in helping the researchers reach their target level of participation.

We also committed resources to supporting the Obsessive Compulsive Treatment Efficacy Trial (OCTET) research at the University of Manchester in 2013.



Steve Sharpe

A message from the co-founder and honorary president of OCD-UK


I am delighted to be able to support OCD-UK in its invaluable work of raising awareness of OCD as the potentially debilitating disorder that it truly is. I personally suffered for many years in the 1990s, oblivious to the fact that I had OCD, as it was rarely recognised or diagnosed in those days. Furthermore, in the absence of knowledge to the contrary, my increasingly bizarre and ritualistic behaviour seemed totally logical at the time. In hindsight, I can see that during that time of 'OCD ignorance' my OCD was in fact taking an increasingly tight grip of my life.

The amazing revelation that others were suffering from exactly the same thing as me, was the key that enabled me to start my recovery. It gave me prima facie evidence that my intrusive thoughts and ritualistic behaviour were indeed manifestations of a 'disorder' and it was through this recognition that I was able to start to take the power out of it. To be clear, I am by no means 'cured'. OCD is an anxiety based disorder, and at times of increased anxiety, I can still see my OCD kicking in. The vital point is that I now recognise it as irrational OCD behaviour and by recognising it I can at least go some way to dealing with it.

It was the recognition that 'awareness' of the disorder was the key to unlocking its power, that compelled Ashley and myself to start the charity back in 2003. This programme of raising awareness has been tirelessly undertaken by Ashley since the Charity's foundation and during 2012 continued apace with Kylie's able support as Chair. Notable achievements for 2012 were the continuation of the policy of holding conferences around the country (2012 - Cardiff) and the highly successful live streaming of the annual conference.

I know that Ashley and Kylie have exciting plans for the year ahead, I am proud to be able to give them my support. ■

OCD-UK would like to pass on their sincere gratitude for the professional guidance and financial support that Steve has offered OCD-UK.

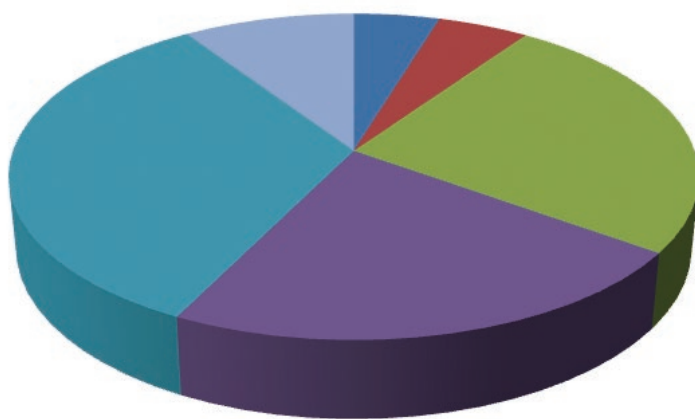


“ It deserves to be said my gratitude for what you do here is worth more than a side note. I very much appreciate the advice and support just knowing there are others like me. ”

Paul - OCD-UK service-user

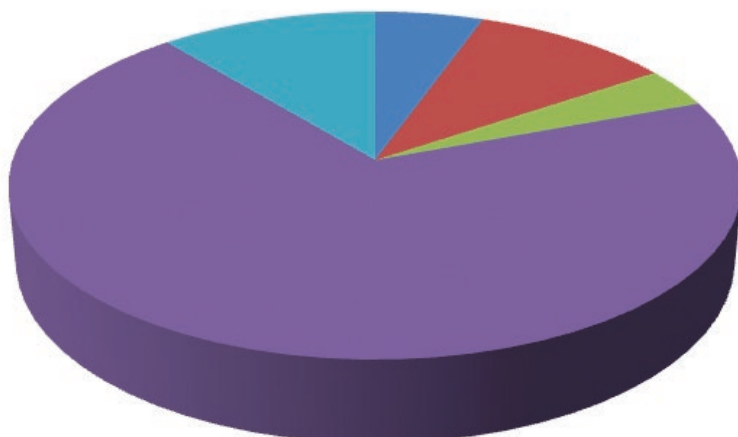
2012 Key facts and figures

2012 Income



- 33% - Membership
- 25% - Fundraising
- 23% - Donations
- 9% - Awards for All Grant
- 5% - Trading
- 5% - Conferences

2012 Expense



- 70% - Charitable expenditure
- 11% - Awards for All Grant
- 10% - Trading - goods for sale
- 5% - Fundraising costs
- 4% - Governance costs

£105,840

2012 Income

£89,648

2012 Expenditure



For every **£1** we spent on fundraising events and materials in 2012, we raised a further **£5**.



Accounts Comparison	Income	Expenditure
Dec 2008 - Nov 2009	£61,954	£74,741
Dec 09 - Dec 10 (13 mth)	£78,109	£72,280
Jan 2011 - Dec 2011	£68,686	£74,094
Jan 2012 - Dec 2012	£105,840	£89,648

Financial Review 2012

Our financial year mirrors the calendar year, and runs from 1st January to 31st December annually.

Our annual accounts are also subject to review by an independent chartered accountant. Mr Owen Hamnett one again donated his time to examine our accounts, and we remain incredibly grateful to Owen the time spent examining our accounts.

A copy of the 2012 accounts, and accounts for previous years, can be found on our website.

OCD-UK income for 2012 was £105,840, with expenditure of £89,648. Accordingly, we are reporting an overall surplus of £16,192, adding to our existing reserves of £16,426, leaving the charity with £32,618 of free reserves.

Income for 2012 was helped by the grant from **Awards for All** (part of the National Lottery fund) of £9,898, which was used to live stream our annual conference

and expended in the same financial year.

Membership and fundraising remained our primary source of income, with our membership numbers remaining static, although income increased. Throughout these difficult economic times, the support for our vital work has been astonishing for which we remain incredibly grateful.

We are always exploring new opportunities to make our limited resources go further and we work hard to get the most from our income by making our organisation's operating structure as efficient as possible.

Our charity is managed prudently, vital in these times of economic uncertainty, and our core expenditure in 2012 did not increase significantly from previous financial years.

Based on our income and expenditure projections for 2013, we believe that OCD-UK is financially stable until January 2015. Our projections estimate that the charity needs to source an additional £12,000 to ensure we can continue through 2015 and into 2016.



Other 2012 key statistics

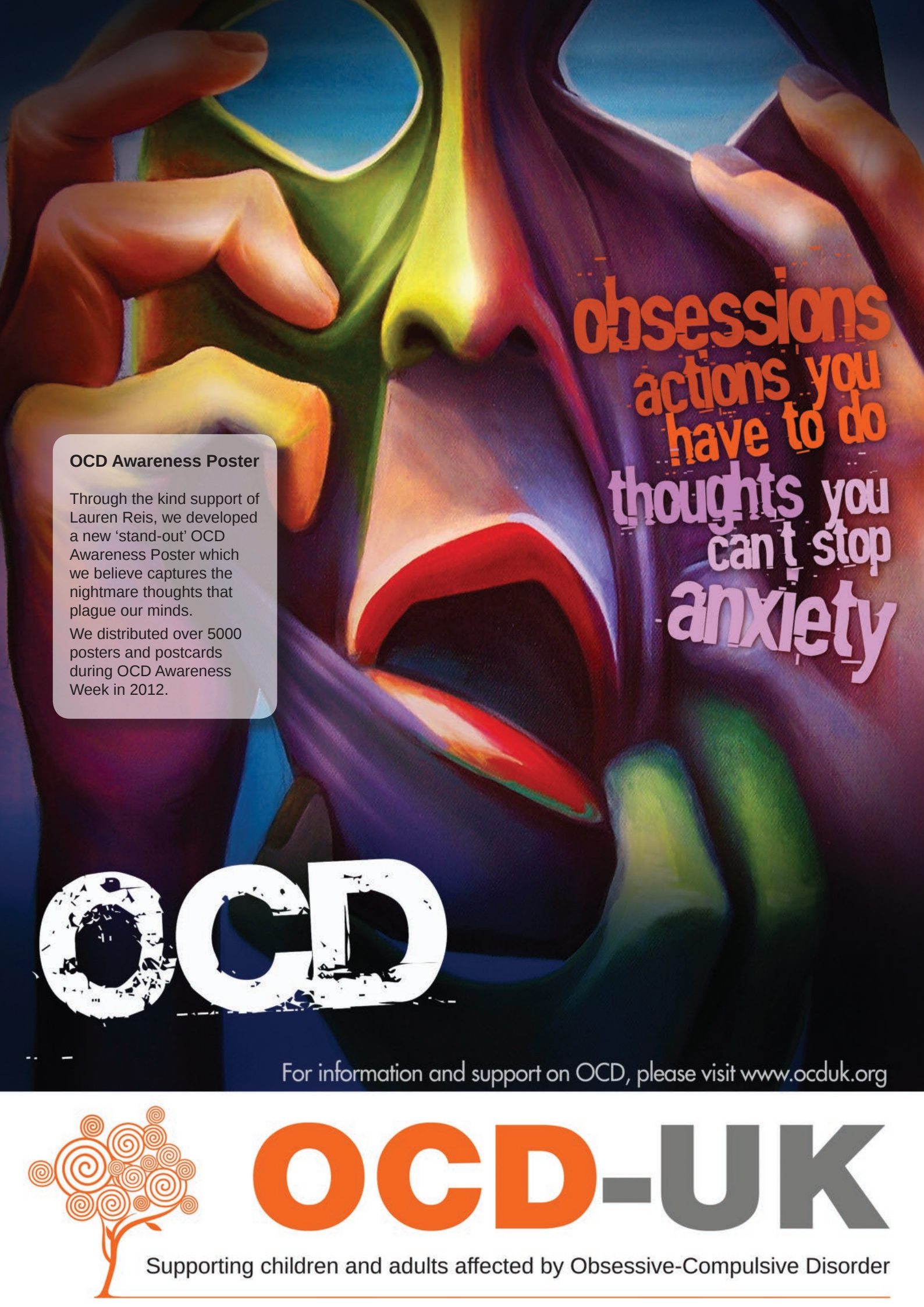
- At the end of December 2012 we had 719 active members (was 672 in 2011).
- £26,698 was brought in from fundraising events (was £15,052 in 2011).
- £35,152 was brought in from membership income (was £25,873 in 2011).
- £22,441 was brought in from voluntary donations (was £13,469 in 2011).
- 3464 incoming telephone calls received with a combined 176 hours of talk-time.
- 236,952 visits to the forums at www.ocdforums.org with 83,216 unique visitors. 64.8% of those visiting were returning visitors. Nearly 2 million (1,897,132) forum pages were visited by those using our forums.
- 279,205 visits to OCD-UK webpage at www.ocduk.org with 185,972 unique visitors, with a total of 722,648 web pages visited.
- 277 people viewed our live conference web broadcast at www.ocdconference with a further 498 people visiting the recordings in 2012.



Patron Ian Puleston Davies and Ashley chat during our annual conference in Cardiff.

Below are a few of the projects that we have worked on during 2012:

- Expansion of our highly acclaimed OCD-UK website.
- Hosted the first ever OCD Conference in Wales (Cardiff).
- Development of new OCD Conference website, with live streaming of our 2012 conference.
- Representation in running events across the UK.
- Published a new and updated OCD Information Booklet.
- Added a calendar of training events to the website to assist health professionals.
- Hosted OCD Awareness Week here in the UK.
- Celebrity tweets supporting OCD Awareness Week from Stephen Fry, Dr Linda Papadopoulos, Derren Brown and Corrie stars, with a combined following and potential to have reached over 7,597,173 people.
- Met with MP Charles Walker to discuss improved access to psychological treatment.
- Expanding the network of support groups through facilitating and funding new regional support groups and funding the ongoing costs of existing groups.
- Encouraged people with OCD to share how OCD makes them feel in a cathartic and educational exercise through the power of poetry and photography.
- Distribution of OCD awareness and educational literature across the UK.
- Working with staff from Mersey Care NHS Trust to assist them in their review of OCD services.
- Continued to offer our community a voice and a sense of togetherness to help banish the feeling of loneliness.
- Turned the negative mimicking of OCD behaviour in the Carex Handwash advert into an awareness opportunity by working in collaboration with the manufacturer and adding an OCD awareness message on their website.
- Expanded our reach to be the largest OCD membership charity, giving us credibility to be a voice for the OCD community.
- Offered members opportunities to win prizes: subscription to BBC Good Food magazine, OCD books, Olympus Digital Camera worth £189 and a festive hamper.
- Supported a member with her efforts to make an OCD video, Living With Me And My OCD.
- Developed a new OCD Awareness Poster and distributed over 5000 posters during OCD Awareness Week.
- Appointed a new overseas ambassador in Prof Adam Radomsky.
- Our co-founder, Mr Steve Sharpe officially become our Honorary President.
- Facilitated training workshop for IAPT trainees and psychological students.
- Agreed partnership with HealthUnlocked to facilitate their online OCD community.
- Supported the launch evening for the Channel 4 '4 Goes Mad' mental health week.



OCD Awareness Poster

Through the kind support of Lauren Reis, we developed a new 'stand-out' OCD Awareness Poster which we believe captures the nightmare thoughts that plague our minds.

We distributed over 5000 posters and postcards during OCD Awareness Week in 2012.

obsessions
actions you
have to do
thoughts you
can't stop
anxiety

o**c****d**

For information and support on OCD, please visit www.ocduk.org



OCD-UK

Supporting children and adults affected by Obsessive-Compulsive Disorder

Professor Paul Salkovskis

Professor of Clinical Psychology and Applied Science, University of Bath.



A message from the OCD-UK patron

OCD-UK is a remarkable organisation, pretty much unique in being an organisation for people with personal experience of OCD entirely run by people with personal experience of OCD.


That means people who are elsewhere called 'service users, and their loved ones'. So why not service users? As this report makes clear there is simply not enough of the right services, and OCD-UK has been at the forefront of trying to deal with this issue. I stand back and watch with genuine amazement at the way in which the OCD-UK team try to deal with what at times must seem like an impossible task, yet manage to succeed beyond expectation. This report includes several stories of personal achievement, and the charity itself is to be congratulated for achieving so very much. However, there is still a very long way to go, and OCD-UK clearly is intending to do so much more in the long term.

As someone whose job it is to working with people trying to overcome OCD and their loved ones, I have had a chance to see what a lonely slog this can be. Professionals can work with sufferers and carers, provide guidance and support and be empathic, but all too often cannot truly share the experience. By contrast, people with personal experience can and do and that is one of the many strengths of OCD-UK as a collaborative and supportive effort.

OCD-UK has in 2012 continued its policy of reaching out to those who are beset by OCD, in some cases without knowing what is happening to them and therefore living in terror of what their experiences and symptoms mean. OCD Awareness Week reached out both to the existing community and to those who were not aware of the disorder in a much needed attempt to deal with these issues.

The policy of holding conferences and meetings across the country is clearly difficult to organise but, again, reaches out to those who are restricted in a range of ways. The new website design and video resources increase accessibility and, at an individual level, OCD-UK supporters listen where listening is needed, support where support is needed and advocacy where that is needed, all in an attempt to help those who are having to deal with OCD on a daily basis to find better ways of dealing with their problems and, again, to feel that they are not alone.

Support is a valuable concept here; one of my colleagues defined it as "standing shoulder to shoulder with someone in the face of adversity". That's what OCD-UK does for those with OCD and those who try to help them. So I am proud of my link with OCD-UK and proud that I can at times stand shoulder to shoulder with this organisation and therefore with those who are forced to deal with this unnecessary illness as they seek to reclaim their lives. ■



“OCD had basically ruined the quality of my life since I can remember. It was finding some fantastic literature and support from your charity and being lucky enough to eventually find an amazing CBT therapist that has given me the confidence to change my life.”

Kate - OCD-UK service-user

OCD-UK has an excellent reputation for delivering high-quality conferences and events and, as the only OCD charity run by people with OCD for people with OCD, we provide conferences that you actually want.

Continuing our commitment to provide OCD conferences around the whole of the UK, OCD-UK has delivered from the south coast to Scotland, and in 2012 we delivered the first OCD conference in Wales.

Scotland

- Edinburgh 'audience with' event (2010)
- Stirling conference (2005)

England

- Newcastle conference (2013)
- Liverpool conference (2011)
- Cambridge conference (2010)
- Bournemouth conference (2009)
- Reading FFC conference (2009)
- Derby conference (2008)
- London 'audience with' event (2007)
- Greenwich conference (2005)
- Bristol conference (2005)

Northern Ireland

- 'Audience with' event (2014)

Wales

- Cardiff conference (2012)



Delivering across the UK



“ I attended the conference in Cardiff and would like to thank you so much for putting on the event and congratulate you on a very successful and inspiring day. The quality of the speakers was outstanding; their commitment and experience of OCD impressive. The most enlightening part of the conference for me was the stories related by people with OCD. ”

David - 2012 OCD-UK conference guest



Meet the 2012 Trustees

OCD-UK is managed by a board of volunteer trustees approved by our members at our annual general meeting.

They serve in a voluntary capacity but have ultimate responsibility in law for the charity, its assets and its activities. Their role is to guide, advise and support the Chief Executive in implementing the charity's strategic vision, according to the charity's development plan.

What is unique about OCD-UK is that all of these trustees have been affected by Obsessive-Compulsive Disorder, either as sufferers themselves, or through close family members. This ensures that OCD-UK truly is a charity run by people that really do understand OCD, and also ensures that the charity is truly independent to represent the needs of people with OCD.

The management committee comprises a diverse range of carefully selected individuals, usually from within our own volunteer network, who bring with them a wide variety of skill sets and personal strengths. By electing new trustees in this manner, OCD-UK and its members can be sure that the management committee has the power and drive needed to ensure the charity continues with its objectives and that those people running your charity have already shown commitment to OCD-UK.

Thank You

During 2012 two of our trustees stepped down after several years as a trustees of OCD-UK. We would like to thank both **Ruth Clarke** and **Vanessa Rogers** for their tireless efforts as trustees and their commitment to the charity, both however continued to offer their support to our charity. We look forward to working with Ruth and Vanessa in the future.



Mark Bartlett
(East Sussex)



Kylie Cloke
(Gloucestershire)




Yolanda Jerrard
(Lincolnshire) (From Jan 2012)



Catherine Mills
(Liverpool)



Claire Gellard ▶
(London)



Claire Gellard - pictured here during the 2011 Virgin London Marathon.

“ The pain was intense. But the need to finish, in order to prove that I could do it, was stronger. This was when all I could think about was my OCD. I thought about how much time it had taken from me, how much joy and love it had stripped me of over the years. How much suffering not only I had gone through, but my dear friends and family. All I felt was anger. There was no way I was going to let this beat me. ”



Thank you so much for your efforts!

Our Fabulous Fundraisers

It shows a great deal of dedication to a cause not only to participate in a charity fundraising event, but to ask friends, family and colleagues to support you in the task at hand when often

we are all often so secretive about our OCD! So on these pages we want to celebrate our 2012 fantastic and fabulous fundraisers, and thank them, because between them they helped fundraise a fantastic £26,698.

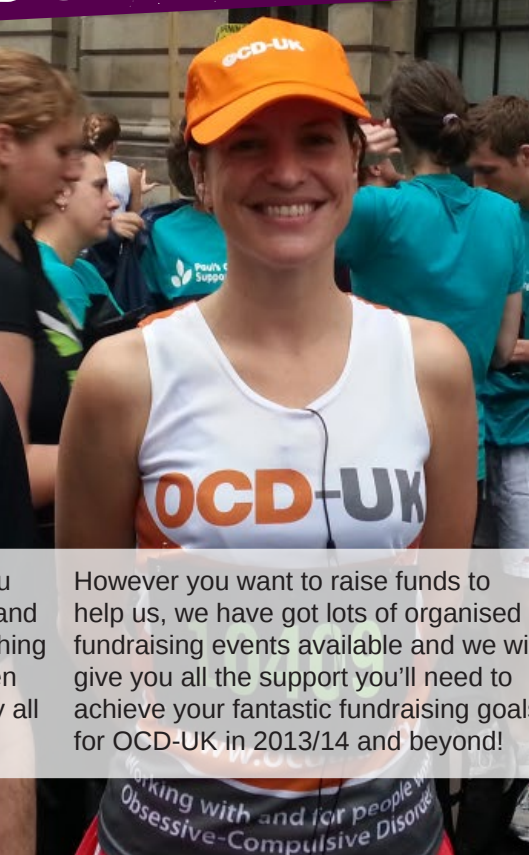
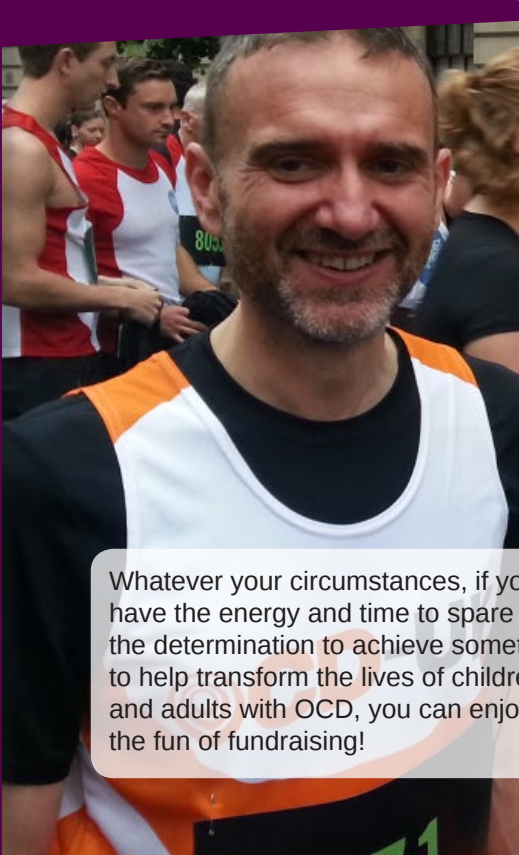


Let's not forget other 2012 fantastic fundraisers who have also run, cycled or thrown themselves out of perfectly good planes for OCD-UK.

- Felicity Feek, Adam Doyle, Preeti Sumal, Dr Lauren Callaghan and Gareth Maglennon – **Brighton Marathon**
- Carlie Watts, Jim Armitage, John Triddon, Kris Goddard Melody Hancock and Nicola Hill – **Virgin London Marathon**
- Gordon Moore – **Milton Keynes Marathon**
- Tom Burrridge – **Great West Run**
- Ruth Millauer – **Cardiff Fun Run**
- Faye Allen, Sue Millichap, Mair Griffiths, Lucy Green, Angela Mulligan, Claire Watkinson, Jane Watkinson and Lorna Warriner – **Great Manchester Run**
- Lucy Vickers – **Edinburgh Half Marathon**
- Joanne Lancaster – **Great North Swim**
- Matthew Watson – **Hadrian's Wall Trekathon**
- Ashley Fulwood, Paul Davis, Lucy Hale, Simeon Elliott, James Crilly, Jasmine Somerset, Samuel Jamieson, Ben Wade, Lynsey Murphy, Dr Lauren Callaghan and Vivi Lescher – **British 10K**
- Richard Conway – **John O'Groats to Lands End Cycle**
- Joanne Sharman and Ashley Fulwood – **London to Paris Cycle**
- Liz Kemp – **Great North Run**
- Danielle Parry – **Robin Hood Marathon**
- Prudence Malinki, Benedict Fuller and Freddie Fuller – **Royal Parks Half Marathon**
- Will Lynn – **Head shave**
- Sonia Carpenter and Lisa Bailey – **10K**
- Sophie Allistone – **Twickenham Cabbage Patch 10 miler**
- Graham Neil – **Craigforth Endurance Challenge**
- Steve Cook – **Basingstoke Half Marathon**
- Arran Stoy – **Charity bike ride**



GO ON ACHIEVE SOMETHING GREAT



Whatever your circumstances, if you have the energy and time to spare and the determination to achieve something to help transform the lives of children and adults with OCD, you can enjoy all the fun of fundraising!

However you want to raise funds to help us, we have got lots of organised fundraising events available and we will give you all the support you'll need to achieve your fantastic fundraising goals for OCD-UK in 2013/14 and beyond!

Structure, Governance and Management

The chair of OCD-UK presents the annual report at the charity's Annual General Meeting (AGM) each year. The 2012 AGM took place in Cardiff on Saturday 10th November 2012.

Legal Status

OCD-UK was formed as a charity under a constitution in January 2004 and was officially registered with the UK charity commission in April 2004. The charity registration number is 1103210.

Our Structure

The board of trustees is the governing body of the charity. It's their role to establish the policies, objectives and procedures for the charity to ensure the effective running of the organisation in pursuit of those long-term objectives.

Staff

The charity has one full-time member of staff, the chief executive officer (CEO), who is responsible for the day-to-day management of the charity and for implementing policies and working towards the objectives agreed by the charity's management trustees.

Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2012 the charity had 719 active members. Members are entitled to attend the AGM and to one vote per discussion.

Volunteers

OCD-UK has approximately 27 committed and regular active volunteers across the UK, most of whom have been directly affected by OCD. Their selfless personal commitment has been the cornerstone of OCD-UK's success in delivering its aims and objectives. We estimate that our volunteers have donated about 1409 hours to OCD-UK during 2012, in monetary terms worth over £8721 to the charity.

These volunteers have helped us provide direct support online and offline, facilitated support groups, worked on our website and publications, or helped at our events or conferences.

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Governance and of OCD-UK

Other volunteers not included in the above figures have also contributed their time to actively support research and media work that we promote.

The trustees of OCD-UK remain grateful to the donation of time that volunteers give to our charity and we recognise that we can achieve even more with their assistance and that we must provide them with regular support, training and supervision to help our volunteers in their role.

Professionals

We would also like to acknowledge our gratitude and thanks to the following professionals and media personalities who kindly donated their time to offer support and assistance during 2012:

- Lesley Anderson
- Dr Lauren Callaghan
- Ian Puleston-Davies
- Stephanie Fitzgerald
- Dr Elizabeth Forrester
- Professor Mark Freeston
- Owen Hamnett
- Dr Victoria Bream-Oldfield
- Dr Linda Papadopoulos
- Dr Asmita Patel
- Dr Anne Perry
- Dr Adam Radomsky
- Karen Robinson
- Professor Paul Salkovskis
- Professor Roz Shafran
- Dr Blake Stobie

Corporate Support

We also occasionally receive support from companies and charitable trusts and we would like to acknowledge Virgin Money Giving and Awards for All who have made contributions to OCD-UK during 2012.



OCD-UK



*Dr Lauren Callaghan speaking at the
OCD-UK conference in Cardiff*

*"Your help has been a lifeline to
our family and, again, I cannot
thank you enough."*

Michelle - OCD-UK service-user

Working with and for children and
adults affected by
Obsessive-Compulsive Disorder

OCD-UK

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