

# Compulsive Reading



## Annual Review

*A Compulsive Reading Special*



# OCD-UK

Supporting children and adults affected by Obsessive-Compulsive Disorder



# Welcome to the 2013 OCD-UK Annual Review

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





## Welcome to the 2013 OCD-UK Annual Review.

This report gives me the opportunity to tell you all about the work of OCD-UK in 2013.

As in previous years, OCD-UK continued to remain extremely proactive in the fight against OCD in 2013. One of our core missions of making a positive and meaningful difference in the everyday lives of people affected by OCD by providing accessible and effective support services continued to underpin everything that we strived to achieve. Our very own support services of forum boards, telephone support, email support and national support groups continued to be accessed by those affected by OCD on a daily basis. Support, guidance, advice and advocacy was always tailored to the individual and unique needs of each person who sought our help.

During 2013, we continued to be extremely proactive in raising awareness of the truly debilitating nature of OCD and challenging many public misconceptions that OCD is a 'quirky' illness. The announcement that Channel 4 were to broadcast a second series of Obsessive Compulsive Cleaners horrified us. Having seen the first series, we knew that this programme did nothing to reduce the stigma and only fuelled public misconceptions that OCD is a 'cleaning illness'. There was no portrayal of the devastating effects that OCD have on a sufferer, or the high levels of intense anxiety that exist with this illness. We fought long and hard to get the programme pulled from the public. Although we were not successful in this, and the programme was aired on Channel 4, we publically made it clear that we did not agree with the broadcast of this programme and further continued to be spurred to change public misconceptions regarding OCD. Our OCD Awareness Week was bigger and better than 2012 and we worked in partnership with OCD Foundation and other global organisations. As in the previous years, Facebook and Twitter were turned into a sea of orange and grey in support of our aims. Celebrities assisted us with our awareness raising - we were tweeted by Derren Brown and Jeff Kristian, and our patron Ian Pulston-Davies undertook national media coverage by agreeing to talk about his own battles with OCD on the Lorraine Show and in The Sun newspaper. We asked our members and supporters to engage in conversations about OCD during OCD Awareness Week and the feedback that we received was that people really got talking! Many informed us that they had managed to change misconceptions amongst their friends and acquaintances, and it is our belief that we really change perceptions during OCD Awareness Week. Of course, there is still a long way to go.... but we will continue with the battle.

Perhaps our most notable achievement of 2013 was our successful allocation of a Time to Change charitable grant. We were awarded just under £40,000 to undertake our proposed project of 'Are you a little bit OCD?' across the East Midlands area. This project will commence at the start of 2014 and aims to change public misconceptions of OCD by introducing a quirky 'sofa zone' in various public areas across the East Midlands. We will be inviting people to join us on the sofa to discuss what their perceptions of OCD are. Through conversations and interactive quizzes, we aim to enlighten the general public about the true severity of OCD and, hopefully, change the perceptions of those that frequently say 'I'm a little bit OCD!' This is a really exciting project and one that we look forward to commencing next year. In preparation for this project, at the end of 2013 we advertised nationally for a project lead. After scrutinising many applications that were submitted to us, we shortlisted candidates and held

interviews in Nottingham. We were delighted to be successful in identifying a suitable candidate for the position and we offered the role to Beth Hemus. Throughout the application and interview process, it was evident that Beth displayed all the necessary skills required to lead a project of this magnitude and the passion to challenge public misconceptions of OCD. We look forward to working closely with her in 2014.

In addition to employing Beth for the project next year, during 2013 we worked closely with Lucy Carter. Lucy was employed on a freelance basis during 2012 specifically to help us develop productive communications and relationships with the media to assist us with further raising accurate awareness of OCD in the public domain. It has been a pleasure working with Lucy during 2013 and we look forward to continuing to work with her in 2014.

As an independent charity, with no financial input from external sources, we rely solely on the generosity of our members and supporters, and fundraising continued to be invaluable to our daily survival. Following his success in 2012 in the London to Paris cycle ride, our very own CEO, Ashley Fulwood, decided he would attempt to ride from Land's End to John O'Groats this year in a bid to raise valuable funds for our charity, and further raise awareness of OCD along his route. Joined by our patron Paul Salkovskis, they set off from Land's End in the middle of August (remember how decently warm our summer was this year!!). Supported by Lisa Marnell driving the support vehicle for the entire trip, and Paul's colleague, Brynnyar, for the second week of the ride, the gang pedalled their way across 1100 miles in 15 days. However, not only did they cycle, they stopped and undertook radio and media interviews along the way to help raise further awareness of OCD. I think we can all agree that this was no mean feat and I truly take my hat off to Ashley, Paul and Brynnyar for their tremendous efforts in undertaking this huge journey!

As always, I must end my annual report with some truly heartfelt thanks. Firstly, I must thank Ashley Fulwood. He continues to be the back bone of OCD-UK and without his tireless work ethic, dedication, passion and enthusiasm for the cause, OCD-UK would simply not exist! To the Management Team who work alongside me directing and leading the charity - thank you!! I, myself, have had a pretty tough year with a return of OCD, a full time job, the final year of a degree and three young children - without your dedication, support and friendship behind the scenes, I am positive that 2013 would not have been as successful as it was. I must also thank all our volunteers for giving up their time selflessly to help OCD-UK continue to achieve its aims, year after year. OCD-UK grows from year to year and, without the support of our volunteers, we simply would not be able to offer all the services and support that we do to those affected by OCD. Finally, I must thank our members and supporters. OCD-UK has an immense community and one that I am grateful to be part of. Our members and supporters all have knowledge and understanding of the truly debilitating nature of OCD and support us in mission to provide support and guidance to those affected by OCD. I thank you all for your continued support.

2014 looks set to be an exciting year for OCD-UK and I am looking forward to challenges ahead.

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 at the end

of 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




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# TIMEX®

## VIRGIN LONDON MARATHON







*“ Thanks to OCD-UK I am now managing things really well, such is the power of peer support. Keep up the good work - You have made a big difference to my life. ”*

Andy - OCD-UK user  
March 2013

# Delivering on our aims

Our long-term strategic objectives and some examples of our work that we undertook during 2013.

**Objective 1:** 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.


**Support those affected by OCD**

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 2013.

OCD-UK believe that advocacy is part and parcel of support, and it remained part of our daily support service throughout 2013.



OCD-UK patron, Ian Puleston-Davies spoke about his OCD for OCD Awareness Week via ITV's Lorraine show.



*“OCD 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.

Our biggest achievement in 2013 was facilitating national TV and media coverage for **OCD Awareness Week**.



### 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 2013 we worked closely with the new specialist anxiety clinic in Bristol, led by Professor Paul Salkovskis.



# 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.

OCD-UK only list those research projects that have received NHS ethical approval and/or which our research panel feels will make a significant difference, without carrying any potential risk to our members.



# RIDE4OCD

## LAND'S END TO JOHN O'GROATS

### Ride 4 OCD 2013

In August, Team OCD-UK hit the roads for an awareness and cycling adventure of epic proportions! Cycling from Land's End to John O'Groats were Ashley Fulwood and Professor Salkovskis, with appearances and support from Brynjar Halldorsson and Lisa Marnell.

Ride4OCD had five key objectives:

- 1 - Improving OCD awareness
- 2 - Fundraising for OCD-UK
- 3 - Highlighting treatment inequalities between England, Scotland and Wales
- 4 - Demonstrating that mental challenges can be tackled
- 5 - Bringing the OCD community together



Our Ride4OCD was made possible thanks to the support of our members who drove the team support van for the first two weeks. We also want to thank a number of staff, Lucy, who worked on the media interest along the way and supported by others riding with us (van) so thanks must also go to Karolina, Kylie, Laura and others.

Naturally, we also want to thank everybody who supported us and by sponsoring us, you are helping us achieve our aim of raising over £6600 which was in the pages for 2013. We made a lot of local media OCD awareness and thank you so much for your generosity. You have helped us achieve the aims of



**JOHN  
O'GROATS  
2013**

**LANDS END 874**

**PENTLAND SKERRIES 6**

**OCD - UK**

**ORKNEY &  
SHETLAND ISLES**

**30TH AUGUST**



CD was only  
through the kind  
per Lisa Marnell who  
ort vehicle for the two  
thank our new member  
ed hard to generate local  
y. We were also joined and  
with us (or driving the support  
to Anna, Ian, Jo, Jonathan,  
, Stephen and Steve.

take this moment to thank  
with words of encouragement  
all made a real difference to  
us of Ride4OCD. We raised  
the top 1% of all Just Giving  
managed to do 11 pieces  
awareness coverage, so  
to you all for your  
helped us achieve  
Ride4OCD.

### The 2013 RIDE4OCD Route

**Miles**

Day 1	Friday 16th August	<b>Land's End - Penzance</b>	11.20
Day 2	Saturday 17th August	<b>Penzance - Washaway</b>	56.67
Day 3	Sunday 18th August	<b>Washaway - Exeter</b> via Tavistock	76.18
Day 4	Monday 19th August	<b>Exeter - Chew Valley</b> via Taunton	78.08
Day 5	Tuesday 20th August	<b>Chew Valley - Abergavenny</b> via Bristol and Newport	73.17
Day 6	Wednesday 21st August	<b>Abergavenny - Caersws</b>	74.02
Day 7	Thursday 22nd August	<b>Caersws - Chester</b> via Wrexham	69.76
Day 8	Friday 23rd August	<b>Chester - Preston</b> via Anxiety UK an Manchester	82.00
Day 9	Saturday 24th August	<b>Preston - Windermere</b>	59.31
Day 10	Sunday 25th August	<b>Windermere - Moffat</b> via Carlisle and Gretna	82.00
Day 11	Monday 26th August	<b>Moffat - Loch Lomond</b> via Glasgow	92.62
Day 12	Tuesday 27th August	<b>Loch Lomond - Fort William</b> via Glencoe	72.60
Day 13	Wednesday 28th August	<b>Fort William - Contin</b>	75.49
Day 14	Thursday 29th August	<b>Contin - Tongue</b>	81.67
Day 15	Friday 30th August	<b>Tongue - John O'Groats</b>	74.29

**Total Miles 1059**





## Paul - Ride4OCD Note

### Paul says: We are finished! But it's not finished.

We made it to John O'Groats in pretty good shape. The weather was kind to us... apart from the first Saturday, it was ideal cycling weather. A wee bit of sun, not too hot, mostly cloudy. Lots and lots of support along the way: crucially, from Lisa who looked after us fantastically and was always where we expected her to be when we needed it. She cycled several days, and would be, I suspect, the best cyclist of us all! The many people we met along the way too.... Exeter took the prize for the biggest group (sorry we were late folks, Dartmoor and Bodmin Moor got in the way!). Glasgow was fantastic, enthusiastic, and gave us McGowan Chews. All the people really cheered us up when the fatigue kicked in!

There are more than I can mention, but off the top of my head (I am on the train to Inverness on the way home), Jonathan, Trusty Rusty, Jo Sharman, Ian Grant and Steve Flatt all shared some of our efforts. The media were there sometimes, especially in the West Country. We couldn't stir media interest in Wales and apart from Grace (thanks Grace!) in Scotland.

With the very notable exceptions of Steve Flatt, David Clark and my own team in Bath and the Bath trainees (thanks folks.... cheering me into the pub at Stanton Drew was a highspot of the trip) we saw a lot fewer therapists than we expected. Don't know why, we did our best to get people in with the idea of networking with the charity, with service users and ourselves. Disappointing.

Lessons learned.....the trip was a weak metaphor for OCD (always was, but worth a go!). We can make comparisons about overcoming difficulties, pushing on through, taking each stage at a time, but in the end it was not really about the kind of suffering people with OCD have to endure. And when I say "not finished".....it was clearer and clearer to me the more people we met just how much the needs of people with OCD are either not being met or being met so badly as to be worse than nothing. I heard really, really unpleasant stories of mistreatment and maltreatment and professional neglect. Someone was told that the only thing that could be offered to them is "palliative care". For OCD??

I am disturbed that the specialist treatment centre in Scotland for OCD is directly linked to the psychosurgery service. Specialist treatment is only a single step away from invasive and ineffective treatment which has historically been the vehicle of psychiatric abuse. I detected some reluctance on the part of people with OCD in Scotland to access the Dundee centre, and on the information I have it is hard to disagree with this position.

Anyway, it's clear that awareness of OCD and its treatment still has a long way to go. I knew this before I set out through the three countries of mainland UK, so I have simply had my previous understanding reinforced, as has my view of the fundamental kindness and supportive nature of the people we met.

Thank you so much for the financial support through sponsorship to OCD-UK. A couple of personal thank you's; Brynjar for the laughs including the horse's head, definitely better than the asses I had seen previously, and most of all.... Ashley, it has been a pleasure to spend these two weeks with you and to work with you in the run up to it. Your organisation made it work, and work well.

I'm going to rest for a couple of weeks, then will get back on the bike on a regular basis. What next? Well, we did the mainland.....how about Ireland? It would be shorter but maybe we could zig-zag?

Paul

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**Pictured Sunday 18th August**  
on Pork Hill, Dartmoor



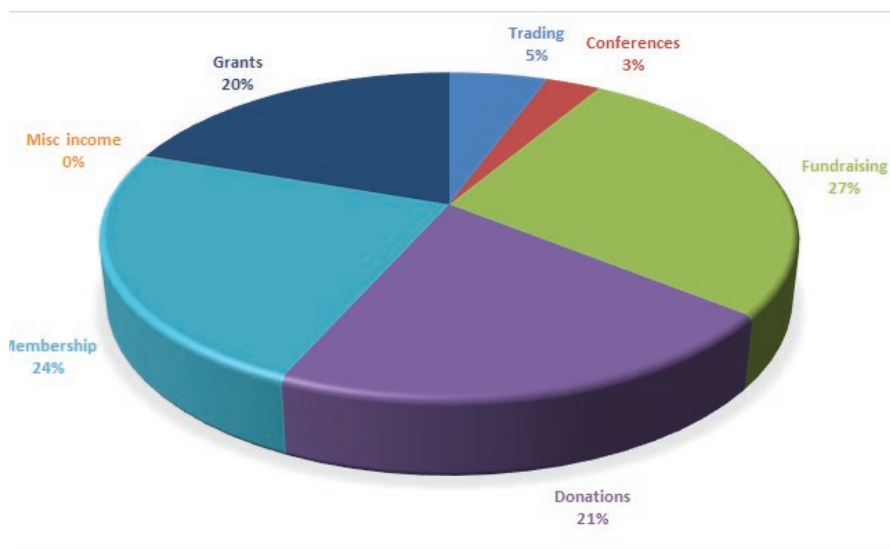


*“Thank you for your very sympathetic and concise email. You have given me exactly the kind of information that I was looking for. Thank you for taking the time and trouble to reply to me. It might just change my life!”*

Rob - OCD-UK user  
September 2013

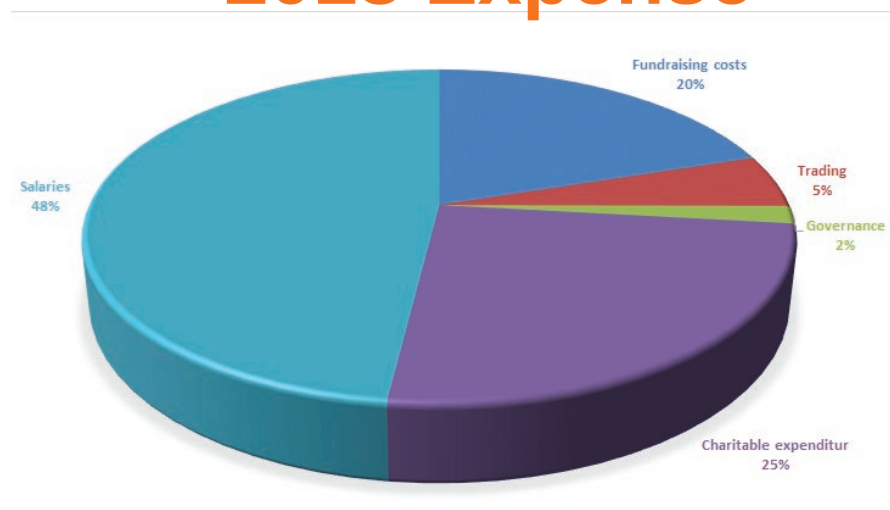
# 2013 Key facts and figures

## 2013 Income



- 27% - Fundraising
- 24% - Membership
- 21% - Donations
- 20% - Restricted Grants
- 5% - Trading
- 3% - Conferences

## 2013 Expense



- 48% - Salaries
- 27% - Charitable expenditure
- 20% - Fundraising costs
- 5% - Trading - goods for sale
- 2% - Governance costs



# £118,188

2013 Income

# £92,857

2013 Expenditure



## Financial Review 2013

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. We are grateful to Steve Collings of Leavitt Walmsley Associates for examining our accounts.

A copy of the 2013 accounts, and accounts for previous years, can be found on our website.

OCD-UK income for 2013 was £118,188, with expenditure of £92,857. Accordingly, we are reporting an overall surplus of £25,331, adding to our existing reserves of £32,618, leaving the charity with £57,949 of reserves, £19,907 of which is restricted for project work.

Income for 2013 was helped by grants from **Time to Change**, **The Cup Trust** and the **Zurich Community Trust**. However, these are for projects in 2014, so expenditure will show across our 2014 accounts.

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.

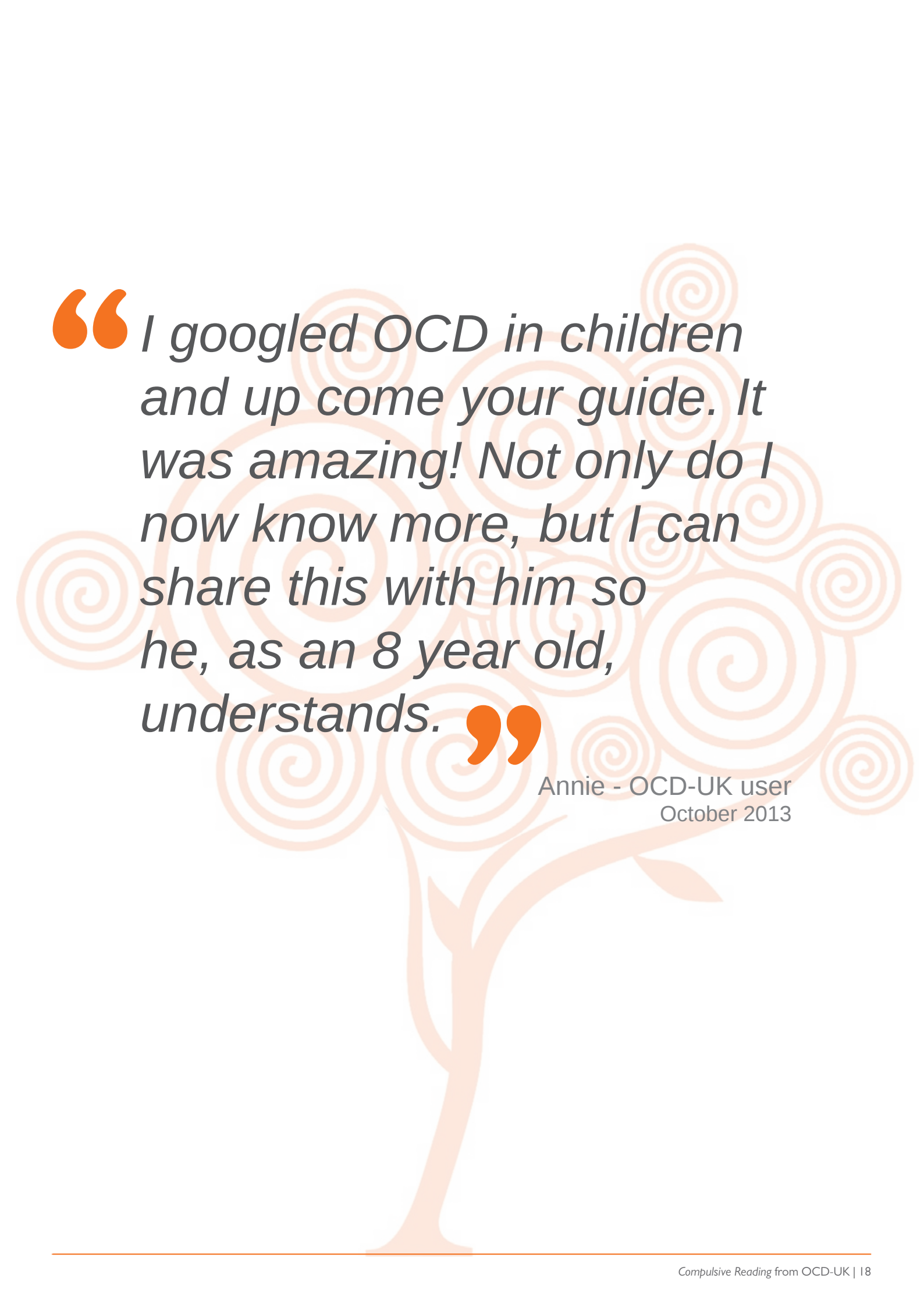
Our charity is managed prudently, vital in these times of economic uncertainty, and our core expenditure in 2013 did not increase significantly from 2012.

Based on our income and expenditure projections for 2014, we believe that OCD-UK is financially stable until mid- 2015. Our projections estimate that the charity needs to source an additional £15,000 to ensure we can continue through 2015 and into 2016.



### Other 2013 key statistics

- At the end of December 2013 we had 708 active members (was 719 in 2012).
- £31,054 was brought in from fundraising events (was £26,698 in 2012).
- £26,957 was brought in from membership income (was £35,152 in 2012).
- £27,931 was brought in from voluntary donations (was £22,441 in 2012).
- 3464 incoming telephone calls received with a combined 176 hours of talk-time.
- 432,462 visits to OCD-UK webpage at [www.ocduk.org](http://www.ocduk.org) with a total of 1,399,346 web pages visited on our website, nearly 1.5 million!
- During our ride4OCD 699 people visited [www.ride4ocd.org](http://www.ride4ocd.org) with a total of 7314 page views of the blog updates.
- At the start of OCD Awareness Week on Monday 14th Oct 2013, our website recieved 10,469 visits, (our daily average is about 2,000).



*“ I googled OCD in children and up come your guide. It was amazing! Not only do I now know more, but I can share this with him so he, as an 8 year old, understands. ”*

Annie - OCD-UK user  
October 2013



Thank you to Ashley, Brynjar, Lisa and Paul  
for their 2013 Ride4OCD efforts.





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 2013 we delivered in the north east of England, in Newcastle.

#### Scotland

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

#### Northern Ireland

- Belfast 'Audience with' event (2014)

#### Wales

- Cardiff conference (2012)

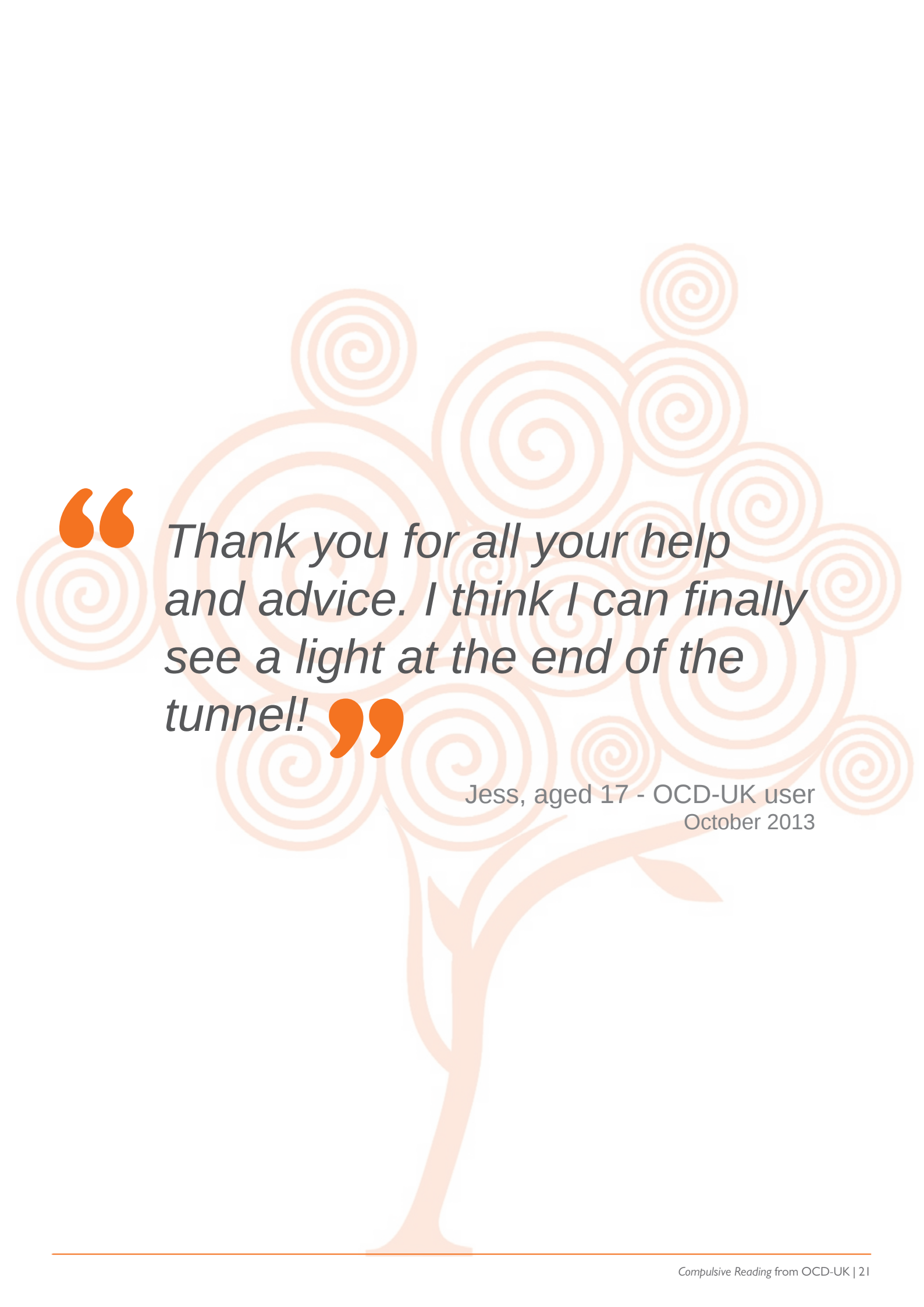
#### England

- Nottingham conference (2014)
- London 'audience with' event (2014)
- 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)



# Delivering across the UK



A stylized tree with a spiral pattern in the background. The tree is light orange and has a thick trunk that branches out into several smaller branches. The foliage is represented by numerous concentric spirals of varying sizes, all in a light orange color. The background is white.

*“ Thank you for all your help and advice. I think I can finally see a light at the end of the tunnel! ”*

Jess, aged 17 - OCD-UK user  
October 2013



# Meet the 2013 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.

## Jo and Preeti

At the end of 2013, we were delighted to appoint two new trustees to contribute to the work of OCD-UK in 2014 and beyond. We welcome Jo Sharman and Preeti.



**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 so secretive about our OCD! So on these pages we want to celebrate our 2013 fantastic and fabulous fundraisers, and thank them, because between them they helped fundraise a fantastic £31,054.



**Let's not forget other 2013 fantastic fundraisers who have also run, cycled or thrown themselves out of perfectly good planes for OCD-UK.**

- Lorna Haddow, Shelley Cornes and Beth Hale – **Brighton Marathon**
- Rebecca Woolley, Sarah Harrinton and Alan Mundy – **Virgin London Marathon**
- Lisa Marnell, Ashley Fulwood, Debby Cranston, Tamaris Higham and Jo Sharman – **Great Manchester Run**
- Ashley Fulwood, Paul Davis, Lucy Hale, Simeon Elliott, James Janine Pethig and Debbie Russell – **British 10K**
- Ashley Fulwood, Paul Salkovskis, Brynjar Halldorsson and Lisa Marnell – **Lands End to John O'Groats Ride4OCD Cycle**
- Lee Forrest, Rob Winton, Ben Marram, Katherine Pilling and Michelle Amlin – **Great North Run**
- Ruth Keeley and Matt – **Tour of Bradwell**
- Martin Williams, Timothy Medway-Smith, David Roper and Joshua Briegal – **RideLondonSurrey 100**
- Danielle Parry – **Paris Marathon**
- Rob Winton and Ian – **Forest of Dean Half**
- Laura McIlveen – **Causeway Coastal 10k**
- Yvonne Dudley – **Great South Run**
- Claire Ward – **Robin Hood half marathon**
- Vicky Turner – **Langham 10k**
- Eve Wingerath – **Thames Challenge**
- Aaron Friend – **Milton Keynes marathon**
- Rachel Jasper – **Run to the beach half marathon**
- Paul Collins – **Century cycling challenge**
- Charlotte Walker and James Byard – **Royal Parks half**
- Louise, Jessica & Grace Compston – **Sawston fun run**





# 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 2014 and 2015!





# Structure, Governance and Management

The chair of OCD-UK presents the annual report at the charity's Annual General Meeting (AGM) each year. The 2013 AGM took place in Newcastle on Saturday 2nd November 2013.

## 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 2013 the charity had 708 active members. Members are entitled to attend the AGM and to one vote per discussion.

## Volunteers

OCD-UK has approximately 30 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 1400 hours to OCD-UK during 2013, in monetary terms worth over £8500 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.

# OCD



# 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 2013:

- Lesley Anderson
- Dr Lauren Callaghan
- Ian Puleston-Davies
- Stephanie Fitzgerald
- Dr Elizabeth Forrester
- Professor Mark Freeston
- Dr Lucy Hale
- Brynjar Halldorsson
- Owen Hamnett
- Dr Claire Lomax
- Dr Victoria Bream-Oldfield
- Dr Adam Radomsky
- Karen Robinson
- Professor Paul Salkovskis
- Professor Roz Shafran

## Corporate Support

We also occasionally receive support from companies and charitable trusts and we would like to acknowledge **Time to Change**, **MediConf**, **The Cup Trust**, **Ricoh Imaging – Pentax UK** and the **Zurich Community Trust** who have made contributions to OCD-UK during 2013.



*Dr Claire Lomax speaking at the  
OCD-UK conference in Newcastle*



*"Your charity is just a godsend!!"*

Anna - OCD-UK user  
July 2013

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

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