



OCD-UK

Annual Report

for the year ended 31st December 2016.

OCD-UK
changing perceptions



OCD-UK

Supporting children and adults affected by Obsessive-Compulsive Disorder

Welcome



Charity annual report

Year ended 31st December 2016

The trustees of OCD-UK are pleased to present their annual report together with the financial statements of the charity for the year ended **31st December 2016**.

The financial statements have been prepared independently in accordance with the charities act 2011 by Steve Collings of Leavitt Walmsley Associates, Manchester. We have summarised their report on page 32.



Chair's Report

by **Catherine Mills**, chair of OCD-UK

During 2016, OCD-UK continued in its efforts to “get the ‘D’ back into OCD” (*see page 16*) in order to emphasise that Obsessive-Compulsive Disorder is a serious condition that has a devastating impact on the lives of sufferers and their families. Too often the condition is trivialised and made fun of by people who clearly do not understand the illness. It is sad that the charity has to challenge TV producers and the general public that OCD is a serious mental health condition that often requires intense treatment over a prolonged period of time.

OCD-UK continues to undertake advocacy work for people whose voice is not heard or listened to when seeking treatment options. This is an important role of the charity and remains one of its core purposes.

I would like to thank all those who have undertaken fund raising activities for OCD-UK during 2016, without your support the charity would struggle to achieve its aims and objectives. Thank you to all of our members who make a monthly or annual contribution which supports the charity in all that it does.

OCD-UK operates with a board of trustees who give their time freely as the work is something they remain committed to. Thank you to our small team of volunteers who undertake a variety of roles including forum moderation, proof reading and manning our telephone support line.

Finally, the charity continues to advance thanks to the sterling work of its CEO, Ashley Fulwood. Whether producing regular magazines, undertaking advocacy work or simply offering words of encouragement to callers, Ashley is there throughout the year, frequently going beyond the call of duty in his work.



Catherine Mills, Chair



**WELCOME TO
OCD-UK**



**598 MEMBERS
THANK YOU FOR
YOUR SUPPORT**



**THANK YOU
FOR YOUR CONTINUED SUPPORT OF**



We are



Our vision

Is of a world where the devastating impact of **O**bsessive-**C**ompulsive **D**isorder (OCD) is reduced through effective and safe treatment.

Our purpose

Is to make a positive and meaningful difference in the everyday lives of children and adults affected by **O**bsessive-**C**ompulsive **D**isorder (OCD).

Our beliefs

We are **open** – with ourselves and those we support, their family, friends and carers.

We are **caring** – providing emotional and practical support in a non-judgmental way.

We believe in **kindness** – in everything that we do, we see the individual not just the illness.

We are **understanding** – we listen, we hear, we understand.

We deliver **hope** – we provide support, creating hope.

We are OCD-UK, and we are here for you!

PROVIDING

HELP

CREATING

HOPES

OCD-UK 2016

Dedicated volunteers

Chief Executive's Report

by **Ashley Fulwood**, Chief Executive of OCD-UK

Not so very long ago I was encouraged to take more time for myself, and that same person asked me why I am work so long hours, be that late at night or during public holidays. The fact is, I am here, because – first and foremost – I'm somebody that's lived through a decade in my twenties where OCD controlled every aspect of my life.

I know only too well what OCD can cost us individually and personally, in my case whilst it did not damage my career it did damage my personal development, both socially and my ability to hold a relationship, something Professor Salkovskis often refers to as the collateral damage of suffering with OCD. He goes on to talk about how the collateral damage can be around long after the OCD becomes a distant memory. So remembering how OCD used to impact on me, not only do I want to help others, I truly believe that I have something to contribute to OCD-UK. Which I guess is why I don't mind working at night or weekends, because for me, this is not a job, this is not a career in the charity sector, this is a commitment and a passion to make a difference, and equally I believe the same applies to our small but dedicated band of volunteers, their involvement means something to them far beyond just charity volunteering.

Reflections of 2016

There remains huge pressures on charities with limited funding available, and OCD-UK found 2016 a tough year. As the purse strings on public expenditure continue to tighten, budgets are being squeezed meaning mental health services continue to suffer budget restraints, and as a result access to effective treatment remains problematic for many people with OCD.

Such pressures expose new demands on our charity, and in society too, where despite politician's promises to create parity between physical/mental health, in reality that is still a long way off.

So OCD-UK is being asked by the demand to do more, but with less, so this really is a tough environment in which to run a charity.

I mention this not by way of excuse, but in candid reflection on the climate in which OCD-UK operated during 2016, and maybe for the next year or two ahead.

To some these challenges seem insurmountable for small charities like OCD-UK, but actually many small charities do amazing work, and really get to know and understand the people they serve. So rather than view the present climate to be an insurmountable problem, this benefits small charities like OCD-UK because we can identify and quickly adapt to the changing environment of the community we serve.

OCD-UK plays a vital role in provision for people affected by OCD here in the UK, and I am regularly reminded that the OCD community would be a poorer place without our charity, since OCD-UK is still the only dedicated OCD charity that is completely service-user led.

Being service-user led allows us to be independent, and that really is an advantage in challenging for improved services, because it allows us to speak openly and vociferously where necessarily.

OCD-UK has always been innovative, so in these challenging times we need to clearly focus on innovating and offering services that are effective. Our work must be bold and inspiring to set us apart.

However, we also know that in order to achieve our vision – a world where OCD is treated with respect in terms of understanding and treated with effective therapy – we must put solid foundations in place to ensure that OCD-UK innovation can continue for many years to come.

During 2017 and 2018 I will focus on restoring our financial position, ensuring we remain self-sufficient, maintaining our financial reserves and planning for the future and maintaining and improving the quality of our support services.

Our deficit in 2016 is highlighted through a drop in membership and

fundraising levels, but as I write this report in 2017, we have already made strides to restore membership levels significantly, and have identified further measures we can take to maintain this recovery.

We also identified that maintaining and improving support services would be aided by a base our volunteers can work from. Some of our long-term supporters will have watched our charity grow from humble beginnings to where we are today. For the last 13 years

OCD-UK has been based and operated from the spare bedrooms, living rooms, and even garages of our two members of staff and volunteer trustees.

Whilst this has been sustainable to a point and the charity has achieved great things in this operational mode, it can and does have its limitations.

So in order to ensure OCD-UK can develop and make better use of staff and volunteer interaction we recognised that the way forward is to open an office, despite the additional financial burden. So during 2016 the decision was made to find and open our first office, which happened in early 2017.

As a charity committing to driving change in how OCD is viewed, we've realised that whilst society itself has changed how people now think about mental health problems through the sterling work of many mental health charities, OCD continues to be the poor cousin of mental health and somewhat ignored by many organisations, and why it remains vital that OCD-UK is around to represent people with OCD.

We made some efforts towards this with our partnership with The Shaw Mind Foundation during OCD Awareness Week (see page 38).

But our awareness work needs to build on that to **change perceptions** about OCD and to bust those myths that people still hold about OCD.

Much of this work, and the fact we have come so far and can look

to the future with such clarity and determination is credit to many of you reading this report. You, our loyal members, fundraisers and supporters who have stayed with us through thick and thin. We are in your debt, and we can't thank you enough. Secondly, our dedicated volunteers and trustees (who also act in a voluntary capacity). They have been tireless in pursuit of our goals and continue to inspire. The OCD-UK team is a small team, but an incredibly dedicated professional team delivering amazing services.

In delivering those services, we are driven by three core principles:

Hope
Understanding
Kindness

I don't shy away from saying that OCD is a condition that people can and do recover from. Of course, recovery is personal and unique to each individual. It might be a journey for some, or a destination for others, but offering hope will always be the cornerstone of OCD-UK's principles.

I feel I should also pay special mention to my friend, mentor and co-founder **Steve Sharpe**. I remain incredibly grateful for Steve's support and long-standing commitment to supporting and representing our charity in his global business endeavours, he can frequently be seen with his OCD-UK pin badge adorning his suit when meeting European leaders.

The future

I truly hope that their work, and this report will give you a taste of the passion, energy and inspirational nature of our incredible charity team.

I am clear that the next few years offer us a unique and exciting opportunity to bring about change, positive and lasting change for people with OCD.

I can't think of a more motivating or more important challenge to make a reality.

Ashley Fulwood, CEO

"Hope will always be the cornerstone of OCD-UK's principles!"

- Ashley Fulwood
Chief Executive of OCD-UK

Our Values

Our values set out the way in which OCD-UK works to pursue our vision and explains what people can expect from us.

We listen

Everything we do is based on the experiences of the people we serve, people affected by **O**bsessive-**C**ompulsive **D**isorder (OCD).

We unite

We work together as one organisation, united behind one shared vision.

We inspire

Our passion and determination inspire those around us, we provide help, and create hope.

We innovate

We are forward thinking, always seeking ways to improve what and how we deliver and innovate in everything that we do.

We're inclusive

We reach out to the whole community, regardless of where they are in their own recovery journey, supporting individuals affected by OCD through the difficult times, the good times and everything in-between and helping them work towards recovery.

We focus

We deliver results and make the most of our limited resources to continually deliver first class support.

We are OCD-UK, and we are here for you!

OCD

Think you or a loved one might suffer with
Obsessive-Compulsive Disorder?



We are



OCD-UK is a national charity representing children and adults affected by **Obsessive-Compulsive Disorder (OCD)**.

Uniquely, the charity is completely led by people with first-hand lived experience of OCD.

Since 2004, we have been helping to advise, educate, inspire, encourage and guide people suffering with OCD through their recovery journey.

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

OCD-UK changing perceptions about recovery.

OCD-UK providing help, creating HOPE.

Trustees



L-R – Charlotte Rowe, Joanne Sharman and Yolanda Jerrard at our 2014 annual conference in Nottingham.

OCD-UK is a membership-based charity, managed by a team of dedicated trustees which make up our executive membership committee. These are endorsed and elected by our members at our Annual General Meeting. They are all members who have volunteered for the charity for a period of time before being approached to become a trustee. They receive no remuneration, other than essential working costs approved by the charity. Uniquely, OCD-UK is completely service-user led, all of our trustees have suffered or have a close family member suffering with OCD.

The trustees listed below were all re-appointed by our members at our last AGM, unless otherwise stated:

Catherine Mills

Chair, Merseyside.

Claire Gellard

Trustee, London.

Mark Bartlett

Trustee, Kent.

Yolanda Jerrard

Trustee, Lincolnshire.

Nick Marlow

Trustee, Nottingham

Charlotte Rowe

Trustee, France.

Joanne Sharman

Trustee, Cornwall.

During 2016 we introducing a new logo...

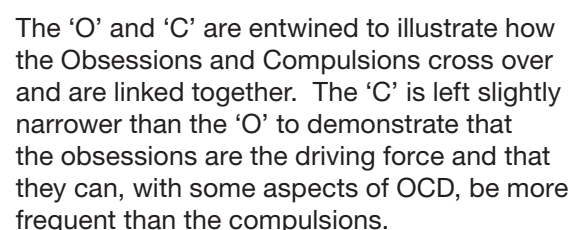


Say hello to our new logo, and let us explain the reasoning behind our logo change.

One of our objectives is to raise awareness of Obsessive-Compulsive Disorder through effective and accurate awareness campaigns.

In recent years we have seen the OCD acronym and 'meaning' hijacked to suggest a person who is pernickety and fussy. During the next few years we want to focus some of our awareness projects on changing the perception that everyone is a 'little OCD' and highlight the 'D' in OCD to ensure the general public understand that it stands for Disorder. Hence our new logo.

The 'D' is highlighted in a darker colour to show the dark places the illness can take us sometimes and the gloomy mood it can leave us feeling. We also know that OCD can be treated and can be overcome, so we have left the 'D' slightly broken to show people with OCD that no matter how dark OCD gets, there is a chance to break that cycle and break free from the disorder.



We hope that our logo can be a practical tool to help illustrate the severity of OCD and help us all raise awareness of Obsessive-Compulsive Disorder. ■



Logo Feedback (via Facebook)

"I think this is fantastic and will hopefully quell the rash and hurtful comments that people make all too often without thinking about the effect their words will have." - Richard

“Really great logo - a lot of thought (no pun intended!) has gone into it. Well done!” - Tim

"Excellent, really good work, and wonderfully meaningful." - **Sarah**

"I love the thinking behind your new logo, thank you for everything you do on behalf of people who really suffer this hell on earth disorder." - **Clare**

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"I love the thinking behind your new logo, thank you for everything you do on behalf of people who really suffer this hell on earth disorder." - Clare

2016 at a glance

We handled **6,154** telephone calls on our support line, including advocacy help and support.

We ended 2015 with **598** OCD-UK members.

Our support email account answered **3,013** emails from people across the world.

745,822 people visited our website and between them viewed almost **2 million** webpages on our site during 2016.

46,244 people visited our forums for community support during 2016, spending an average of 11 minutes each on our forums and viewing **over 1.5 million** webpages.

We launched the only accurate national **database** of NHS IAPT services and made it freely available for all service-users and shared it with other organisations.

We launched a brand new **OCD-UK logo** to project and highlight the fact that OCD is a disorder.

We funded a **low cost 0345** call number for our helpline which we subsidise to make calling OCD-UK easier.

We funded **6** regional support groups throughout the year, and offered help and support to many other support groups.

We launched a brand new OCD support group in **Scotland**, in **Edinburgh**.

We continued our partnership with **Nottingham Recovery College** to develop, launch and co-host a brand new course for people living with **obsessions and compulsions**.

We became partners with **Shaw Mind Foundation** for **OCD Awareness Week**.

We continued our working partnership with **Nottingham Healthcare** Foundation Trust to run **peer supported** OCD treatment pathways group.



“Being better is great. I’m not totally recovered though. Sometimes I have terrible days. I am still ‘journeying’, and I have a lot to learn.”

**- Lily Bailey, part of our 2016
#FantasticFundraiser team**



OCD-UK Changing Perceptions

OCD-UK are proud to have been serving people affected by Obsessive-Compulsive Disorder since 2004, raising awareness and changing perceptions about recovery.

Our legacy work continues to inspire many, for the benefit of all those with OCD.

OUR LEGACY

includes being the first dedicated OCD charity to:

- ✓ Host days out for children with OCD.
- ✓ Create minimum standards for independent support groups to adhere to.
- ✓ Speak out vociferously about Channel 4's Obsessive Compulsive Cleaners.
- ✓ Develop use of virtual technology to involve volunteers from all over the whole of the UK.
- ✓ Become full time (Mon-Fri) offering support services during weekdays and out of hours.
- ✓ Uniquely fund venue hire costs for regional OCD support groups.

OUR UNIQUENESS

We want to continue to be innovative in the way we work for people affected by Obsessive Compulsive Disorder.

These are just some of the ways that OCD-UK is unique in being a dedicated OCD charity that:

- ✓ Is completely service-user led, run by OCD sufferers, for sufferers.
- ✓ Publishes the only dedicated OCD magazine, **Compulsive Reading**, made available for members.
- ✓ Delivers events all across the UK.
- ✓ Pledge to deliver events in Scotland, Northern Ireland and Wales.

OUR PLEDGE AND VALUES

Our pledge is to serve all those who suffer because of the impact of Obsessive-Compulsive disorder.

Our values include:

- ✓ Dedicated to hosting awareness campaigns that focus on the message, rather than ourselves, which is why we invited other organisations to be part of OCD Awareness Week.
- ✓ Transparent and honest in our service reporting to our members.
- ✓ To continue to be the independent voice for people with OCD, and to be vocal about perceived OCD misrepresentations.
- ✓ To continue to be the voice for people with OCD, challenging unethical or unsafe research or treatments.

We still need your support to help us continue to achieve the above and more, both through your generous membership donation and by getting involved when and where you can.

OCD-UK Changing Perceptions

Working together



As part of our strategy, we are committed to working closely with health professionals involved in the treatment and research of Obsessive-Compulsive Disorder.

During 2016 we have assisted researchers. We have helped them write their research projects. We have helped them conduct research and helped them recruit participants.

But it's not just one-way, many of those health professionals have also supported and helped the charity in many other ways too, from donating directly, working at our conferences to fundraising.

This is why we were delighted to field a team comprising of people with lived experience of OCD and health professionals all working together in the Ride London Surrey 100 mile bike ride in 2016.



A YEAR OF **IMPACT**

SUPPORTING PEOPLE

I will feel like the strongest person in the world if I can overcome this. And **you will** have played a big part in my recovery, even if that sounds strange, so thank you.

*On behalf of my 12 year old daughter and my long suffering wife, thank you so much. **You have given me my life back** and I now have a reason to keep going. Perhaps now I can think about being the husband I so desperately want to be.*

You are genuinely **changing people's lives** for the better!

I would like to thank you and the forum for the feeling of support and **not being alone** which it has given me during those past rough months.

*Thank you for coming back to me. It means a lot for me **that someone understands** me.*

I just wanted to say a big well done for **OCD UK's campaign for OCD Awareness Week**. I've been particularly following all your posts on Facebook - they're excellent. I've personally had a difficult time this week with my OCD, so it's been comforting to read about it and the excellent work you're doing.

It is really helpful when there is **someone who gets what a person with OCD is going through**.

*Thank you so, so, so much for all of your help. It's horrible feeling so confused and lost so hopefully I can put some positive steps in place now. The extract from your article has filled me with reassurance, it's really good to **hear someone else's experience** who has been able to recover so well.*

Thank you to everyone at OCD-UK, your information and forums has been so helpful to us at some of our daughters most difficult times. She has also used it for the forums and has **given her a little relief to know she isn't alone**.

If I never spoke to you I don't think I would of spoken out about my ordeal!

Thank you very much for the email and also for the phone call earlier, it hasn't made my problems go away but **it was really nice to talk about it instead of thinking about it by myself**. I hope you continue with beating your OCD. I will try and use this as inspiration and get the help that I need.

*I want to take this opportunity to thank you as **I have been so helped by your organisation**. In fact coming across you led me to finally seeking help for my OCD having suffered for over 40 years and now I am back at university doing a Masters in Textiles.*

We would just like to thank you very much for all the help and long time you spent talking to us a couple of days ago concerning our daughter.



FANTASTIC FUNDRAISERS

Some of our **#FantasticFundraisers** during 2016



These are some of our **2016 FANTASTIC FUNDRAISERS** who have ran, cycled or hiked through the mud from Scotland to the south coast for OCD-UK. To one and all, thank you!

- **Sophie Richardson** (top row third) – Brighton Marathon
- **Bez Drury** (middle row left) and **Preeti** – Virgin London Marathon
- **Bria Mason** – Galashiels Sprint Triathlon
- **Rachel Mepham** and **Glenn Slater** (top row fourth) – 106km walk around the Isle of Wight in 24 hours
- **Christoph Otte** (middle row second) – Edinburgh Marathon Festival Half Marathon
- **Chloe Woolmer** – 10,000ft Skydive
- **Sarah Watson** – Tough Mudder Half, Scotland
- **Sarah Dowding** – Didcot Five Miler
- **Lucy Howard** – The Colour Run - Manchester
- **Lily Bailey, Ian Grant, Brynjar Halldorsson, Vilhjalmur A. Halldorsson, Stuart Ralph** and **Paul Salkovskis** – Ride London Surrey 100 Miles (see next page)
- **Grace Masterson** – South Coast Challenge
- **James Harvey** – Yorkshire 3 Peak Challenge
- **Michael Sheridan** – 10,000ft Skydive
- **Robbie Hamilton, Stephanie Jones** (top row left), **Alex Margo** (top row second) and **Simon Ripley** (bottom row left and far right) – Great North Run
- **Lewis Lee** and **Lucian** – River Dart 10km Swim
- **Steven Pepperell** – 26 mile Edinburgh KiltWalk
- **Kim Grant** (top row right) – 10,000ft Skydive
- **Charlotte Laycock** and **Darren Moore** (bottom row, middle two images) – Royal Parks Half Marathon
- **Aimee Clarke** – Eden Project Marathon
- **Kathryn Kerr** (middle row third) and **Jane Quinlan** – Great South Run
- Other fundraisers include **Sian Cavozi, Helen Seymour, Olivia Easey** and **Lindsay Sayers** who have helped OCD-UK in some capacity from giving up beer for a year, or chocolate for a month... all great sacrifices!!!!

We value your support so much, from those that donate to those that participate in the wacky or endurance fundraising. If we have forgotten to mention anybody in our annual report, please forgive us and do let us know so that we can remedy that.

We very much recognise that we would not be here without you
THANK YOU!



WE CAN BE HEROES JUST FOR ONE DAY

These are our **2016 FANTASTIC FUNDRAISERS** who cycled 100 miles through London and Surrey in the Ride100 event at the end of July.
Thank you **Ashley, Brynjar, Ian, Lily, Paul, Stuart** and **Vilhjalmur**.



Lily and Ian



Paul



Brynjar and Vilhjalmur



Brynjar and Vilhjalmur



Lily



Stuart



Ian and Stuart



Brynjar on Box Hill



Paul



Registration day selfie with Ian, Lily, Ashley and Paul



Lily approaching the finish line



L-R: Paul, Ashley and Ian

SUPPORT from



Call our Advice Line

Whether you are coming to terms with a diagnosis of OCD, or have specific questions about OCD or accessing treatment, then our team of amazing volunteers are here to answer your questions, or to simply offer a listening ear when you simply need to chat to someone who truly understands OCD.

Our advice line provides help, creates hope!

Call 0345 120 3778 *

Get help online

If you want to learn more about OCD, our website and discussion forums are packed full of information and helpful tips.

And if you want to talk to others with OCD, our moderated OCD support forum and social media communities are a great place to share stories and experiences.

www.ocduk.org

www.ocdforums.org

 www.facebook.com/ocduk

 www.twitter.com/ocduk



We are OCD-UK, and we are here for you!

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.

England

- York conference (2015)
- Liverpool 'audience with' (2015)
- Truro 'audience with' event (2015)
- 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)

Scotland

- Inverness 'audience with' (2015) *
- Edinburgh 'audience with' (2010)
- Stirling conference (2005)

** Due to lack of interest, this event in Inverness did not take place. However, our effort illustrates our commitment to Scotland.*

Wales

- Crickhowell 'audience with' (2015)
- Cardiff conference (2012)

Northern Ireland

- Belfast 'audience with' event (2014)

Continuing our commitment to provide OCD conferences around the whole of the UK, OCD-UK has delivered from the south coast to Scotland.

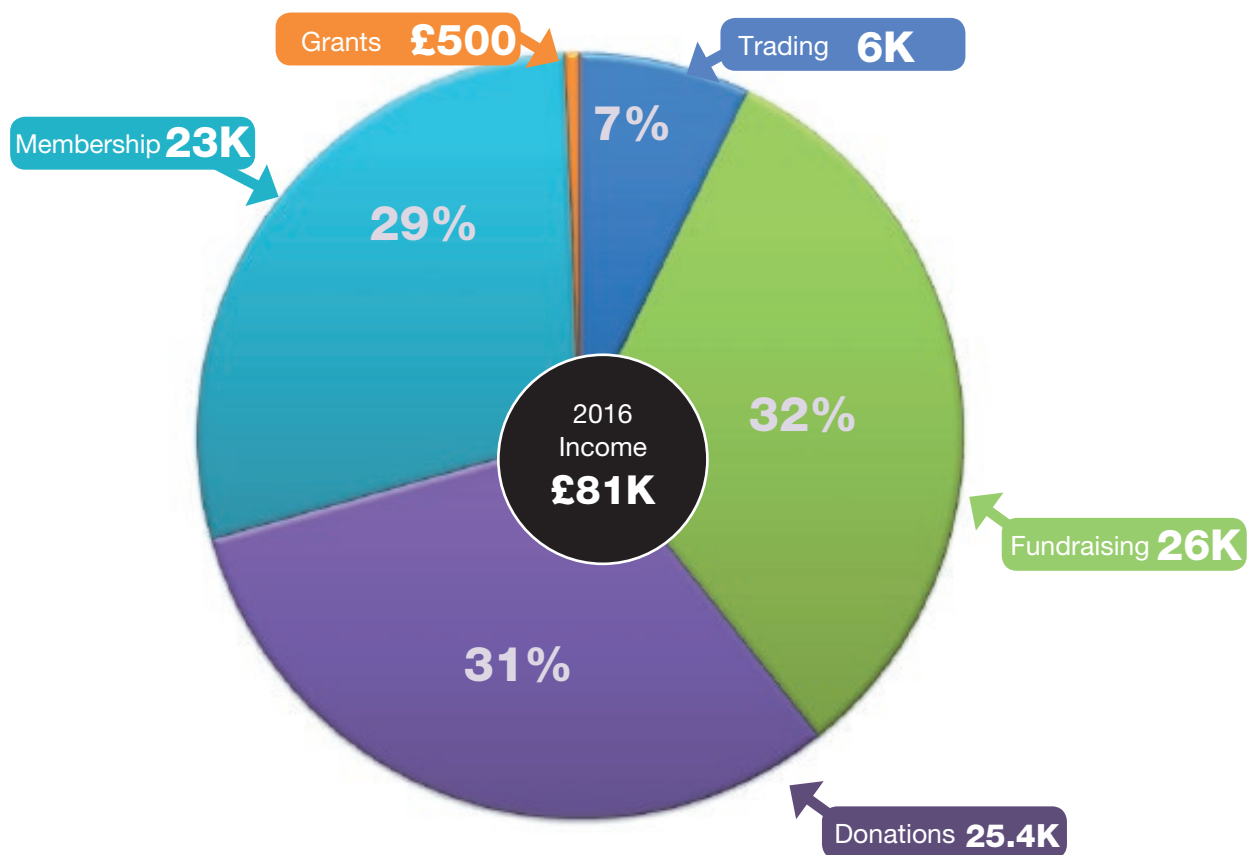
During 2016 we once again pledged to take our conference north of the border during 2017 to Glasgow.

2017
Glasgow

Delivering across the UK

2016 key facts and figures

2016 Income



Membership, donations and fundraising remained our primary source of income, with our membership numbers remaining around the same level, this is indicative that our charity remains highly respected by users, and remains the largest member charity dedicated to supporting people with OCD.

£81,099

2016 Income

£90,925

2016 Expenditure

Accounts Comparison	Income	Expenditure
Jan 2011 - Dec 2011	£68,686	£74,094
Jan 2012 - Dec 2012	£105,840	£89,648
Jan 2013 - Dec 2013	£118,188	£92,857
Jan 2014 - Dec 2014	£116,359	£135,487
Jan 2015 - Dec 2015	£125,012	£102,398

Financial Review 2016

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 full 2016 accounts can be found on our website.

OCD-UK income for 2016 was £81,099 with expenditure of £90,925. Accordingly, we are reporting an overall deficit of £9,826 leaving the charity with £44,202 of surplus funds.

OCD-UK is relatively self-sufficient in the respect that our services are not reliant on charitable grant income, with the majority of our income arriving through the kind generosity of our supporters.

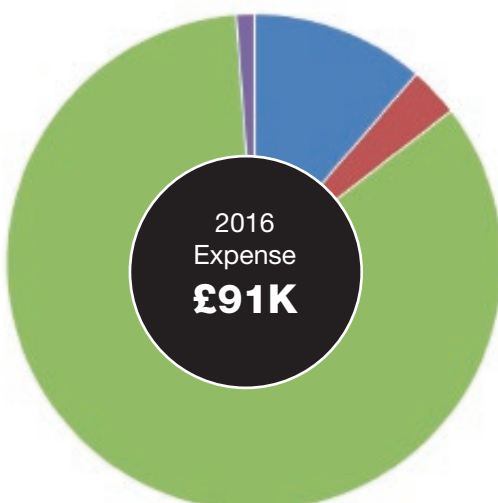
Membership and fundraising remained our primary source of income, with our membership numbers dropping for the first time in several years, but that level increased significantly in the first quarter of 2017 and OCD-UK remains the largest member charity dedicated to supporting people with OCD.

Our income from fundraising dropped slightly in 2016, but the fluctuation in fundraising income is a trend we see in cycles every 2-3 years. We have some very loyal supporters and members who are happy to fundraise for our charity, but are unable to fundraise every year. We do still face the dilemma of stigma still preventing some people with OCD being able to ask family and friends to sponsor them for an OCD charity.

Throughout these difficult economic times, the support for our vital work has been astonishing for which we remain incredibly grateful.

Our charity is managed prudently, vital in these times of economic uncertainty, and our core expenditure in 2016 dropped to the level we saw in 2012 and 2013, and we will continue to monitor income and expenditure.

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, and we are proud of the fact that our services are operated by just two members of staff, **Ashley Fulwood** and **Beth Hemus**.



Expenditure Breakdown

■ 84% - Charitable Activities

(During 2016 we had just two members of staff working for the charity, which we feel is remarkable when you consider all we have achieved. Activities include awareness work, conference planning, support groups, helpline, cost of information leaflets, posters or other materials we distribute freely.)

■ 12% - Costs of generating voluntary income

(This includes costs for fundraising activities, Just Giving subscription, OCD-UK running tops, t-shirts, banners.)

■ 3% - Fundraising trading costs

■ 1% - Governance

Structure, Governance and Management of OCD-UK

The chair of OCD-UK presents the annual report at the charity's Annual General Meeting (AGM) each year.

Legal Status

OCD-UK was founded in December 2003 and 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.

Patrons

We are honoured to be supported in our work by two patrons, the actor and writer Ian Puleston-Davies and the highly respected Professor Paul Salkovskis from the University of Bath.

We are also supported in our work by two overseas ambassadors, Professor Adam Radomsky from Concordia University, Montreal and Dr Jeffrey Schwartz from UCLA.

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. During 2016 we had one part-time (22-hours per week) staff member responsible for the Time to Change project management and at the end of that project became our volunteer co-ordinator.

Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2016 the charity had 598 (down from 744) active members. Members are entitled to attend the AGM and to one vote per discussion.

Volunteers

OCD-UK had 18 committed and regular active volunteers across the UK during 2016, 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 at least 1,800 hours to OCD-UK during 2016, in monetary terms worth at least £20,000 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.

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 accountancy, legal, health professionals and media personalities who kindly donated their time to offer support and assistance during 2016:

- Dr Lauren Callaghan
- Jenny Cole
- Steve Collings
- Ian Puleston-Davies
- Stephanie Fitzgerald
- Dr Elizabeth Forrester
- Professor Mark Freeston
- Dr Brynjar Halldorsson
- Dr Claire Lomax
- Professor Karina Lovell
- Rebecca Pedley
- Professor Adam Radomsky
- Professor Paul Salkovskis
- Professor Roz Shafran

Corporate Support

We also occasionally receive support from companies and charitable trusts and we would like to acknowledge Melissa Linley-Adams and the Le Marchant Trust Charitable Trust who have made contributions to OCD-UK during 2016.

OCD-UK

COMPULSIVE READING

The OCD-UK members magazine with a global reach

Once again our members' magazine **Compulsive Reading** was published in 2016 and continues to receive high praise for its mix of content. Content focused on some timely subjects and news relevant for people with OCD and first-hand experiences. We make no apology that our magazine will continue to focus on inspirational first-hand experiences and recovery.

The online version of **Compulsive Reading** has been growing from strength to strength, with investment in new software which allows the magazine to be fully readable across devices.





Bez Drury ran the London Marathon in 2016 for her sister, Ruth who suffers with OCD.

7 myths about Obsessive Compulsive Disorder

1

Myth: OCD is an enjoyable personality quirk.

Mythbuster: People with OCD feel like they **HAVE** to carry out a **compulsion** because of **distress** and **anxiety**, it is not a choice or a quirk.



2

Myth: Having OCD can be a useful thing.

Mythbuster: OCD is a **debilitating mental illness** and prevents sufferers from living life as they choose, nothing about that is useful.

3

Myth: Everybody has a bit of OCD.

Mythbuster: Only 1-2% of people have OCD but due to misrepresentation by the media it is regularly confused with people liking things a 'certain' way.



4

Myth: It's ok to joke about OCD.

Mythbuster: There's nothing funny about the **distress, anxiety or fear** that OCD causes.

5

Myth: OCD has no impact on quality of life.

Mythbuster: **Anxiety or distress** and interference with a person's normal routine is necessary for a diagnosis of **OCD**. (Hence, the D for Disorder in OCD).



6

Myth: People with OCD wash their hands a lot.

Mythbuster: Compulsive hand washing is only one type of **OCD symptom** and that only impacts on about **26.5%** of people with OCD. There are many other **less visible** OCD symptoms that equally cause **great distress**.

7

Myth: OCD can't be cured.

Mythbuster: With good therapy some people can and do recover from **OCD** to live **happy and healthy** lives.

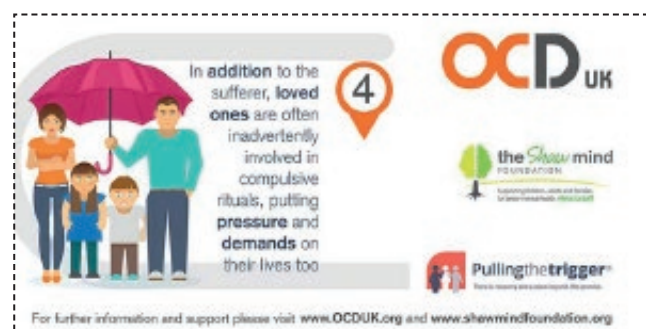


OCD Awareness Week

In October we joined forces with the Shaw Mind Foundation to promote **OCD Awareness Week** with a series of posters and social media postings.

During the awareness week we used a series of OCD facts and myths (see left) each day to change perceptions about OCD.

One of the posters we printed and distributed can be seen opposite. In total we distributed over 5000 handouts/posters during awareness week.



We joke we're a little bit OCD

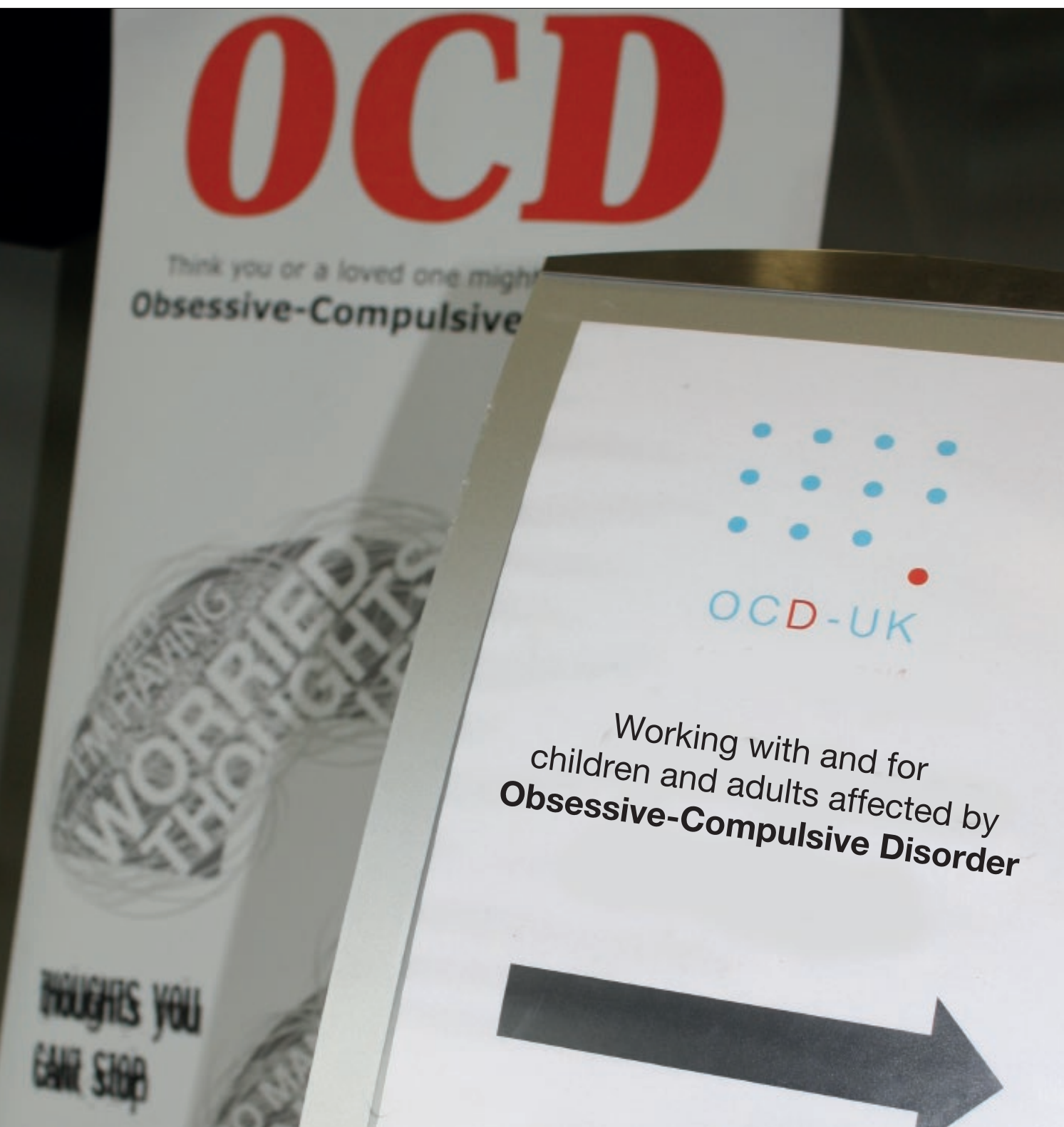
but OCD is a serious mental health **DISORDER**
that has a profound effect on people's lives



OCD Awareness Week 9 – 15th October 2016



For further information and support please visit www.OCDUK.org and www.shawmindfoundation.org



OCD-UK

Annual Report

Thank you for your support in 2016

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OCD-UK
changing perceptions