

Every journey begins
with a single step.

Let **OCD-UK** be there to guide you.



OCD-UK

Annual Report

for the year ended 31st December 2017.

OCD-UK
changing perceptions



Charity annual report

Year ended 31st December 2017

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 2017**.

The financial statements have been prepared independently in accordance with the Charities Act 2011 by Eric O'Connor from Nicholson Tax & Accounts, Derbyshire.

We have summarised their report on page 28.



PROVIDING



CREATING



OCD-UK providing help and creating hope

About OCD-UK

OCD-UK has been working for children and adults affected by Obsessive-Compulsive Disorder since 2004.

We provide advice, information and support services for those affected by OCD. We also campaign to end the trivialisation and stigma of OCD.

Our team are passionate about creating a world in which people with Obsessive-Compulsive Disorder are able to lead the life they want, without the impact of OCD.

Uniquely, the charity is completely service-user led, everybody involved in the organisation has personal experience of OCD, either directly or indirectly through a loved one.

For our team, because of their own experiences this is not just a job, this is a passion, this is a commitment... because we **ARE** OCD-UK!



Strategic Objectives for OCD-UK

✓ SUPPORT

We provide support services for all those affected by the devastating impact of Obsessive-Compulsive Disorder.

✓ AWARENESS

We promote better understanding and education about Obsessive-Compulsive Disorder.

✓ TREATMENT

We campaign for improved access to effective and quality treatment for Obsessive-Compulsive Disorder.

✓ RECOVERY & MENTAL WELL-BEING

We promote mental well-being and recovery to offer hope for a life unhindered by Obsessive-Compulsive Disorder.

✓ YOUNG PEOPLE

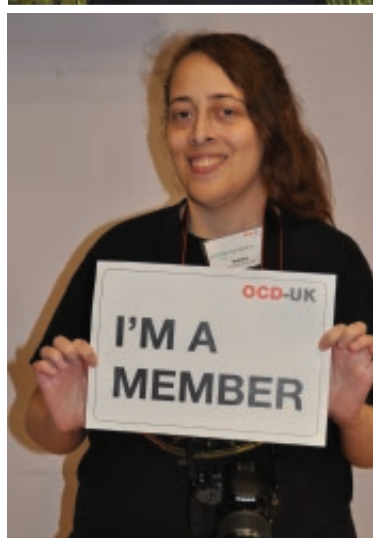
We offer young people with Obsessive-Compulsive Disorder a platform to tackle their isolation.



**WELCOME TO
OCD-UK**



**620 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-judgemental 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 speak from experience.

We deliver **hope** – we provide guidance when people need it most.

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

OCD-UK

The future

By Catherine Mills
Chair of OCD-UK

Over the next few years OCD-UK will be faced with the challenge of an increased demand on our services, partly as a result of the budget cuts to mental health services across the NHS causing an increase in waiting times, but also because of poor quality therapy offered by therapists showing insufficient knowledge and understanding of Obsessive-Compulsive Disorder.

Whilst the undoubted challenges faced by a modern NHS and political change will have an unknown impact on mental health services, OCD-UK needs to continue to expand its own existing support services and place itself in a position to be able to handle a significant increase in demand on our services in the coming years.

We will continue to build on the solid base we have started by producing innovative and quality support services to help children, adults and families affected by the devastation caused by OCD, ensuring we continue to facilitate hope, inspiration and encouragement towards recovery and positive outcomes for the people accessing our services.

OCD continues to be widely misunderstood, with misconceptions magnified due to the way the media frequently chooses to portray the illness as an amusing trait of choice rather than as the unwelcome, disabling and distressing condition that it is.

Over the last couple of years, OCD-UK has continued to be the leading charity in expressing how sufferers truly feel about the inaccurate portrayals of OCD in the media.

In the future we need to be sure change is made where inaccuracies exist through expanding our reach with positive and accurate messages about the real OCD. We simply must do this to reduce the negative impact



that inaccurate portrayals of OCD cause for those who suffer.

In meeting the challenges that lie ahead, the trustees will assist our volunteers and staff in progressively supporting the long-term mission and objectives that OCD-UK are working towards.

Although challenging, these objectives are grounded in reality and we feel confident in our ability to meet them through 2018 and during the years ahead, in part by seeking additional financial support but also through the support of our amazing volunteers.

Our volunteers, all of whom are sadly all too aware of the impact of OCD, give tirelessly of their time, energy and commitment. During the next three years we intend to work harder to support them and help develop their skill sets and opportunities so that they flourish, regardless of OCD.

We will not falter in our work, and we will make a difference for all those suffering with OCD.

We not only need to make a difference, we **MUST** make a difference!

 Catherine Mills, Chair

We will not falter in our work, and we will make a difference for all those suffering with OCD

OCD

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



An OCD-UK volunteer during an awareness event

Why we do it

The **World Health Organisation** once included Obsessive-Compulsive Disorder in their TOP 10 most debilitating illnesses in terms of loss of **income** and **quality** of life.

6,032
people called the
OCD-UK helpline in 2017

“

Feedback from an OCD-UK service user.

It was truly inspirational to talk with you just now. Your support is quite frankly Invaluable to me and my daily struggles. You gave no idea the therapeutic effect meeting me on a level has on me... You have helped me to realise it is OK to be me. - D, August 2017

”

Professor Paul Salkovskis

A message from our patron and world-renowned OCD specialist, Professor Paul Salkovskis

The OCD-UK objectives couldn't be more appropriate. As someone involved for many years in both treatment of and research into OCD, I am painfully aware of the deficiencies in both of these areas.

The quality of treatment available typically depends on the luck of the draw. Some cannot access help at all; for many who are offered it, it is weak or useless and at worst can be toxic. For the lucky few offered appropriate help, recovery is a real option, making the deficiencies all the more painful. OCD-UK have unfalteringly worked to help individuals gain access to quality treatment and to campaign to make such treatment more widely available.

OCD-UK has also sought to improve understanding of OCD, through increasing awareness and drawing attention to the need, not only to disseminate evidence-based practice but also to improve the evidence base itself so that best practice can be better. Key to this is the development and dissemination of research grounded in the lived experience of OCD, something that OCD-UK is particularly well placed to promote, given that it is run by people with personal experience of OCD and the treatment for sufferers and their loved ones.

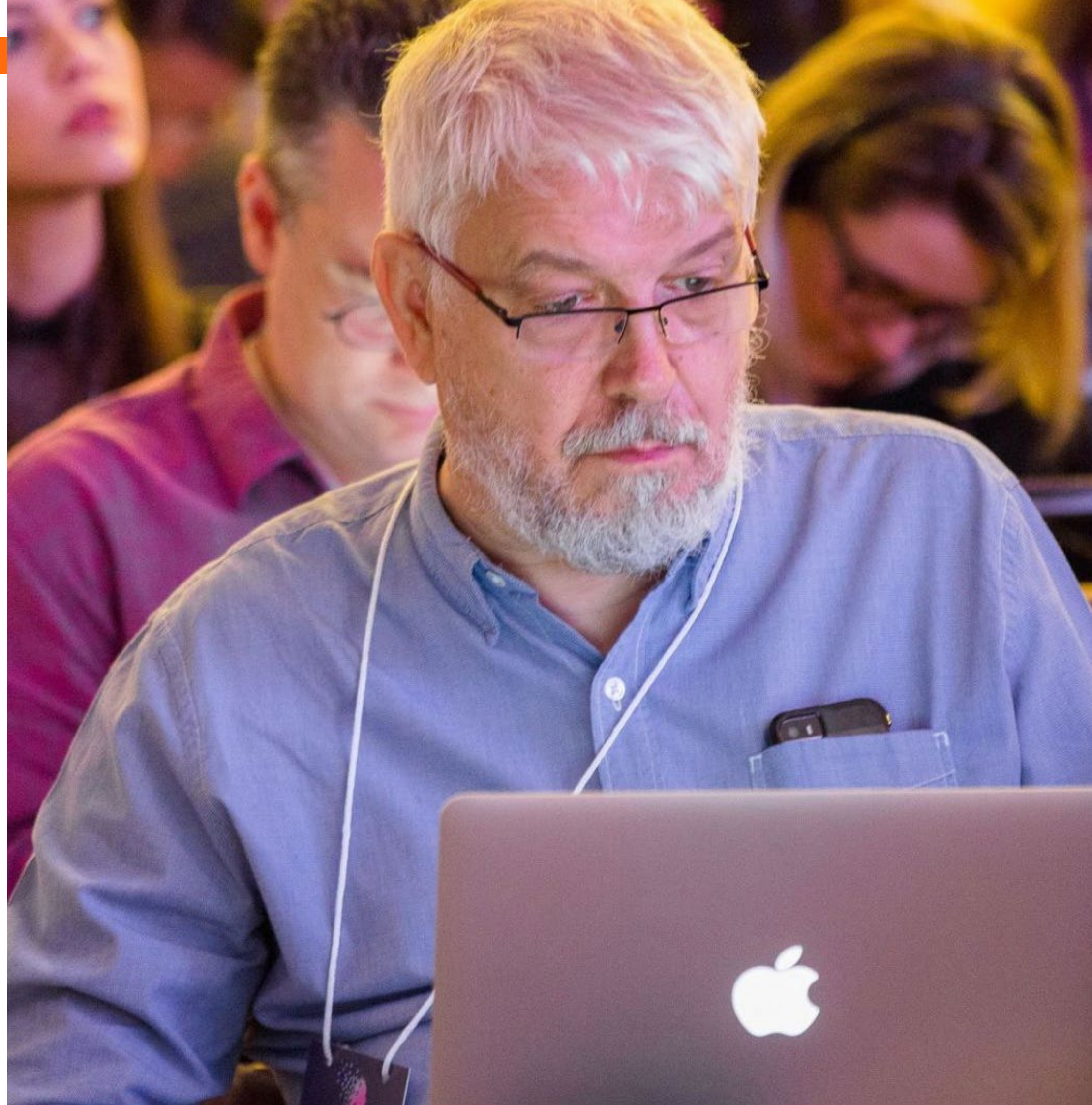
OCD remains poorly understood, and the need for researchers, sufferers, carers, therapists and the NHS to work together lies at the heart of this OCD-UK objective.

In my view, the key to bringing together understanding and access is to be found in the notion of "Evidence-Based Patient Choice", where best evidence on treatment options and their positive and negative impacts is freely shared with those best placed to choose the treatment they need; that is, the people who suffer from OCD themselves.

OCD-UK has an enviable record of supporting those affected by OCD to better understand their problem and treatment options and to use this understanding and support to evaluate and access the most appropriate treatment from the most appropriate source.

That is why the OCD-UK strategic objectives are so enormously important to realise. ■

Professor Paul Salkovskis
(FBPsS, CPsychol, HFBABCP, University of Bath and Avon and Wiltshire Mental Health NHS Trust and patron of OCD-UK.)



Our first office

In 2017 OCD-UK relocated to a redeveloped 1930s Rolls-Royce building in Derby



Our office

Marble Hall reception

OCD-UK Marble Hall

Our new home from February 2017

We moved into our first ever office! Whilst the image of our new office building may look palatial and opulent, our office is a modest single room within this converted Rolls-Royce building, now council owned.

Some of our long-term supporters will have watched our charity grow from humble beginnings to where we are today. To the outside world viewing our extensive website and our publications like the magazine, we may seem a large professional organisation. But whilst we are professional, we're still surviving on a relatively meagre income, and so for the last 12 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. 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.

After much searching we finally found our new home in Derby, in a former Rolls Royce office and factory block, recently refurbished into modern offices fit for the 21st century. The building is part of the regeneration project of Derby by Connect Derby, supported by Derby City Council.

Our office room is a modest 366 sq ft in size, and will cost the charity an additional £7500 per annum, which for the level of additional services associated with the building like high-speed broadband, free meeting room access, parking and postal collections all inclusive, the cost offers good value for the charity's limited resources. Whilst this is additional expenditure for the charity, we believe it is an investment that is necessary to function and increase volunteer capacity.

We will continue to make good use of virtual technology and continue to work with volunteers across the entire country, but having a central location for staff and for volunteers was the next step for the charity's professional development.

We believe the East Midlands will be a good base for OCD-UK, much of the UK being only 2-4 hours away and just 90 minutes to London. We already have a strong volunteer base in the region and facilitate two support groups in the area. We hope to continue to develop existing relationships with local NHS mental health services.

There is still further work to do for OCD-UK to be the national charity for people with OCD that everyone with OCD deserves, but we have come a long way already and this will assist us in developing more projects to help benefit people with OCD.

About Marble Hall

Our new office building is the iconic former Rolls-Royce building, the Grade II listed Marble Hall in the Osmaston area of Derby, the site of Rolls-Royce's first factory in Derby.

As the dramatic facade of the former Rolls-Royce building in Nightingale Road comes into view it is clear why Marble Hall is an iconic landmark of the city with national historical significance. Rolls-Royce moved to Nightingale Road in Derby in 1907, and constructed offices which opened in 1913 as the Commercial Office Block, with the hall itself converted in the 1930s to include the now iconic Marble Hall. There were offices for senior employees – including Henry Royce, although it is not known if he ever occupied his office.

The site was the first ever purpose built to manufacture Rolls-Royce motor cars like The Silver Ghost, dubbed "the greatest car in the world". It later went on to house the design of the Merlin engines that powered the Second World War Hurricane and Spitfire fighter planes.

Following the departure of Rolls-Royce in 2007 the surrounding factories were demolished in 2011, with the exception of the Marble Hall which was retained, achieving Grade II listing in 2009. It underwent a £4 million redevelopment to become a community hub to include space for new start-ups, micro businesses and voluntary organisations like OCD-UK.

Bespoke and specialist conservation techniques were used to preserve the iconic building, and many original features remain including a staircase from 1912, the 1930s wood panelled Board Room and the Marble Hall with its Tuscan style polished limestone columns and a replica of the original Spitfire stained-glass Battle of Britain memorial window (see page 14).

The new community opened in 2016 with an official launch by HRH The Duke of Gloucester and includes meeting rooms, office space, a café operated by YMCA Derbyshire, places for child care services and from February of 2017 it was the new home for OCD-UK.

With your support OCD-UK will continue providing help and creating hope

Chief Executive's Report

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

Back in 2003 when we first started OCD-UK we did so promoting a message of hope, that living with OCD does not have to mean a life dominated by OCD, that recovery is possible. In reality though, as we all know only too well, that OCD does not just fade, we have to fight it, fight hard because we have to face our fears.

To face decade long (or longer) ingrained fears born by OCD takes perseverance, commitment and immense courage in order to recover and to overcome this insidious illness.

I, like many of you, spent far too long believing that I wasn't strong enough, that I didn't have the courage. I would make excuses like 'now is not the right time' or 'I have too many other life events going on' or 'I don't have time'. In my case they were most likely excuses out of fear because of that overriding belief that I did not have the courage to stand up to my OCD, that I wasn't strong enough to ignore the obsessive and anxiety provoking thoughts inside my head.

But the truth is each and every single day I, and all of you, show immense courage already, the fact is we all have courage in abundance, even if we don't always realise that. You see, it takes immense courage to wake up each day, to take that first step out of bed each morning knowing we face a day of unwanted aggressive intrusive thoughts, accompanied by a day of never-ending rituals. A day where our quality of life is non-existent because our life is dominated and regimented by Obsessive-Compulsive Disorder knowing we face that awful groundhog day, that's courage, that's bravery, that's perseverance.... All the things we need to overcome OCD.

Overcoming OCD requires us to use those traits differently and that's where I, like many of you, need help. The help of a knowledgeable, trained health professional to help us channel our

courage and fight our OCD. A health professional that is compassionate as well as informative, that is understanding as well as demanding.

But.... here's the problem and why the work of OCD-UK remains vital. As Professor Salkovskis mentions in this annual report, the quality of therapy we receive depends on the luck of the draw.

Professor Salkovskis is right and I am grateful that he sees and acknowledges this problem but it's just plain wrong and it should absolutely not be that way. When we are referred for therapy, it's a lottery if we get a therapist that knows something or nothing or in some cases even knows the difference between an obsession and a compulsion!

For many of us, our first experience of therapy will come in the form of a local NHS IAPT service (pronounced eye-apt), which stands for 'Improving Access to Psychological Therapy'.

Some believe we should be grateful for IAPT and that more people with OCD are now being seen, but I don't accept that. I don't believe just being seen by a therapist with limited knowledge of OCD is acceptable, we deserve to be seen by an experienced therapist with knowledge and understanding of treating OCD. It's my belief that IAPT remains a quantity over quality commissioned service right now, and we, those of us with OCD, are paying for the price of that badly implemented service.

In addition to this questionable treatment provision, Catherine in her piece talks about the political climate and how the future decisions our country makes might have an impact on the funding for the NHS. We have to be ready for that, we have to be ready for an increase in demand for our services.

For both of those reasons, right now and in the years ahead the demand on OCD-UK services will most likely be

high, and why my job in the coming year or two is to ensure we have support services able to meet that demand. More than that my job is to show the NHS, with data to back my claims, that those of us with OCD are being short changed, that we all too frequently do not get a suitably experienced therapist to help us persevere and utilise our undoubted courage to successfully challenge our OCD to ultimately recover.

Until then we will continue to innovate and develop quality support services, continue to inspire our users and our members that OCD recovery is a real possibility.

We will also continue our efforts to raise awareness and educate others that OCD is more than most people think, that OCD is a serious and debilitating anxiety condition.

OCD-UK has much work to do, but with your support OCD-UK will continue providing help and creating hope. Hope will always be the cornerstone of OCD-UK's principles.

Wishing you good mental health,

Ashley Fulwood

Chief Executive of OCD-UK (and someone with lived experience of OCD).

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

- **Ashley Fulwood**

Chief Executive of OCD-UK



Adam Legg



Natalie Corbett



Gabe Millsom



Daisy Harris



Naomi Juckes

FANTASTIC FUNDRAISERS

Some of our **#FantasticFundraisers** during 2017



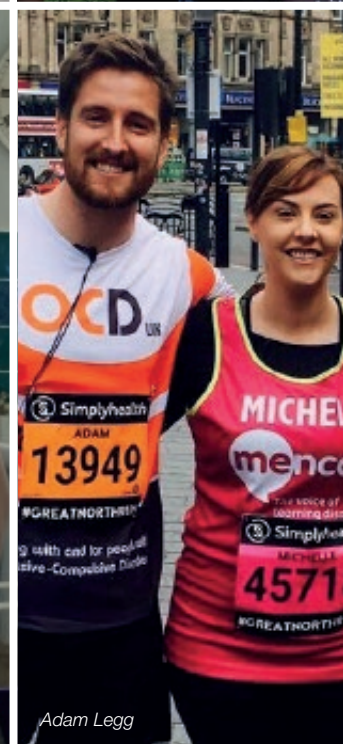
Alex Jones



Daniel McElroy



Ceri Pritchard



Adam Legg



Tom Wallace



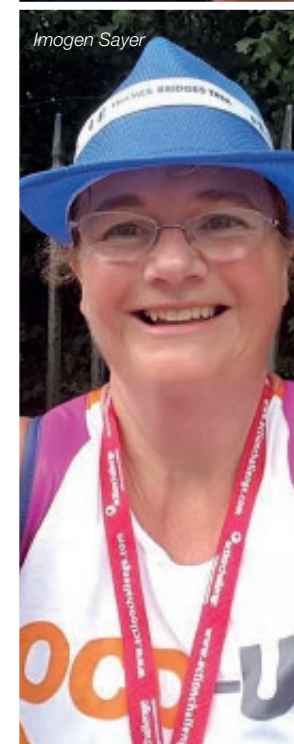
Tracey Bryant



John Helsby



James Bell



Imogen Sayer

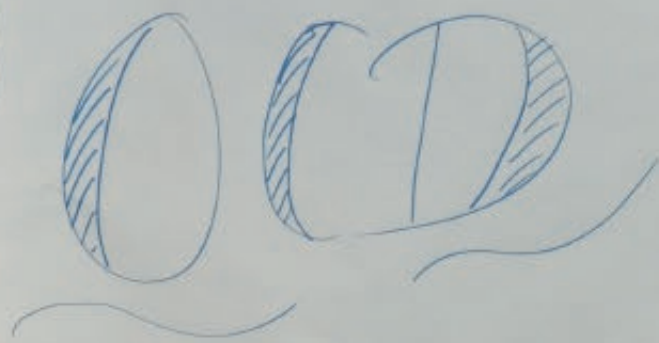
These are some of our **2017 FANTASTIC FUNDRAISERS** who have ran, cycled or hiked through the mud from Scotland to the south coast for OCD-UK. To one and all, thank you!

- Ceri Pritchard – 10 running challenges throughout 2017
- Daniel McElroy and Stuart Ralph – Brighton Marathon
- Gabe Millsom – Great Edinburgh Run
- Claudia Barnett – Vitality London 10,000
- Michelle Carr, Kirstie McBryan and Gemma Smith – Great Women's Run, Glasgow
- Madison Brown, Alexanrda Jones, Adam Legg, Carl May and Matt Stalker – Great North Run
- Tom Wallace – Royal Parks Half Marathon, London
- Natalie Corbett – 14k Nuts challenge mud run
- John Helsby – Reading Half Marathon
- Matty Laycock – Temple Newsham Trail Race
- Laura Hines-Randle – Birmingham 10k
- James Ellis – Musical fundraising through 2016 and 2017
- Harriott Cooke – 50-mile Sussex cycling challenge
- Toni Chadwick – Great Bristol 10k
- Niamh Day, James Farquharson and Bethany Hopwood – All made parachute jumps for OCD-UK
- Naomi Juckes – Shakespeare Half Marathon
- Amanda Hogg, Emma Jones and Amelia Thomas-Wilson – Great Manchester Run
- Anna Shields – Two marathons for four great charities, including OCD-UK
- Serena Moden – Edinburgh Marathon
- Charlotte Winson – Gelt gladiator mud run
- Chloe Cotterell – Sponsored 15-mile walk
- Maddy Perry – Torbay Half Marathon
- Eden Hemphill – 50km mountain bike trail ride for OCD-UK
- Kyrienne and Jonathon – Donated their wedding gifts to OCD-UK
- Tracey Bryant – Evesham 10k
- Steve Cockcroft – Total Warrior 10K Obstacle Challenge
- Imogen Sayer – Thames Bridge Trek
- Sean Field – Vale of York Half Marathon
- James Bell – London to Brighton bike ride
- Heather Taylor – Brooks Brighton 10k
- Nick Smart – Oxford Half Marathon
- Sarah Rose – Great South Run
- Other fundraisers include Jo Edge, Daisy Harris and Mark Wright who have helped OCD-UK in some capacity from going vegetarian for a month, giving up chocolate for a month or shaving their head... 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, 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!



OCD

THE
PATHETIC
BULLY!

YOU ARE NOT ALONE!

Why we do it

One-third of patients with Obsessive-Compulsive Disorder develop the disorder before the age of **15 years**, and about 50% report onset in **childhood** and **adolescence**.

1,672,893

the number of pages viewed on the OCD-UK website in 2017 by a staggering 741,886 different users, from across the globe.

“

Feedback from an OCD-UK service user.

I'd also like to take this opportunity to basically give a big thumbs up to your charity. It means so much to those affected by OCD to know that there are people out there who understand and are working to help beat this horrific condition. - C, November 2017

”

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 inbetween.

We focus

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

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



Feedback from an OCD-UK service user.

I greatly value being a member of OCD-UK - your magazine and the webinars are brilliant sources of help and advice; especially the last webinar, which was brilliant and helped me far more than my six sessions of therapy did! **M, June 2017**



**When you change the way you
look at things,
the things you look at change.**



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.
- ✓ Pledges 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:

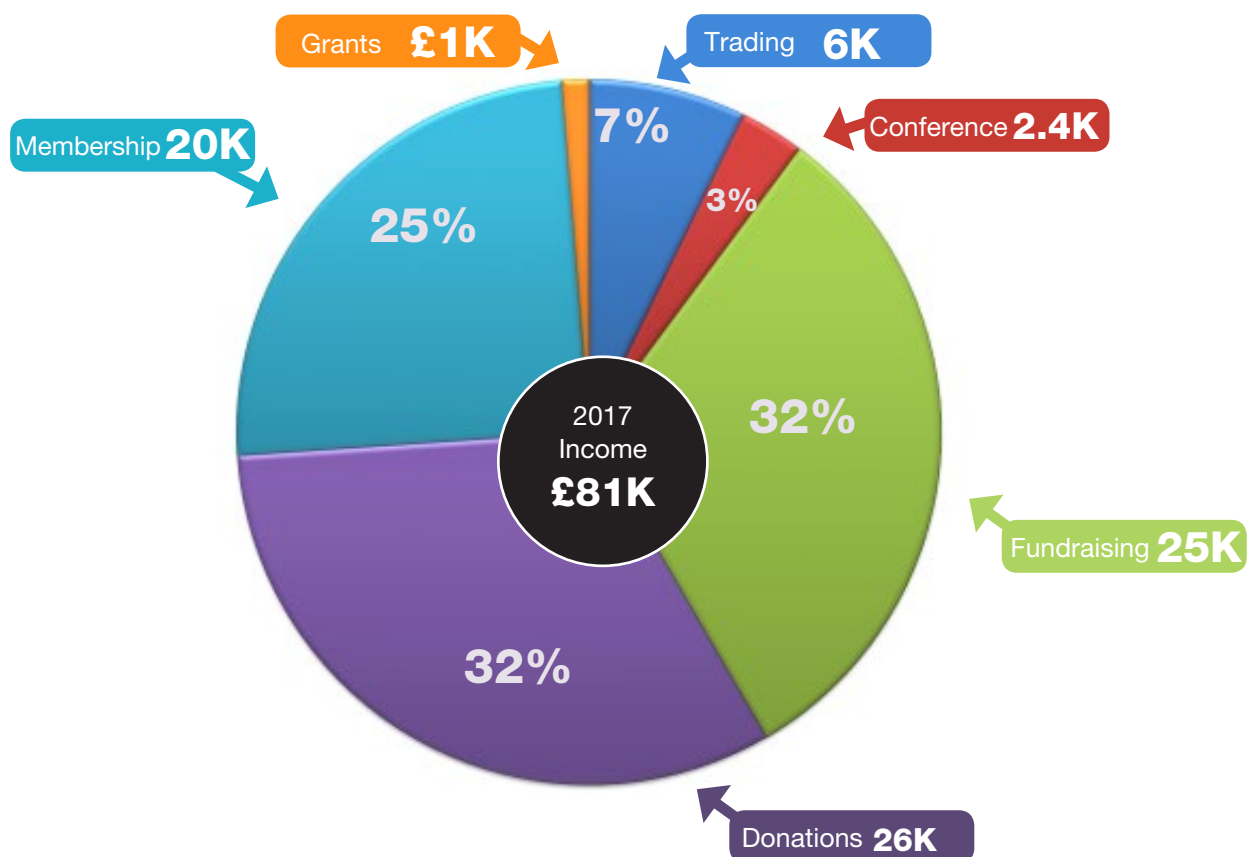
- ✓ Dedicated to hosting awareness campaigns that focus on the message, rather than ourselves, which is why we invited other organisations to be part of OCD Awareness Week.
- ✓ Transparent and honest in our service reporting to our members.
- ✓ To continue to be the independent voice for people with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

2017 income and expense

2017 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.

£80,978

2017 Income

£92,595

2017 Expenditure



Accounts Comparison	Income	Expenditure
Jan 2017 - Dec 2017	£80,978	£92,595
Jan 2016 - Dec 2016	£81,099	£90,925
Jan 2015 - Dec 2015	£125,012	£102,398
Jan 2014 - Dec 2014	£116,359	£135,487
Jan 2013 - Dec 2013	£118,188	£92,857

Financial Review 2017

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 **Eric O'Connor** and the team at Nicholson Tax & Accounts of Derbyshire for examining our accounts. A copy of the full 2017 accounts can be found on our website and accompanying this annual report.

OCD-UK income for 2017 was £80,978 with expenditure of £92,595. Accordingly, we are reporting an overall deficit of £11,617 leaving the charity with £32,585 of surplus funds.

Figures were similar to those of 2016, but during the year we unexpectedly lost a regular and significant donation, which otherwise would have seen our income match our expenditure.

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.

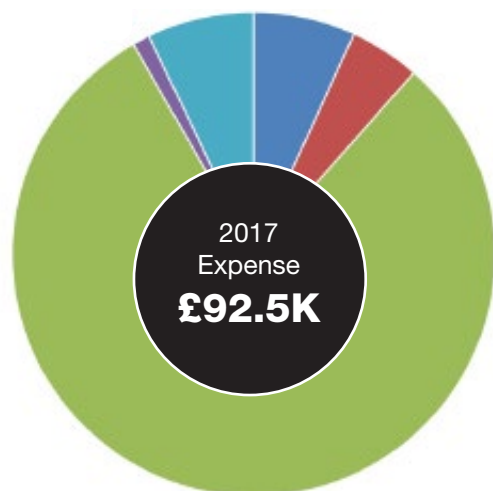
Membership and fundraising remained our primary source of income, with membership numbers increasing on 2016.

Our income from fundraising dropped very slightly in 2017, 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 2017 dropped to the level we saw in 2012 and 2013, which is even more remarkable when you consider we had the additional expenditure of office rental and kitting that office out. But we will continue to monitor income and expenditure and look at every option to reduce expenditure further.

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.



Expenditure Breakdown

■ 80% - Charitable Activities

(During 2017 we had just two members of staff working for the charity, one of whom was on maternity leave for much of the year, 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.)

■ 7% - Costs of generating voluntary income

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

■ 7% - Rent

■ 5% - Fundraising trading costs

■ 1% - Governance

Structure, Governance and Management of OCD-UK during 2017



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 overseas ambassador, Professor Adam Radomsky from Concordia University, Montreal.

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 2017 we had one part-time staff member responsible for the coordination and management of volunteers.

Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2017 the charity had 620 active members (up from 598 at the end of 2016). Members are entitled to attend the AGM and to one vote per discussion.

Volunteers

OCD-UK had 24 committed and regular active volunteers across the UK during 2017, 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 2,100 hours to OCD-UK during 2017, in monetary terms worth at least £30,000 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 the 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 2017:

- Jenny Cole
- Steve Collings
- Ian Puleston-Davies
- Professor Mark Freeston
- Dr Brynjar Halldorsson
- Dr Claire Lomax
- Professor Keith Matthews
- John McCormack
- Christine Muir
- Sandy Nisbet
- Mikey North
- Rebecca Pedley
- Professor Adam Radomsky
- Professor Paul Salkovskis
- Professor Roz Shafran
- Nick Stewart
- Karen Walker
- Paul Watson
- Dr Chris Williams

Corporate Support

We also occasionally receive support from companies and charitable trusts and we would like to acknowledge Melissa Linley-Adams from the Le Marchant Charitable Trust who have again made contributions to OCD-UK during 2017 and **David Carter** of **Carter Legrand Wealth Strategies** who handed over a donation of £6,149 from the **St. James's Place Charitable Foundation** in 2017.



OCD-UK

Trustees



L-R – Charlotte Rowe, Joanne Griffiths 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.

Nick Marlow

Trustee, Nottingham

Claire Gellard

Trustee, Essex.

Charlotte Rowe

Trustee, France.

Mark Bartlett

Trustee, Kent.

Joanne Griffiths

Trustee, Cornwall.

Yolanda Jerrard

Trustee, Lincolnshire.

Kylie Cloke

Trustee, Gloucestershire.

More than eight million people in Britain suffer from anxiety disorders including OCD.

This costs the health service and British economy £9.8 billion a year.

Source: BJ Sahakian¹¹, NA Fineberg et al. 'The Size, Burden and Cost of Disorders of the Brain in the UK' Journal of Psychopharmacology 2013'. Data based on 2010 figures, anxiety disorders referenced were panic attacks, phobias, obsessive-compulsive disorder and post-traumatic stress disorder.



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

S - OCD-UK service-user

RETAILERS AND MEDIA MISREPRESENTATION OF OCD

Why it's important to challenge misrepresentation of OCD

Misuse and misrepresentation of the OCD acronym is a little like the cycle of OCD in the respect that every time we carry out a compulsion, it reinforces the obsession.

The same with OCD misuse, every time the general public see or hear OCD being misused they believe it and thus a trend

continues, increasing the perpetual cycle of misuse.

We continue to see a regular trend with retailers using OCD to sell or advertise products, as the examples below show.

We need to break the cycle and OCD-UK will continue to challenge, in the

right way, retailers/media that do fall foul of this, as those below did in 2017.

We continue to think outside the box for innovative ways to challenge misuse and change perceptions to ensure that people with OCD don't face stigma or trivialising comments when they say they have OCD.

Britannia Grand Hotel, Scarborough

One of our Twitter followers sent us a link to this job advert on the hotel's Facebook page. After an OCD-UK intervention they removed the advert, and posted an apology the following day.



The Sun

Their website ran one of those online image galleries of images where items are not aligned correctly, you know the kind of thing.

They ran the headline using OCD, perpetuating the myth that OCD is about lining things up correctly.

OCD-UK intervened and they did agree to change the title and remove references to OCD.



Conclusion

OCD continues to be misunderstood and misused. We **ALL** need to take respectful responsibility to challenge misuse.

Scotrail

One of our Twitter followers snapped this in Glasgow. We have approached Scotrail who are investigating. We have requested this wording not to be used again. Despite chasing three times we have not received a response.



Funky Pigeon

One of our Twitter followers highlighted this OCD t-shirt, saying Obsessive Christmas Disorder. To give them credit, Funky Pigeon replied and agreed to remove the t-shirt within a few minutes of the user tweeting them.

Sadly many other retailers like Cafepress are selling Obsessive Christmas Disorder products. In fact Cafepress sell many offensive OCD products, and continually refuse to engage with OCD-UK. We will continue to press them!



The Range

The retail chain was selling two wall plaques that trivialise OCD. Following an OCD-UK intervention, staff initially refused to remove them from sale. However, when we escalated to senior management and the media started to show an interest they agreed to remove the products. Our community showed so much resilience and commitment to stand alongside OCD-UK and loudly declare that 'NO - this is no longer acceptable', and we salute and thank everybody that supported and got involved in this campaign.



Coffee Shop

Local coffee shops are regular offenders. This one in our Nottingham hometown was highlighted to us on Twitter. After our intervention the coffee shop agreed to remove their tweet and not reuse the board again.



Sadly these are not the only retailers who mistakenly use OCD inappropriately. Please do let us know if you spot any other major retailers doing the same.

Date: 8-14th October 2017

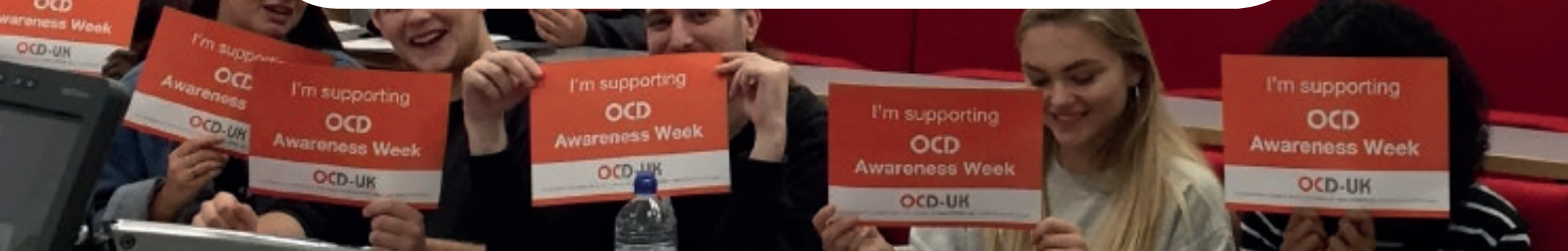


In October we once again became the only UK organisation to proactively support **OCD Awareness Week**.

During OCD awareness week we used a series of OCD myths each day to change perceptions about OCD, some of which can be seen below.

In total we distributed over 5000 handouts / posters during awareness week.

Thank you to everybody who got involved, who shared their stories and who re-tweeted our handouts and displayed posters, some of which can be seen here including the psychology students of Dr Eva Zysk at Nottingham Trent University. You can also see one of the awareness posters on page 41.



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

- Glasgow conference (2017)
- Inverness 'audience with' (2015) *
- Edinburgh 'audience with' (2010)
- Stirling conference (2005)

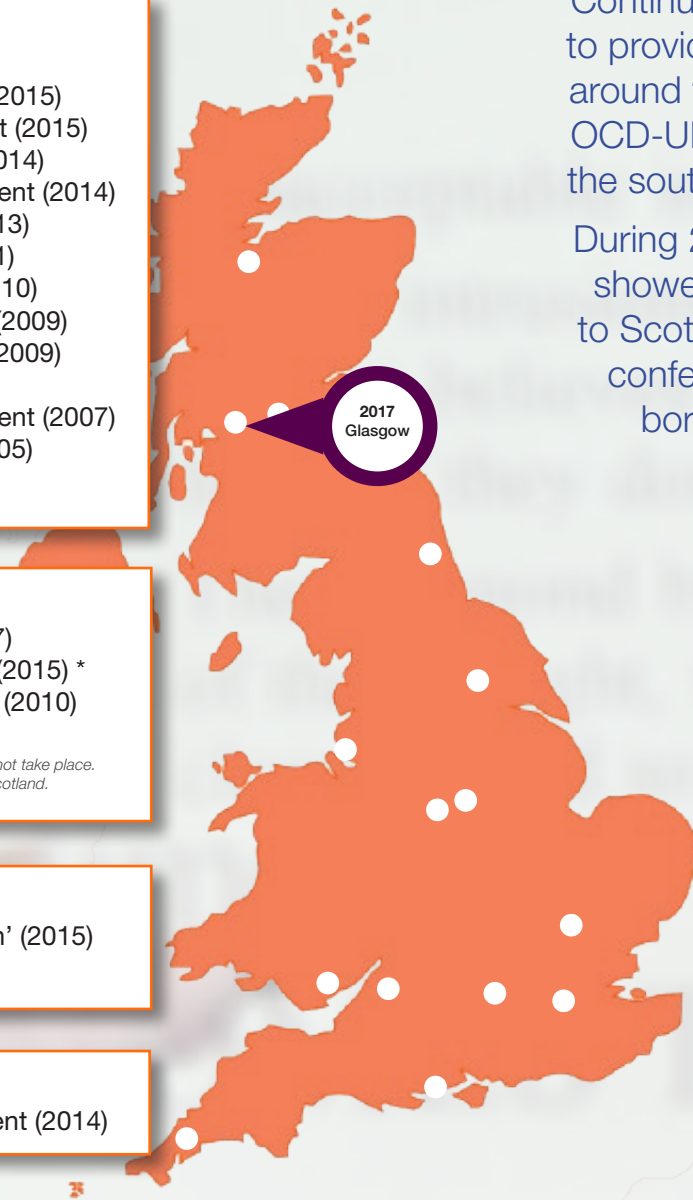
* Due to lack of interest, this event in Inverness did not take place. However, our effort illustrates our commitment to Scotland.

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 2017 we once again showed our commitment to Scotland as we took our conference north of the border to Glasgow.

2017 Conference Feedback from an OCD-UK service user.

“

Thank you so much to Ashley for licking his shoe and showing that contamination OCD can be managed and to Kirstie for presenting the event in such a lovely and bright way – it all just had such a positive feel to it.

That room full of people made me feel a little better also as it just makes you think you're not alone and there is hope. Sandy's story in particular was just what I wanted to hear – that it can be properly beaten and as he said I am not going to accept any less for my son going forward.

I am armed with a new determination and going home on the train I just felt like coming along on the day had been such a help – a hard and emotional day – but so positive.

July 2017

”

Delivering across the UK

Glasgow

Date: Saturday 8th July 2017



In July we were again able to show our commitment to Scotland by hosting our annual conference in **Glasgow** at the prestigious Scottish Event Campus (SEC).

We were joined by 125 people from across Scotland and the UK who were given the opportunity to listen to and pose questions to some of our best OCD specialists here in the UK. Speakers included Professor Paul Salkovskis from the University of Bath and Dr Chris Williams from the University of Glasgow. We were also joined by Professor Keith Matthews and Karen Walker from the only Scottish specialist OCD clinic, the Advanced Intervention Service (AIS) which is based in Dundee. Other speakers included OCD researchers Rebecca Pedley, Nick Stewart and Paul Watson.

Some very remarkable people shared their experiences of OCD too, the amazingly fantastic and positive Sandy Nisbet and Kim Grant both captivated the audience with their stories.

Also joining and supporting us was Scottish charity, the Scottish Recovery Network, whose team John McCormack and Christine Muir spoke about their work.

We also launched our brand new OCD banners.

The day was hosted by **Kirstie McBryan**, who did a brilliant job with her first conference hosting gig, and we look forward to working with Kirstie again.

Thank you to all our volunteers who made the day possible, including Nick Marlow, Claire Goldenberg, Alison Macmillan, Christine Muir and Yolanda Jerrard.



Rebecca Pedley being thanked by conference host Kirstie.



Kim Grant sharing her OCD experience.

The OCD-UK newsletter magazine with a global reach, full of information it's

COMPULSIVE READING

Once again our members' magazine **Compulsive Reading** was published in 2017 and continues to receive high praise for its mix of content.

Content focused on timely subjects, first-hand experiences and news relevant for people with OCD.

We will continue to focus on inspirational first-hand experiences and recovery.

The online version of **Compulsive Reading** has had investment in new software which allows the magazine to be fully readable across both Android and Apple devices.



FEEDBACK



"One of the most impressive things about OCD-UK is the way that they try to really understand the facts and what is going on with research and policy, as well as with treatment advances. Their work on data from IAPT is one example and the article in this magazine on data from the World Health Organization is another great example."

- Professor Roz Shafran

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 0333 212 7890 *

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 Myth

People with **OCD**
are just being
a bit pernickety.

Mythbuster

People with **OCD** don't do things the way they want, they carry out a behaviour (**compulsion**) because they want to prevent a perceived threat (**obsession**)

ocduk.org



Why we do it

A **disproportionately** high number (over 50%) of people diagnosed with Obsessive-Compulsive Disorder will be clinically considered **severe**, with less than a quarter being classed as mild cases.

£2,047

was how much we spent funding room hire costs for local OCD support groups, from the south coast all the way to Scotland.

“

Feedback from an OCD-UK service user.

I've been attending the OCD-UK support group in Edinburgh for a while. I find it very beneficial, and that's in no small part down to Kirstie, the OCD-UK volunteer. She's an excellent facilitator and I personally think her tenacity makes the meetings more interesting.

- R, September 2017

”

“

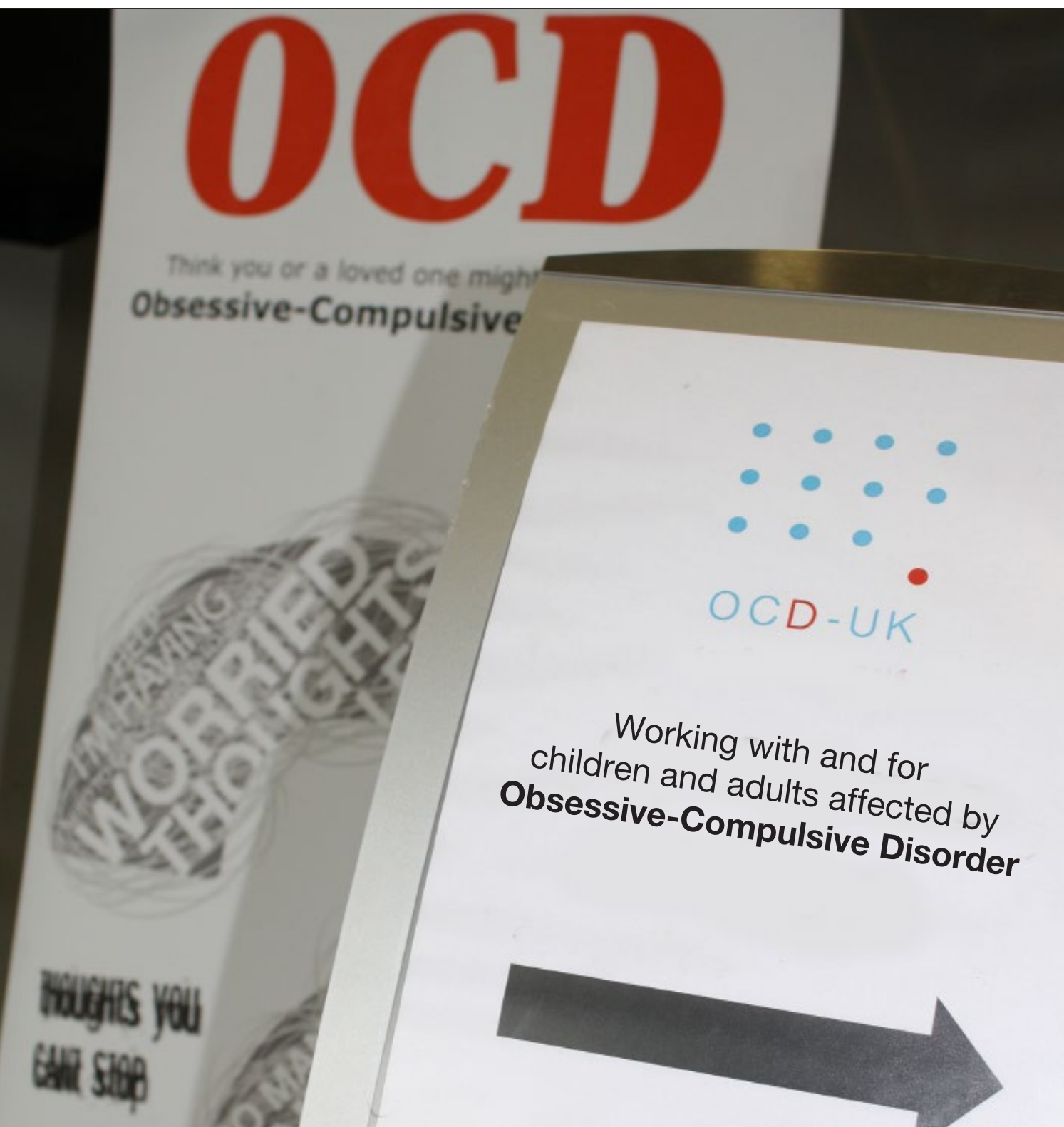
Feedback from an OCD-UK service user.

I volunteered @OCDUK for some years and today I attended an interview with Mind for my dream role. Grateful for the confidence and experience @OCDUK gave me. - R, April 2017

”



That was 2017 by **OCDUK**



OCD-UK

Annual Report

Thank you for your support in 2017