



OCD-UK

Annual Report

for the year ended 31st December 2018.

OCD-UK
changing perceptions



Contents

Chair and CEO Introduction	6
OCD-UK in numbers - 2018	8
Strategic objectives	10
Purpose, Vision and Values	16
Patron Professor Paul Salkovskis	20
New website launched in 2018	24
New office for 2018	28
Trustees	30
Governance structure	33
Sue Millichap - Young People's lead	40
Financial Review	44
Patron Ian Puleston Davies and Dirty Filthy Love	46
Thank you to supporters	48



Charity annual report

Year ended 31st December 2018

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 2018**.

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

A snapshot of our finances can be found on page 12, with further details on page 44.



PROVIDING



CREATING



Welcome to the OCD-UK Annual Report for 2018

by **Ashley Fulwood**, Chief Executive of OCD-UK
and **Catherine Mills**, Chair of OCD-UK trustees

It's hard to know where to begin when summing up the past year for OCD-UK. For us it was largely a year of transition, with much of our work being the careful planning and preparation of projects for 2019 and 2020.

The year was challenging financially, we can not hide from that, and like many charities we are feeling the pinch in these economically uncertain times.

Despite that we've packed so much into the last year, and among many of the stand-out developments was the launch of our bold, new and refreshed OCD-UK website.

We also launched two fantastic unique projects for teenagers affected by OCD. The first was a **Children in Need** funded project allowing us to create a platform to give a voice to young people. The second was a **Big Lottery Fund** project that allowed us to consult with young people and get their input and involvement in rewriting and redesigning our OCD guide for young people. This guide was completed in early 2019 and made freely available.

But OCD impacts on people of all ages and here at OCD-UK, we believe that no one, no matter how old or how complex their OCD, should be left feeling isolated or unable to fulfil their potential. So over the next couple of years the focus of our work will be to ensure that no one group is left feeling that way.

We want everyone with OCD to feel they have a platform through OCD-UK to create powerful supportive connections that help them communicate and help each other.

Our core work continued throughout every single day of 2018, helping and supporting people affected by OCD through our various platforms. Whether it be by telephone, email or our online forums, our reach was far and wide, and we offered thousands of people the best possible independent and evidence-based advice, information, support and practical advocacy assistance too.

But we have more to do. Our aspiration is for the UK to be a place where everyone has access to the best possible treatment, ensuring that the devastating impact of Obsessive-Compulsive Disorder (OCD) is reduced significantly.

Right now, that is still not happening in many areas,

so we're not going to stop until our vision has become a reality. We're determined to pick up the pace and step up our efforts to make this aspiration a reality.

Without our amazing and dedicated supporters and volunteers, we would not be able to achieve all that we do. Without your drive, passion and generous support, we simply couldn't have achieved any of what you're about to read in this report – so on behalf of the people we support, we thank you.

We want to thank **Beth Hemus** for her hard work who left for a new challenge during the year, and welcome to **Sue Millichap** whose vibrancy and enthusiasm made such an impact on the young people's projects last year.

OCD-UK has much work to do, we hope that our passion and determination inspire those around us, we provide help and create hope to people when they need it most and together with your help we can work as one organisation, united behind our shared vision of life without the impact of Obsessive-Compulsive Disorder.

Wishing you good mental health,

Ashley Fulwood
Chief Executive of OCD-UK
Both with lived experience of OCD.

Catherine Mills
Chair of OCD-UK trustees



“Without your drive, passion and generous support, we simply couldn't have achieved any of what you're about to read in the following pages of this report.”

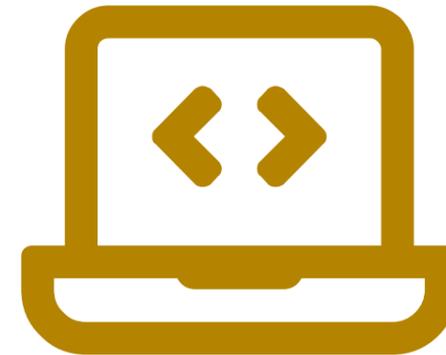
In 2018 we generated £88k to keep our services running, with £63k raised through the fundraising efforts and donations of our supporters.



59p in every

£1 spent

went towards charitable activities from raising awareness to supporting children and adults affected by OCD.



Our website and forums had

2.8m page views by

683k users from across the globe.



£166

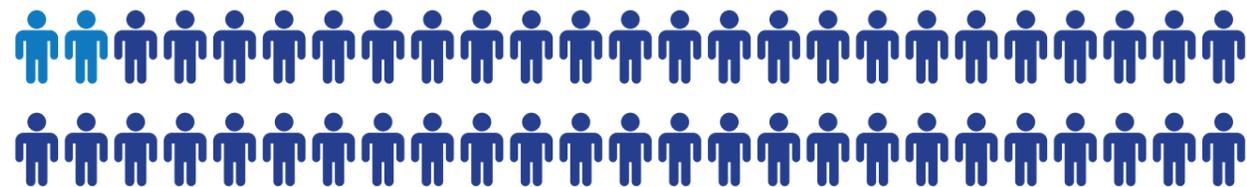
Could pay for our advice line to be staffed for a day.



We received

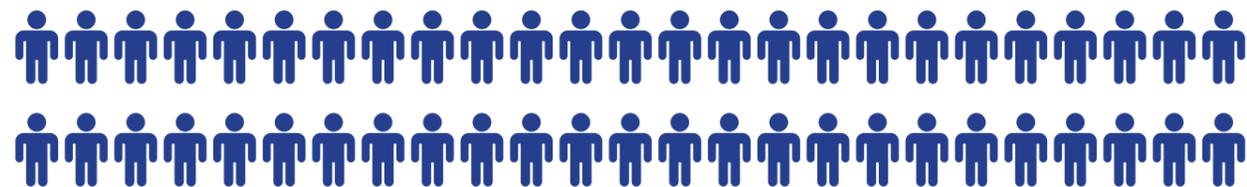
3,763

calls to our advice line in 2018.



One or Two

of us in every one hundred people in the UK will be living with Obsessive-Compulsive Disorder.



Last year the time given by our amazing volunteers contributed the equivalent of

£25k

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

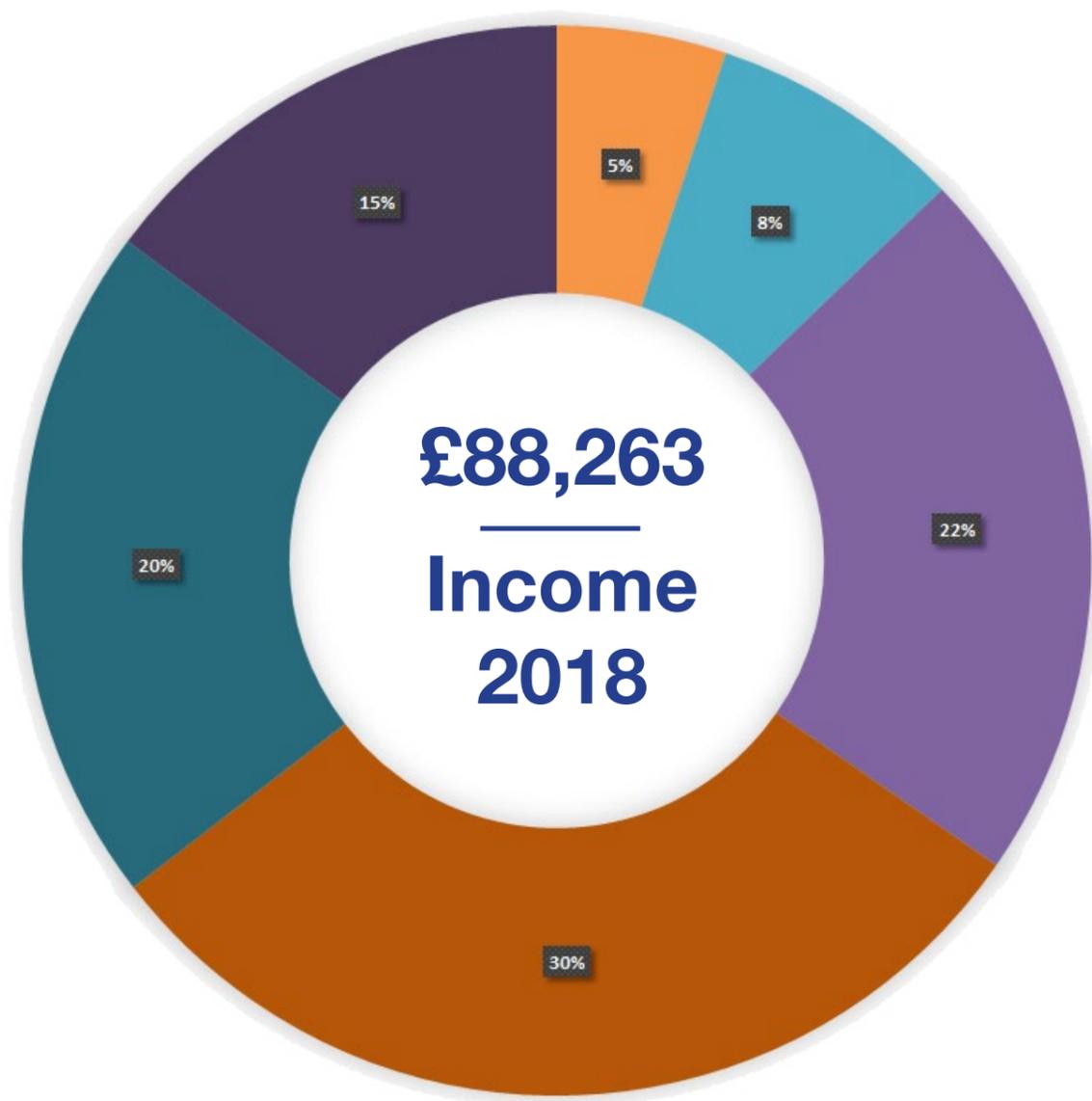
We promote mental well-being and recovery to offer hope for a life unhindered by Obsessive-Compulsive Disorder.

✓ YOUNG PEOPLE

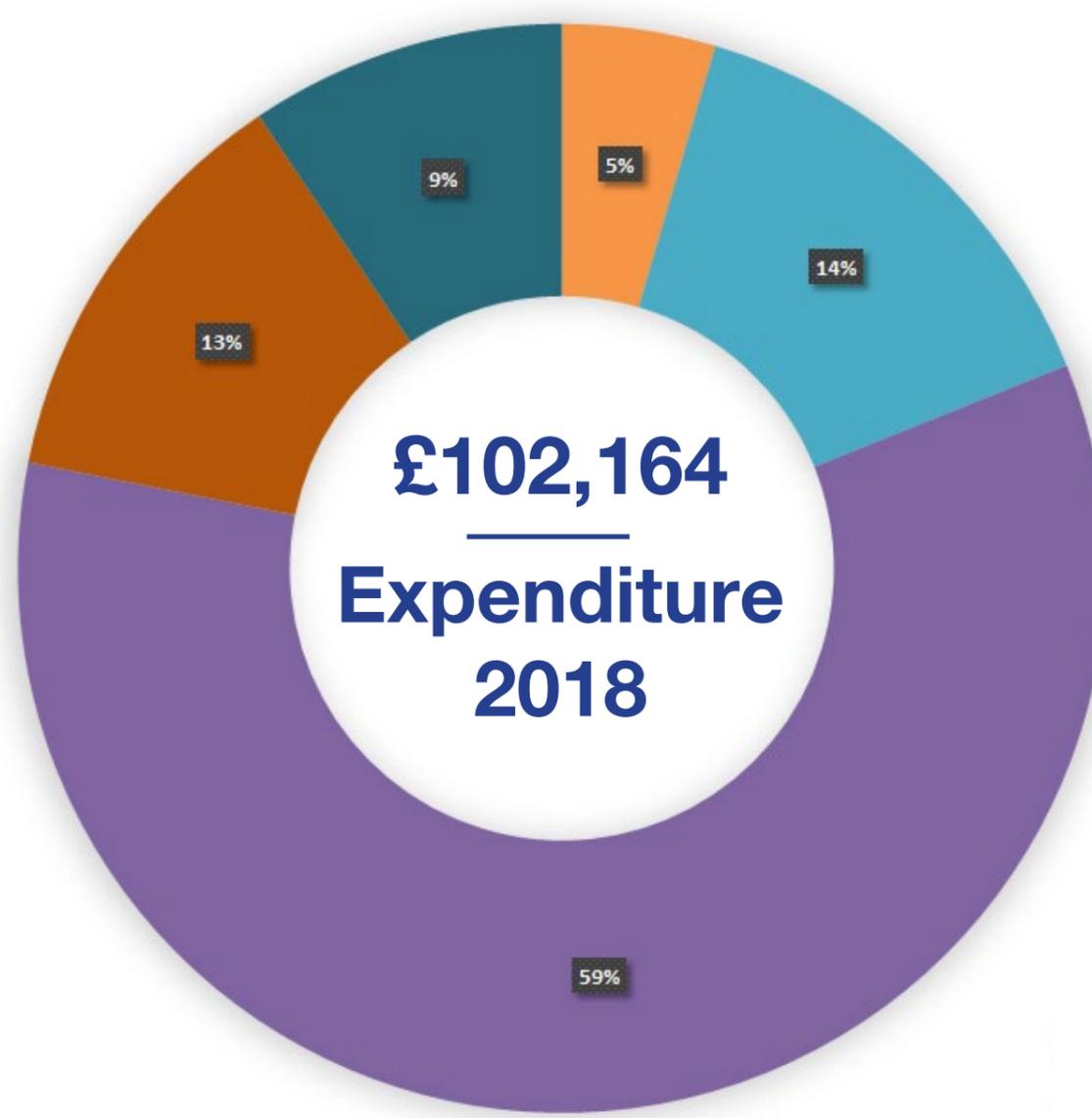
We offer young people with Obsessive-Compulsive Disorder a platform to share their story and connect with others.

In 2018 we generated £88k to keep our services running, with £63k raised through the fundraising efforts and donations of our supporters.

For every £1 we spent in 2018, almost 60p was spent on delivering charitable activities across the OCD community.



- Donations - £26,395 (30%)
- Fundraising - £19,270 (22%)
- Membership - £18,210 (20%)
- Grants - £13,084 (15%)
- Conference - £6,782 (8%)
- Trading (Books, Gifts) - £4,522 (5%)



- Charitable Activities - £60,480 (59%)
- Fundraising and Trading - £14,683 (14%)
- Governance and Administration - £12,747 (13%)
- Rent - £9,603 (9%)
- Costs of generating voluntary income - £4,651 (5%)

Our financial snapshot shows our expenditure split into the charity's key operating areas. Salaries are split within each relevant area. Turn to page 44 for our financial summary explained.

Why we do it

The **World Health Organisation** once included Obsessive-Compulsive Disorder in their list of the top ten most disabling illnesses through **loss of income** and **poorer quality of life**.

628
people emailed
OCD-UK for support in 2018

“

Feedback from an OCD-UK service user.

I'm genuinely very appreciative of your help and how quick it was too. - H, April 2018

”



Sarah Louise during the 2018 OCD-UK conference in Brighton.

We are

Purpose, Vision and Values



OCD
UK

Our Purpose

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

Our Vision

Is of a world where the devastating impact of **Obsessive-Compulsive Disorder (OCD)** is reduced through effective and safe treatment.

Our Values

We are **supportive** and **innovative**.

We are **caring** and **compassionate**.

We have **lived experience** and **understanding**.

We deliver **hope** and **inspiration**.

Supportive and Innovative

We support all children and adults affected by Obsessive-Compulsive Disorder through the difficult times, the good times and everything in between.

We are forward thinking, always seeking ways to improve and innovate in everything that we deliver to ensure we reach all those affected by OCD.

Caring and Compassionate

We provide emotional and practical advice or support in a non-judgemental way and will always demonstrate empathy, respect and dignity to the person we are working with.

We don't just listen, we hear, we understand and we see the individual not just the OCD.

Lived Experience and Understanding

Everything we do is based on the experiences of the people we serve, people affected by Obsessive-Compulsive Disorder.

We reach out to everybody within the OCD community, regardless of where they are in their own recovery journey.

Hope and Inspiration

Our passion and determination inspire those around us, we provide help and create hope to people when they need it most.

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

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

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.

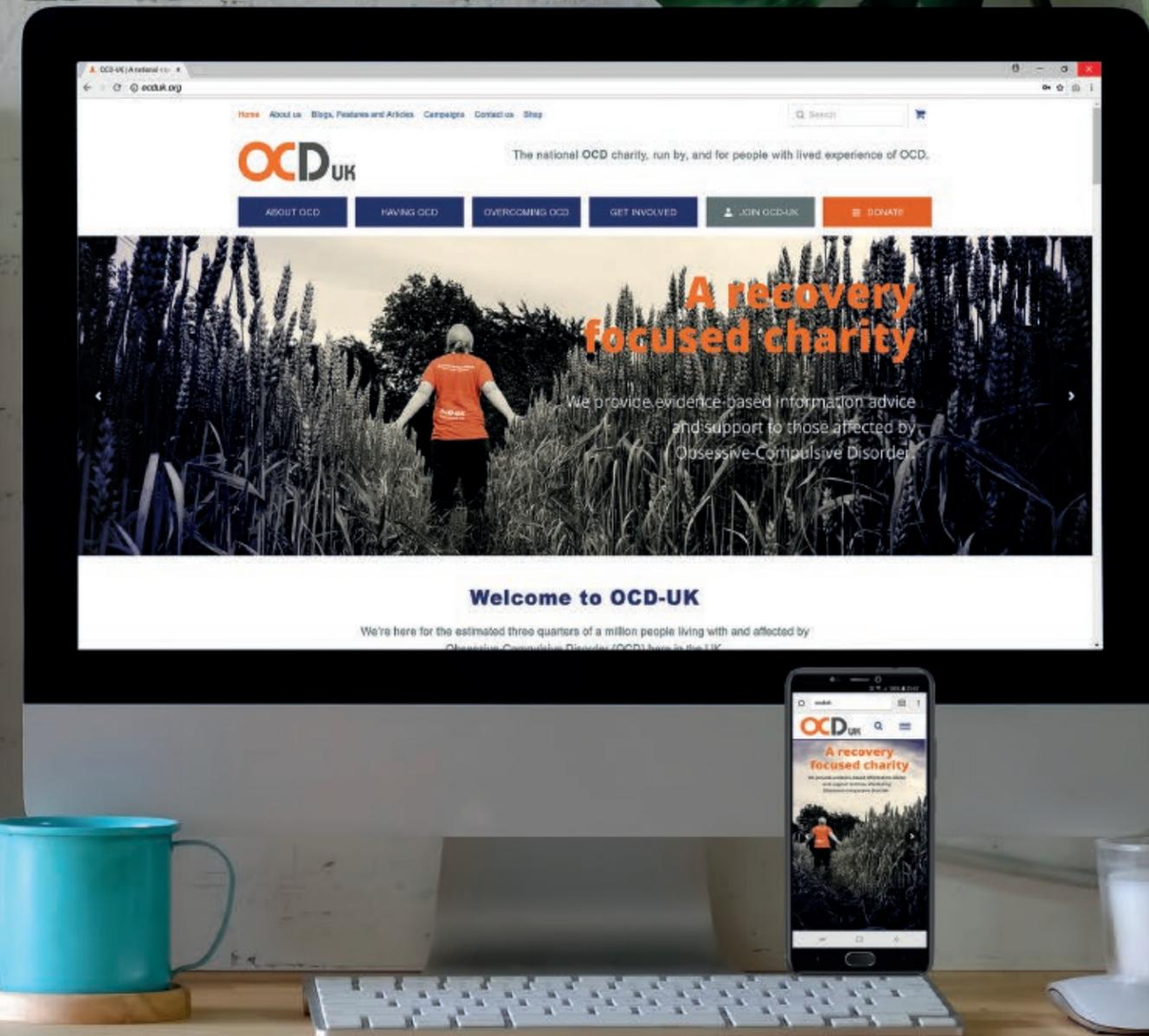
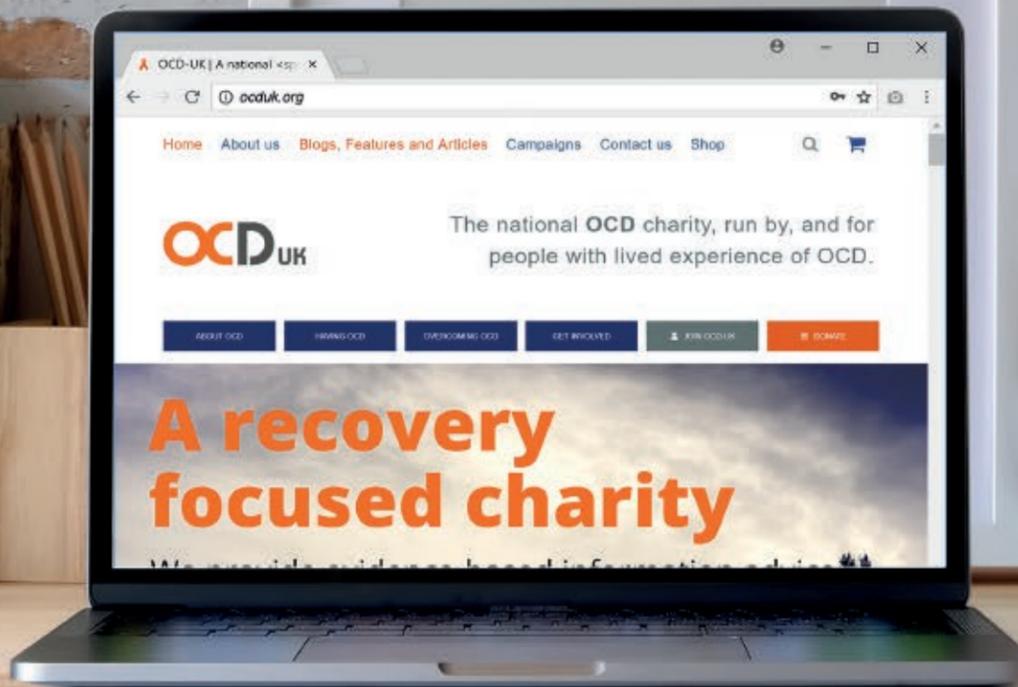
That is why the OCD-UK strategic objectives are so enormously important to realise. ■

Professor Paul Salkovskis
(FBPsS, CPsychol, HFBABCP, University of Oxford and patron of OCD-UK.)

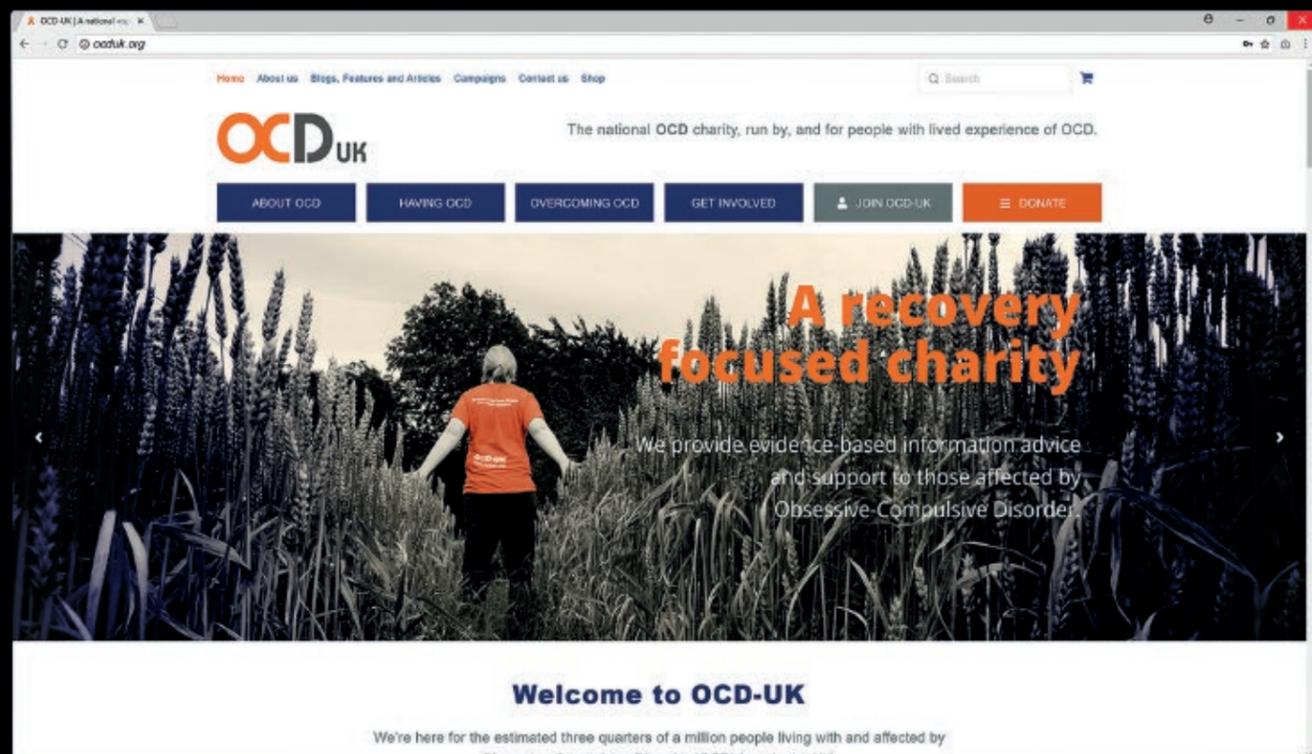


Check out our new website

<https://www.ocduk.org>



We've launched our brand new website



www.ocduk.org

In August 2018 we launched a new website, our CEO **Ashley Fulwood** explains more about the new design.

Months in the making, we were delighted to launch the beta version of our brand new website in August, we hope you like it!

But before we tell you all about it, the first thing we want to do is thank some of our amazing volunteers who made this new website a reality, volunteers who have spent hundreds of hours helping write new content, updating old content and proofreading 300+ webpages of content, so thank you so much to Gemma, Laura and Sue and all the other volunteers who submitted content, not forgetting the volunteers who stepped in to cover other aspects of the charity's work whilst the team cracked on with developing the site.

Simplified and straightforward design

Nobody likes change and it's fair to say our experience of changing our forum design not so long ago is that this is especially true of some of our regular website users. One of the most common reactions to any website redesign is annoyance or frustration, and to be fair when some websites change, it's not always for the better. Some content won't be where it used to be, site headings might have changed, it looks and feels different with regular visitors having to get to grips with the new design.

So when we sat down to develop the new website we started with a blank piece of paper and mapped out what we wanted. Mainly this was to retain the features and content from the previous website that we know worked and helped people from the feedback we regularly received, improving on it even more, with specific focus on smooth navigation across all devices. The new website aims to make accessing our information and support much easier and quicker for users.

We intend to make better use of the content we have at our disposal, and in the coming weeks more and more content will be added. We hope you'll agree that we've retained the best of the old website, and improved on that dramatically.

The new website was developed in-house, primarily to make good use of the charity's limited financial resources, especially when we have the skills internally. Although we have to acknowledge that the sheer amount of work and time to develop the site did take us away from other core projects. But after the charity were quoted figures of £14,000-£20,000 from several web design companies we had no choice but to take the job on internally. It was a project that took hundreds of hours of time resource, but we believe the website will have immense benefit for the OCD community not just across the UK, but globally too with the amount of content we have already added, and plan to add through the rest of the year.

So what's new?

One of the most common areas of feedback we received about the old website was that it was very text heavy, very busy. So partly through improved design and better technology we have made a very conscious decision to make better use of white space and images, by doing so we have also been able to increase text size to make readability easier across devices. The main OCD content pages have 'what to read next' links to make following the flow of the site smoother, and we have made better use of menus at the top and bottom of the site.

This new design makes better use of the available space on large screens, but it's also fully responsive and collapses logically to work better on smaller screens and mobile phones, which we hope, is a more pleasant reading experience.

With social media use increasing since our previous site was launched back in 2012, the redesign has allowed us to make it easier to share content across various social media platforms. You can now also comment on articles we publish for the first 14 days after publication, (users will have to register first, but don't worry it's free to do so).

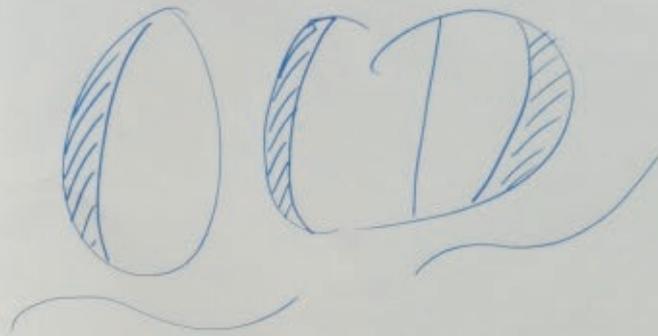
You will also notice we have a brand new online shopping experience too, now embedded within the website rather than on its own separate domain. The shop is now much easier to use, with better stock images and a much simpler and intuitive checkout process. Although please note for anyone who created an account on the old shop website your old login details will now have been removed from the site (for GDPR reasons and design reasons), so whilst you can checkout as a guest, you will need to create a new account on here should you wish to.

We also launched a new area exclusive to OCD-UK members which already contains several hours of video content from the 2018 conference.

What happens next? We still haven't got it right yet!

Websites are never finished, in fact every time we thought we had finished the redesign someone reminded us that we have not yet finished X or Y or Z, and we still have work to do so the website will continue to develop through 2019 and 2020.



A hand-drawn logo for OCD. The letters 'O', 'C', and 'D' are written in a stylized, rounded font. The 'O' and 'C' are filled with diagonal hatching lines. The 'D' is outlined. Below the letters are two wavy horizontal lines.

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**.

1,467,840

the number of pages viewed on the OCD-UK website in 2018 by a staggering 647,158 different users, from across the globe.



Feedback from an OCD-UK service user.

Your organisation and website has been a real help to us since X was first diagnosed with OCD some 4 years ago - your great work makes a difference to many - our sincere thanks for all that you do.

- K, November 2018





New Office Launch

In October, to coincide with OCD Awareness Week we launched our brand new office in Belper, officially opened by OCD-UK member and young ambassador **Hannah Nelson** and Mid Derbyshire MP **Pauline Latham**.

On Friday 5th October 2018, we officially opened our brand new office in Belper, Derbyshire.

Young ambassador **Hannah Nelson** cut the ribbon to open the new office, alongside Mid Derbyshire MP **Pauline Latham** who met with local supporters and the charity's team of volunteers.

Chief executive Ashley Fulwood said: "It's amazing what a difference the location makes already. All our staff and volunteers live with OCD themselves, and a calming, green environment in such a lovely location will make us better equipped for the people we support and serve."

"The move will make us more

productive and it will make it easier for our local members to pop in for a chat any time they need."

The office launch was prepared beautifully by our children and young people's lead **Sue Millichap**.

The new workspace will offer:

- A workspace conducive to improved working productivity
- Professional and attractive location for visitors and funders
- Location on site with professional working partners
- Beautiful surroundings for staff mindfulness and relaxation
- Management of own facilities
- Ample parking ■



The office launch made the front pages of the local Belper News.

For all your membership, fundraising and administrative queries we have a **NEW** office telephone number.



0333 212 0703

Our helpline number is **0333 212 7890** (*opening hours vary subject to volunteer availability*)

Calls from UK landlines and mobiles cost no more than calls to geographic numbers (01 or 02) and are included in inclusive minutes call packages in the same way.

Don't forget, our brand new postal address is:



OCD-UK
Harvest Barn,
Chevin Green Farm,
Chevin Road,
Belper,
Derbyshire
DE56 2UN



Trustees



L-R – Charlotte Rowe, Joanne Griffiths and Yolanda Jerrard at the annual conference.

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, Essex.

Mark Bartlett

Trustee, Kent.

Yolanda Jerrard

Trustee, Lincolnshire.

Nick Marlow

Trustee, Nottingham

Charlotte Rowe

Trustee, France.

Joanne Griffiths

Trustee, Cornwall.

Kylie Cloke

Trustee, Gloucestershire.

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

COMPULSIVE READING

Once again our members' magazine *Compulsive Reading* was published in 2018 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.



Structure, Governance and Management of OCD-UK during 2018



Professor's Mark Freeston and Paul Salkovskis at the 2018 OCD-UK conference in Brighton.

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 Oxford.

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 2018 we had one part-time staff member responsible for the coordination and management of OCD-UK Young Ambassadors.

Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2018 the charity had 593 active members (down from 620 at the end of 2017). Members are entitled to attend the AGM and to one vote per discussion.

Volunteers

OCD-UK had many committed and regular active volunteers across the UK during 2018, 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 1,917 hours to OCD-UK during 2018, in monetary terms worth at least £24,921 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 2018:

- Dr Victoria Bream
- Jenny Cole
- Eric O'Connor
- Graham Davey
- Ian Puleston-Davies
- Professor Mark Freeston
- Jon Gosden
- Dr Brynjar Halldorsson
- Dr Claire Lomax
- Sandy Nisbet
- Rebecca Pedley
- Professor Adam Radomsky
- Professor Paul Salkovskis
- Professor Roz Shafran
- Clara Strauss



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

- Brighton conference (2018)
- York conference (2015)
- Liverpool 'audience with' (2015)
- Truro 'audience with' (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' (2007)
- Greenwich conference (2005)
- Bristol conference (2005)

Scotland

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

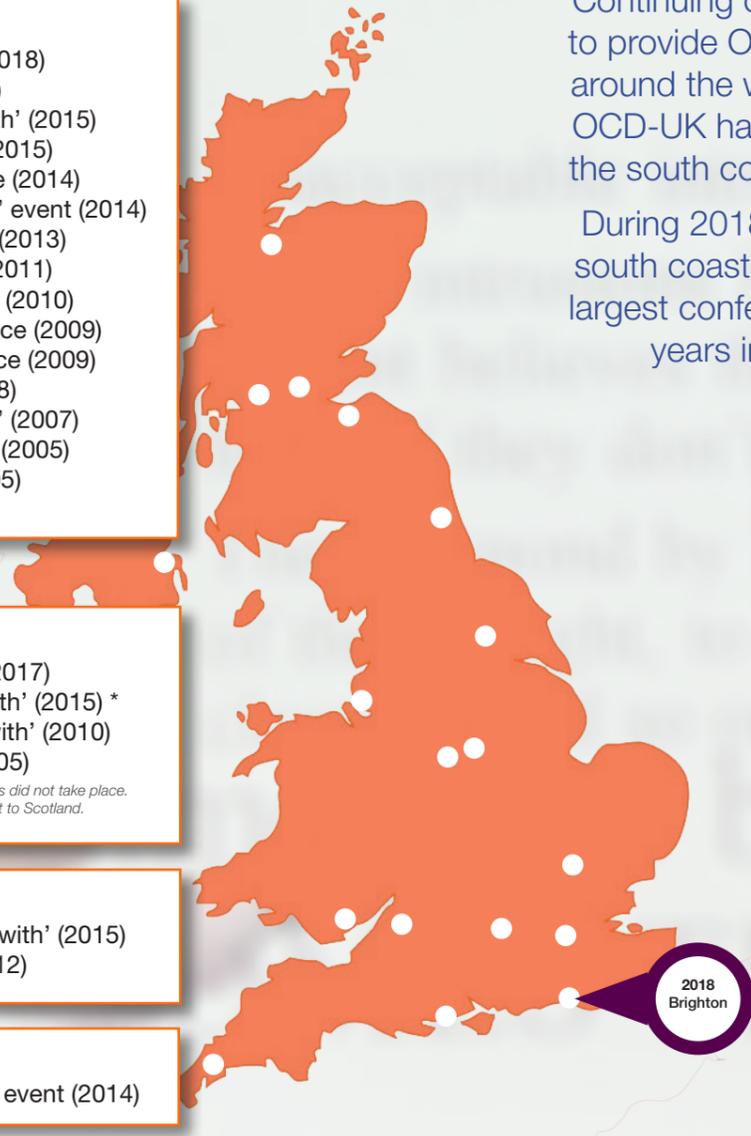
* Due to lack of interest, this event in Inverness did not take place. However, our effort illustrates our commitment to Scotland.

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 2018 we visited the south coast and hosted our largest conference in several years in Brighton.

2018 Conference Feedback from an OCD-UK service user.

“ Just wanting to thank you and all your team for an inspiring and uplifting weekend. Hopefully my daughter will now believe recovery is possible and to continue to fight for the best treatment in order to have a fulfilling life without her OCD. ”

November 2018

Delivering
across the UK



Conference review by Amy

I heard about the OCD-UK conference in my last CBT session from my therapist. Having lived in Brighton for the past 4 years, it seemed to be such a coincidence that the conference would take place in Brighton this year and even more so when my therapist asked if I would be comfortable to speak about my OCD and treatment at the conference.

I didn't have much time to be nervous and prepare something to say, as I only had four days in between being told about it and it happening!

I looked through the conference schedule and noticed that there were breakout workshops that included "OCD for parents" and "Why OCD people do what they do" and as soon as I saw these I knew that I had to get my parents to come. They'd only known about my OCD for a couple of months and I felt that it would be a great way for us to share the day and hopefully give them some more of an understanding of the disorder and indeed it did!

Having professional people explain OCD to my parents and being able to witness other people speak about their personal experiences really hit home with my mum and dad and although it was a very emotional day, I believe it was the best thing that could have happened for them. It allowed them to get a grasp on what I have been dealing with for the past 14 years.

"You could feel the support in the room, it was full of respect and compassion, there was no judgment."

It got to the point in the day where the Sussex OCD clinic group were due to speak and this is where I would be up there, on the stage, speaking. I was SO nervous, so incredibly nervous, as the day had been filled with so much emotion already and I was scared that I'd break down and not be able to speak. I was introduced to the audience and I spoke from my heart. Everything that I had planned to say went out of the window and although I wasn't expected to go into detail about my personal OCD, I did.

You could feel the support in the room, it was full of respect and compassion, there was no judgment thrown in any way and soon enough I caught my parents' crying eyes and that was when my tears started and I just had to thank everyone for listening and hand the microphone over.

Two months ago, even probably the week before the conference, I never thought I'd be able to speak about my very personal OCD in front of anyone having kept it hidden for 14 years. But I couldn't believe the relief that I felt as soon as I walked off of the stage, I felt like a massive weight and burden had been lifted from my life and it felt so good and freeing.

This is when I decided that enough was enough and that I wanted to speak out more about OCD and what it actually is and means and that you can still live a normal life, it is possible!

Amy ■



Conference review by Louise

Louise pictured holding the Instagram selfie-board with Bella (Louise on the right)

My mum follows OCD-UK on Facebook and it is there that she found out about the OCD conference in Brighton.

Out of curiosity, we were going to go as a family as we have struggled to find help in the past and we wanted to find out more about Obsessive-Compulsive Disorder and OCD-UK.

“We were greeted with kind, reassuring smiles and a goody bag filled with information and sweets!”



I remember feeling very nervous as I walked into the hotel where the conference was being held. However, what we were greeted with were kind, reassuring smiles and a goody bag filled with information and sweets!

Entering the main conference room was quite overwhelming. The amount of people there made me feel anxious as walking through a room full of strangers would!

What I didn't realise, until we got into the day, was that everyone was feeling the same. We were all nervous but we were all there to get help and in turn help each other.

We sat down next to another mother and daughter who were very friendly and started talking to us straight away. The mother, like mine, was there to get advice on how to help and support her daughter through her anxieties. The daughter and I clicked straight away and we spent the day together going to all the groups for young people. We were the youngest at 14 and 15 but it didn't make much difference because everyone was lovely.

The first hour in the hall was spent listening to Ashley and Sue from OCD-UK and OCD specialists talk about ways to overcome it.

I found this helpful as I could relate to some and listening to the professors who had studied how to overcome the anxiety was comforting. Then, the younger people there went off with Sue to another room in the conference venue.

Sue realised how jittery we all were so she immediately put us at ease by using a fun ice breaker game to get to know each other. At first I wasn't sure what to say to the others, but I was put at ease quickly and before long we were asking each other questions, sympathising with each other and we even shed a few tears.

I really enjoyed my day at the conference, talking to other people closer to my age about OCD and anxieties, I am not alone.

Louise. ■

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!

SOME FACTS ABOUT OCD

If you've ever said "I'm a little bit OCD", then this poster is just for you!

- ➔ The **World Health Organisation** once included **OCD** in their TOP 10 most debilitating illnesses in terms of **loss of income and quality of life**.
- ➔ Despite popular culture suggesting everybody has a bit of OCD, in reality only 1.2% of the UK population **'suffer'** from clinical OCD.
- ➔ Rather than being a **useful** trait, OCD is a debilitating anxiety disorder that **prevents** sufferers from living life as they choose, nothing about that is useful.
- ➔ **OCD** is no joking matter, the **D** in OCD means the condition is a disorder that causes great distress and disruption to a person's life.
- ➔ An estimated 1.2% of the UK population will be affected by OCD, that's about 780,000 people.
- ➔ The average age of onset is from around late adolescence to early twenties but can affect children as young as five.
- ➔ Despite common misconceptions, only about 26.5% of people with OCD carry out compulsive behaviours that involve washing or cleaning rituals.
- ➔ In addition to the sufferer, loved ones are often inadvertently involved in **compulsive rituals**, putting pressure and demands on their lives also.

Obsessive-**C**ompulsive **D**isorder
It's more than you think!

Introducing Sue...

Sue Millichap
joined OCD-UK as
Children and Young People's
Lead in May.

Currently working on our Young
Ambassador Projects, Sue
shines a light on the path she
has travelled before returning
home to the East Midlands
and her new role.

I'M
REFOCUSING
ON RECOVERY

OCD UK

Supporting others is the main purpose I have found myself gravitating towards throughout my life. When I left my hometown of Derby for university in Manchester in the year 2000, I had no concept of the varying roles I would undertake and the amount of people with whom I would interact, but working with people was to remain the common thread.

Whilst studying for a degree in embroidery (yes, it's a real thing!), I became a mentor for local year eleven pupils and was thrilled to be honoured with a 'Mentor Of The Year' award. After graduating, I supplemented my income as an artist by becoming a youth worker for a multi-agency project under CAMHS (Child and Adolescent Mental Health Services). I returned to university part time to study for an MA in Youth and Community Work. Throughout this five year period I became an education officer for a Youth Offending Team and a manager of a youth centre. The day I submitted my MA dissertation, there was a change in government that ultimately led to a reduction in youth services and a new twist to my journey. I joined a Social Enterprise as their Community Engagement Practitioner, supporting and empowering people of all ages to influence local health and wellbeing services.

Realising that my true passion was working with the young and having experienced the frustration of witnessing lives that had already taken a long route down a difficult road, I decided to retrain as a Primary School Teacher. I dreamed that teaching would satisfy my desire to support people at a much earlier stage in their life and fit the true definition of prevention.

Strongly believing I had found my 'job for life' and true vocation, I began teaching in a mainstream inner-city school but was soon drawn to helping those in our classroom who didn't fit 'the system'. This, alongside my desire to be nearer to my family, brought me back to the East Midlands where I worked in a Pupil Referral Unit for children experiencing social and emotional difficulties. However, the reality of the aforementioned system and the overwhelming pressure of the role, combined with my personal battle with OCD that began in childhood, sadly resulted in my leaving the profession.

A period of reflection and a chance conversation with Ashley led to my new and exciting role here at OCD-UK.

Sue talks about her projects on the next page. ▶



Young Ambassador Projects

Funding Success!

We were thrilled to announce that we had been successful in gaining funding in the form of three different grants during 2018 in order to work with children and young people with OCD.

The onset of OCD at a young age can be distressing and confusing for children, young people and their families. Our new projects aim to support children and young people during this difficult period, through engagement with OCD-UK.

The projects will enable young people to become Young Ambassadors; working together with other children and young people, sharing stories, inspiring others and raising awareness of OCD. Here's an overview of the exciting opportunities currently underway...



Children in Need

This nationwide, three year project is funded by Children In Need. It will support the development of 60 Young Ambassadors who will be given a central platform to talk about their experiences of OCD. The project will allow our Young Ambassadors to become role models, offering hope and inspiration to their peers with OCD. Given the national reach of the project, the majority of the work will be conducted through online communication. Participants will share their stories through a variety of creative outlets such as blogs, podcasts and artwork. We will also host regional meetings to allow the young ambassadors to meet face to face. The project is open to anyone aged 13-18 who lives in the UK and is affected by OCD.



Big Lottery Fund – Awards For All

This East Midlands based project is funded by Big Lottery Fund - Awards For All. It is focused on the editing and redesign of our information guide for young people that was originally written and distributed in 2009 (pictured right). The booklet received fantastic feedback when it was first published. It is used by many professionals and has been a helpful resource for so many young people but we've run out! The project end is January 2019 so from now until then we will be working with young people on the content and design of the booklet. The project is open to anyone aged 13-18 who lives in the East Midlands and is affected by OCD.



Foundation Derbyshire

This Derbyshire based, one year project is funded by Foundation Derbyshire's Youth Social Action Fund. It is centred around the engagement of young volunteers who will meet once a month to create community outreach opportunities. The volunteering will take the form of activities such as designing local awareness raising campaigns, writing and delivering presentations to schools and colleges and making posters and literature to support other young people. The project is open to anyone aged 10-25 who lives in Derbyshire and is affected by OCD.

Young Ambassadors are role models offering hope and inspiration to their peers with OCD



Get involved!

If you, or anyone you know would like to take part in any of the projects above, contact **Sue Millichap**, our Children and Young People's Lead:



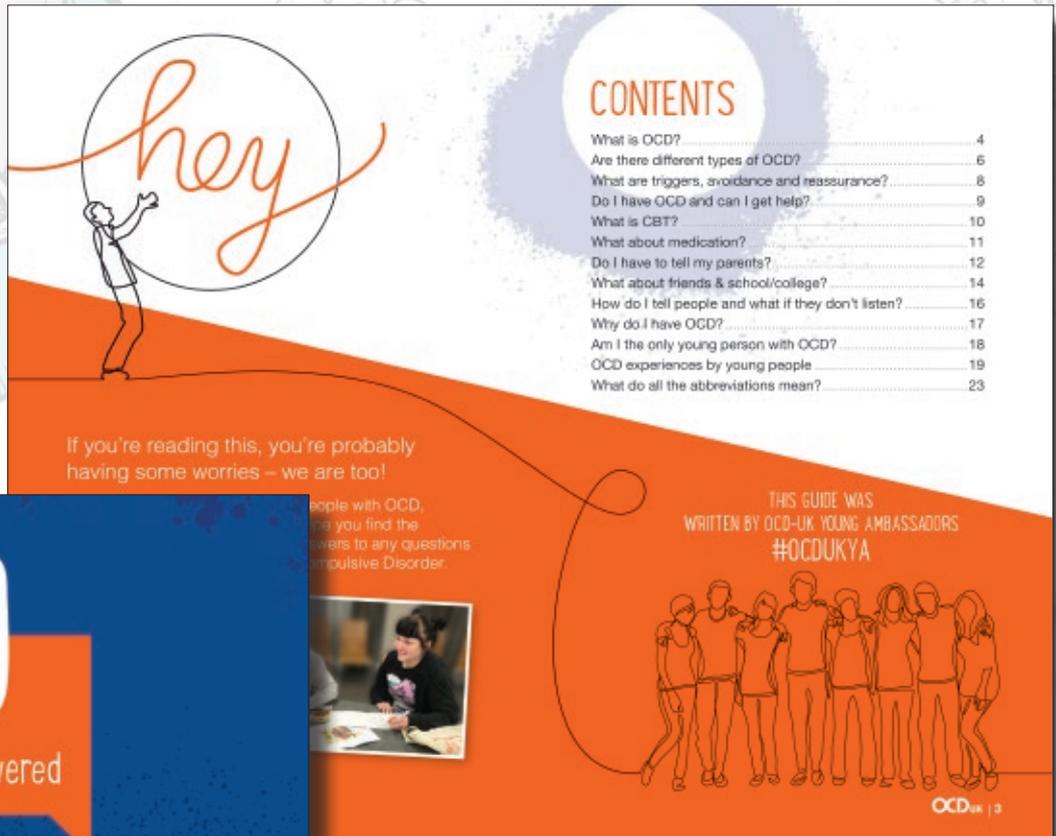
sue@ocduk.org



07495 557405



Look what's dropped!



CONTENTS

What is OCD?	4
Are there different types of OCD?	6
What are triggers, avoidance and reassurance?	8
Do I have OCD and can I get help?	9
What is CBT?	10
What about medication?	11
Do I have to tell my parents?	12
What about friends & school/college?	14
How do I tell people and what if they don't listen?	16
Why do I have OCD?	17
Am I the only young person with OCD?	18
OCD experiences by young people	19
What do all the abbreviations mean?	23

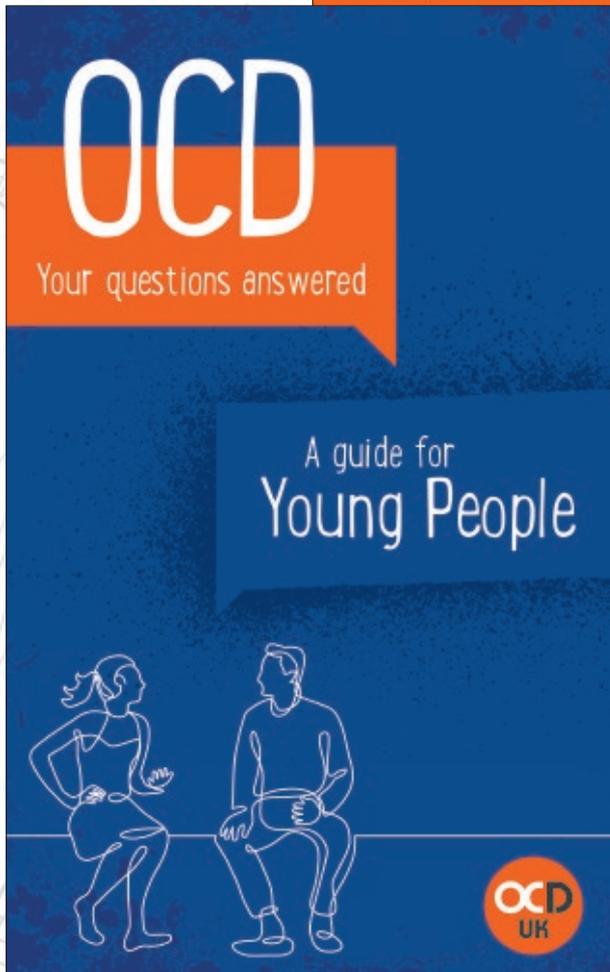
If you're reading this, you're probably having some worries - we are too!

people with OCD, you find the answers to any questions about Compulsive Disorder

THIS GUIDE WAS WRITTEN BY OCD-UK YOUNG AMBASSADORS #OCDUKYA



OCD UK



Our new pocket sized **OCD** guide for young people.

ACCESS OR REQUEST YOUR FREE COPY



Download a copy at
www.ocduk.org/teens



Call us on
03332 120 703
Between 11am and 4pm



Email
office@ocduk.org

Hannah Climbing Snowdon

In July 2018, one of our amazing #FantasticFundraisers and new Young Ambassador **Hannah Nelson** successfully climbed Snowdon, the highest mountain in Wales, at an elevation of 1,085 metres above sea level.

She told us why she decided to take on this challenge for OCD-UK and how the climb itself impacted on her OCD...



Since I was 14 (I'm 18 now) I have suffered from contamination OCD and checking OCD.

I over-wash which leads to really dry hands and have to count so many things I do, my OCD also means I check for illnesses a lot.

It's difficult because you feel you can't move on to do something else until you've counted to the right number or washed a certain part because something bad could happen.

For a long time I couldn't tell anyone because I was ashamed and thought I was the only one, however recently I plucked up the courage to start telling people and decided to go to the doctors to get professional assistance.

Because of this and because I want to help raise awareness for this debilitating mental illness which can affect many aspects of day to day life, I took on this challenge to climb Snowdon, and I thank all my supporters who helped me. ❤️

Exposure

The fundraising challenge became a great therapeutic exposure too, because whilst I was hiking I also camped for two days which because of my contamination fears was as challenging as the hike itself! But I did it, and I am so proud of myself.

For anybody reading this who adds to my fundraising total, thank you in anticipation of your support, Hannah. ■

www.justgiving.com/hannah-nelson4

"Whilst I was hiking I also camped for two days which because of my contamination fears was as challenging as the hike itself!"

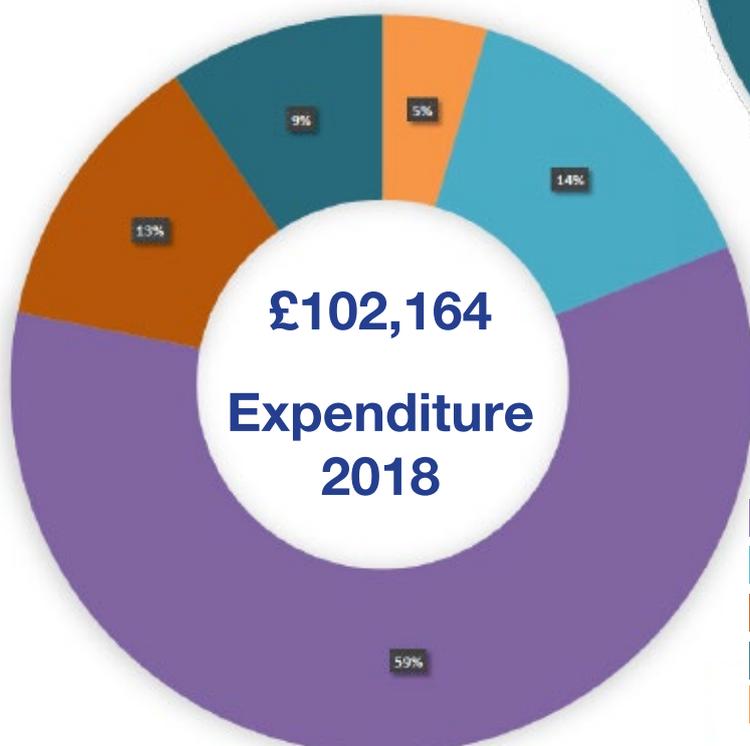
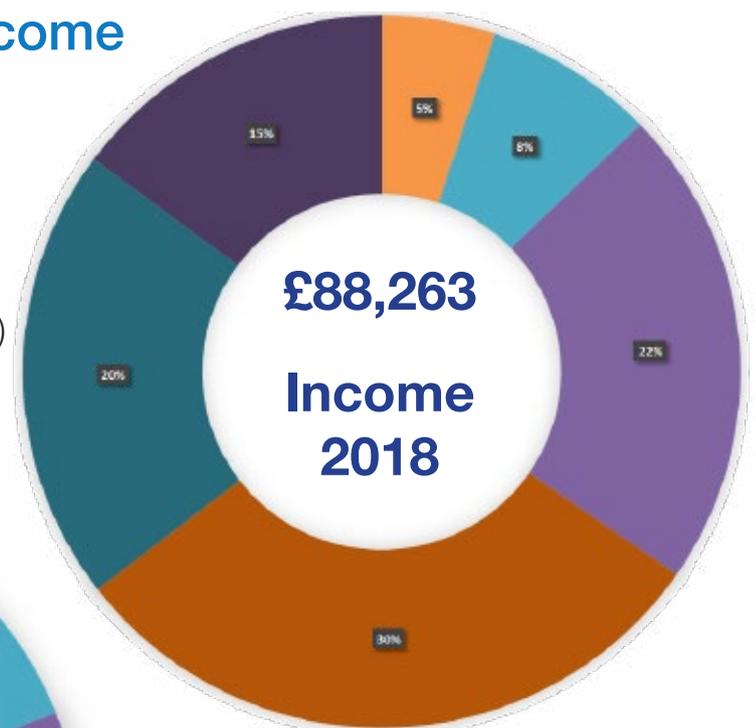
2018 income and expense

Financial summary

The charity reported a deficit of £13,901 in 2018. However, there were encouraging signs in our underlying performance and substantial improved income during early 2019.

Income

- Donations - £26,395 (30%)
- Fundraising - £19,270 (22%)
- Membership - £18,210 (20%)
- Grants - £13,084 (15%)
- Conference Income - £6,782 (8%)
- Trading (Books, Gifts) - £4,522 (5%)



Expenditure

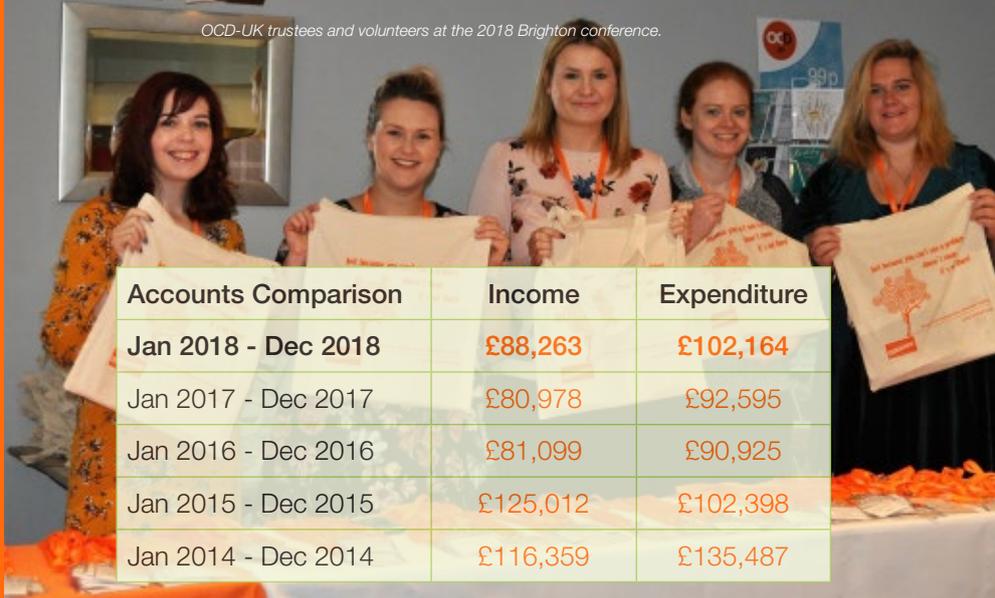
- Charitable Activities - £60,480 (59%)
- Fundraising and Trading - £14,683 (14%)
- Governance and Administration - £12,747 (13%)
- Rent - £9,603 (9%)
- Costs of generating voluntary income - £4,651 (5%)

£88,263

2018 Income

£102,164

2018 Expenditure



Accounts Comparison	Income	Expenditure
Jan 2018 - Dec 2018	£88,263	£102,164
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

Financial Review 2018

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 2018 accounts can be found on our website and accompanying this annual report.

OCD-UK income for 2018 was £88,263 with expenditure of £102,164. Accordingly, we are reporting an overall deficit of £13,901 leaving the charity with £22,999 of surplus funds.

It's clear to see that 2018 was a struggle, but without question the entire charity sector is struggling during this time of economic uncertainty, and although our overall income increased on 2017, so did our expenditure. However the loss of a regular and significant donation midway through 2017 still impacted on us during 2018.

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

Donations, fundraising and membership remain our primary source of income, with membership numbers decreasing slightly compared to 2017.

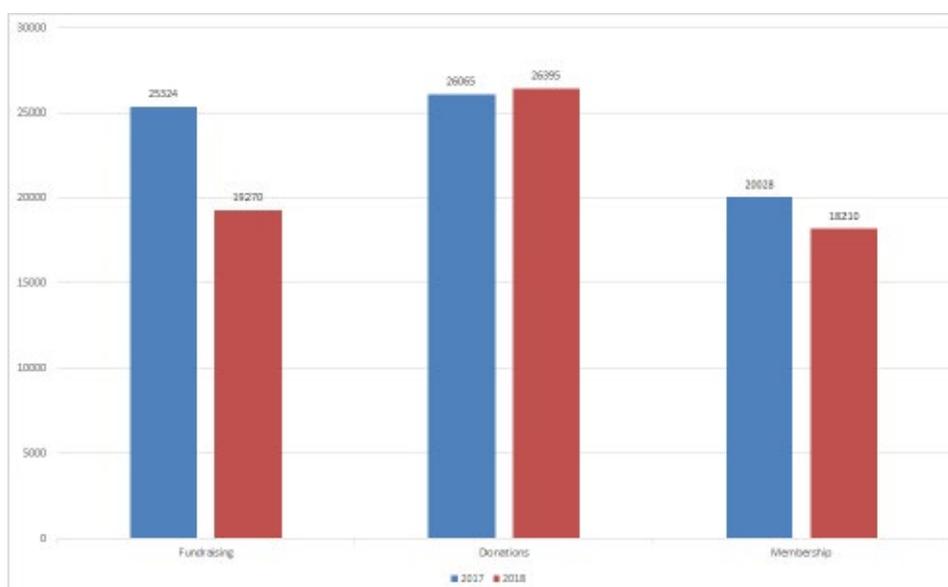
Despite the loss of a significant donor during 2017, we managed to increase our donation income during 2018.

Our income from fundraising dropped in 2018, 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. 2019 fundraising income is already predicted to increase.

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 2018 increased slightly, this was due to two reasons. Firstly, the one-off office expense of the move to Belper and secondly the additional staff costs due to return from maternity leave. We 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.



DIRTY FILTHY LOVE BIG SCREENING

Is there a place for comedy in OCD?

In October to coincide with OCD Awareness Week, our CEO Ashley Fulwood attended a public screening of the OCD comedy drama, *Dirty Filthy Love*, the first public screening since 2005... These are his thoughts and his big question to OCD-UK members...

Blog post by **Ashley Fulwood**

Published October 2018.



In October I had the privilege to watch the 2005 comedy drama film, *'Dirty Filthy Love'* on the big screen in Halifax, organised by the fabulous Sofia at the Square Chapel Arts Centre in Halifax.

It was the first time I have watched it in a few years, and I had forgotten just how ridiculously laugh out loud funny the film remains, but still all these years later maintains compassion for the characters during some poignantly moving scenes. As I sat there and watched I found myself laughing at the OCD situations the characters found themselves in, whilst feeling emotional at the desperation their OCD situations took them to, because you see at one time many of those scenarios and situations were me, my situations and those of my friends, some of whom I was with last night.

What made last night's screening even more special for me was because I watched it sitting next to the man whose story was being played out on screen, **Ian Puleston Davies**.

It was truly wonderful to hear him roar with laughter at scenes which at one time would also have been tinged with sadness because of the impact of his OCD, so to hear him laughing at his own OCD was actually something to behold. But it wasn't all laughter, at one point I gave him a knowing glance when I recognised a highly personal part of the film for that man sitting next to me.

Is there a place for comedy in OCD? In my opinion, absolutely, provided the true suffering of OCD is not left too far from the viewers thoughts and to that end Ian and Jeff Pope (co-writer) achieved that admirably, alongside some wonderful acting performances.

Following the screening, I chatted to Ian on stage, and I told a story about the time OCD made me strip naked and where I got caught by my then flatmate. The audience laughed, I laughed, you see as painful as the moment was, it was also funny.

I would love to hear what OCD-UK members think of our big question, "Is there a place for comedy in OCD?"

Slightly off topic, I have a very funny friend, and I recall a decade or so back she talked about wanting to write a sitcom about her OCD, but was nervous to do so at that time because of the reaction. If she can equally find that fine line between comedy and ensuring the viewers know the pain of OCD then I hope she goes on to complete it (if she hasn't already).

After the screening in Halifax I hosted a Q+A with Ian, well tried, he kept asking me questions, but at one point I did ask Ian if he felt the film would stand the test of time in today's highly critical social media world. Ian felt it would but I don't know if I am honest.

But I do believe this, I believe we needed *Dirty Filthy Love* on screen in 2004 and I think we need it on screen in 2019. I would go further to say that the brief scenes that talked about treating OCD were far more educational than some of the OCD documentaries we have seen on ch4 and ch5 in the last couple of years.

Ian pondered if his OCD helped his acting and writing and if it did, would he swap those talents to get rid of OCD. I won't spoil it by revealing his answer, you will have to wait to hear it from the man himself one day. But the film did pose a fascinating question, if OCD is part of us, or if we should detest and despise OCD with all our passion to try and get rid of it, which was the overriding belief of the support group facilitator in the film.

Back in 2005 *Dirty Filthy Love* was rightly nominated for various TV awards, including a BAFTA, so I remain incredulous as to why the very next public screening of this film took 14 years.

Finally, as for the characters, be they on screen, in our heads or part of us, I hope they/we all find our recovery place and life becomes just a little bit more peaceful and 'boring' from being OCD free!

Wishing you good mental health.

Ashley.



Thank you to our supporters

Special thanks to all our supporters and charitable trust donors, including:

- Every single person that's fundraised or donated in 2018
- Steve Sharpe
- Awards for All (Big Lottery Fund)
- Children in Need
- Foundation Derbyshire
- Thomas Cook Children's Charity
- Virgin Media
- Sportsman Gold Society
- Melissa Linley Adams and Le Marchant Trust
- New College Oxford
- Probus Club Paisley

Thank you to everyone who has campaigned for us, made donations, volunteered their valuable time or skills or supported us financially.

Because of your generosity we've been able to keep supporting both young people and adults that are suffering from Obsessive-Compulsive Disorder.

Your stories of courage and tenacity, despite the anxiety created by OCD, continue to inspire us all, and drive everything that we do.

We remain committed to working to make a positive and meaningful difference in the everyday lives of children and adults affected by OCD.



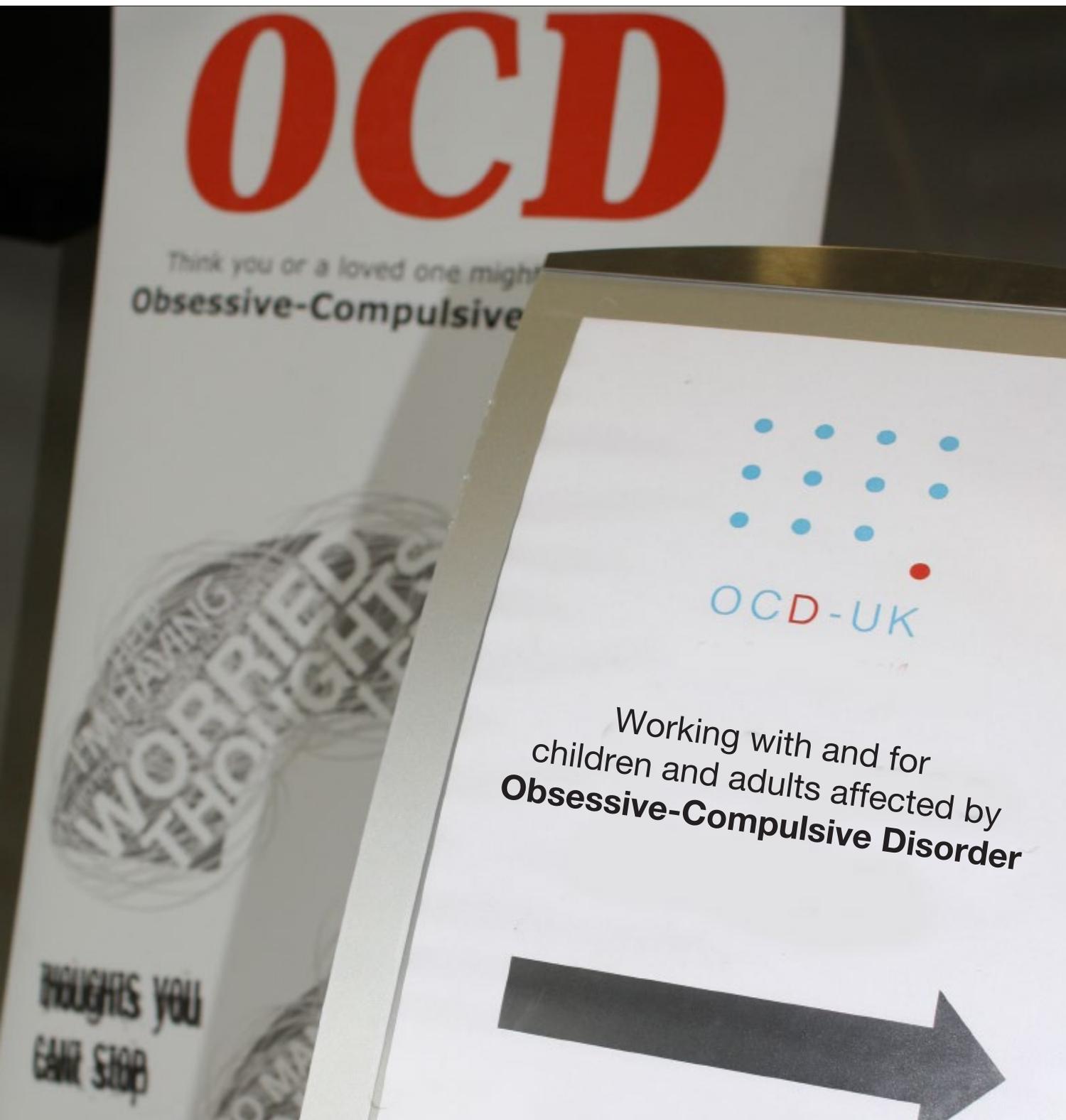
“

It is without doubt the support from the charity and talks by professionals at the conference that made me continue to fight for recovery. I have done things this year I never dreamed I would manage for over 20 years. And I am doing a job I absolutely love, that literally punches my OCD feelings of harm and contamination every day. OCD at one time took so much from me, but through joining the charity I am now living a completely different life, personal and career wise.

R, April 2018

”





OCD-UK

Annual Report

Thank you for your support in 2018