



# OCD-UK

## Annual Report

for the year ended 31st December 2019.

**OCD-UK**  
changing perceptions





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**Front Cover Image:** New OCD-UK employee **Zoë Wilson** at our 2019 conference. Left at the same event are **Dr Josie Millar** and volunteer **Megan**.

# Charity annual report

Year ended 31st December 2019

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 2019**.

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 42.





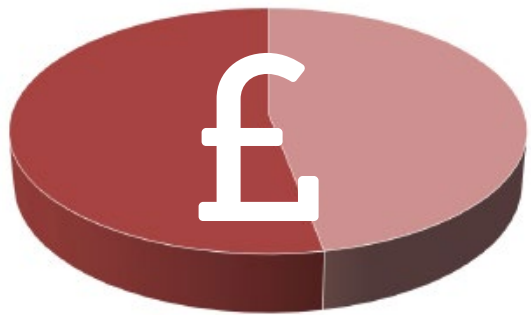
# PROVIDING



# CREATING



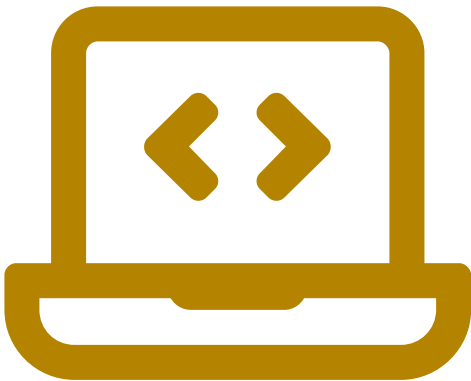
In 2019 we generated £137k to keep our services running, with £83k raised through the fundraising efforts and donations of our supporters.



**53p** in every  
**£1** spent

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

The charity reported a surplus of £24,135 in 2019. Which offered encouraging signs in our underlying performance.



Our website and forums had  
**2.8m** page views by  
**735k** users from across the globe.



**£166**

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



We received  
**2,757**  
calls to our advice line in 2019.



**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  
**£27k**





*“Welcome **Zoë Wilson**, whose infectious smile, vibrancy and enthusiasm is already making such an impact.”*

## Welcome to the OCD-UK Annual Report for 2019

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

**As a charity OCD-UK have always embodied openness, so we want to share with you our little glimpses into our OCD this year, the challenges, the lessons learned and our successes against it.**

### Ashley

During 2019 I had both OCD recovery elation and deflation. Thankfully deflation came first, when midway through the year an act of kindness on my part came back to bite me on the bum, it had left part of my office ‘feeling’ contaminated. After six months, I still hadn’t addressed it. My then colleague Sue decided to take action (for me) and placed a delivery box down on the spot of the floor that felt contaminated.

With pep talks from Sue and other friends, I very quickly got over 6 months of fear by sitting on the floor and rubbing my hand across my face! The elation was amazing!

Of course, during those 6 months I faced the realisation that OCD which I thought I had on the run had crept back, not in a new guise, but an expanded guise of an area of OCD I had previously been too embarrassed to acknowledge or speak about. So whilst OCD in many areas of my life is now gone, for example I can use a public toilet after two decades of avoidance, the lesson I learned last year was the importance of being honest and open, firstly with ourselves and secondly with any therapist you work with. I also learned that I need to make my own opportunities for recovery, not wait for them to come to me.



### Catherine

During 2019 my clinical psychologist advised me she was retiring and I found that a huge challenge. Owing to the complexity of my OCD, I had been receiving treatment from Sheila on a long term basis and it was a devastating blow to know she would no longer be part of my journey with OCD. Sheila had treated and cared for me

during a severe breakdown and been part of my recovery to the extent that I had eventually been able to return to work, something I thought might never be possible. Through thick and thin she had stuck by me and inspired me along the way. So I knew that fresh challenges lay ahead.

One of my successes in 2019 has been to be more compassionate with myself. Traditionally I beat myself up if I make an error or don’t do something perfectly. I speak to

myself in derogatory terms and end up hating myself. But thanks to receiving some compassion focussed therapy, I have learned not to be quite so hard on myself and treat myself a little more gently. It’s still a work in progress but then as with everything with OCD it requires constant working on and attention to detail.

### OCD-UK

In reflecting on the work of the charity in the past year, we recognise that 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 2019, 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.

To each and every person who has given their support, donated their time or money to OCD-UK this year, may we offer our heartfelt thanks. The successes we’ve seen this year as a charity would not have been possible without your drive, passion and generous support – so on behalf of the people we support, thank you.

We also want to thank **Sue Millichap** for her hard work who left for a new challenge during the year, and welcome **Zoë Wilson** whose infectious smile, vibrancy and enthusiasm is already making such an impact.

OCD-UK has much work to do, we hope that our passion and determination inspires those around us, helps and creates hope for those that need it most and together with your help, works as one, 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

**Catherine Mills**  
Chair of OCD-UK

*Both have lived experience of OCD.*



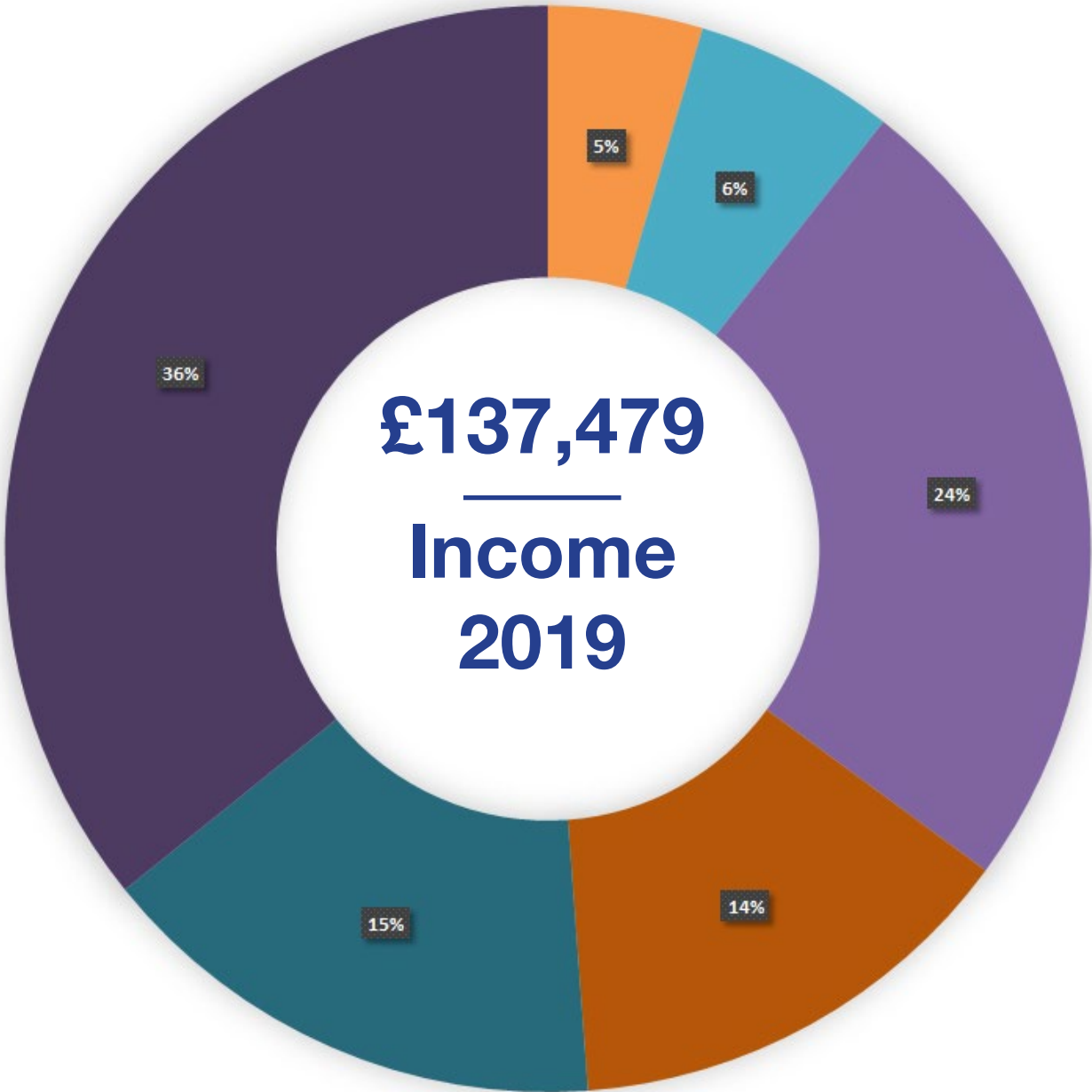


OCD-UK team during the 2019 OCD-UK conference in Northampton, Kylie, Yolanda and Zoe.

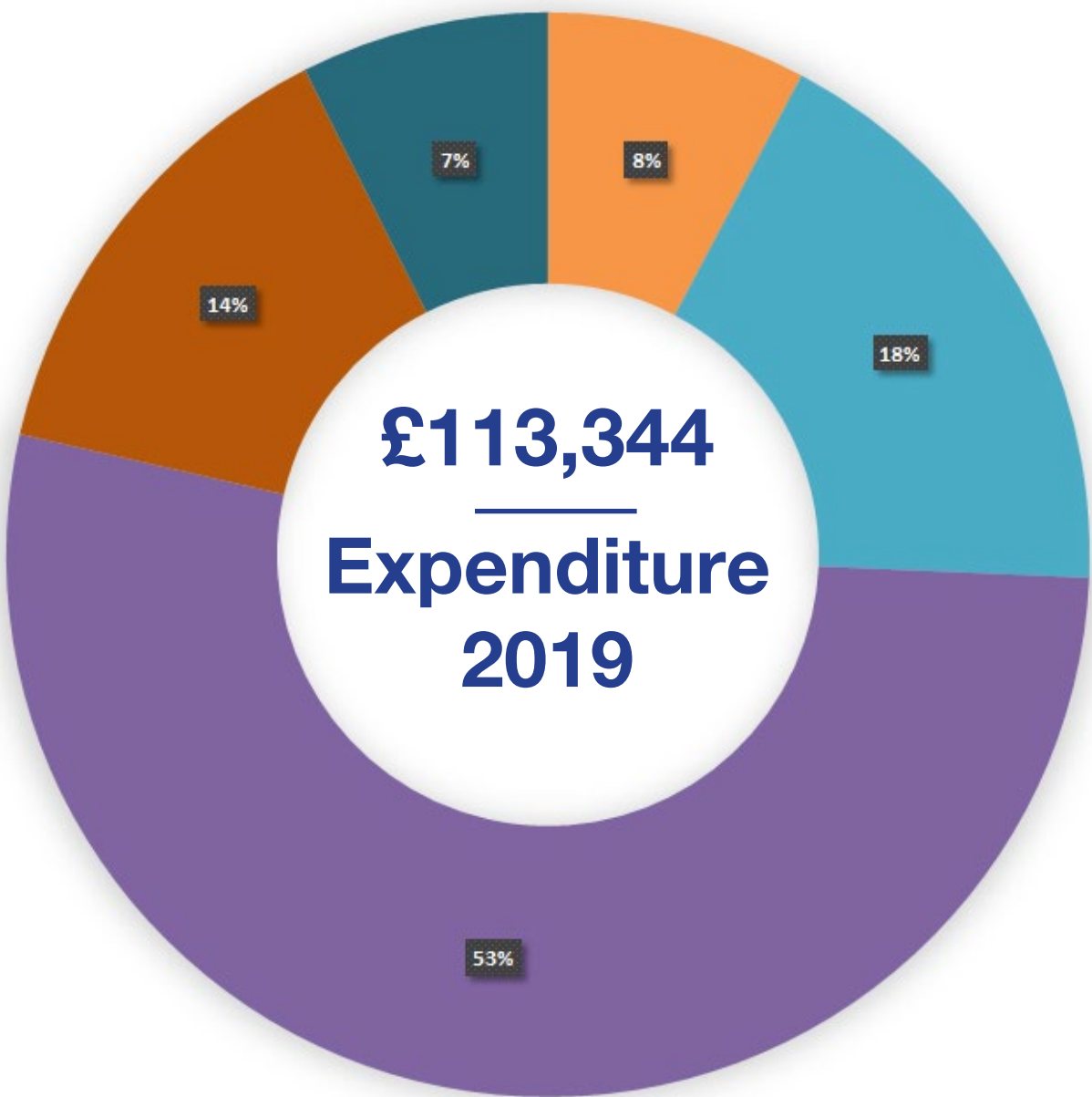


In 2019 we generated £137k to keep our services running, with £54k raised through the fundraising efforts and donations of our supporters.

For every £1 we spent in 2019, 53p was spent on delivering charitable activities across the OCD community.



- Grants - £49,200 (36%)
- Fundraising - £33,646 (24%)
- Membership - £21,156 (15%)
- Donations - £18,900 (14%)
- Conference - £8,248 (6%)
- Trading (Books, Gifts) - £6,329 (5%)



- Charitable Activities - £60,182 (53%)
- Fundraising and Trading - £20,391 (18%)
- Governance and Administration - £15,959 (14%)
- Costs of generating voluntary income - £8,828 (8%)
- Rent - £8,425 (7%)

Our financial snapshot shows our expenditure split into the charity's key operating areas. Salaries are split within each relevant area.  
[Turn to page 42 for our financial summary explained.](#)



# 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.



## 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.

### Nick Marlow

Trustee, Nottingham

### Claire Gellard

Trustee, Essex.

### Charlotte Rowe

Trustee, France.

### Claire Goldenberg

Trustee, Sussex.

### Joanne Griffiths

Trustee, Cornwall.

### Yolanda Jerrard

Trustee, Lincolnshire.

### Kylie Cloke

Trustee, Gloucestershire.





Dr Victoria Bream and our CEO Ashley Fulwood during the 2019 OCD-UK conference.



We are



OCD  
UK

# Purpose, Vision and Values

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## 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 real **understanding**.

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

### Supportive and Innovative

We support all children and adults affected by Obsessive-Compulsive Disorder through the difficult times, right through to recovery 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 bring 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!**



# PARENTS EDUCATIONAL WORKSHOPS

In July 2019 we reported on our success in securing a **National Lottery Community Fund** grant of almost £113,000 to develop much needed education and support for parents of children that suffer from Obsessive-Compulsive Disorder.

We're delighted to report that the project is now underway.

## WELCOME TO PEP TALK

The project is called OCD 'PEP' Talk (Parents Education Project) and its ultimate objective is to improve the quality of life for children (aged 5-18) suffering from OCD and their families. We plan to achieve this through the education, support and empowerment of parents.

PEP Talk will create, design and deliver:

- Freely accessible OCD educational courses for parents of children with OCD across the East Midlands
- A library of online video resources for parents to address the top 50 frequently asked questions about OCD and treatment
- Additional online self-help resources for parents
- Regular webinars offering practical support and advice for parents
- Presentations at our annual conference, specifically for parents of children suffering from OCD - The first of these took place in November with some of the videos already available on our website at: [www.ocduk.org/parents](http://www.ocduk.org/parents).

Over the course of two years, we will be delivering workshops across the East Midlands, 8 per year and possibly more if we can. We are mindful that parents who live outside of the East Midlands would also greatly benefit from the services that this grant is allowing us to deliver, which is why these workshops are open to anyone, regardless of location, provided they can travel.

The workshops are free of charge and focus on children suffering from OCD in the CAMHS stage (Children and Adolescent Mental Health Services). The objectives we aim to achieve during these workshops are the following:

- Restore hope
- Reassure you as parents
- Gain a better understanding of the OCD bully and how it works
- Understand how to work together
- Understand different pathways to recovery

The workshops will be delivered by Zoë Wilson, who is our project lead for children, young people and parents (see right).

For more information about the project or to book onto one of our parents workshops then please visit our webpage at:

[www.ocduk.org/parents](http://www.ocduk.org/parents)



## Introducing Zoë

Zoë Wilson is the project leader of our Parents Educational Project and she has lived experience of Obsessive-Compulsive Disorder.

Zoë is passionate about this project and is determined to make a difference to as many families' lives as possible. Diagnosed with OCD in her early 20s, Zoë has witnessed the effects that the disorder has on the whole family, not just the sufferer.

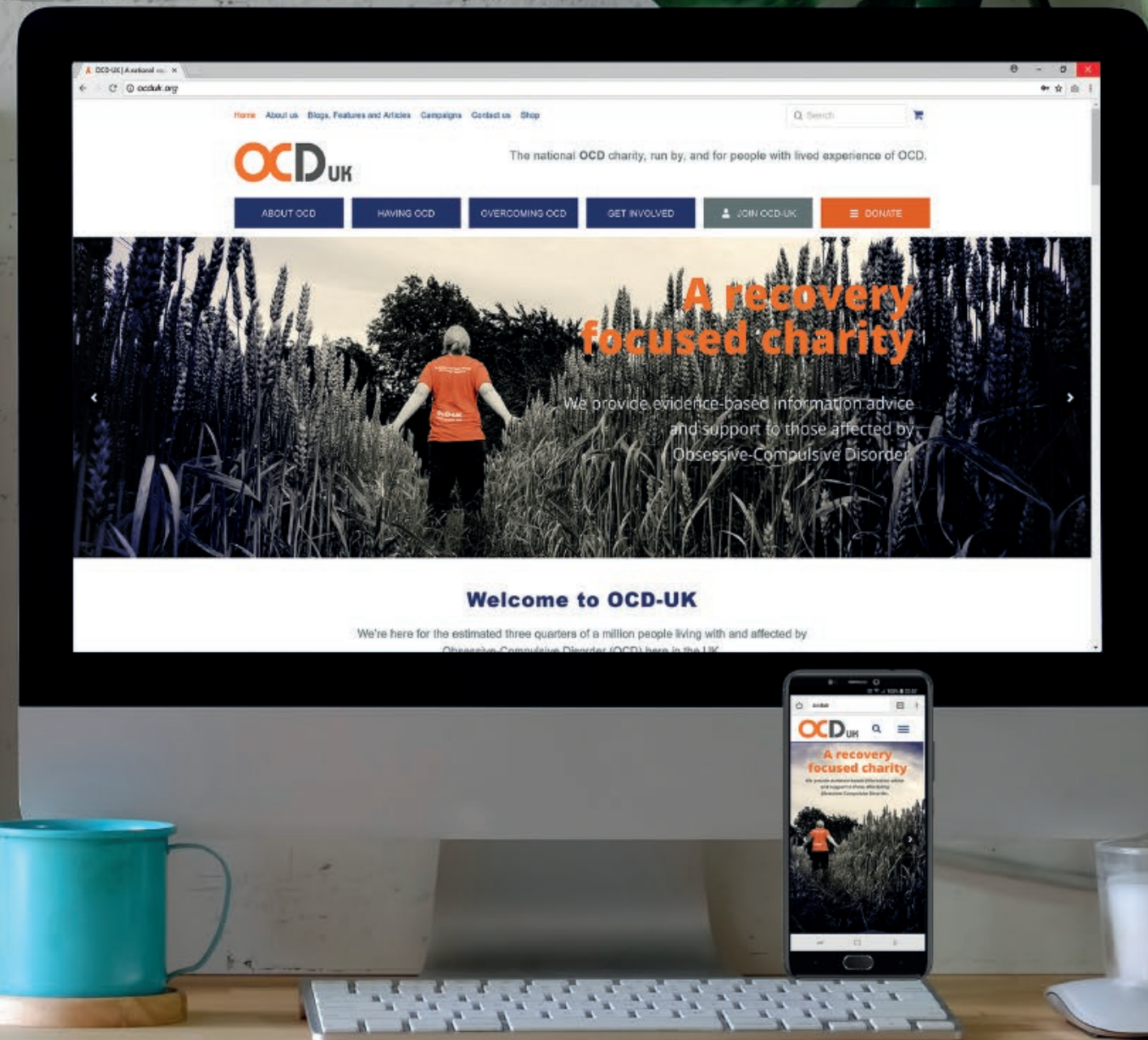
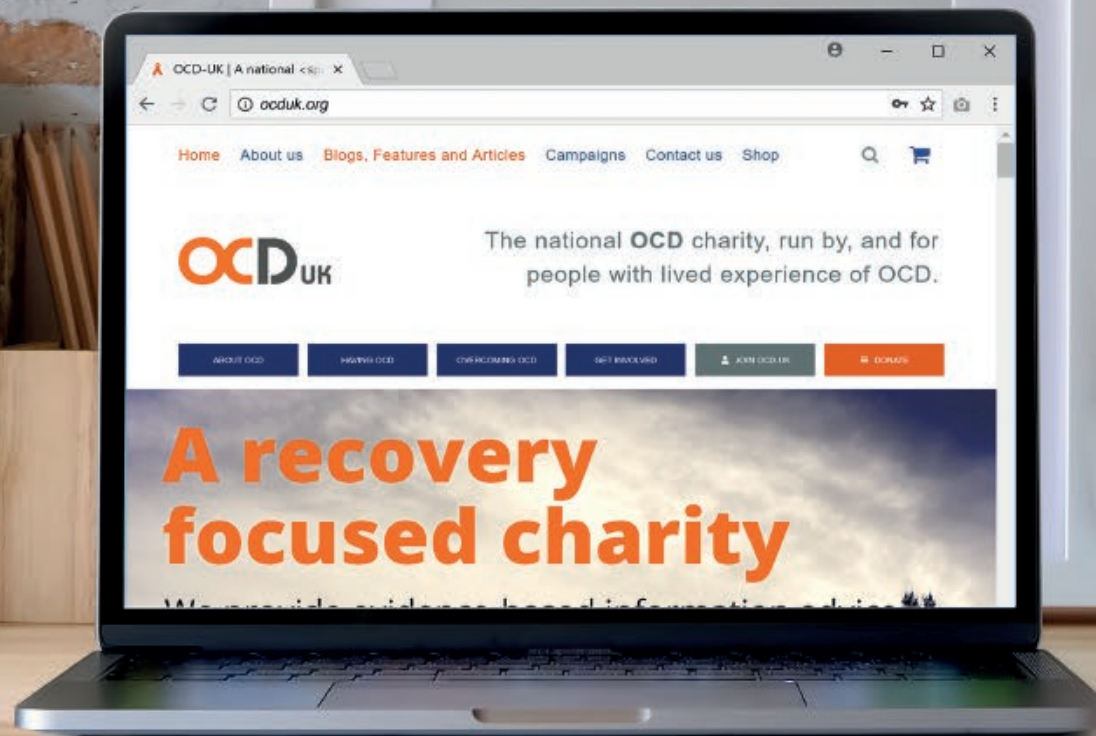
The shaping of this project has been a collaborative effort between service users and health professionals as the picture above of Zoë working alongside Professor Paul Salkovskis in the development of our parents project shows.



[www.ocduk.org/parents/](http://www.ocduk.org/parents/)



# www.ocduk.org





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



# 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**.

## 1,650,619

the number of pages viewed on the OCD-UK website in 2019 by a staggering 693,286 different users, from across the globe.

“

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Feedback from an OCD-UK service user.

*I suffer with OCD and have since I was a child and this website is absolutely amazing - so factual and busting the myths - thank you.*

- R

”



WE CAN BE  
**HEROES**  
JUST FOR ONE DAY

These are just some of our **2019 FANTASTIC FUNDRAISERS** who walked, swim, hiked, cycled or run for OCD-UK this year.

Turn to page 38 to see more fantastic fundraisers.



Lauren Contay successfully completed the Great Manchester Run in May in a fantastic time of 56:06!



Daughter and Dad, Katie and Steve Millar successfully completed the Vitality London 10,000 in May.



Our very own ultra amazing Sue Millichap taking a moment to pose for the camera during the London Marathon. WTG Sue!



Another Triathlon completed for Bria Mason, who this year completed the Selkirk Standard Triathlon.



Ashley Fulwood completed the London-Surrey Ride100 cycling challenge in August.



Gary Heading and Serena Moden completed the Great North Run in September.



Kate Yandle completed the London Landmark's Half Marathon for OCD-UK, pictured here alongside friend Hannah.



Karen Bradshaw completed the Race to the Stone (100km).



This brilliant action shot of Dean Matthews completing the gruelling Fred Whitton Cycling Challenge.



Chloe Moore and her dad, Phil, completed the Nottingham Robin Hood Half Marathon. Both running to show support to brother/son, James, who suffers with OCD.



Ian Grant completed the stupendously challenging London-Surrey Ride100 cycling challenge.



**NOVEMBER FRONT COVER STORY:**

Team Fish is made up of Will (aka Mini Fish - on the left) and Charlotte (aka Bellsie or Lottie, aka Big Fish - on the right). In September, Team Fish took on the one mile Serpentine open water swim for OCD-UK.

Will met Bellsie when his family went on holiday to France back when Will, now 16, was only 2! They've been friends ever since. Bellsie has been involved with OCD-UK since she was 18.

"OCD-UK changed my life. I went from having severe OCD that left me dropping out of uni and being almost housebound to being a PhD student with a life of my own. I couldn't have done this without the help of OCD-UK. I've known Will since he was 2 and we've been friends ever since. He is a very special person who is always ready to help those in need."

Lottie is part of our team and we're super proud of Team Fish!



# Structure, Governance and Management of OCD-UK during 2019



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 its 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 Jan-Oct we also had one part-time staff member, a position which became full time in December taking over the OCD-UK Young Ambassadors and Parents projects.

## Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2019 the charity had 665 active members (up from 593 at the end of 2018). 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 2019, 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 1,885 hours to OCD-UK during 2019, in monetary terms worth at least £27,559 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 2019:

- |                           |  |
|---------------------------|--|
| ● Dr Victoria Bream       | ● Dr Josie Millar  |
| ● Jenny Cole              | ● Sandy Nisbet   |
| ● Eric O'Connor           | ● Rebecca Pedley   |
| ● Ian Puleston-Davies     | ● Professor A Radomsky   |
| ● Professor Mark Freeston | ● Professor P Salkovskis   |
| ● Jon Gosden              | ● Professor Roz Shafran  |
| ● Dr Brynjar Halldorsson  | ● Dr Sasha Walters   |
| ● Dr Gazal Jones          | ● Professor David Veale  |
| ● Dr Zoe Kindynis         | ● Chloe Volz   |
| ● Dr Claire Lomax         | Apologises to anybody we have accidentally omitted from this list. |
| ● Ajay Maisuria           |  |

# OCD UK



**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

- Northampton conference (2019)
- Brighton conference (2018)
- York conference (2015)
- Liverpool 'audience with' (2015)
- Truro 'audience with' (2015)
- Nottingham conference (2014)
- London 'audience with' (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' (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 2019 we visited the midlands and hosted our largest conference in Northampton.

2019 Feedback from an OCD-UK service user.

“ Thank you for the opportunity to participate in last night's support group. I just want to say I think you are providing a wonderful service.  
J, 2019

# Delivering across the UK



**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](http://www.ocduk.org)

[www.ocdforums.org](http://www.ocdforums.org)

 [www.twitter.com/ocduk](https://twitter.com/ocduk)

 [www.instagram.com/ocdukcharity/](https://www.instagram.com/ocdukcharity/)

 [www.facebook.com/ocduk](https://www.facebook.com/ocduk)



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



# HOW OCD CHANGED

This fantastic poem was submitted by OCD-UK Young Ambassador **Izzy** and published in our magazine in 2019.

I'm 8 years old,  
Slowly drifting to sleep in the back of the car,  
Counting every street light that we pass  
For no particular reason,  
I just find it comforting.

I'm 10 years old,  
The fire alarm has just sounded and the whole  
school is out on the playground  
I know it's only a drill,  
But I still check to make sure both of my sisters are  
out of their classrooms, safe outside and far away  
from the raging fire that my brain has conjured.

I'm 12 years old,  
I'm lying in bed  
I'm exhausted  
I'm saying the same prayer over and over again  
I don't even believe in God

I'm 14 years old,  
Crying in the school changing rooms during a PE  
lesson,  
A friend in my class has just been sick  
And I'm convinced it's my fault  
If only I'd sat out of the run

I'm 15 years old,  
My hands are cracked and bleeding,  
I'm wearing gloves in lessons to try to keep the  
germs out,  
But still going to the toilets to wash my hands  
repeatedly  
Just to make sure

I'm 16 years old,  
I can't write the number "3"  
It's making maths lessons really hard  
So I have to tell my teacher my secret  
And I cry

I'm 17 years old,  
Everything I write has to be perfect  
And I'm shaking and crying in a French lesson  
Because I wrote an 'a' instead of an 'e'  
I feel pathetic

I'm 17 years old,  
I eat an apple for the first time in 2 years  
I've been too scared for all this time  
In case it somehow poisons me

I'm 17 years old,  
I'm so tired I can barely open my eyes  
And yet I click on another YouTube video  
I'm avoiding the moment that I have to get into bed  
Because first I have to tidy my room until it is perfect  
And that could take forever

I'm 17 years old,  
I'm on a biology field trip with my school  
During a heatwave  
And yet I'm rationing my water supply  
The water that I brought from home is in my suitcase  
Because tap water could kill me.

I'm 18 years old,  
I'm sat in a biology lesson  
Scribbling on a piece of paper with my biro  
The page is practically black  
But I have to keep going  
Until it feels right

I'm 18 years old,  
I'm watching a video to relax after revision  
I pause the video, then play it  
Then I press the spacebar 16 times repeatedly  
Until it feels just about right

I'm 18 years old,  
I'm about to do my A level French speaking exam  
And I'm hyperventilating in the common room  
What if I say something racist?  
Or homophobic?  
What if I swear?  
I've gotten myself so worked up that I'm exhausted  
by the time I walk into the exam room.

I'm 18 years old,  
I'm working as a waitress,  
I spend the whole night terrified I've given them all  
food poisoning,  
Or that I've said something rude to someone,  
Or that I'll pour food over somebody

I'm 18 years old,  
I'm working the same job a week later,  
I'm cutting the ends from a salmon roulade,  
I offer them to the people around me so that they  
don't end up in the bin  
Nobody takes them  
So I pick one up  
And, terrified, put it in my mouth.  
It's not a safe food  
But I know it won't kill me  
And it's a small battle that puts me 1-0 up against  
OCD.

My OCD has changed immensely throughout my life.

It's gone from something in the background that doesn't bother me to completely encompassing my life to the point where every other thought was OCD related.

Nowadays, when my OCD crops up again with a new obsession or compulsion, I know how to fight it because I've done it before.

I can do things now that never would have felt possible

a year ago. I say yes to things that I never used to even consider doing.

It's a battle, and it's not an easy one.

It can feel completely isolating because it feels like nobody really understands what you're going through.

But it's a battle you can win.

Izzy. ■



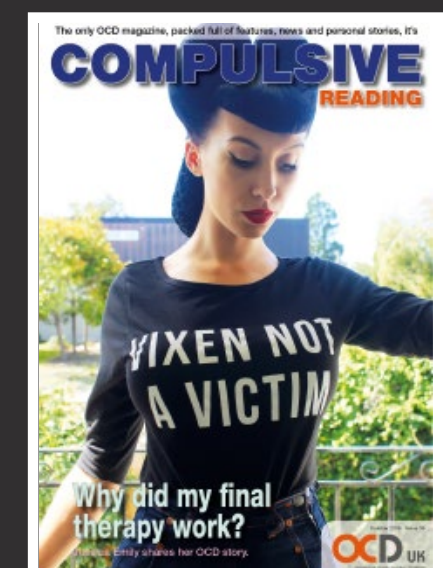
# COMPULSIVE READING

Once again our members' magazine **Compulsive Reading** was published in 2019 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.

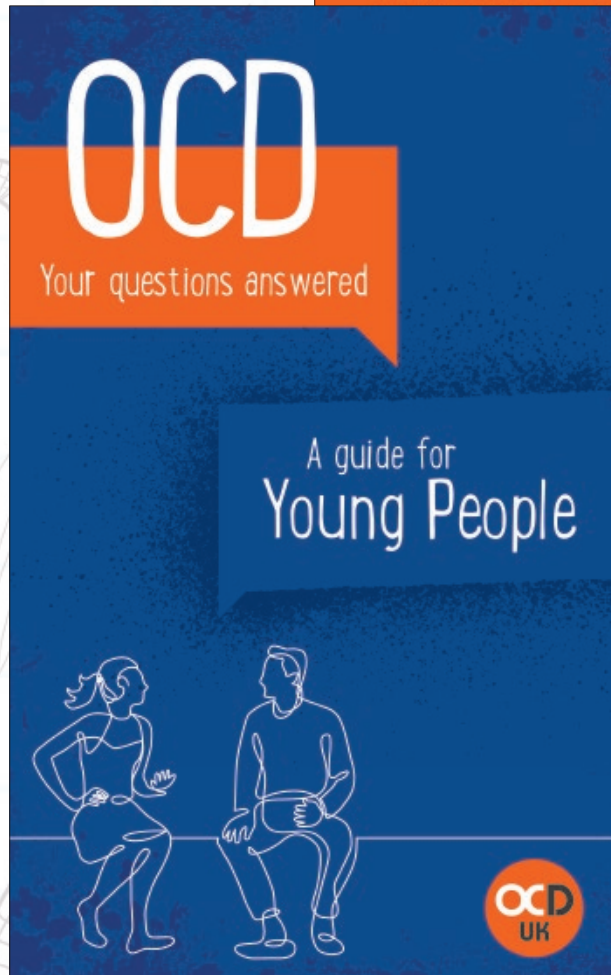
The online version of **Compulsive Reading** continues to be fully readable across both Android and Apple devices.



**THANK YOU FOR READING**



# Look what dropped in 2019!



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

**ACCESS OR REQUEST YOUR FREE COPY**



Download a copy at  
[www.ocduk.org/teens](http://www.ocduk.org/teens)



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



Email  
[office@ocduk.org](mailto:office@ocduk.org)





# New Guide for Young People

To mark the end of Mental Health Awareness Week in May 2019, our then Children and Young People's Lead **Sue Millichap** and OCD-UK young ambassadors **Neda** and **Hannah** went along to a Derbyshire Youth Council meeting to launch our new OCD guide for young people with OCD.



OCD-UK Young Ambassadors Louise and Neda working on the guide.

Last year OCD-UK received a grant from *Awards for All*, part of the *National Lottery Community Fund* to create a brand new OCD guide for teenagers and young people with OCD.

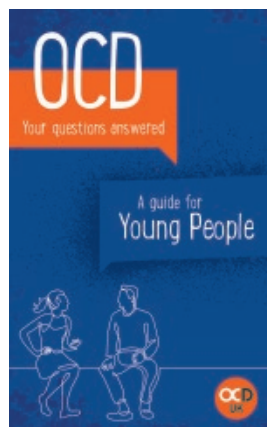
On Saturday 18th May 2019 Sue, Neda and Hannah went along to the Derbyshire Youth Council to launch the new guide. The Derbyshire Youth Council meet throughout the year and one of their current areas of focus is emotional health and well-being, so launching the guide within their forum felt very fitting for our booklet launch. Our ambassadors were able to proudly present the new guide and members of the Youth Council were keen to ask Hannah, Neda and Sue questions about OCD during their visit.

5,000 copies of our new guide '**OCD, Your Questions Answered – A Guide for Young People**' have been printed and will be freely distributed nationwide. It will also soon be available to download from the OCD-UK website.

The guide is aimed at teenagers and young people who are questioning whether or not they have OCD or who have just been diagnosed and want to know more. It is packed full of questions and answers and features real life accounts of what it's like to have OCD written by some of OCD-UK's young ambassadors. Their personal stories offer a sense of hope and inspiration to those who can so often feel isolated and misunderstood.

Ambassadors from the East Midlands were recruited to help rewrite and redesign our OCD guide for young people, which was first written ten years ago. The lottery funding enabled the group to work together at regional meetings and remotely in order to create a fresh design for the guide.

Our Children and Young People's Lead, Sue Millichap told us "Through their ongoing contributions, OCD-UK Young Ambassadors are proud to raise awareness and to ensure that other young people with OCD don't suffer in silence." ■



Sue and Neda presenting the new guide at the launch event.





# FANTASTIC FUNDRAISERS

More of our **#FantasticFundraisers** during 2019

Dr Victoria Bream taking time out from helping patients overcome their OCD challenges to a challenge of her own for OCD-UK, successfully completing the Brecon Beacons 50km Trekfest.



Karen Bradshaw completed the Race to the Stone (100km)



Jo Edge and Stephen Hosking raised thousands with their epic London to St. Davids via local buses along Ogilby's 1675 route.

These are some of our **2019 FANTASTIC FUNDRAISERS** who have ran, cycled, taken public buses across the country or hiked through the mud for OCD-UK. To one and all, thank you!

- Kate Yandle – London Landmark's Half Marathon
- Sue Millichap – London Marathon
- Caitlin Fitzpatrick – Glasgow Kiltwalk
- Dean Matthews – Fred Whitton Cycling Challenge
- Bria Mason – Selkirk Standard Triathlon
- Lorraine Dent – Camino to Santiago walk and talk
- Lauren Contay, Bethany Hewitt & Emily Hughes – Great Manchester Run
- Rebecca Rouse, Katie and Steve Miller – Vitality London 10,000
- Hannah Crosby – Hull Half Marathon
- Karen Bradshaw – Race to the Stones (100km)
- Jo Edge and Stephen Hosking – London to St. Davids via local buses along Ogilby's 1675 route
- Dr Victoria Bream – Brecon Beacons 50km Trekfest
- Ian Grant and Ashley Fulwood – Ride London-Surrey 100 miles
- Tony Wicks – A series of 5km runs
- Lucy Appleby, Ben Attwood, Elle Cowan, Jessica Doran, Hazel England, Laura Hayton, Gary Heading and Serena Moden – Great North Run
- Tamika Atkinson – 200 miles of running between May and September
- Lottie and Will – Serpentine Swim
- Dr Em – 24 hour running marathon
- Paul Lester, Chloe and Phil Moore – Robin Hood half marathon
- Charlotte Brock, John Corridan, Jade Howard, Alexander Orton, Emily Pearson and Stephen Stantiall – Royal Parks half marathon
- Other fundraisers include Mickie Mycock who, with the help of her customers, raised money through her company Skeinhead. Mike Cuff who through a donated sweet box at his shop, Plumbstop in Dorchester continues to raise funds for us.
- Also huge thanks and commiserations to Maria Pickford and Daniel Walker who had hoped to run the Royal Parks Half marathon only to have injury force them out of their big day.

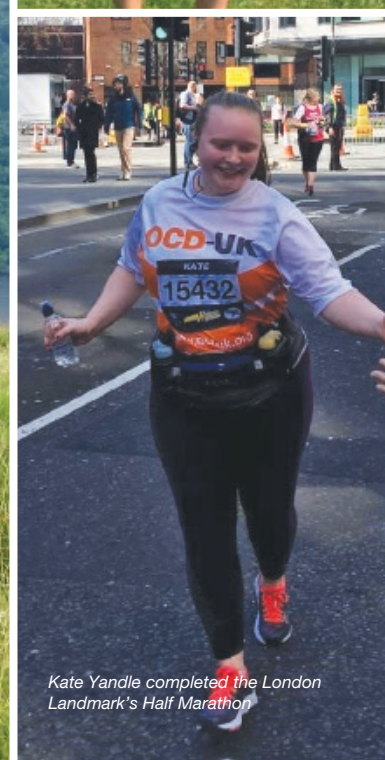
We value your support so much, from those that donate to those that participate in the wacky or endurance fundraising. If we have forgotten to mention anybody in our magazine, please forgive us and do let us know so that we can remedy that in the next magazine!

We really recognise that we would not be here without you, so...

**THANK YOU!**



Ben Attwood successfully completed the Great North Run in September.



Kate Yandle completed the London Landmark's Half Marathon



Daughter and Dad, Katie and Steve Millar successfully completed the Vitality London 10,000 in May.



The Lottie half of Team Fish about to undertake the Serpentine open water 1mile



Dean Matthews with family before the Fred Whitton Cycling Challenge.



# 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.

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

Need help or want to find out more, then visit [www.OCDUK.org](http://www.OCDUK.org)

**OCD**  
UK



# Discovery



(L-R) Richard C. Bower, Matthew Thompson, Richard Collins, David Bingham.



## Music album 'Discovery' to support OCD-UK

Matthew Thompson, a member of our Derby OCD-UK support group, has recently come together with fellow artists to produce a music album of songs he has written throughout his life. The songs all feature messages of hope and with titles like 'Leap of Faith' and 'Let it Happen', you can't help feeling supported through those dark times when you're in the depths of OCD.

Not only does the album offer hope and a sense of togetherness, it is also a physical representation of what OCD sufferers can achieve when they realise their goals. Both the album itself and the songs bring hope, and with proceeds from the sales of the album going to OCD-UK, we are sure Matthew will bring hope and inspire many other sufferers to fulfil their goals too.

**M**y name is Matthew Thompson. I first attended the Derby OCD-UK support group meetings in 2017 and 2018, and I found it a great help to talk and listen to others who were experiencing similar issues with their mental health.

Through OCD-UK I attended a mental health workshop, created and hosted by Mark Freeman at 'The Path to Change'. During the workshop I was asked the question, what goal would I like to achieve if unwanted thoughts and feelings weren't holding me back? I said

I'd like to produce a music album of the songs that I had written over the years. We then went on in the workshop to create a path to help me achieve my goal.

Fast forward a few weeks and with the help of others we set about creating my album, 'Discovery'.



### Let It Happen

Thoughts come  
Thoughts go  
The heart beats fast  
The heart beats slow  
Question this  
Question that  
A troubled dog  
A fearful cat  
Just let it happen  
Throw your caution to the wind  
Just let it happen  
Face uncertainty my friend  
The more you try to control  
The less you're in command  
So just let it happen  
Just let it happen  
A busy mind  
A restless head  
Analysing all what's said  
Judging her  
Judging him  
A conversation  
You can not win  
Just let it happen  
Throw your caution to the wind

Just let it happen  
Face uncertainty again  
The more you try to control  
The less you're in command  
So just let it happen  
Just let it happen  
A flash of a light from a shooting star  
A sudden sense of who you are  
A threat for life  
Can I have some more  
A welcome place that I adore  
An open book  
An unfinished line  
I tell no truths  
I tell no lies  
No regrets when all said and done  
I can not hide  
I can not run  
Just let it happen  
Just let it happen  
The more you try to control  
The less you're in command  
So just let it happen  
Just let it happen  
Just let it happen

Listen to **Let It Happen** on our website at [www.ocduk.org/discovery/](http://www.ocduk.org/discovery/)

I found an outstanding local music producer named Richard Collins, a wonderful singer named David Bingham and a superb poet named Richard C. Bower. Together we created an album that I'm really proud of and that I hope brings enjoyment to others. The album's main theme is one of hope and no matter how distressed our thoughts and feelings make us feel we can remain positive and step forward towards enjoying what we value in life.

I would like to thank OCD-UK, family and friends and all involved with helping me achieve my goal. I hope the project sends out a message that OCD is a serious debilitating condition but with the right treatment people can improve their mental health and gain a better quality of life.

The album is available on CD with all proceeds going to OCD-UK.



Buy your copy of Discovery from: <https://www.ocduk.org/shop>



2019

£137,479

2019 Income

£113,344

2019 Expenditure



| Accounts Comparison | Income   | Expenditure |
|---------------------|----------|-------------|
| Jan 2019 - Dec 2019 | £137,479 | £113,344    |
| 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 2019

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 2019 accounts can be found on our website and accompanying this annual report.

OCD-UK income for 2019 was £137,479 with expenditure of £113,344. Accordingly, we are reporting an overall surplus of £24,135 leaving the charity with an overall surplus of £47,134, however this is less than half a years running costs.

Although 2019 was a better financial year overall, our donations were down in 2019. Without question the entire charity sector is struggling during this time of economic uncertainty, and although our overall income increased on 2018, so did our expenditure. However the loss of a regular and significant donation midway through 2017 still impacted on us during 2019.

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 increasing slightly compared to 2018.

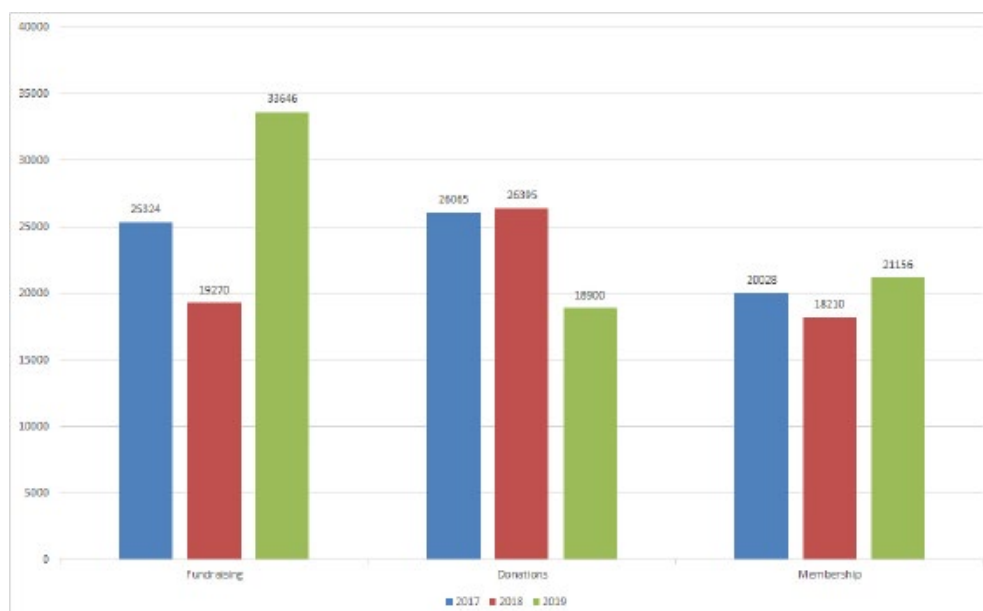
Our income from fundraising increased in 2019, but the fluctuation in fundraising income is a trend we see in cycles every 2-3 years. We have some very loyal supporters and members who are happy to fundraise for our charity, but are unable to fundraise every year. We do still face the dilemma of stigma 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 2019 increased slightly.

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 were operated by just two members of staff in 2019.

The chart below shows a comparison over the last three years of our income from fundraising, donations and membership.





**THANK YOU  
FOR YOUR CONTINUED SUPPORT OF**



**DURING 2019**



# 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 2019
- Rose
- Awards for All (Big Lottery Fund)
- Children in Need
- Community National Lottery Fund
- Melissa Linley Adams and Le Marchant Trust
- Larry, Monica and Sorcha McCaffrey
- The Sads Club
- Matt Thompson for donating profit from the sale of his album (see page 41 and below presenting a cheque to OCD-UK's Chief Executive).

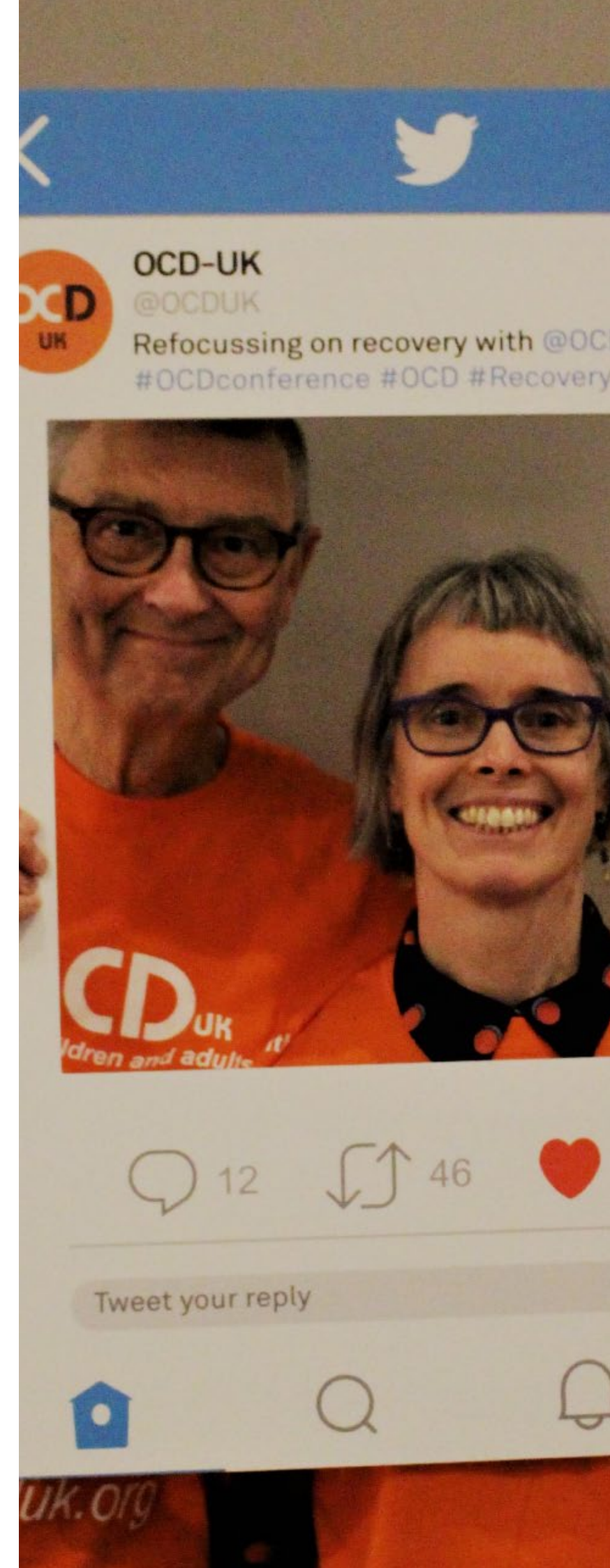


Thank you to everyone who has campaigned for us, made donations, volunteered their valuable time or skills or supported us financially.

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.





# 2019 NEWS in BRIEF



**Email us** your OCD news and views to: [office@ocduk.org](mailto:office@ocduk.org)



**Follow us** for our latest news on Twitter at: [www.twitter.com/OCODUK](https://www.twitter.com/OCODUK)



**Follow us** on Instagram at: [www.instagram.com/OCODUKcharity](https://www.instagram.com/OCODUKcharity)



**Like us** on Facebook at: [www.facebook.com/OCODUK](https://www.facebook.com/OCODUK)



Join a community of supportive individuals helping and advising each other on our discussion forums at: [www.ocdforums.org](http://www.ocdforums.org)

## NEW OCD WORKSHOP FOR EMPLOYERS

In March we successfully delivered the first of our revamped OCD workshops for employers at Network Rail in York.

The full day workshop covers what OCD is, how employers can identify OCD and what support they can offer their employees.

If you're interested in booking the workshop for your company or to request a quote please email [office@ocduk.org](mailto:office@ocduk.org). ■



## EDINBURGH OCD ROADSHOW

During the Fringe we hosted our first regional open day attended by guests from many different parts of Scotland.



## ← DERBY MASTERCLASS

In August we helped facilitate a therapists masterclass on OCD. In part to address the multiple complaints we've received about treatment in the Derby area. Thank you to Professor Salkovskis for agreeing to host the event. ■

## AWARENESS HANDOUTS →

The image on the right is one of a series of seven postcards/handouts we created for OCD Awareness Week.

We deliberately chose not to date them so all the handouts can be used to raise awareness throughout the year.

If you can distribute (with permission) in your place of work, college/university or around your community do get in touch so that we can send you some.

Just email [office@ocduk.org](mailto:office@ocduk.org) with your postal address and an estimate of how many you think you might need (we can always send more later). ■



## IT'S BEEN A BLAST SUE!

Our Young Ambassador Project Lead **Sue Millichap** departed for pastures new at the end of October, so we want to say a huge thank you to her for all her incredible hard work getting the project off the ground and bringing so much passion and energy to the charity during her time with us.

Sue's legacy and the projects she launched will continue and thrive, in part because of the hard work that Sue put in during her 18 months with OCO-UK.

We wish Sue all the very best in her new full time job, she will be sorely missed!



## Mythbuster

OCD is not an adjective, so a person can't be OCD.

The D in OCD stands for **disorder**.


This means when someone is diagnosed to be **suffering** from **Obsessive-Compulsive Disorder**, they will be experiencing a severe impact on their daily functioning and quality of life.

[ocduk.org](http://ocduk.org)

[f @OCODUK](https://www.facebook.com/OCODUK) [t @OCODUK](https://www.twitter.com/OCODUK) [i @OCODUKcharity](https://www.instagram.com/OCODUKcharity)

**OCD - It's more than you think!**

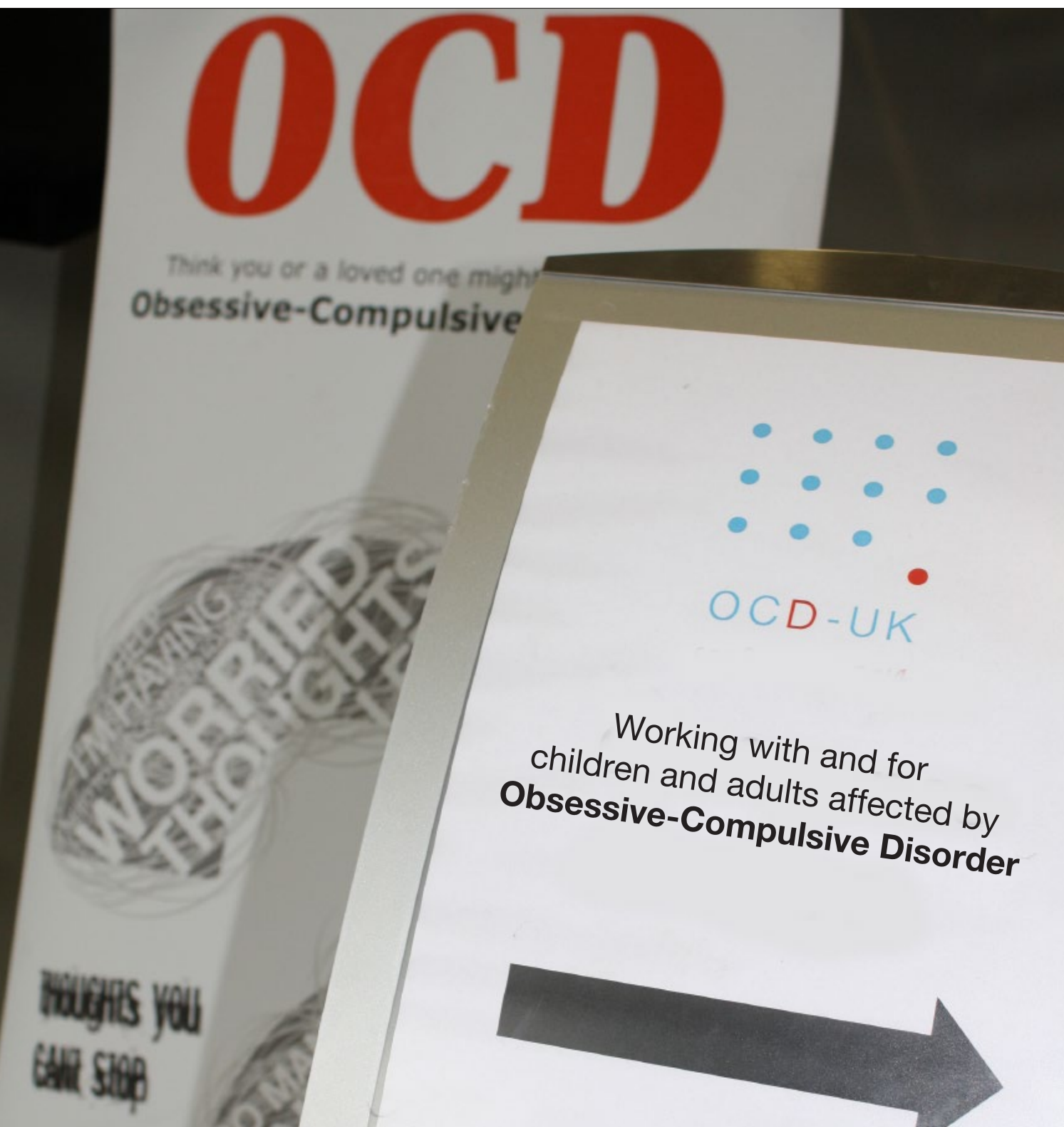




You don't have to control  
your thoughts.

You just have to stop letting  
them control you!





# OCD-UK

## Annual Report

Thank you for your support in 2019