



Hello!
Want to t

Obsessive-Comp
it's more than y

We are OCD-UK
and adults affe
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people brou
reco

1.2 MILE
CHALLENGE



We'd like to say

THANK YOU

To everyone who supported us during 2020

OCD-UK

Annual Report

for the year ended 31st December 2020.

OCD-UK

changing perceptions

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Front Cover Image: New OCD-UK employee [Kirstie McBryan](#) our online groups manager during her 1.2 Challenge in the summer of 2020. Left, OCD-UK trustee [Nick Marlow](#).

Charity annual report

Year ended 31st December 2020

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 2020**.

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 14, with further details on page 42.



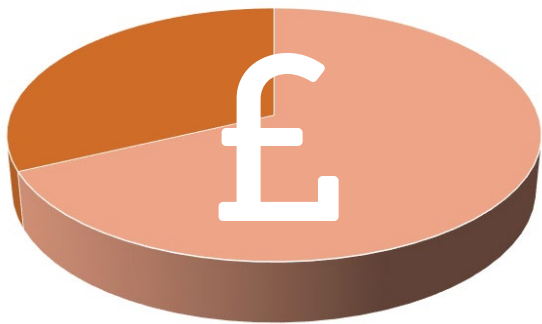
PROVIDING



CREATING



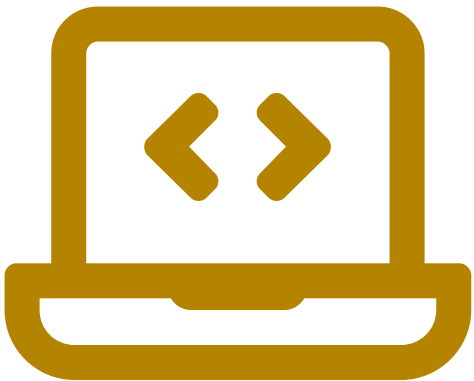
In 2020 we generated £226k to keep our services running, with £121k raised through the fundraising efforts and donations of our supporters.



68p 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 £65k in 2020. Which offered encouraging signs in our underlying performance.



Our website and forums had

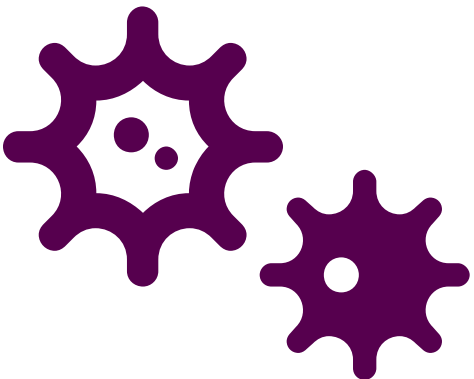
3.3m page views by

891k users from across the globe.



£166

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



Demand on our support services increased by

35%

during the start of the pandemic March-May 2020



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

£29k

Welcome to the OCD-UK Annual Report for 2020

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

As a charity, OCD-UK has 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 - Chief Executive

OCD really does have an habit of sneaking up when you least expect it doesn't it. For me, I had felt rather confident in my ability to deal with the pandemic through March, but at some point OCD got hold and decided to push me to do more and more. Dettol spraying of keys and phones each time I came back from the shops, door handles and even my wallet. Such was the uncertainty of the period, the OCD had crept up on me before I realised.

As a charity we were allowed to continue operating and it was only when my colleague Zoe was working from the office one day noticed my behaviour after a courier delivery, and being the ultimate professional she is with compassion and caring along with a little dollop of the banter that we share, highlighted to me what my OCD was forcing me to do was unnecessary.

Thankfully I soon stopped those behaviours and I remain grateful for colleagues and friends that support me in challenging my OCD.

CATHERINE - Chair

The global pandemic hit the world and presented challenges never seen in this generation. For me personally it challenged me in a slightly different way. It wasn't so much fear of COVID as having to confront a change in routine. My life is governed by OCD routines and rituals and overnight these were turned upside down. One example was at work and the change to home working and the move to online meetings. Suddenly my normal daily routines were thrown into chaos and I found this very distressing and without doubt it affected my mood. As lockdown progressed I found myself developing new OCD routines and rituals and despite trying to challenge them, they seem to have become more ingrained as time has gone by. As ever with OCD, it seems to have a way of mutating or morphing with a change of circumstances. It doesn't lessen, it just changes and comes back to haunt you in different ways.

All this makes the work of OCD-UK increasingly relevant in today's climate of uncertainty. The charity has responded to the challenges presented by COVID and been there to support those most affected.



OCD-UK

In reflecting on the work of the charity in the past year it would be impossible to do so without reflecting on the global impact the COVID-19 pandemic caused. Non more so than for those with OCD, where the virus created its own obsessive worry for those with OCD as the virus caused their usual fears and worries to morph into all new terrifying intrusive thoughts aligned to the virus. For others with OCD, the pandemic meant even coping with everyday routines already full of draining and exhaustive compulsions became harder because of the lack of cleaning products that some with OCD already relied heavily upon.

For the charity it meant a huge spike in demand for our services through March and April. We are proud of how we worked to meet that demand, it meant long hours for our small team who worked tirelessly, especially in those first couple of weeks of March to create OCD and COVID advice and resources.

The pandemic also saw much of the world think they had OCD and I will never forget that devastating article published in the Wall Street Journal where a Dr in the US wrote "We all need OCD now". The inaccurate and stigmatic articles were frequent.

As we write this the world feels like we may now be slowly moving out of the pandemic, but sadly the consequences for those with OCD will remain for many years to come in terms of suffering and battling the stigma.

Whilst the pandemic created global misery, one consequence that could be labelled positive was the online services it forced the charity to implement through 2020. Both our online support groups and our virtual conference went on to help thousands of people, far more than had we hosted events face-to-face.

It allowed us to offer everyone the chance to feel they have a platform through OCD-UK to create powerful supportive connections that help them communicate and help each other.

Helping us deliver those services were two new staff members, both former OCD-UK volunteers, Gemma Blueitt and Kirstie McBryan, whom we welcomed during the summer.

But despite everything that was going on last year, the support of our supporters never waned. So, to each and every person who has given their support and donated their time or money to OCD-UK, 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 during such a difficult time for the nation – so on behalf of the people we support, thank you to all of you that supported OCD-UK in some capacity.

We wrote last year that 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 OCD is reduced significantly. Right now, that is still not happening in many areas, and as been made worse by the pandemic, so we're not going to stop until our vision has become a reality. OCD-UK still 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,

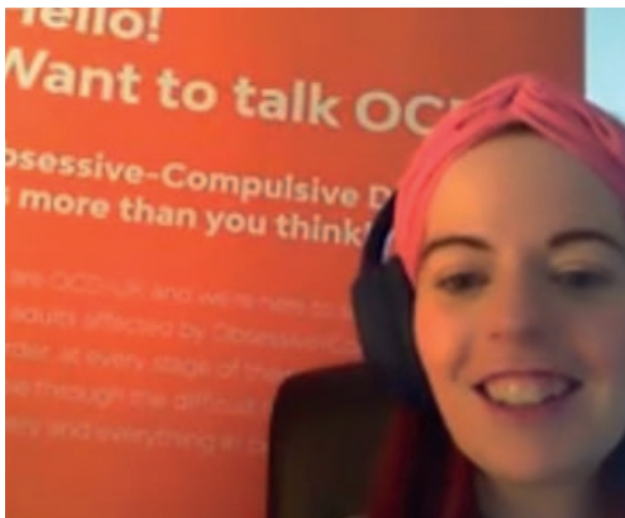
Ashley Fulwood
Chief Executive of OCD-UK

Catherine Mills
Chair of OCD-UK

Both have lived experience of OCD.

Meet the team

OCD-UK, a charity run by and for people with lived experience of Obsessive-Compulsive Disorder. We are here for you!



Zoë • Ashley • Kirstie • Gemma

During 2020 Team OCD-UK grew from two to four. So meet Zoë Wilson, Ashley Fulwood, Kirstie McBryan and Gemma Blueitt.

Team OCD-UK 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**.
- ➡ 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.
- ➡ An estimated 1.2% of the UK population will be affected by OCD, that's about 780,000 people.
- ➡ Despite common misconceptions, only about 26.5% of people with OCD carry out compulsive behaviours that involve washing or cleaning rituals.
- ➡ Despite popular culture suggesting everybody has a bit of OCD, in reality only 1.2% of the UK population '**suffer**' from clinical OCD.
- ➡ **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.
- ➡ The average age of onset is from around late adolescence to early twenties but can affect children as young as five.
- ➡ 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!

Need help or want to find out more, then visit www.OCDUK.org

OCD
UK

1.2 MILE CHALLENGE



In the summer we launched our very own walking challenge, the **1.2 Challenge**, to walk an additional 1.2 miles daily for 30 consecutive days, a total of 36 miles.

We had 79 people sign up, who, between them raised almost £10,000. [#1point2challenge](#)



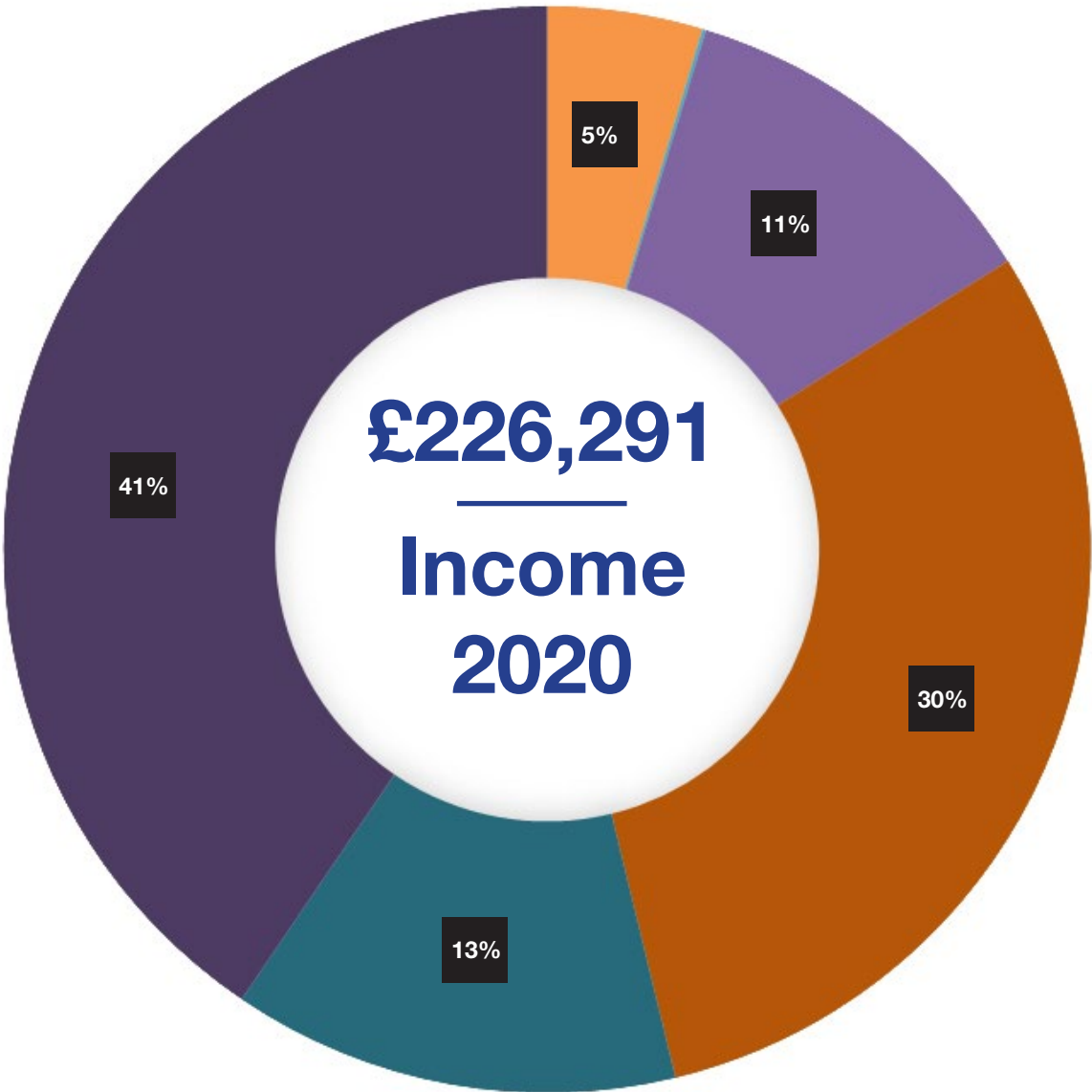
Left to right, Bethany, Kim, Hannah and Abbie did their 1.2 Challenge as a team along with Hollie taking the picture.



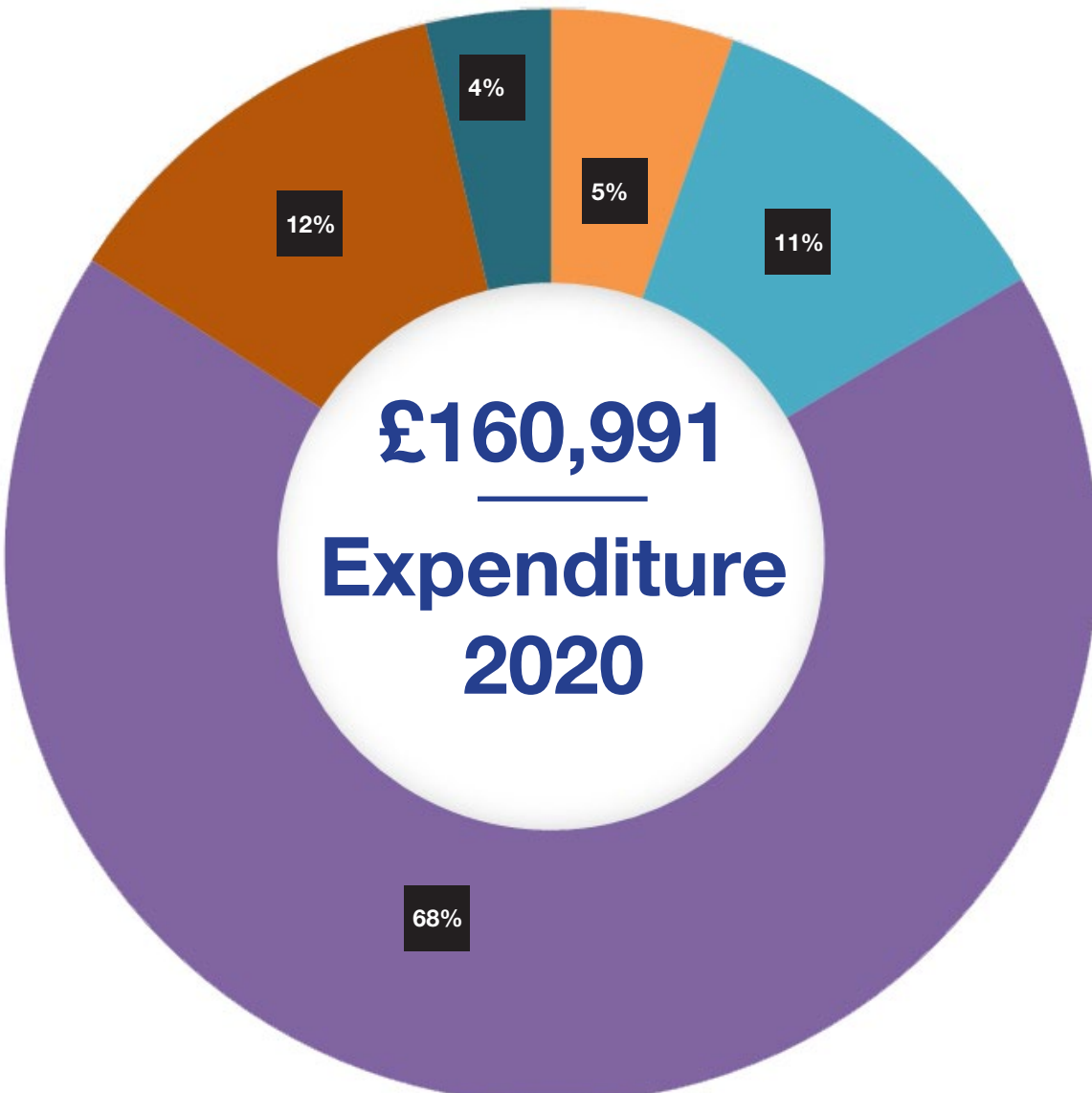
www.ocduk.org/1point2challenge/

In 2020 we generated £226k to keep our services running, with £93k raised through the fundraising efforts and donations of our supporters.

For every £1 we spent in 2020, 68p was spent on delivering charitable activities across the OCD community.



- Grants - £91,649 (41%)
- Donations - £68,145 (30%)
- Membership - £30,081 (13%)
- Fundraising - £35,731 (11%)
- Trading (Books, Gifts) - £10,450 (5%)
- Workshops / Conference - £235



- Charitable Activities - £108,804 (68%)
- Governance and Administration - £19,636 (12%)
- Fundraising and Trading - £17,896 (11%)
- Costs of generating voluntary income - £8,713 (5%)
- Rent and electricity - £5,942 (4%)

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 – OCD-UK trustees, Yolanda Jerrard and Claire Gellard at the annual conference in Brighton in 2018.

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.



CEO Ashley Fulwood during the 2019 OCD-UK conference working together alongside health professionals and volunteers.

We are



Purpose, Vision and Values

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**.

We are **inclusive**.

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

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.

Inclusive

Irrespective of disability, gender, country of origin, race, religion or sexual orientation, everybody is welcomed and respected equally when using, attending and contributing to any of the OCD-UK services.

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.

The plan to deliver workshops across the East Midlands had to be changed because of the pandemic, so a series of online webinars helped over 100 parents during 2020.

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.

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



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/



OUR BRANCHES OF SUPPORT

OCD-UK, a charity run by and for people with lived experience of Obsessive-Compulsive Disorder



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**.

2,156,587

the number of pages viewed on the OCD-UK website in 2020 by a staggering 693,286 different users, from across the globe.

“

Feedback from an OCD-UK service user during 2020.

I think it is amazing that the charity is run by people who live with OCD, because you are able to really sympathise and understand what others are going through.

- K

”

Our new support co-ordinator



Expansion of our support service

Introducing Gemma

Thanks to the **Coronavirus Community Support Fund** set up by the Government in 2020 and distributed by **The National Lottery Community Fund**, we were able to expand our support services and we welcomed Gemma Blueit (pictured left) to the team as our new support co-ordinator.

Introducing Gemma

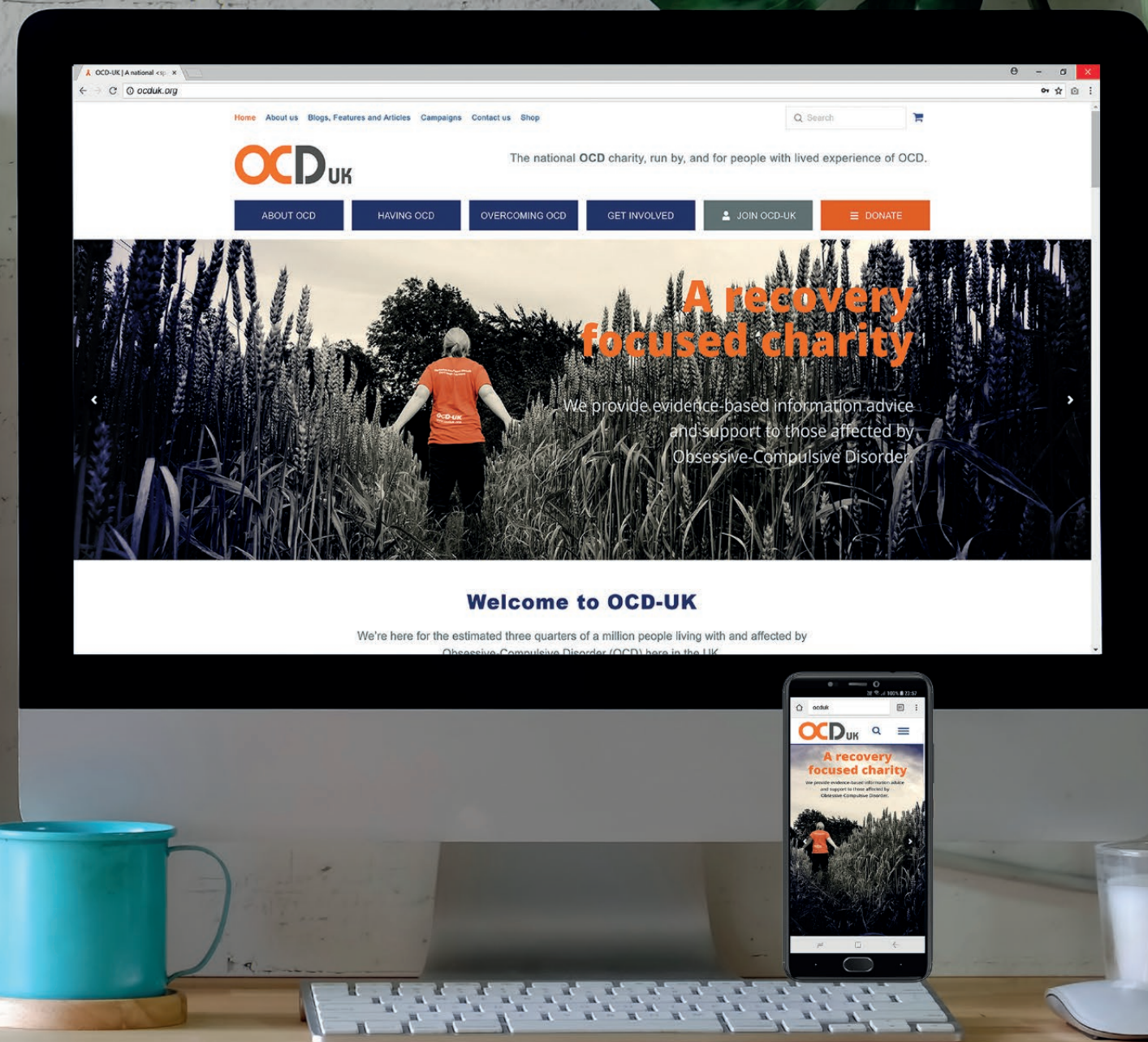
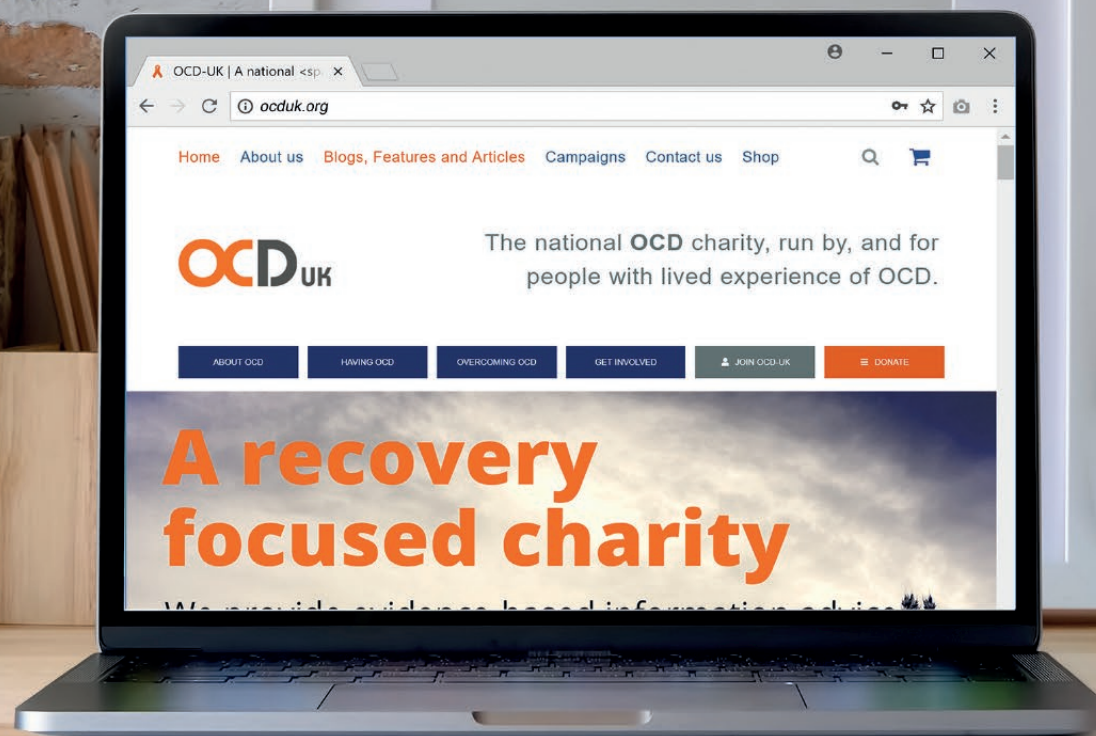
Hi my name is Gemma and I am the Support Coordinator for OCD-UK. I was first diagnosed with OCD while at university, when I was 20 years old. Due to receiving therapy that can only be described as useless in my early twenties, I didn't look to therapy until I was at my lowest point in 2014. It was then that I bought a self-book I'd seen recommended by OCD-UK and it is through self-help that I'm now on the path to recovery.

I have been volunteering for OCD-UK for five years now, and hope that my role of Support Coordinator will allow the charity to help even more people access support for themselves or a loved one.

As Support Coordinator my role is to respond to support emails, forum posts and helpline calls and I am currently recruiting and training helpline volunteers to join our fantastic team.



www.ocduk.org



#OCDUKYA

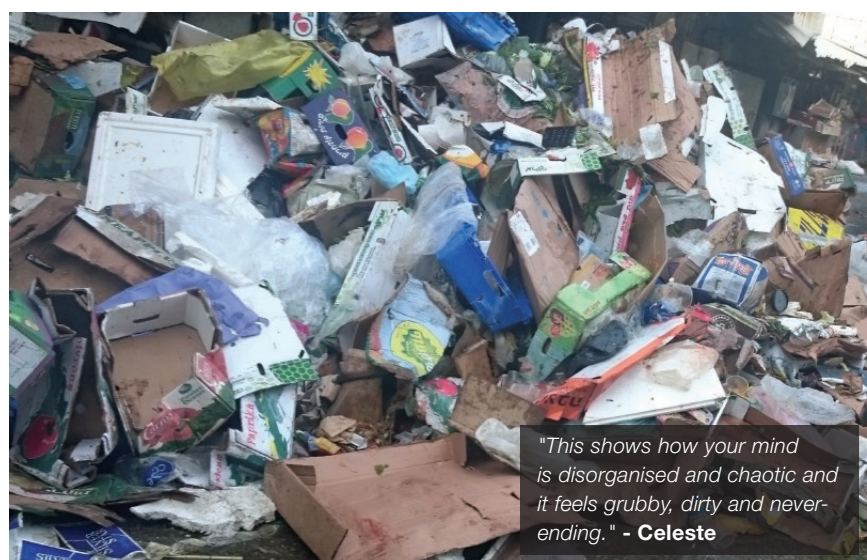
Our
Young Ambassadors
were given project themes
throughout 2020, like this one
to educate, offer advice or show
how OCD made them feel using
the medium of photography.



"With this photo I wanted to convey that OCD may damage parts of your life but as long as you're still standing nothing can stop you from recovery." - **Theo**



"This is my photography, I did a small quote next to my favourite photo just to remind myself." - **Grace**



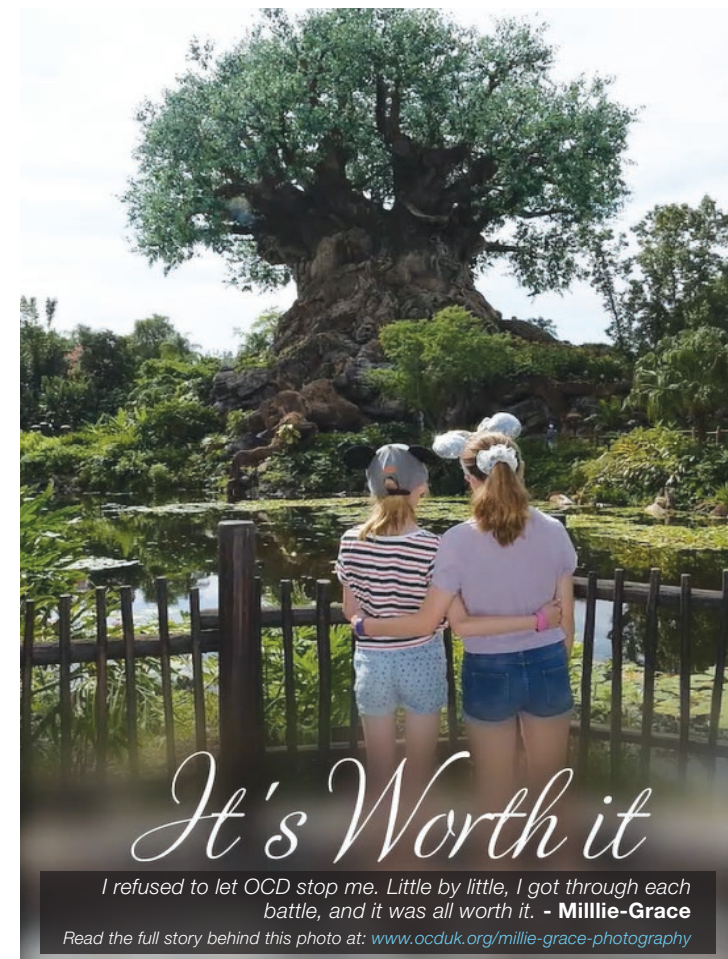
"This shows how your mind is disorganised and chaotic and it feels grubby, dirty and never-ending." - **Celeste**

OCD is weak, like a bully. It's just ironic it's latched onto the strongest person there is... YOU.

"At a time like this it's so important to remember how strong you are and most importantly to be compassionate to yourself." - **Abby**



"The darkness is the OCD but the flowers represent me blooming even though I have all these thoughts around me." - **Mia**



It's Worth it

I refused to let OCD stop me. Little by little, I got through each battle, and it was all worth it. - **Millie-Grace**
Read the full story behind this photo at: www.ocduk.org/millie-grace-photography



"When I am feeling anxious and scared I find my pets really comforting as they are always there, and you don't have to talk to them but they love you." - **Lena**



"Being around nature always makes me feel relaxed and calm. I also forget about my ocd rituals." - **Natasha**

I'm so impressed with the enthusiasm, creativity and commitment of the OCD-UK Young Ambassadors.

Zoë Wilson,
OCD-UK Children and Young People's Lead

Holly also submitted an image which you will find on the back page of the report.

Structure, Governance and Management of OCD-UK during 2020



OCD-UK's Ashley and trustee Kylie at the 2019 OCD-UK conference in Northampton.

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. We were 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, actor and writer Ian Puleston-Davies and 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 had three full-time members of staff during 2020, the chief executive officer (CEO), Ashley Fulwood, 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. Zoe Wilson our Children, Young People and Parents lead, and from August, Gemma Blueitt our Support Co-Ordinator. From July we also had one part-time member of staff, Kirstie McBryan who became our Online Groups Manager.

Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2020 the charity had 769 active members (up from 665 at the end of 2019). 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 2020, most of whom have been directly affected by OCD. Their selfless personal commitment has been the cornerstone of OCD-UK's success in delivering its aims and objectives. We estimate that our volunteers have donated at least 2,008 hours to OCD-UK during 2020, in monetary terms worth at least £29,357 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, 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 2020. The number of people highlights the collaboration between OCD-UK and health professionals.

- | | |
|---------------------------|--------------------------------|
| • Laura Barnes | • Jeremy Lock |
| • Kerry Boorman | • Dr Claire Lomax |
| • Dr Victoria Bream | • Nick Marlow |
| • Rhiannon Buick | • Sorchia and Monica McCaffrey |
| • Lauren Callaghan | • Dr Elizabeth McIngvale |
| • Chloe Chessell | • Robert Medcalf |
| • Jenny Cole | • Dr Josie Millar |
| • Eric O'Connor | • Sandy Nisbet |
| • Ian Puleston-Davies | • Rebecca Pedley |
| • Dr Lynne Drummond | • Professor A Radomsky |
| • Jeanette Evans | • Professor P Salkovskis |
| • Dr Alice Farrington | • Professor Roz Shafran |
| • Dr Stephanie Fitzgerald | • Steve Sharpe |
| • Mark Freeman | • Dr Blake Stobie |
| • Professor Mark Freeston | • Karen Walker |
| • Thorrun Govind | • Dr Sasha Walters |
| • Dr Brynjar Halldorsson | • Professor David Veale |
| • Dr Maxine Howard | |
| • Dr Gazal Jones | |
| • Dr Zoe Kindynis | |

Apologises to anybody we have accidentally omitted from this list.

OCD UK

Welcome to Hotel OCD-UK, flying the flag for recovery!



One of the consequences of the pandemic was our conference became an online virtual event.

In October, Gemma, Kirstie, Zoe and Ashley threw open the doors to Hotel OCD-UK, our virtual conference venue, where we were proudly flying the flag for recovery.

So head over to www.ocduk.org/conference and navigate around the virtual conference hotel to access over 25 presentation recordings.

Speakers with first hand experience of OCD that took part included...



Siorcha McCaffrey



Mark Freeman

www.ocduk.org/conference

SUPPORT
from

OCD
UK

Call our Advice Line

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

Our advice line provides help, creates hope!

Call 01332 588112 *

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

www.instagram.com/ocdukcharity/

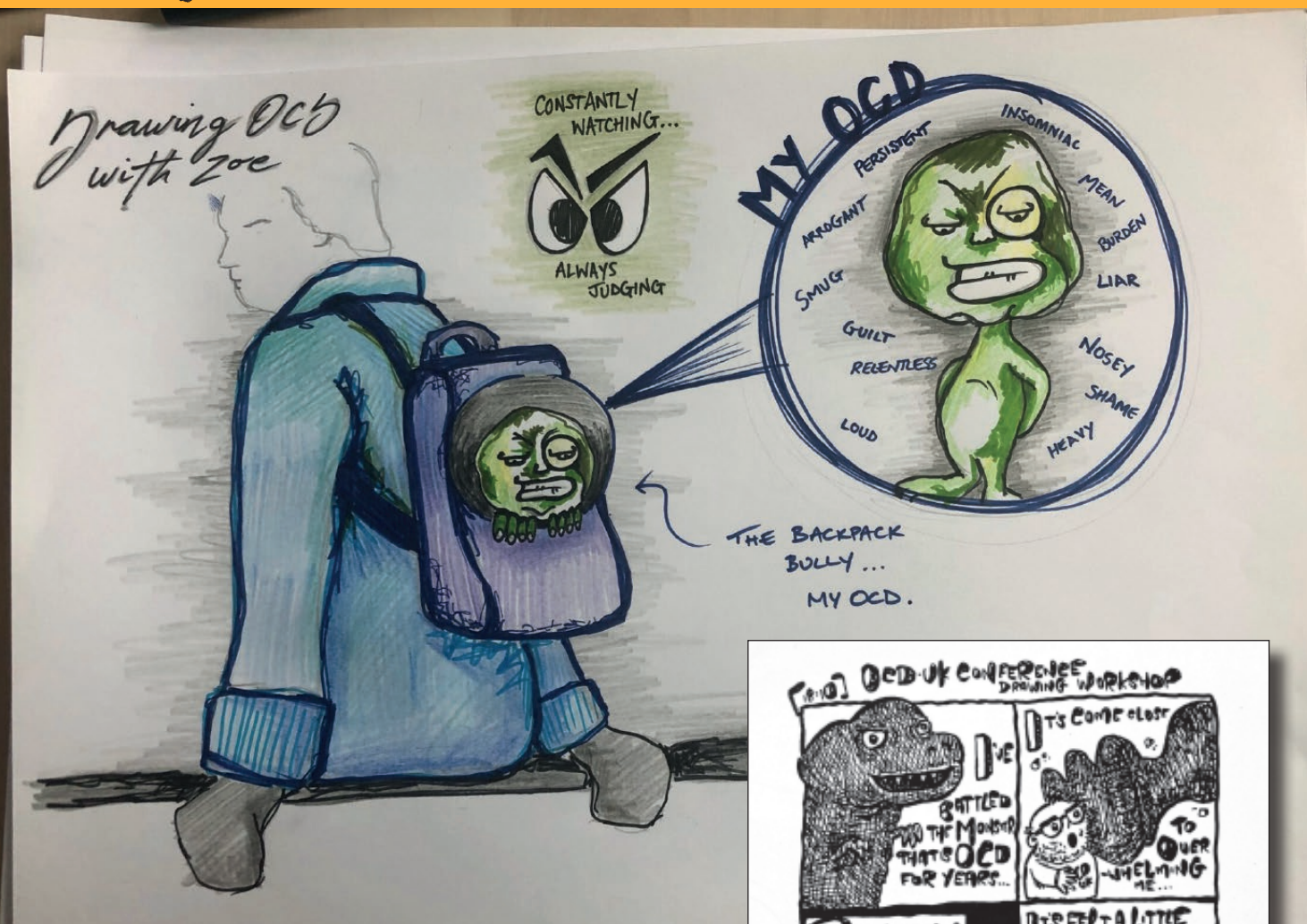
www.facebook.com/ocduk



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

Drawing OCD with Zoë

Artwork contributions from attendees of the conference workshop, Emily and James.

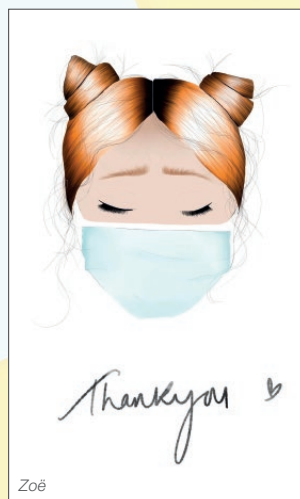


Drawing OCD with Zoë

During our online conference weekend, we hosted a workshop called 'Drawing OCD' in the 'Creative Corner' section of the virtual conference hotel. The workshop was available to those who were interested in using creativity to express themselves.

The workshop host Zoë was blown away with the feedback and decided to make the workshops available more frequently to give those who enjoy creativity a place to express themselves and connect with other people who have OCD.

The drawing workshop is a relaxed



workshop designed to bring people together to use creativity as escapism from the debilitating grind of OCD.

Over the last year we have hosted several of the 'Drawing OCD' workshops. We were joined by some wonderfully artistic people who have shared some of their workshop artwork like these pieces."

You can view other artwork submissions on our website at: <https://www.ocduk.org/drawing-workshop-artwork/>. ■

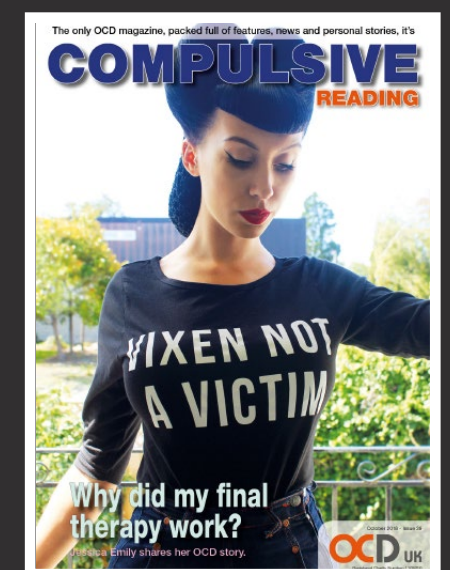
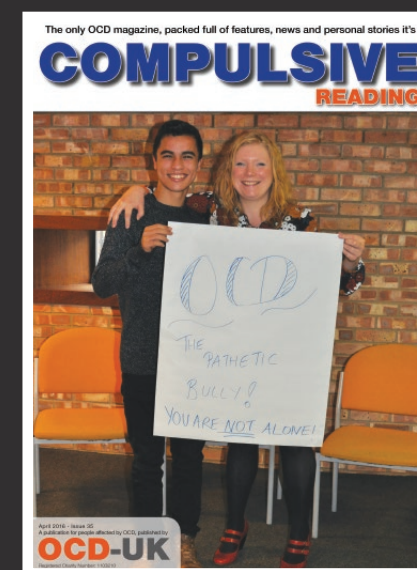
COMPULSIVE READING

Once again our members' magazine **Compulsive Reading** was published in 2020 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

NEW OCD-UK

ONLINE OCD SUPPORT GROUPS

We are delighted to announce the launch of our OCD-UK Zoom Support Groups.

Because of the ongoing coronavirus pandemic all OCD-UK hosted support groups were suspended during 2020.

However, in the summer we were delighted to announce the launch of our OCD-UK Zoom Support Groups that are funded by a grant from the government, the 'Coronavirus Mental Health Response Fund' which is being administrated by the mental health charity, *Mind*.

As part of that project we were delighted to appoint long-term OCD-UK member and volunteer, Kirstie McBryan as our new Online Groups Manager.

Manager and look forward to meeting you all!"

We will be hosting Zoom video support group meetings every Tuesday evening (from 7pm) and Thursday morning (from 10:15am). There will also be regular themed meetings on Wednesdays (times will vary, but usually evenings).

The groups are generally very relaxed and always friendly. We are a recovery focused charity and our groups aim to give people the space to share how OCD is impacting on them, to help reduce their isolation, but also to help people focus on what they can try next or to help them think differently about OCD.

Those attending are under no obligation to talk, many first time users prefer to sit and watch and listen the first time they join one of our meetings.

We do encourage all users to be on camera, as this helps normalise the meeting and people feel more relaxed in seeing each other. However, if you don't feel confident to remain on camera, some people start the meeting on camera to wave during the introductions and then turn their camera off.

Whilst our meetings are designed and best accessed face-to-face rather than by telephone/audio, you can take part by accessing audio only through your telephone, details of which can be provided by Kirstie when you register for a meeting. Please note call charges from your telephone provider will apply if calling in. ■

For more information, meeting dates and to register for meetings, please visit:
<https://www.ocduk.org/support-groups/zoom/>

My Support Group Experience

By Paula Duncan



OCD can be a very isolating condition. Intrusive thoughts can be incredibly difficult to share with other people. For me, this was initially a huge barrier to receiving treatment; I was too frightened to tell anyone about the thoughts I was having. It also feels OCD creates a different set of rules for me that can be hard to explain to someone without the condition.

When I attended my first OCD-UK support group on Zoom, I felt such an immense sense of relief because I immediately felt both understood and safe to talk. I was a little nervous; I wasn't very familiar with Zoom and there are currently no support groups in my area. I'm incredibly glad I went though.

I hadn't expected to say anything during my first meeting, but everyone made me feel at ease straight away. To get the conversation going, we had a discussion around OCD in the workplace and it was nice being able to hear how other people handled this and share my own worries about my workplace during COVID-19.

I've now been to a few of the support group meetings and I'm looking forward to attending more in the future. Like many people, I've been finding it difficult to keep on top of my OCD during the coronavirus pandemic but being in such a supportive environment has helped me refocus on my therapy goals. Hearing other people's views has helped me make sense of things I've been struggling with and given me some new strategies to better manage my OCD.

I've been able to draw strength and courage from the support group sessions, whether I talk or just listen. It's an incredible comfort just to be able to say, 'I'm not alone in this.'



kirstie@ocduk.org

2020

£226,291

2020 Income

£160,991

2020 Expenditure



| Accounts Comparison | Income | Expenditure |
|---------------------|----------|-------------|
| Jan 2020 - Dec 2021 | £226,291 | £160,991 |
| 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 |

Financial Review 2020

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 2020 accounts can be found on our website and accompanying this annual report.

OCD-UK income for 2020 was £226,291 with expenditure of £160,991. Accordingly, we are reporting an annual surplus of £65,300 leaving the charity with an overall surplus of £112,434. It's worth noting that some of this surplus is restricted grant funding and is due to be spent in 2021. Therefore, whilst the charities financial situation is healthy, we still have less than one years running costs in reserve which we need to work towards.

Despite the pandemic, 2020 proved to be our best ever year financially, in part due to the incredible generosity of our supporters with donations and receiving additional COVID-19 relief grants. OCD-UK is relatively self-sufficient in the respect that most of 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 core continuing income, with membership numbers increasing during 2020. Donations also actually increased significantly in 2020, in part through a single generous legacy left to the charity. However, even without that generous single

legacy your support during the pandemic means our donation income would still have been increased on 2020.

However, fundraising income decreased slightly in 2020, but considering most events like the Great North Run were cancelled due to the pandemic your virtual and 1.2 Challenge fundraising was utterly amazing and meant the impact was not significant. We thank you!

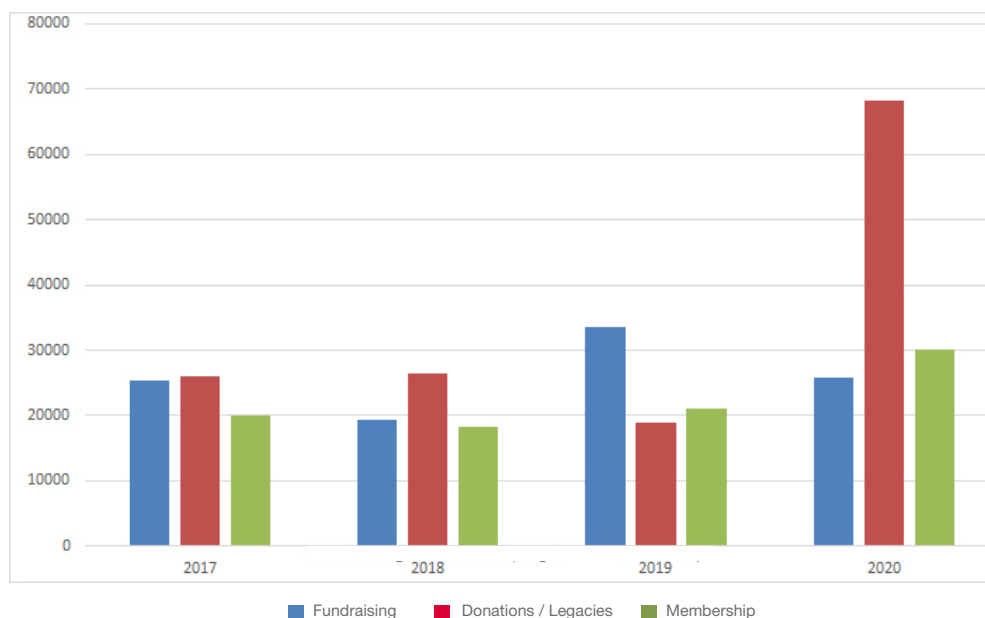
We do see a fluctuation in fundraising income as a trend in cycles every 2-3 years. We have some very loyal supporters and members who are happy to fundraise for our charity, but are unable to fundraise every year. We do still face the dilemma of stigma still preventing some people with OCD being able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

Throughout these difficult economic times that the pandemic created, 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 but our core expenditure in 2020 did increase, primarily because of two new staff joining us.

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 three full time members of staff in 2020, from August, only two staff members from January to July.

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 2020

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 2020 like Paula (below) and Sarah (right)
- Rose
- BBC Children in Need
- Boots Charitable Trust
- Community National Lottery Fund
- Coronavirus Mental Health Response Fund
- National Lottery Community Fund - Coronavirus Community Support Fund
- National Lottery Community Fund - Pep Talk (Parent Education Project)
- Roy



Thank you to everyone who has campaigned for us, made donations, volunteered their valuable time and 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.



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



0800 0487012

Our helpline number is 01332 588112 * *(opening hours vary subject to volunteer availability)*

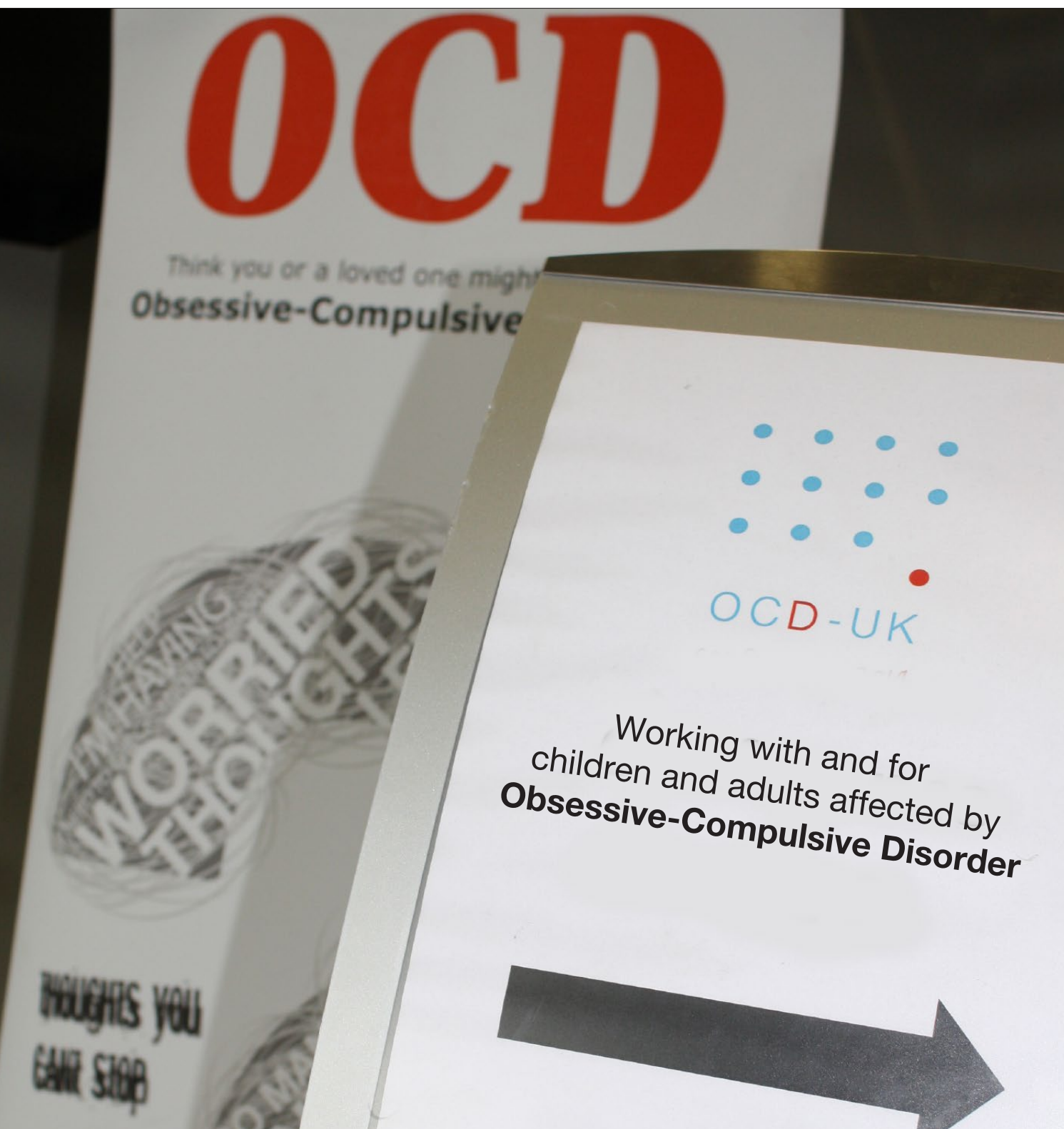
* Calls from UK landlines and mobiles cost no more than calls to geographic numbers (01 or 02) and are included in inclusive minutes call packages in the same way.

Don't forget, our postal address is:



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





OCD-UK

Annual Report

Thank you for your support in 2020

*"It's okay not to
be okay"*



Photograph and words by OCD-UK Young Ambassador Holly. Picture taken in Bodø, Norway.