

Annual Report & Financial Statements

for the year ended 31st December 2025

OCD-UK
changing perceptions



Volunteer and fundraiser Jan Dalton completed the 2025 London Marathon for OCD-UK.

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NO ONE SHOULD SUFFER OCD ALONE

As you take a look at the work of OCD-UK, you'll see how every step our charity takes is done so to be there to advise, help, support and represent people affected by **Obsessive-Compulsive Disorder**.

OCD-UK fundraiser and OCD awareness champion, Jodie. Jodie a former Miss Lincolnshire spoke about her experiences of OCD during a 2025 Miss International beauty pageant. Jodie also features on the front cover of this report.

A WORD FROM THE CHAIR & CEO

REFLECTIONS ON THE WORK OF OCD-UK IN 2025 BY CATHERINE MILLS (CHAIR) AND ASHLEY FULWOOD (CHIEF EXECUTIVE).



Ms Catherine Mills, Chair of trustees



Ashley Fulwood, Chief Executive

As we reflect on the past year, we are immensely proud of the work we have continued to deliver and the difference we are making to people affected by Obsessive Compulsive Disorder (OCD).

As people that have suffered from the insidious ravages of OCD ourselves, we know only too well that OCD can have a profound impact on individuals, families and those closest to them. It is often misunderstood, and the challenges experienced by those living with the condition can be isolating, overwhelming and difficult to explain. This makes the work of OCD-UK even more important than ever.

Our purpose remains clear: to ensure that people affected by OCD feel understood, supported and empowered, because nobody should face OCD alone.

MAKING A DIFFERENCE

Throughout the year, we have continued to provide support, information and understanding to people living with OCD, as well as their families, friends and carers.

Every conversation, every person supported and every opportunity to provide reassurance that someone is not alone represents an important part of our work.

We recognise that recovery and living well with OCD can be a challenging journey. There is no single experience of OCD, and the support people need can vary considerably. Our commitment is to listen without judgement, offer understanding and help people find the appropriate support and resources.

We are particularly passionate about raising awareness of the realities of OCD and challenging the myths and misconceptions that continue to surround the condition. Most importantly, we continue to be a charity whose ethos is grounded around being recovery focussed.

RAISING AWARENESS AND REDUCING STIGMA

Despite all of our efforts, OCD remains frequently misunderstood, often trivialised and confused with everyday preferences for tidiness or organisation. We remain committed to challenging these misconceptions, increasing public understanding and giving a voice to those whose experiences are too often unheard.

By sharing experiences, providing accessible information and encouraging open conversations, we can help create a society where people feel more comfortable seeking help and talking about OCD.

OUR PEOPLE AND SUPPORTERS

Our work would not be possible without the commitment and dedication of our staff, volunteers, trustees and supporters.

We would like to thank everyone who has contributed their time, knowledge, compassion and enthusiasm throughout the year. Their contribution is invaluable and helps us continue to provide a welcoming and supportive environment for those who turn to us.

We were fortunate enough to welcome a new member of our team this year in Megan, who joined as our new full time 'Helpline Support Lead and Volunteer Coordinator', she's made such a huge difference in the number of people we are now able to support each day.

We would also like to thank our funders, donors and partner organisations. Their continued support enables us to develop our services, reach more people and work towards our shared ambition of improving the lives of those affected by OCD.

Catherine Mills
Chair of Trustees

Ashley Fulwood
Chief Executive

CHALLENGES AND OPPORTUNITIES

Demand for mental health support continues to present challenges, and we recognise that many people affected by OCD still experience difficulties accessing timely, appropriate and specialist help. We know that we must continue to advocate for better understanding, improved access to treatment and greater recognition of the impact OCD can have on people's lives.

We also recognise the importance of ensuring that our own organisation remains sustainable, responsive and equipped to meet the needs of the people we support.

A PERSONAL THANK YOU

Finally, we want to thank everyone who has been part of our journey this year. To those who have reached out to us for support, thank you for placing your trust in our charity. We recognise that asking for help can take enormous courage, and we never underestimate the importance of that first step. To our staff, volunteers, trustees, funders, donors and supporters, thank you for your continued commitment and belief in what we do.

There is still much work to be done, but we remain incredibly proud of what we are achieving together. Every person supported, every misconception challenged and every conversation that helps someone feel less alone brings us closer to our vision.

Together, we can make a difference to the lives of everyone affected by OCD.

> *"Because nobody should face OCD alone.*

OCD-UK SERVING PEOPLE OF ALL AGES



The services we offer are as varied as the people we work with, incorporating everything from one-to-one support through to the support groups we offer for people of all ages from young people through to people aged 50+, and as shown in the image at our 2025 conference in Nottingham, supporting families whose children suffer from OCD.

At every stage, we listened to the people we work with to ensure they felt heard, and we shaped our services around their needs.

We are OCD-UK!

ABOUT OCD-UK

OCD-UK is a registered charity founded in 2003 to serve those affected by Obsessive-Compulsive Disorder (OCD).

Uniquely the charity is run by people with lived experience of OCD. This allows us to ensure the services that we provide are designed and delivered with people affected by OCD in mind.

Uniquely OCD-UK is run by people with lived experience of OCD. This allows us to ensure the services that we provide are designed and delivered with people affected by OCD in mind.

We offer a variety of support services, all of which are underpinned by our key objective of promoting the message that recovery from OCD is possible.

What some people may not realise are the hurdles and even barriers that people face accessing treatment across the NHS. Although OCD remains a highly treatable condition, when those affected are given access to effective evidence based psychological therapy, many people still face long delays and are frequently offered ineffective therapeutic interventions.

These challenges are all too frequent across the country, and leads to a postcode lottery in terms of what people with OCD face when reaching out to the NHS for help and support, and this must change.

The challenges are all too common and widespread and include:

- NHS waiting times, for some over 12+ months
- Lack of local NHS specialist OCD services, those that do exist are all based in the South east of England.
- Geographical differences in accessing treatment – a postcode lottery in terms of effective treatment locally.

This is why OCD-UK continues to play an important role in helping children and adults who are suffering because of OCD. We want to help them develop a better understanding; develop the self-help skills they will need to cope with their OCD difficulties; to manage their emotions and to strengthen their resilience whilst waiting for treatment.

We can't change this on our own, and that's why we need your support to help us continue our work.

BECAUSE NOBODY SHOULD FACE OCD ALONE

> *"The challenges are all too common and widespread.*

- NHS waiting times
- Therapy postcode lottery
- Lack of OCD specialist clinics



We are

OCD UK

Purpose, Vision and Values

Our Purpose

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

Our Vision

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

Our Values

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

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

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

We offer **hope** and **inspiration.**

We are **inclusive.**

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

Supportive and **Innovative**

We support both children & 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 and 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 age, disability, race, religion, country of origin, gender identity or sexual orientation, everybody is welcomed and respected equally when using, attending and contributing to any of the OCD-UK services.

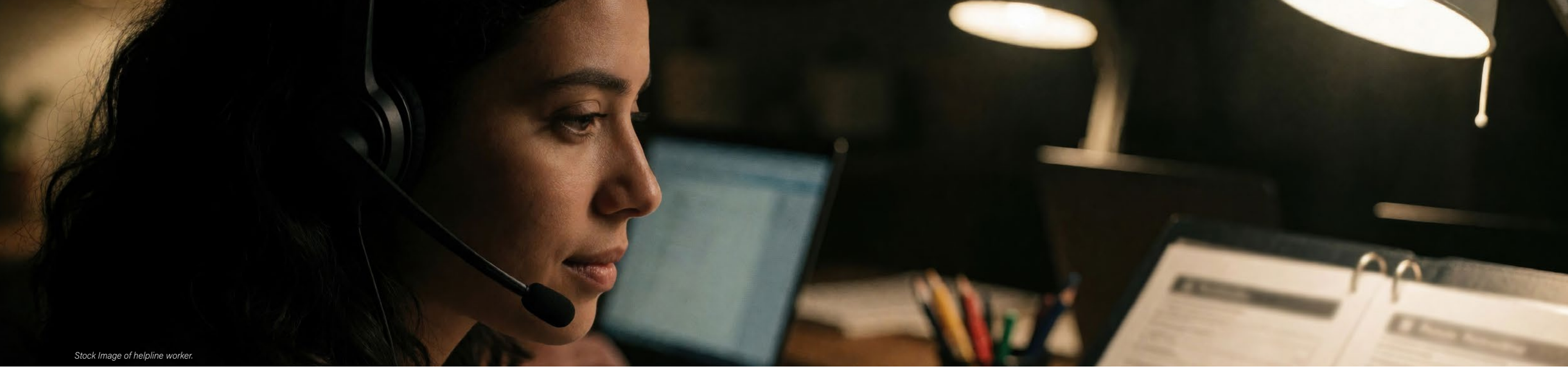
OCD-UK Support across the world

Our reach goes far beyond the UK

- Thailand
- Switzerland
- India
- Egypt
- USA
- Malaysia
- Australia
- Pakistan
- Netherlands
- Turkey
- Ireland
- Italy
- Singapore
- Greece
- Costa Rica
- Nigeria
- United Arab Emirates (UAE)



As a charity we primarily support OCD sufferers here in the UK because that's where our experience and knowledge is based. However, we do occasionally support people from other countries around the world with educational materials and signposting to access OCD support in their local area. This is because we know how distressing it can be, and OCD does not discriminate and can affect people all over the globe. During 2025, these were just some of the countries (other than the UK) where we have offered email support to people suffering with OCD or their loved ones.



Stock Image of helpline worker.

RESPONDING TO THE NEED

Whilst access to timely and effective treatment remains elusive for many affected by OCD across the country, OCD-UK will continue to respond to a genuine and growing need of those who we support, and our approach is developed to respond directly to these barriers, and is informed by those that we serve.

As people with OCD ourselves, we are uniquely positioned to understand the needs of our service users. We are also proud of the fact we have always been innovative in our approach, that we have never been afraid to try new technology to offer support, for example when we hosted online webinars using pioneering video platforming software long before the pandemic made this an everyday occurrence through Teams or Zoom.

The demands on our services constantly changes, therefore our work will continue to evolve as the needs of our users changes. We have identified six key areas that we will be working towards in future, and each year we will measure the impact we are making in each of these areas.

- Awareness
- Support
- Life after OCD
- Volunteering
- Education
- Recovery

These objectives will be continually reviewed to ensure they still reflect the key challenges facing those affected by Obsessive-Compulsive Disorder and to ensure these are the fundamental areas where OCD-UK can make the greatest difference to those that we serve.

AWARENESS

Proactively reaching across multiple sectors to improve understanding around the impact of OCD.

LIFE AFTER OCD

Even after the suffering of OCD is reduced through treatment, life's collateral damage is not. We want to people to explore regaining their life, and find their plan B.

SUPPORT

Maintaining response to the ever increasing demand for our support services with empathy, understanding and informed advice.

VOLUNTEERING

Offering opportunities for those affected by OCD to volunteer to increase their confidence, capabilities and to feel valued.

EDUCATION

Providing OCD education to sufferers and families alike. We will provide structured programmes of education for audiences including those with OCD, young people and families.

RECOVERY

Living with OCD is hard, but recovery is possible. We want to help people retain belief in this and foster a sense of togetherness towards recovery

2025

THE YEAR IN NUMBERS

In 2025 OCD-UK support services provided thousands of people with information, advice and support. Whether that was a compassionate voice at the end of the phone who understood innately the thoughts and feelings associated with OCD, or Laura our online support group lead being there each Tuesday with a smiling face to facilitate a support group, we were there for people with Obsessive-Compulsive Disorder.

Let's look at some of the numbers...

Dr. Gazal Jones speaking at our 2025 annual conference in Nottingham.

OCD-UK by the Numbers - 2025

In 2025 we generated £231k to keep our services running, with £151k raised through the fundraising efforts and donations of our supporters.

515
HELPLINE CALLS TAKEN

Of those 61% of calls were from those with OCD and 30% from loved ones. 34% of callers were male and 63% were female.

3,294
SUPPORT EMAILS ANSWERED

Of those 66% of emails were from those with OCD and 33% from loved ones. 27% were male and 69% were female.

112
SUPPORT GROUPS HOSTED

With a total talk time of 10,220 minutes (170+ hours). These were attended 3,466 times by 815 different people and 357 of those attended more than once.

278
PARENTS SUPPORTED

Through the delivery of 21 education workshops for parents of children with OCD, 4 delivered in-person and 17 online.

427,172
WEBSITE VIEWS

By 142,670 users from 180 countries from across the world, with 68% from the United Kingdom and 12% from the United States.

1,061
OCD-UK MEMBERS

Up from 1060 members at the end of 2024. Our plan to increase what we offer members will be explored in 20026 and 2027.

6
WEBINARS HOSTED

We delivered 6 live webinars with expert speakers, and made freely available to watch and participate live.

85
FUNDRAISERS

Ran, cycled, walked, hiked, baked and much more to raise funds for OCD-UK in 2025. Between them, they raised an amazing £56,792!

12.9k
INSTAGRAM FOLLOWERS

Our content was actively liked and shared throughout the year.

255
CONFERENCE DELEGATES

Our conference delivered 13 presentations, hosted by 10 different health professionals.

28
VOLUNTEERS

Our amazing volunteers donated 1,303 of hours in 2025, which was worth an equivalent of £16,288 to the charity.

£0.77
PENCE

£0.77 out of every £1 spent was for direct charitable activities with people with OCD. Examples of other costs included office rent / purchase of fundraising places.

The OCD-UK Diversity and Inclusion Charter

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

Creating an inclusive organisation is a fundamental part of living up to our purpose of supporting all those affected by Obsessive-Compulsive Disorder.



OUR IMPACT

"I wasn't really sure what I was expecting back by emailing OCD-UK but your response really did make me feel less alone/isolated which I wasn't expecting." - **OCD-UK Service User**





2025

WE DIDN'T DO IT ALONE!

OCD-UK volunteers kindly donated **1,282** hours throughout the year. This was estimated to be worth **£16,025** to the charity.

Between them, they answered helpline calls, co-hosted support groups, offered one-to-one discussion forum advice, shared their personal experiences of OCD at educational events or volunteered at our conference like India shown here.

SOME FACTS ABOUT OCD

Obsessive-Compulsive Disorder (OCD) is a serious and **debilitating** mental health condition. A person can't be OCD, but a person can suffer with Obsessive-Compulsive Disorder.

OCD is no joking matter, the **D** in OCD means the condition is a disorder which causes significant distress and disruption to a person's life.

Rather than being a useful character trait, OCD is an exhausting anxiety disorder that **prevents** those that have the condition from living their life how they would choose to.

In 1990 the **World Health Organization** recognised the severity of OCD and listed it in their top ten most debilitating illnesses due to loss of income and decreased quality of life.

Despite popular culture wrongly suggesting that everybody has 'a bit of OCD', in reality only around 1.2% of the UK population actually **suffer** from the disorder and are affected by OCD.

Despite common misconceptions, only around a quarter (26.5%) of people that **suffer** with OCD carry out compulsive rituals that involve washing or cleaning.

In addition to the sufferer, loved ones often get drawn in to helping with **compulsive behaviours** which also disrupts and puts pressure on their lives.

The average age of **onset** typically occurs in late adolescence to early twenties, but can impact children as young as five, and in some cases can prevent a child from attending school.

OCD does not discriminate, and can **impact** on anyone, regardless of their age, gender, sexuality, social or cultural background.

OCD | IT'S MORE THAN YOU THINK!

OCD-UK Financial Review

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 **Martin Coe** at *Nicholson Tax & Accounts* for examining our accounts. A copy of our accounts can be found on our website and at the end of this report, on this page we will summarise our financial findings.

2025 Summary

In 2025 we generated £231,824 income through the year, a record level of incoming funding for OCD-UK in a calendar year.

OCD-UK is relatively self-sufficient in the respect that most of our core email and helpline support services are not reliant on charitable grant income, with the majority of our income arriving through the kind generosity of our supporters donations' and fundraising achievements.

And our reserves from previous years income leave us in a position to consider ourselves to be financially secure for 2026 and 2027. Although the charity's financial situation is satisfactory, we do note that we have less than one year's running costs in reserve.

Donations, membership and fundraising remain our primary source of core continuing income, with our wonderful supporters fundraising achievements through taking part in mass participation events from 10k runs up to marathons and events like bake sales and everything in-between. Membership numbers remained above 1,000 members for the second year running, with a very small increase to 1,061 (1,060 in 2024). The chart on the next page shows a comparison of financial income over the last few years.

Our charity is managed prudently, vital in these times of economic uncertainty, although our expenditure in 2025 did increase to £234,687. This was in part due to workforce expansion with a new full-time staff member starting with us in January.

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. We are proud of the fact that our services were operated by just six members of staff in 2025, only three were full-time.

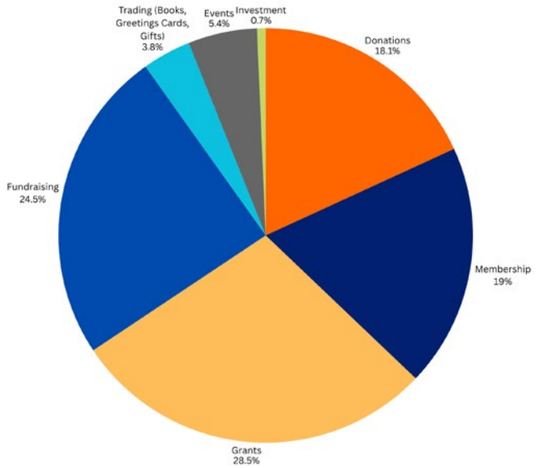
Throughout these difficult economic times we remain incredibly grateful to you all. We know that the economic uncertainty that plagues our country right now will have an impact on charities like OCD-UK at the very time when our services are needed most. We are therefore so grateful for all the support people are able to offer OCD-UK, from the £2 a month donation for membership and to those fantastic fundraising efforts.

Thank you from us all at OCD-UK.



Our financial snapshot shows our expenditure split into the charity's key operating areas. Salaries are split within each relevant area.

Turn to page 40 for our financial accounts.

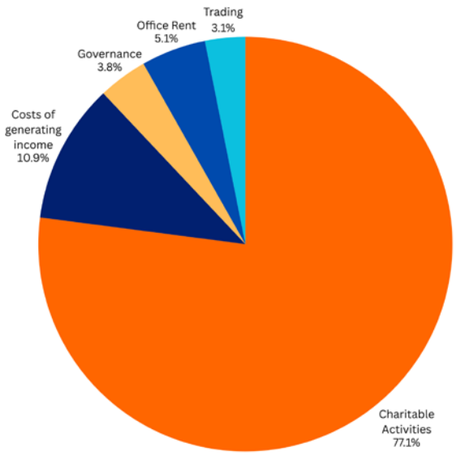


Income - £231,824
Financial Year 2025

We generated income of £231,824 during 2025 (£208,070 in 2024) to keep our services for the benefit of people with OCD running.

Our fundraisers raised, £56,792 and our supporters contributed a further £42,070 in donations and £43,979 through membership donations.

We were also fortunate to receive £66,137 in funding from the National Lottery Community Fund towards the parents education project.



Expenditure - £234,687
Financial Year 2025

We spent a total of £234,687 during 2025 for the running of the charity (£174,149 in 2024). The increase in expenditure was due to several planned factors including a new full time staff member joining the team and the delivery of a conference during the year.

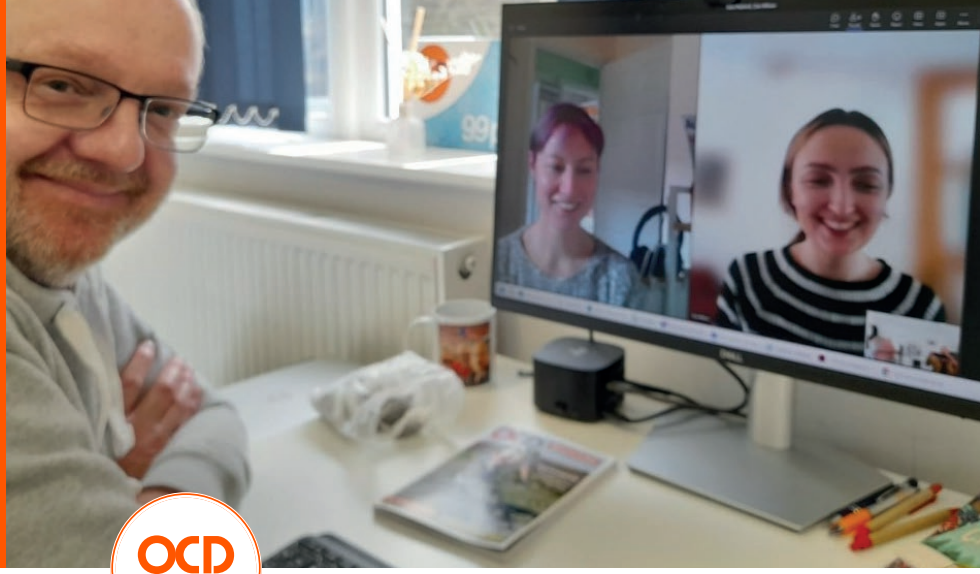
When we look at the net categorisation of expenditure, 77% of that expense was spent on delivering services to those with OCD.

BECAUSE NOBODY SHOULD FACE OCD ALONE

WORKING TOGETHER

OCD-UK make good use of technology to stay connected daily, with staff based in different locations around the country.

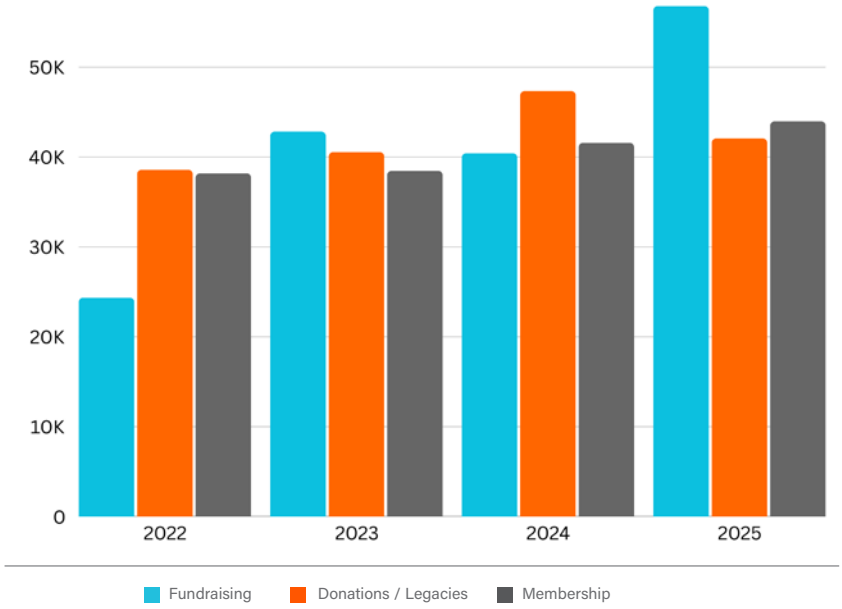
Left to right: Chief Executive, Ashley Fulwood and colleagues Sara and Zoe.



2025 FINANCIAL SUMMARY AND PREVIOUS YEAR COMPARISONS

Accounts Comparison	Income	Expenditure
Jan 2025 - Dec 2025	£231,824	£234,687
Jan 2024 - Dec 2024	£208,070	£174,148
Jan 2023 - Dec 2023	£161,635	£164,504
Jan 2022 - Dec 2022	£138,633	£163,870
Jan 2021 - Dec 2021	£229,664	£169,006

2025 FINANCIAL INCOME COMPARISONS FUNDRAISING / DONATIONS / MEMBERSHIP





PARENTS WORKSHOPS

Funded through the National Lottery Community Fund, our parents project offers one day education workshops for parents of CAMHS age children with OCD (ages 5-18).

Our workshop hosts are pictured here at the 2025 workshop that we hosted in London. From left to right Megan, Laura and project lead, Zoë.

We offered our parents workshop as an optional online or in-person workshop and whilst the feedback reports positive results with either method of delivery, the in-person workshops perhaps has marginally slightly better engagement.

- Since the OCD-UK workshops **100%** (in-person) and **98%** (online) said they felt they had improved understanding of their child's experiences with OCD.
- Of the parents that attended online or in-person workshops, **98%** said that the OCD-UK workshops helped to reduce the guilt and self-blame that can sometimes happen when parenting a child with OCD.
- When asked if attending the OCD-UK parents workshops and the support from the charity had helped to reduce loneliness and isolation, **91%** that attended the online workshops said yes and so did **94%** of those that attended in-person workshops.
- Of those that attended the in-person workshops **100%** reported that the workshop helped them understand what their child should be offered in terms of treatment, compared to **94%** that attended the online workshops.
- Since attending the OCD-UK workshops, **83%** (in-person) and **77%** (online) reported that they have a closer relationship and deeper communicative understanding with their child with OCD.

2025

COLLABORATION

Although OCD-UK is a uniquely completely service-user led organisation, we are proud of the working relationships and partnerships we have with some of the UK's leading OCD researchers and health professionals.

Pictured here at our conference in Nottingham were Dr Alice Farrington, Dr Sasha Walters and Dr Zoë Kindynis.

LEGAL AND ADMINISTRATIVE DETAILS

FOR THE YEAR ENDED 31 DECEMBER 2025

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 on the 14th April 2004.

CHARITY REGISTRATION
Our charity registration number is: 1103210

GOVERNING DOCUMENT
OCD-UK is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity. This constitution document establishes the objects and powers of the organisation. This document was adopted on the 2nd day of November 2013.

OUR TRUSTEES
The board of trustees is the governing body of the charity. It is their role to establish the policies, objectives and procedures for the charity; and to develop the strategic direction of the organisation; and to ensure the effective running of OCD-UK in pursuit of its objectives. A list of our trustees can be found on page 38.

OUR EXECUTIVE LEADERSHIP
Our Chief Executive, Ashley Fulwood, is responsible for the day-to-day running of OCD-UK. He is supported by five other members of staff. A list of our staff members can be found on page 39.

PATRONS
We are honoured to be supported in our work by three patrons, actor and writer Ian Puleston-Davies and the highly respected OCD researchers Professor Paul Salkovskis and Professor Roz Shafran.

We are also supported in our work by our overseas ambassador Professor Adam Radomsky, from Concordia University, Montreal.

MEMBERSHIP
Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2025 the charity had 1061 active members. Members are entitled to attend the AGM and to one vote per decision. They also receive copies of the highly acclaimed OCD-UK magazine.

PROFESSIONALS
We would also like to acknowledge our gratitude and thanks to the accountancy, legal, health professionals and media personalities who kindly donated their time to offer support and assistance during 2025. The ever increasing number of people supporting OCD-UK each year highlights the collaboration between OCD-UK and other professionals.

ANNUAL GENERAL MEETING (AGM)
The chair of OCD-UK presents a summary of the charity's work during the preceding 12 months to its members at the charity's Annual General Meeting (AGM) each year.

PRINCIPLE OFFICE ADDRESS
OCD-UK
Suite 8, Riverside Business Centre
Foundry Lane
Milford, Derbyshire
DE56 0RN

INDEPENDENT EXAMINER
Eric O'Connor MAAT
Nicholson Tax & Accounts
8 Chapel Street
Belper
DE56 1AR



NEW OFFICE

In 2025 we expanded our team and moved into a new bigger office in Derbyshire.

OFFICE POSTAL ADDRESS:

OCD-UK
Suite 8
Riverside Business Centre
Foundry Lane
Milford
Derbyshire
DE56 0RN

THANK YOU

We also must thank all our members, supporters, fundraisers and funders who made the work of OCD-UK possible

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

- Every single person who has fundraised or donated in 2025.
- Every single OCD-UK member, your donations do make a real difference
- Rose G for her continued support
- National Lottery Community Fund
- And the other grant funders and donors who wish to remain anonymous



Last year our Fantastic Fundraisers cycled, ran, walked, baked and in Chloe's case climbed Mount Snowdon, the highest mountain in Wales with some friends (and Otis the dog) to raise awareness of OCD and fundraise.

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 who are suffering from Obsessive-Compulsive Disorder and their loved ones.

Your stories of courage and tenacity, despite the difficulties 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 **Obsessive-Compulsive Disorder**.



OCD-UK Staff and Trustees, L-R: Lottie, Claire, Ashley, Claire and Sara.

OCD-UK TRUSTEES

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. It is this insight that allows us to make informed decisions about the direction we shape your charity.

Those listed below all served as OCD-UK trustees during 2025.

Catherine Mills
Chair, Merseyside

Kylie Cloke
Trustee, Gloucestershire

Claire Goddard
Trustee, Middlesex

Claire Goldenberg
Trustee, Sussex

Joanne Griffiths
Trustee, Oxfordshire

Nick Marlow
Trustee, Nottingham

Alexander Nisbet
Trustee, Glasgow

Charlotte Rowe
Trustee, London



OCD-UK Staff, L-R: Ashley, Zoe, Sara, Laura, Mia

OCD-UK STAFF

If you have used any of our services during 2025 then you will undoubtedly have already met some or all of Team OCD-UK. During 2025 the OCD-UK services were run by six people. Pictured are (L-R) Ashley Fulwood, Zoë Wilson, Sara Padwick, Laura Hickman and Mia Hill, with a new full time colleague Megan Fletcher who joined is im January 2025.

One of the unique aspects of OCD-UK is the fact that the team are all service-users themselves, they have all experienced OCD first-hand, which means the work is not just a job for the team. Their dedication, passion and commitment is evident in the work they do. The team are all highly professional, and again in 2025 managed to punch above their weight in terms of service delivered for the limited resources available to the charity.

Those listed below all served as OCD-UK staff members during 2025.

Ashley Fulwood
Chief Executive, Derbyshire

Megan Fletcher
Helpline Support Lead & Volunteer Coordinator

Laura Hickman
Online Support Groups Lead

Mia Hill
Young People's Online Groups Lead

Sara Padwick
Support Co-ordinator

Zoë Wilson
Parents Project Lead and Executive Assistant



Financial Statements OCD-UK 2025

CHARITY ANNUAL REPORT

Year ended 31st December 2025

The trustees of OCD-UK are pleased to present the financial statements of the charity for the year ended **31st December 2025**.

The financial statement and accounts 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 and with no concerns to report.

INDEPENDENT EXAMINER'S REPORT OF

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

I report to the trustees on my examination of the accounts of OCD-UK (the Trust) for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Eric O'Connor MAAT

22nd September 2026
8 Chapel Street
Belper
Derbyshire
DE56 1AR

STATEMENT OF

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

	Notes	Unrestricted Funds	Restricted Funds	**2025 Total Funds**	2024 Total Funds
		£	£	£	£
INCOME FROM					
Donations and legacies	3	91,049	61,137	152,186	154,617
Charitable Activities:					
Fundraising		56,792	-	56,792	40,426
Merchandise and clothing		8,810	-	8,810	9,338
Conference and workshops		12,479	-	12,479	2,979
Investments	4	1,557	-	1,557	710
TOTAL INCOME		170,687	61,137	**231,824**	208,070
EXPENDITURE ON					
Raising Funds	6	(152,088)	(54,345)	(206,433)	(151,858)
Charitable activities	6				
Fundraising		(7,225)	-	(7,225)	(6,137)
Merchandise and clothing		(7,363)	-	(7,363)	(6,754)
Conference and workshops		(5,234)	(6,792)	(12,026)	(7,870)
Governance		(1,640)	-	(1,640)	(1,530)
TOTAL EXPENSE		(173,550)	(61,137)	**(234,687)**	(174,149)
NET INCOME/(EXPENDITURE)		(2,863)	-	**(2,863)**	33,921
NET MOVEMENT IN FUNDS		(2,863)	-	**(2,863)**	33,921
RECONCILIATION OF FUNDS					
Total funds brought forward		151,335	-	**151,335**	117,413
TOTAL FUNDS CARRIED FORWARD	15	148,472	-	**148,472**	151,334

The notes on pages 45 to 54 form part of these financial statements.

BALANCE SHEET

For the year ended at 31 December 2025

	Notes	Unrestricted Funds £	Restricted Funds £	2025 Total Funds £	2024 Total Funds £
FIXED ASSETS					
Tangible assets	10	5,406	-	5,406	8,474
		5,406	-	**5,406**	8,474
CURRENT ASSETS					
Stocks	11	6,533	-	6,533	5,945
Debtors	12	14,626	-	14,626	6,500
Cash at bank and in hand		131,532	-	131,532	137,743
		152,691	-	**152,691**	150,188
CREDITORS					
Amounts falling due within one year	13	(9,625)	-	(9,625)	(7,328)
NET CURRENT ASSETS (LIABILITIES)		143,066	-	**143,066**	142,860
Total assets less current liabilities		148,472	-	**148,472**	151,334
NET ASSETS		148,472		**148,472**	151,334
FUNDS OF THE CHARITY					
Unrestricted funds				148,472	151,334
TOTAL FUNDS	15			**148,472**	151,334

On behalf of the board:

Ms C Mills
Trustee
22nd September 2026

The notes on pages 45 to 54 form part of these financial statements.

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

1. GENERAL INFORMATION

OCD-UK is an unincorporated charity registered with the Charity Commission, registered charity number 1103210. The principal address is Suite 8 Riverside Business Centre, Foundry Lane, Milford, Derbyshire, DE56 0RN.

2. ACCOUNTING POLICIES

2.1. Basis of preparing the financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1
January 2019)", Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities Act 2011. The charity is a Public Benefit Entity as defined by FRS 102.

2.2. Incoming Resources

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

2.3. Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

2.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value,
over their expected useful lives on the following bases:

- Bicycles (Ride to Work Scheme) 33% on cost
- Fixtures & Fittings 20% on reducing balance
- Computer Equipment 33% on cost

2.5. Stocks and Work in Progress

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

2.6. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds	Restricted funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Donations and gifts	86,049	-	**86,049**	88,929
Grants	5,000	61,137	**66,137**	65,688
	91,049	61,137	**152,186**	154,617

4. INVESTMENT INCOME

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	1,557	710

5. NET INCOME/(EXPENDITURE)

	2025	2024
The net income/(expenditure) is stated after charging/(crediting):		
	£	£
Depreciation of tangible fixed assets - owned	4,718	4,761

6. ANALYSIS OF EXPENDITURE

	Activities undertaken directly	Support costs (see note 7)	2025 Total
	£	£	£
Raising funds	3,298	203,135	206,433
Fundraising	7,225	-	7,225
Merchandise and clothing	7,363	-	7,363
Conferences and workshops	-	12,026	12,026
Governance	-	1,640	1,640
	17,886	**216,801**	**234,687**

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

	Unrestricted funds	Restricted funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Donations and gifts	86,049	-	**86,049**	88,929
Grants	5,000	61,137	**66,137**	65,688
	91,049	61,137	**152,186**	154,617

4. INVESTMENT INCOME

	2025 Unrestricted funds	2024 Unrestricted funds
	£	£
Bank interest receivable	1,557	710

5. NET INCOME/(EXPENDITURE)

	2025	2024
The net income/(expenditure) is stated after charging/(crediting):		
	£	£
Depreciation of tangible fixed assets - owned	4,718	4,761

6. ANALYSIS OF EXPENDITURE

	Activities undertaken directly	Support costs (see note 7)	2025 Total	2024 Total
	£	£	£	£
Raising funds	3,298	203,135	206,433	151,858
Fundraising	7,225	-	7,225	6,137
Merchandise and clothing	7,363	-	7,363	6,754
Conferences and workshops	-	12,026	12,026	7,870
Governance	-	1,640	1,640	1,530
	17,886	**216,801**	**234,687**	174,149

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

7. SUPPORT COSTS

	Raising Funds	Conferences and workshops	Governance	2025 Total
	£	£	£	£
Employee costs	149,850	-	-	149,850
Premises expenses	11,497	6,693	-	18,190
General administration	37,070	5,333	1,640	44,043
Depreciation	4,718	-	-	4,718
	203,135	**12,026**	**1,640**	**216,801**

	Raising Funds	Conferences and workshops	Governance	2024 Total
	£	£	£	£
Employee costs	114,478	-	-	114,478
Premises expenses	4,679	3,425	-	8,104
General administration	27,820	4,148	1,530	33,498
Depreciation	4,761	-	-	4,761
	151,738	**7,573**	**1,530**	**160,841**

8. STAFF COSTS

Staff costs were as follows:	2025	2024
	£	£
Wages and salaries	143,160	109,095
Social security costs	4,830	4,416
Other pension costs	1,860	967
	149,850	**114,478**

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

9. AVERAGE NUMBER OF EMPLOYEES

Average number of employees during the year was: **6** *(2024: 5)*

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

10. TANGIBLE ASSETS

	Bicycles *(Ride to work Scheme)*	Fixtures & Fittings	Computer Equipment	Total
COST	£		£	£
At 1 January 2025	6,394	4,558	33,251	**44,203**
Additions	-	1,648	-	**1,648**
At 31 December 2025	**6,394**	**6,206**	**33,251**	**45,851**
DEPRECIATION				
At 1 January 2025	2,131	3,304	30,294	**35,729**
Provided during the period	2,131	580	2,005	**4,716**
At 31 December 2025	**4,262**	**3,884**	**32,299**	**40,445**
NET BOOK VALUE				
As at 31 December 2025	2,131	2,332	952	**5,406**
As at 1 January 2025	**4,263**	**1,254**	**2,957**	**8,474**

11. STOCKS

	2025	2024
	£	£
Stock	6,533	5,945

Stock consists of resale shop items only. Stocks of items to be given away free have not been included in the value.

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

12. DEBTORS

	2025	2024
Due within one year	£	£
Other debtors	14,626	6,500

13. CREDITORS

	2025	2024
Amounts Falling Due Within One Year	£	£
Other creditors	9,625	7,328

14. PENSION COMMITMENTS

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was **£1,860** *(2024: £967)*.

At the statement of financial position date all contributions to the fund were paid.

NOTES TO THE

FINANCIAL ACTIVITIES

For the year ended 31 December 2025

15. MOVEMENT IN FUNDS

	As at 1st January 2025	Income	Expenditure	As at 31st December 2025
Unrestricted funds	£	£	£	£
General:				
General unrestricted fund	151,335	170,687	(173,550)	**148,472**
Restricted funds				
National Lottery Parents Project	-	61,137	(61,137)	**-**
TOTAL FUNDS	151,335	231,824	(234,687)	**148,472**

	As at 1st January 2024	Income	Expenditure	Transfers	As at 31st December 2024
Unrestricted funds	£	£	£	£	£
General:					
General unrestricted fund	109,432	153,232	(119,311)	7,981	**151,334**
Restricted funds					
National Lottery Parents Project	7,981	54,838	(54,838)	(7,981)	**-**
TOTAL FUNDS	117,413	208,070	(174,149)	-	**151,334**

16. TRANSACTIONS WITH TRUSTEES

No trustee expenses have been incurred.

17. RELATED PARTY DISCLOSURES

There have been no related party transactions in the reporting period that require disclosure, except for those disclosed in the Transactions with Trustees note.

FINANCIAL ACTIVITIES

DETAILED STATEMENT OF INCOME

For the year ended 31 December 2025

	2025	2024
INCOME AND ENDOWMENTS FROM:	**Total Funds**	Total Funds
Donations and Legacies	£	£
Donations and gifts	86,049	88,929
Cash at bank and in hand	66,137	65,688
	152,186	154,617
CHARITABLE ACTIVITIES:		
Fundraising		
Fundraisers sponsorship income	56,792	40,426
	56,792	40,426
MERCHANDISE AND CLOTHING:		
Merchandise and clothing	8,810	9,338
	8,810	9,338
CONFERENCES AND WORKSHOPS:		
Conferences and workshops	12,479	2,979
	12,479	2,979
INVESTMENTS:		
Bank interest receivable	1,557	710
	1,557	710
TOTAL FUNDS	**231,824**	208,070

FINANCIAL ACTIVITIES

DETAILED STATEMENT OF EXPENDATURE

For the year ended 31 December 2025

EXPENDITURE ON:	2025 Total Funds	2024 Total Funds
Raising funds	£	£
Seeking donations, grants and legacies	(153)	(120)
Staging fundraising events	(3,145)	-
Wages and salaries	(143,160)	(109,095)
Employers NI	(4,830)	(4,416)
Employers pensions - defined contributions scheme	(1,860)	(967)
Rent	(11,497)	(4,679)
Travel costs	(4,586)	(880)
Computer costs	(15,398)	(6,696)
Repairs, renewals and maintenance	(367)	-
Insurance	(487)	(1,851)
Printing, postage and stationary	(10,014)	(11,152)
Telecommunications and data costs	(2,855)	(3,590)
Website costs	(1,903)	(2,654)
Bank charges	(814)	(614)
Sundry expenses	(646)	(383)
Depreciation of cycle (Bike to work scheme)	(2,131)	(2,131)
Depreciation of fixtures and fittings	(581)	(314)
Depreciation of computer equipment	(2,006)	(2,316)
TOTAL FUNDS	**(206,433)**	(151,858)
Charitable Activities:		
Fundraising		
Seeking donations, grants and legacies	(7,225)	(6,137)
TOTAL FUNDS	**(7,225)**	(6,137)

FINANCIAL ACTIVITIES

DETAILED STATEMENT OF EXPENDITURE

For the year ended 31 December 2025

	2025	2024
EXPENDITURE ON:	**Total Funds**	Total Funds
Merchandise and clothing	£	£
Opening stock and work in progress	(5,945)	(5,577)
Seeking donations, grants and legacies	(1,427)	(1,236)
Opening membership schemes	(6,524)	(5,886)
Closing stock and work in progress	6,533	5,945
	(7,363)	(6,754)
Conferences and workshops		
Seeking donations and legacies	-	(297)
Rent	(6,693)	(3,425)
Travel costs	(3,453)	(2,469)
Printing, postage and stationary	(1,880)	(1,679)
	(12,026)	(7,870)
Governance		
Accountancy fees	(1,640)	(1,530)
	(1,640)	(1,530)
	(234,687)	(174,149)
NET (EXPENDITURE) / INCOME	**(2,863)**	33,921

THANK YOU

FOR YOUR CONTINUED SUPPORT OF

OCD UK

THROUGHOUT 2025



OCD-UK
Annual Report

Thank you for your support in 2025

ANY QUESTIONS? WE'RE HERE TO HELP

Contact us by emailing office@ocduk.org
or give us a call on 0800 048 7012
www.**OCDUK**.org

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Registered Charity Number: 1103210

OCD-UK
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