

OCD ACTION

England & Wales · Charity number 1154202

Details

Status Registered

Legal form CIO

Registered 2013-10-15

Register [View on the Charity Commission register](#)

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Activities

Objects: THE OBJECTS OF THE CIO ARE THE ADVANCEMENT OF HEALTH AND RELIEF AND PREVENTION OF SICKNESS AND SUFFERING AMONG PEOPLE AFFECTED BY OBSESSIVE COMPULSIVE DISORDER (OCD) AND RELATED DISORDERS IN PARTICULAR BUT NOT EXCLUSIVELY BY:(1) PROVIDING SUPPORT AND INFORMATION TO PEOPLE AFFECTED BY OCD AND RELATED DISORDERS;(2) ADVANCING EDUCATION FOR THE PUBLIC BENEFIT ABOUT OCD AND RELATED DISORDERS AND ADVANCING EDUCATION AMONG PEOPLE AFFECTED BY OCD AND RELATED DISORDERS, INCLUDING BUT NOT LIMITED TO FAMILY MEMBERS, CARERS, TEACHERS, HEALTH PROFESSIONALS AND SOCIAL WORKERS, TO ENABLE THEM TO IMPROVE THEIR UNDERSTANDING OF OCD AND RELATED DISORDERS AND AVAILABLE TREATMENTS;(3) PROMOTING AND IMPROVING ACCESS TO APPROPRIATE AND EFFECTIVE TREATMENT FOR PEOPLE AFFECTED BY OCD AND RELATED DISORDERS; AND(4) PROMOTING, SUPPORTING AND RAISING FUNDS FOR RESEARCH INTO OCD AND RELATED DISORDERS, THE USEFUL RESULTS OF WHICH WILL BE DISSEMINATED FOR THE PUBLIC BENEFIT.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005 AND SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008.

Activities: OCD Action works for a society where OCD is better understood and diagnosed quickly, where appropriate treatment options are open and accessible, where support and information is readily available

and where nobody feels ashamed to ask for help. We are here because OCD tears families apart and leaves people isolated and exhausted.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£345,592	£419,984	-	-
2024-03-31	£514,539	£386,166	£282,536	6
2023-03-31	£307,188	£316,991	-	-
2022-03-31	£232,670	£304,112	-	-
2021-03-31	£387,204	£308,561	-	-

Trustees

Name	Role	Appointed
Kath Howell	Chair	2017-03-21
Bethan Kerr		2023-06-23
Catherine Benfield		2023-11-21
Chloe Volz		2019-07-09
Faizal Musa		2023-06-23
NISHAN DIAS		2023-06-27
Sarah Hindley		2023-06-27

Accounts



Financial statements and annual report

2024-2025



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Administrative details of the charity, its trustees, and advisors for the year ended 31 March 2025

Trustees

Beth Kerr

Chloe Volz

Professor David Veale
(Retired 21st November 2024)

Faizal Musa

Jay Dias (Treasurer)

Kath Howell (Chair)

Piers Watson

Sarah Hindley (Vice Chair)

Chief Executive

Leigh Wallbank (appointed: 23 September 2019)

Registered Charity Number

1154202

Principal office

Davina House
Rooms 506-507
137-149 Goswell Road
London, EC1V 7ET

Independent auditors

Baginsky Cohen
930 High Road
London, N12 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY

“As a teenager, I would spend every waking moment trying to figure out my thoughts. I felt like I couldn’t cope. If I’d known about OCD Action, it would have been life-changing.”

Introduction: A message from our Chair

Over the past year, OCD Action has reached more people, in more places, in more meaningful ways than ever before.



As Chair, I have seen first-hand how the charity has evolved in response to a changing landscape for people affected by OCD - where the need for clear, specialist information has never been greater, and where many people are navigating treatment pathways that feel increasingly difficult to access.

One of the most significant developments this year has been the transformation of our work with young people. Rather than waiting for young people to find us, we have taken our support and information into the spaces where they already are - online, in education settings and within their own communities. Through large-scale digital campaigns, the Youth Hub, our Student Ambassador Programme and the Youth e-Helpline, we reached and supported many more young people at a much earlier point in their journey. This shift towards proactive outreach and early intervention marks an important step forward in how we approach support for young people.

Alongside this, we strengthened the quality, depth and reach of our information across all services. As NHS waiting times and referral pathways have grown longer and more complex, more people are coming to OCD Action needing highly specific guidance. In response, we have continued to improve the clarity, accuracy and relevance of everything we provide, from the Helpline and Navigating Services sessions to our expanding webinar programme and digital resources. Thousands of people told us this year that after contacting OCD Action, they felt better informed, more confident and more able to take steps towards appropriate treatment.

Community has also remained at the heart of our work. Through our national network of peer support groups, thousands of people found spaces where they could speak openly, feel understood and rebuild confidence alongside

others who truly relate to their experiences. At a time when many people with OCD feel isolated or misunderstood, these groups continue to offer consistency, connection and hope.

This year also marked further progress in making our services more inclusive and culturally grounded. Working closely with our Equity, Diversity and Inclusion (EDI) Panel, we have embedded lived experience from racialised communities into how we design information, shape messaging and reach new audiences. Their leadership has helped us address longstanding gaps in representation and access, and to ensure our work better reflects the full diversity of the OCD community.

None of this would be possible without the extraordinary commitment of our staff, volunteers, panel members and supporters. Their skill, compassion and determination sit behind every milestone in this report.

As we look ahead, we do so with confidence in what we have built and clarity about what still needs to change. Far too many people with OCD continue to face long delays, misrecognition and barriers to specialist care. But this year has shown what is possible when lived experience, evidence-based practice and community come together with purpose. I am proud of what OCD Action has delivered, and excited by what lies ahead as we continue to strengthen early recognition, access to support and connection across the UK.

Thank you to everyone who has played a part in this year's work.

A handwritten signature in dark ink, appearing to read 'Kath Howell'.

Kath Howell
Chair of Trustees, OCD Action

About OCD Action

OCD Action is the largest national UK charity for people affected by Obsessive Compulsive Disorder. We exist to make sure people with OCD are understood, supported, and able to access the treatment they need.

For over 30 years, OCD Action has been delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends.

Our Vision

We have a vision of a time when OCD is well understood, and everyone gets the treatment and support they need, when they need it. With the OCD community, we are fighting for this.

Our Team

OCD Action's work is made possible by a dedicated community of trustees, volunteers and staff who bring a wide range of skills, insight and lived experience.

Trustees

Our Board of Trustees provides governance, oversight and strategic direction. With backgrounds spanning clinical practice, finance, HR, governance and third-sector leadership - and with several trustees bringing personal or family experience of OCD - the Board ensures that our work remains focused, accountable and aligned with the needs of the OCD community. The Board meets every 10-12 weeks and is supported by sub-committees covering People & Culture, Finance & Fundraising, and Risk.

Volunteers

More than 120 volunteers play a central role across the charity. They run and co-facilitate our support groups, respond to calls and emails through the Helpline, and contribute to projects and co-production work throughout the year. Their commitment and compassion allow us to

reach far more people than would otherwise be possible, and their insight helps shape the development of new resources and services.

Staff

Our staff team includes eleven charity professionals who bring experience in service delivery, communications, engagement, operations and community work. Many also have lived experience of OCD or related conditions, contributing to a culture that is both skilled and grounded in real understanding. Together the team leads on the delivery and continuous improvement of all our services, ensuring they remain accessible, informed and responsive.

This combination of professional expertise, lived experience and volunteer commitment forms the backbone of OCD Action's work and strengthens everything we do.

Our Strategy

OCD Action's current organisational strategy (2022–25) focuses on a simple but important aim: to make it easier for people to recognise OCD, understand what effective treatment looks like and access that treatment as early as possible.

Although OCD is a highly treatable condition, many people still face long delays, are offered support that does not address OCD specifically, or don't know where to turn when symptoms first emerge. Our strategy was developed to respond directly to these barriers.

These objectives reflect the core challenges faced by the OCD community and the

ways we can most meaningfully address them. They also reflect the charity's strengths: offering specialist, evidence-based information at the moment people need it most; providing tailored guidance that helps people navigate complex systems; and creating peer-led spaces where people can connect, feel understood and regain confidence.

Across this strategy period, we have prioritised five key areas:

- **Helping** people access treatment at the earliest possible point
- **Reducing** isolation and improving wellbeing
- **Increasing** awareness of OCD among young people and expanding tailored support for ages 14–25
- **Supporting** professionals to recognise OCD sooner and refer appropriately
- **Improving** the accessibility of our services for people of colour

[You can view our strategy here.](#)



“After reaching out to OCD Action, I was finally able to understand the support I could get.”

The principles underpinning our strategy:

- **Partnerships:** Recognising the power of collaboration, we aim to build mission-led partnerships that will expand our reach and amplify our impact over the next three years.
- **Amplifying our community's voice:** We exist to support and amplify the voice of the OCD community. We will formally integrate co-production into our governance structure. Additionally, we will facilitate effective co-production practices across other organisations, ensuring that those with lived experience are at the forefront of driving support, information dissemination, and innovation, and making lived experience a cornerstone of development in the OCD sphere.
- **Growing our income:** To realize our ambitious strategy, it is crucial to diversify and strengthen our income streams. We have developed a robust fundraising strategy that seeks to secure the necessary resources to sustain and expand our work, ensuring long-term stability and increased capacity.
- **Supporting and developing volunteers and staff:** We are committed to nurturing our team – both volunteers and staff – by continuing to invest in their development. This involves providing ongoing training and support to ensure everyone is equipped to contribute effectively to our vision.

This year marks the final phase of the current strategy. It has been a period defined by change - in how people search for information, in the complexity of the questions they ask, and in the growing need for digital-first, culturally informed support. Much of our work this year focused on adapting to these shifts: reaching people earlier, strengthening our digital information, expanding co-production and ensuring our

services remain accessible and representative of the communities we support.

The progress made across each strategic objective is captured in the sections that follow. Together, they show not only the scale of our impact this year, but also how the learning from this strategy will shape the next chapter of OCD Action's work.

Our Impact in 2024/25

Supporting more people to access treatment for OCD at the earliest possible point

Growing our Helpline capacity

Accessing evidence-based treatment for OCD remains one of the biggest challenges people with OCD face. Many come to us after long periods of uncertainty, having been misunderstood by professionals or unsure how to navigate the NHS. Over the last three years, we have been focused on developing our helpline capacity to ensure we are able to support more people when they are most in need. **We have increased the number of people our helpline supports by almost 1,000 since 2022** – from 2,700 to 3,628.

Offering information in new formats and forums

As more people reach out to us for support, we are also seeing enquiries become increasingly complex. With NHS referral pathways becoming more drawn out and waiting times increasing, many people now come to us needing more detailed, specialist guidance to help them navigate the system and access appropriate treatment. In response, we have strengthened the quality and specificity of the information we provide.

We have also expanded the ways we share information to ensure that high-quality support is as accessible as possible. This year, we reviewed and updated our digital information and began offering digital information packs that people can request through our website. Our Webinar Programme supported **over 6,000 people** during the year. Alongside this, our Navigating Services programme continued to give adults, students and parents a structured space to ask questions and make sense of a treatment landscape that often feels overwhelming. Many attendees told us it was the first time they truly understood their options or felt able to advocate for appropriate care.

Reach

- **134,000** people accessed OCD Action's online information
- **6,000** supported by our webinars
- **3,626** people were supported through the Helpline
- **219** attended Navigating Services sessions

Impact

Behind these numbers are people who told us they felt “stuck” before contacting OCD Action - unsure whether what they were experiencing was OCD, unsure who to ask, unsure what to do next. This year's work helped more of them reach the point of understanding and action sooner.

Indicator	2023/2024	2024/2025
At least 85% of those who use our services will report feeling better informed about OCD specific treatment.	90%	90%
At least 70% will report that they will seek the recommended treatment	75%	71%



**“Before OCD was
in the passenger
seat, now it’s in
the back seat”**

Ensuring young people with OCD have access to support, wherever they are on their journey

Young people often face some of the biggest barriers to recognising OCD and accessing appropriate support. Symptoms frequently begin in adolescence or early adulthood, yet they are often minimised, misunderstood or misdiagnosed. This year, we placed young people at the centre of our work - strengthening early support pathways and increasing the visibility of accurate information at the moment many young people are searching for answers alone.

Raising awareness of the reality of OCD among young people

We led a highly successful digital campaign which transformed how OCD is represented online. Co-produced with our Youth Panel and featuring young people with lived experience, the campaign used a combination of relatable storytelling and clear information to challenge misconceptions and help young people recognise their symptoms earlier. It reached **over 1 million** on TikTok, where short-form videos sparked conversations and connected directly with young people seeking clarity.

Reaching out to students

We also piloted the Student Ambassador Programme, a peer-led model that equips students to raise awareness of OCD on their campuses, share accurate information and signpost peers to reliable resources. This programme extends our early intervention reach into environments where OCD symptoms often first emerge.

Supporting professionals to recognise OCD earlier and refer appropriately

Professionals play a decisive role in whether someone with OCD is recognised early or directed towards support that does not meet their needs. Many of the young people, adults and families who come to us describe years of being misunderstood or offered interventions that did not address OCD specifically. Strengthening professional awareness remains essential to improving access to the right treatment.

This year, we focused on creating clearer, more accessible information for professionals - particularly in education and university settings, where OCD symptoms often emerge or become more visible. Alongside the launch of the Youth Hub, we released two new co-produced Student Packs: one for students with OCD, and one for university staff seeking to better understand and support them. These resources address common misconceptions, explain how OCD presents in students, outline recommended treatment pathways and offer practical guidance on creating supportive learning environments.

Through our Student Ambassador Programme, which launched at the end of this year, students have started outreach in their own universities - engaging staff, raising awareness of OCD, and sharing these resources with professionals who work closely with students. This peer-led approach helps to close a longstanding information gap and ensures that clear, OCD-specific guidance reaches the people most likely to influence a young person's access to appropriate support.

**So far, we have trained
15 Student Ambassadors,
who have started engaging staff across a
number of universities, supported by newly
developed OCD-specific resources
for students and university professionals.**

Although this year's work focused heavily on young people, it has created a strong foundation for broader professional engagement across sectors. We now have a more robust digital platform to host tailored resources, clearer messaging shaped by lived experience, increased visibility through our digital campaigns and a scalable co-production model for producing information that professionals trust.

As we move into the next stage of our strategic planning, improving professional awareness will remain central to reducing misdiagnosis, shortening treatment delays and helping more people reach evidence-based care sooner in their journey.

Providing high quality co-produced information for young people

This year we launched our Youth Hub - a co-designed space bringing together information on early signs, treatment pathways, rights in education, university support and wellbeing. The Hub, together with our Student Packs for both students and university professionals, created a more visible and practical entry point for young people navigating school, university and early adulthood.

Reach

- Lived-experience youth campaign reached **over one million people**
- Youth Hub content viewed **almost 2,000** times
- **201** young people supported via the Youth e-Helpline - a **36% increase** on last year
- Student Ambassador Programme introduced across **22** university campuses

Underlying all of our youth-facing work this year was co-production. Our Youth Panel played a defining role - shaping content, influencing tone and challenging us to think differently about how young people seek information. Their involvement ensured that everything we produced felt authentic, accessible and grounded in lived experience.

Impact

Indicator	2023/2024	2024/2025
90% of young people we support will report they will aim to seek treatment	71%	66.7% (33.3% are deciding)
95% of the young people we support will report information we provide left them feeling better informed	86%	100%
70% of young people will report improved well-being following engagement with our services	86%	100%

Working co-productively to improve access to support with Black and Asian communities

Our Equity, Diversity and Inclusion (EDI) Panel is made up of people from racialised communities with lived experience of OCD. The panel exists to ensure that OCD Action's services, information and public messaging reflect a wider range of experiences and address the cultural and structural barriers that prevent many people from accessing support.

Last year, the panel led research into the barriers faced by Black and Asian communities and began co-producing a series of lived-experience films to address gaps in awareness and representation. This year, our focus shifted to embedding that work more deeply across our organisation.

Throughout 2024/25, the EDI Panel guided the development of our public-facing information. They helped us identify wording and examples that unintentionally excluded people, broaden the range of experiences reflected in our resources, and shape content that felt more culturally grounded. This influence is now visible across our digital information, social media activity and service design.

Co-producing a targeted information campaign

Building on last year's films, we delivered a dedicated online campaign amplifying the voices of people of colour with OCD. The campaign addressed cultural stigma, challenged misconceptions and highlighted symptoms that are often overlooked in communities where OCD is rarely discussed openly. **It reached over 27,000 people online** and was accompanied by a measurable increase in engagement with OCD Action's services from people of colour, rising from **7% to 11% over the year**.

Reducing isolation and improving wellbeing for people affected by OCD

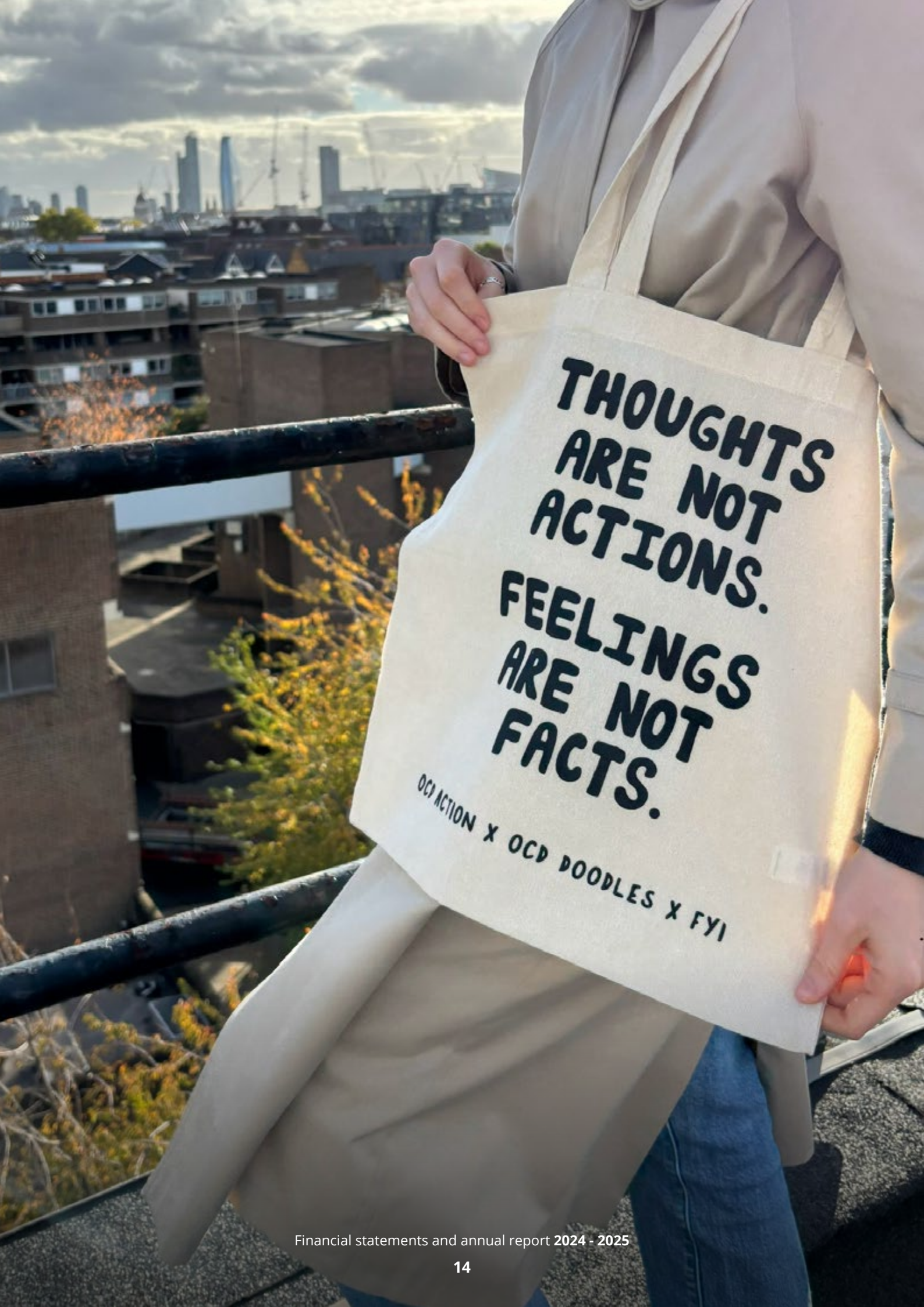
Isolation remains one of the most painful and misunderstood aspects of living with OCD. Many people feel unable to speak openly about their experiences, or worry that others won't understand. This year, our focus was on expanding and strengthening the spaces where people can feel seen, supported and less alone. Our national support group network continued to grow, offering regular, safe spaces for people to share their challenges, hear from others who

relate to their experiences, and gain confidence in managing life alongside OCD. The consistency of these groups - meeting week after week - meant people could build trust, connection and a sense of belonging over time. Each month our dedicated lived experience facilitators facilitate 55 peer support groups, many of which convene twice a month. In 2024/25, 1,342 people attended our groups.

Impact

This year, thousands of people found spaces where they could speak openly, be understood, and rebuild confidence in ways that are difficult to achieve elsewhere.

Indicator	2023/24	2024/25
At least 85% of those supported by our services report that it reduces their sense of isolation.	93%	95%
90% of those supported by our services report this improved their sense of wellbeing	85%	90%



Our Impact

A Lived Experience Story

Living with contamination OCD has deeply affected every part of my life. Intrusive thoughts and compulsions often keep me housebound, and I used to feel incredibly isolated. I avoided burdening my family with constant reassurance-seeking and found it hard to talk to friends without overwhelming them.

A panic attack at work was a turning point - I knew I needed help. While waiting for CBT, I searched online and found OCD Action's support groups. I was nervous at first, but the chat room was warm and welcoming. Hearing others share experiences so similar to mine brought me to tears. It was the first time I truly felt understood.

The group has become a vital part of my recovery. Sharing wins and setbacks with people who "get it" is uplifting. It motivates me to keep going with exposure therapy. I often think, "The group would be proud," and that helps me push through difficult moments.

One major breakthrough was visiting my niece again after avoiding her for months due to a past sickness bug. I did exposure work and saw her several days in a row. The group celebrated with me - it felt like a huge step forward.

Being unemployed and having emetophobia alongside OCD can make things harder, but the support group and my therapist help me manage. I still have ups and downs, but I'm no longer alone.

To anyone considering joining - go for it! I was anxious too, but now I look forward to every session. It's so freeing to know you're part of a supportive community.

Ali

Support Group Member

Our Plans for 2025/26

In the year ahead, OCD Action will focus on delivering the final objectives of our current strategy while beginning the development of a new organisational strategy and five-year delivery plan. This next phase offers the opportunity to build on what has worked, respond to emerging needs, and shape a clearer, more ambitious direction for the future. Across all areas, our priorities remain consistent: helping people recognise OCD earlier, improving access to reliable information, and strengthening the spaces where people feel supported while seeking treatment.

Below we outline the key areas of work for 2025/26, aligned to our five strategic objectives.

Objective One

Enabling people to get treatment for OCD at the earliest possible point

Aim:

To support anyone affected by OCD to access the treatment they need.

How we will measure progress:

- At least **85%** of people using our services will report feeling better informed about OCD-specific treatment
- At least **70%** will say they plan to seek the recommended treatment

Key areas of work for 2025/26:

- Increase Helpline capacity to support at least **4,200** people
- Reach **300,000** people through digital campaigns, online events and high-quality, co-produced information developed with professionals and lived-experience experts

Our focus will be on offering clearer routes into evidence-based care, responding to more complex queries with specialist information, and making our digital resources even more visible at the moment people begin searching for help.

Objective Two

Reducing isolation and improving wellbeing

Aim:

To ensure no one has to face OCD alone, and to strengthen the wellbeing of people affected by the condition.

How we will measure progress:

- At least **85%** of people using our services will report reduced feelings of isolation
- **90%** will say our support improved their wellbeing

Key areas of work for 2025/26:

- Facilitate safe, supportive spaces where people can connect and share their experiences
- Maintain **at least 50** national support groups

The priority this year is to protect and deepen the peer-support model, ensuring it remains accessible, welcoming and grounded in lived experience, whether people attend regularly or are seeking support for the first time.

Objective Three

Increasing awareness of OCD among young people and expanding tailored support for ages 14–25

Aim:

To grow our young people's services and ensure they are co-produced with young people who have OCD.

How we will measure progress:

- **80%** of young people we support will report they plan to seek treatment
- **75%** will feel better informed after receiving support
- **70%** will report improved wellbeing

Key areas of work for 2025/26:

- Support **300** young people via the Youth e-Helpline
- Maintain the youth and student Navigating Services groups, supporting **at least 60** young people
- Grow and embed our digital information hub for young people, increasing visibility through social media, campaigns and partner promotion to ensure more young people can access early information on OCD. (within three years, we aim for 100,000 people annually to use these resources)
- Work with **at least eight universities** through the Student Ambassador Programme and share resources **with at least 500 students**
- Launch The Bridge, our new education and support programme for young people on waiting lists, by **March 2026**

This work will strengthen early recognition, improve access to clear information, and ensure young people feel equipped and supported in environments where OCD often first appears.

Objective Four

Helping professionals better identify OCD and refer appropriately for treatment

Aim:

To support professionals to recognise OCD sooner and understand how to make appropriate referrals.

Key areas of work for 2025/26:

- Raise awareness of OCD as a treatable condition and improve fair access to the right support
- Deliver an annual digital campaign to influence awareness, policy and public understanding of OCD, engaging **at least 30,000** people.
- Build new partnerships - particularly with universities - to increase understanding of OCD and its recommended treatments

This work will build on the foundations laid this year by increasing access to OCD-specific resources and strengthening links between the charity and key professional communities.

Objective Five

Increasing the accessibility of our services for racialised communities

Aim:

To develop culturally sensitive services, co-produced and co-delivered with people from racialised communities, and improve access to early support and treatment for Black and Asian people.

How we will measure progress:

- Increase the proportion of service users who identify as Black or Asian to **15%**
- Ensure outcomes for people from racialised communities align with our wider outcomes profile, addressing any differentials

Key areas of work for 2025/26:

- Develop a targeted outreach programme, in partnership with our EDI Panel, by building relationships with key community organisations
- Review our services and co-develop a service development plan with the EDI Panel - including opening a dedicated support group for Black and Asian people

This work continues our commitment to making services more representative, responsive and accessible, shaped by the people who understand these barriers most intimately.

Strategy Development

Over the next 12 months, we will work with trustees, supporters, volunteers, staff, co-production panels, service users, and our wider online community to co-develop a new 10-year organisational strategy and a 5-year delivery plan. The process will draw on learning from the current strategy, insights from our frontline services and the lived experience of the OCD community. This is an opportunity to shape a clearer and more ambitious future for OCD Action - one that meets emerging needs and strengthens support at the earliest point.

Thank You

The Board of Trustees would like to extend our deepest thanks to everyone who has contributed to OCD Action's work this year. Our volunteers continue to be central to the charity, offering their time, expertise and compassion to ensure that people affected by OCD receive support when they need it most. Your commitment has real and lasting impact, and we are profoundly grateful.

We also want to recognise the dedication of our staff team. Your professionalism, creativity and determination underpin every achievement in this report. As trustees, we see the care and thought you bring to your work, and we remain inspired by your commitment to improving the lives of people affected by OCD.

Finally, we thank the charitable trusts, partners and individual donors who have supported us throughout the year. We appreciate the many demands on your resources and are sincerely grateful that you choose to support OCD Action. Your generosity strengthens our services and allows us to reach people who might otherwise go without help.



Financial Review

Fundraising and Income Generation

We are incredibly thankful for the many generous gifts we received from individual donors, all of which are vital to supporting our work. We are also very grateful for the grants we received to support the development and growth of our services. In total, we received £345,592 in grants and donations this year.

This income was slightly lower than our total expenditure of £419,984. This reflects a planned investment in service development, supported by a generous legacy and several significant grants received from charitable trusts toward the end of the 2023/24 financial year. As a result, we made a planned drawdown on our reserves to support this growth.

Reserves

OCD Action's Reserves Policy

OCD Action should maintain, in unrestricted cash reserves, funds to cover:

- Closing Liabilities (to be calculated annually when the budget is set)
- Funds to cover staff notice periods (this should be calculated annually when the budget is set)
- A minimum of two months of unrestricted operating costs, not more than four months of unrestricted operating costs (calculated on a rolling average).

OCD Action's reserves level should be calculated at the start of the financial year. It can be presented as both a cash floor and as equivalent months of unrestricted expenses (as calculated on a rolling average basis).

Trustees can vote for a temporary drawdown on reserves below this agreed threshold to support operational continuity. This can be done if known income is expected to replenish reserves, or if liabilities are expected to reduce, within a reasonable timescale. This vote can be taken at a trustee meeting or in writing, as long as the vote is in accordance with the charities' governing documents. It is noted that due to the importance of this decision, 80% of trustees must take part in the vote for the outcome to be valid. This policy should be reviewed annually.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements. Further details of the adoption of the going concern basis can be found in the Accounting Policies.

Structure, Governance and Management

Constitution

OCD Action is a Charitable Incorporated Organisation (CIO) whose objects, as set out in its Constitution, are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder and related disorders.

Method of Appointment or Election of Trustees

The following is a brief and simplified summary of the principal provisions of the CIO's constitution that deal with the method of appointment or election of trustees:

1. There must be at least six trustees, and the maximum number is twelve.
2. At every Annual General Meeting (AGM) of the Members* of the CIO, one-third of the Trustees shall retire from office.
3. The vacancies arising may be filled by the decision of the Members at the AGM.
4. Any vacancies not filled at the AGM may be filled by the Members, who may at any time decide to appoint a new trustee, or by the Trustees, who may also decide to appoint a new trustee at any time.
5. A person appointed as a trustee by the Members shall retire by rotation in accordance with the one third retirement rule summarized in point 2 above.
6. A person appointed as a trustee by the Trustees shall hold office until the next AGM after the date of his or her appointment, when he/she shall cease to hold office as a trustee unless appointed as a trustee by the Members.

* Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his, her or their agreement to become a member and acceptance of the duty of members set out in its Constitution.

Organisational Structure and Decision Making

The affairs of the CIO are managed by the Trustees, who are required to exercise their powers to further the objects of the CIO. Staff are recruited to manage the day-to-day operations of the CIO and deliver services, in accordance with the strategy, policy and plans adopted by the Trustees.

Pay Policy for Senior Staff

At the end of the year the Charity employed 8 staff; 4 full time and 6 part time. No member of staff was paid more than £51,000.

Related Party Relationships

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. Two of the Trustees, Professor David Veale and Chloe Volz, are clinicians working in the NHS.

Risk Management

OCD Action maintain a risk framework which enables the Board to receive risk reports on an exception basis. Risk is monitored closely through an organisational risk register. Quarterly updates are brought to the Board on risk. Through this approach Trustees have assessed the major risks to which the Charity is exposed - those related to its operations, finances, reputation, health and safety, governance and strategy delivery.

Trustees Responsibilities Statement

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

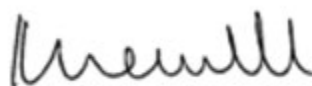
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions, to disclose the financial position of the Charity with reasonable accuracy and to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on **19 December 2025** and signed on their behalf by:



Kath Howell
Chair, OCD Action

Auditors Report

Opinion

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2025 set out on pages 20 to 33. The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2025 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or

the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the companies act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the Charity's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and its Trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Jerry Michael

Jerry Michael (Jan 8, 2026, 12:39pm)

Baginsky Cohen

Chartered Accountants

930 High Road

London

N12 9RT

Date: 19th October 2025

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
INCOME FROM:					
Donations and legacies	2	254,691	87,339	342,029	509,672
Sales & Services		150		150	2,645
Interest		3,412		3,412	2,222
TOTAL INCOME		258,253	87,339	345,592	514,539
EXPENDITURE ON:					
Raising funds		71,390		71,390	105,834
Governance		6,802		6,802	5,575
Charitable activities		190,103	151,690	341,793	274,757
TOTAL EXPENDITURE ON	3	268,294	151,690	419,984	386,167
NET INCOME /(LOSS)	4	(10,041)	(64,351)	(74,392)	128,372
Transfers between funds					
NET INCOME (LOSS)# BEFORE OTHER GAINS AND LOSSES		(10,041)	(64,351)	(74,392)	128,372
NET MOVEMENT IN FUNDS		(10,041)	(64,351)	(74,392)	128,372
RECONCILIATION OF FUNDS:					
Total funds brought forward		200,599	81,937	282,535	154,163
TOTAL FUNDS CARRIED FORWARD		190,557	17,586	208,143	282,535

The notes on pages 29 to 34 form part of these financial statements.

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025		2024	
		£	£	£	£
CURRENT ASSETS					
Debtors and Accrued income	6	35,007		29,621	
Cash at bank and in hand		<u>187,452</u>		<u>271,107</u>	
		222,459		300,728	
CURRENT LIABILITIES					
Creditors	7	<u>(14,316)</u>		<u>(18,192)</u>	
NET CURRENT ASSETS			<u>208,143</u>		<u>282,535</u>
NET ASSETS			<u><u>208,143</u></u>		<u><u>282,535</u></u>
CHARITY FUNDS	8				
Restricted funds	9		17,586		81,937
Unrestricted funds			<u>190,557</u>		<u>200,599</u>
CHARITY FUNDS			<u><u>208,143</u></u>		<u><u>282,535</u></u>

The financial statements were approved by the Trustees on 18 12 2025 and signed on their behalf, by:



Kath Howell
Chair OCD Action

The notes on pages 29 to 34 form part of these financial statements.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>(83,655)</u>	<u>101,389</u>
Change in cash equivalents in the year		(83,655)	101,389
Cash and cash equivalents brought forward	11	<u>271,107</u>	<u>169,718</u>
Cash and cash equivalents carried forward		<u><u>187,452</u></u>	<u><u>271,107</u></u>

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
2 INCOME FROM DONATIONS AND LEGACIES				
Community Fundraising	87,288		87,288	53,102
Legacies	63,590		63,590	33,612
Major donations	34,000		34,000	16,384
Fundraising Events	25,125		25,125	45,892
Trust and Foundations	44,687.40	87,338.50	132,026	360,681
TOTAL INCOME	254,691	87,339	342,029	509,672

	Total 2025	Total 2024
3 EXPENSES		
Employment Costs	241,030	205,768
Fundraising	71,390	105,834
Forum moderation	10,868	8,806
IT & Communications	22,890	23,279
Publicity & Awareness	6,836	7,717
Property expenses	13,859	14,014
Professional Fees	28,562	2,934
Travel, Training & development, Recruitment, Volunteer expenses	13,109	9,165
Governance	6,802	5,575
General Expenses	4,639	3,075
	419,984	386,167

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

4 NET INCOME/(EXPENDITURE)

	2025	2024
	£	£
This is stated after charging:		
Pension costs	<u>5,223</u>	<u>4,727</u>

During the year, no Trustees received any remuneration (2024 - £Nil).
During the year, no Trustees received any benefits in kind (2024 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3960 (2024 £3960).

6 DEBTORS

	2025	2024
	£	£
Prepayments, debtors and accrued income	<u>35,007</u>	<u>29,621</u>

7 CREDITORS

	2025	2024
	£	£
Creditors	10,356	14,232
Accrued expenses	<u>3,960</u>	<u>3,960</u>
	<u>14,316</u>	<u>18,192</u>

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

SUMMARY OF FUNDS - CURRENT

8 YEAR

	Balance as at 1 April 2024 £	Income £	Expenditure £	Balance as at 31 March 2025 £
General Funds	200,599	258,253	(268,294)	190,557
Restricted funds	81,937	87,339	(151,690)	17,586
	<u>282,535</u>	<u>345,592</u>	<u>(419,984)</u>	<u>208,143</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
1 The Henry Smith Charity	23,493	-	(23,493)	0
2 Randal Foundation	8,777	-	(8,777)	0
3 Shanley	3,330	-	(3,330)	0
4 James Tudor	5,000	-	(5,000)	0
5 The Simon Rivett-Carnac Trust		4,000	(4,000)	
6 Other Small Grants	0	3,000	(3,000)	0
7 The National Lottery Community Fund	24,169	80,339	(86,922)	17,586
8 The National Lottery Awards for All	6,994	-	(6,994)	0
9 The National Lottery Awards for All Wales	6,974	-	(6,974)	0
10 Ridell Foundation	3,200	-	(3,200)	0
	<u>81,937</u>	<u>87,339</u>	<u>(151,690)</u>	<u>17,586</u>

RESTRICTED FUNDS ANALYSIS

- 1 The Henry Smith Charity
- 2 Randal Foundation
- 3 Shanley
- 4 James Tudor
- 5 The Simon Rivett-Carnac Trust
- 6 Other Small Grants
- 7 The National Lottery Community Fund
- 8 The National Lottery Awards for All
- 9 The National Lottery Awards for All Wales
- 10 Ridell Foundation

Towards:

The Always Better Together Project for peer groups
The Always Better Together Project for peer groups
The Always Better Together Project for peer groups
The Always Better Together Project for peer groups
The OCD Youth project
The Always Better Together Project for peer groups
Building Brighter Futures - helpline
The OCD Youth project
The OCD Youth project
The OCD Youth project
The OCD Youth project

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

10 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASHFLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net income/(loss) for the year (as per Statement of Financial Activities)	(74,392)	128,372
Adjustment for:		
Decrease /(increase) in debtors and prepayments	(5,386)	(28,368)
(Decrease)/Increase in creditors	<u>(3,876)</u>	<u>1,385</u>
Change in cash equivalents in the year	<u><u>(83,655)</u></u>	<u><u>101,389</u></u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2025	2024
	£	£
Cash in hand	<u>187,452</u>	<u>271,107</u>
Total	<u><u>187,452</u></u>	<u><u>271,107</u></u>

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDING 31 MARCH 2025

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

OCD Action constitutes a public benefit entity as defined by FRS 102.

1.2. INCOME

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and

the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

1. ACCOUNTING POLICIES (continued)

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.3. EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Notes to the financial statements

FOR THE YEAR ENDING 31 MARCH 2025

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

1.4. TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives.

1.5. INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.6. DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.7. CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.8. LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.9. FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.10. FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.



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Parties involved with this document

Document processed	Party + Fingerprint
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Thu, 8th Jan 2026 12:38:22 GMT	Sent the envelope to Jerry Michael (jerry@baginskycohen.com) for signing (81.137.243.195)
Thu, 8th Jan 2026 12:38:22 GMT	Document emailed to jerry@baginskycohen.com
Thu, 8th Jan 2026 12:39:03 GMT	Jerry Michael opened the document email. (81.137.243.195)
Thu, 8th Jan 2026 12:39:05 GMT	Jerry Michael viewed the envelope (81.137.243.195)
Thu, 8th Jan 2026 12:39:23 GMT	Jerry Michael signed the envelope (81.137.243.195)
Thu, 8th Jan 2026 12:39:23 GMT	This envelope has been signed by all parties (81.137.243.195)
Thu, 8th Jan 2026 12:39:23 GMT	Signed document confirmation emailed to jerry@baginskycohen.com (81.137.243.195)
Thu, 8th Jan 2026 12:39:23 GMT	Signed document confirmation emails have been sent to all parties. Document URL: https://api.signable.app/shareable/envelope?t=6d6b945b-d143-4691-ba25-43696740342a (81.137.243.195)

Accounts



Financial statements and annual report

2023-2024



**"Since my CBT with ERP,
I now live my life pretty free
from OCD, which is nice"**

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Administrative details of the charity, its trustees, and advisors for the year ended 31 March 2024

Trustees

Alison Thompson (Vice Chair)
Retired 3rd July 2024

Beth Kerr

Chloe Volz

Professor David Veale

Faizal Musa

Jay Dias (Treasurer)

Kath Howell (Chair)

Piers Watson

Sarah Hindley (Vice Chair)

Chief Executive

Leigh Wallbank (appointed: 23 September 2019)

Registered Charity Number

1154202

Principal office

Davina House
Rooms 506-507
137-149 Goswell Road
London, EC1V 7ET

Independent auditors

Baginsky Cohen
930 High Road
London, N12 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY



**“Intrusive thoughts often target
our ethics, or morals, our values,
things that we love most”**

Introduction: A letter from our Chair

Over the past year, we have seen tremendous growth in our services, and I have had the wonderful privilege of seeing the impact of these services through the feedback we've received.



I am continually inspired by the life-changing support our helplines and peer support groups provide, helping people to feel less isolated and more empowered. This year, we supported more than 5,500 people, an increase of over 1,600 people compared to last year. Notably, 75% of those who contacted our helpline said the information we provided helped them begin their journey toward treatment, and 93% of support group attendees reported a reduction in feelings of isolation.

We are particularly proud of the strides we've made in expanding access to our resources and support for underrepresented communities, including young people and those from Global Majority backgrounds. This work has been shaped by our co-production panels, whose insight and lived experiences ensure that our services reflect the needs of the OCD community.

Our commitment to making our services more inclusive is reflected in the work we've done with our Equality, Diversity, and Inclusion (EDI) panel. Their powerful videos, which have reached over 25,000 people, highlight the unique challenges faced by Black and Asian people living with OCD. I am incredibly grateful to Dr Gazal Jones and the EDI panel for joining the main stage at our conference, where they shared their experiences with OCD and seeking treatment. Their openness was inspirational to many, both in the venue and watching online.

While there is still much work to be done, I believe the efforts of our EDI panel and staff team are already starting to make a difference. We have seen a 4% increase in helpline calls

from people from Global Majority groups over the past year, an important indication that our work to make our services more accessible is having an impact.

Our youth co-production panel has also been pivotal in finding new ways to connect with young people, proactively connecting in their spaces rather than waiting for them to reach out. Leveraging the popular platform TikTok, the panel launched a series of film-based social media content, attracting over 50,000 views. This engaging approach has expanded our reach and deepened our impact, with a 24% increase in young people reaching out to our youth e-helpline this year.

This year, we also focused on developing information in new formats, such as our growing library of webinars. These webinars support people at every stage of their OCD journey, providing accessible, valuable resources. Another highlight of the year was our annual conference in October, which brought together leading clinicians, lived experience speakers, and engaging workshops, creating an inspiring day of community and connection.

Our campaigning work has been equally impactful. During our Week of Action, we launched a political campaign focusing on the critical gap in OCD data collection. Our goal was clear: ensure every person with OCD is counted and recognised. This campaign called for essential systemic changes within healthcare data practices, stressing the need for accurate data to effectively understand and address OCD. With robust support, over 1,600 people signed our open letter.

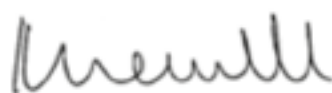
Looking ahead, the upcoming year will be pivotal in our ongoing mission to support people affected by OCD. I am excited to see the work of our youth co-production panel, as they lead powerful new campaigns and resources. We also plan to launch new services to support young people and their families who are waiting for treatment, with the goal of empowering more young people to get the help they need at the earliest possible point.

I look forward to continuing our work with partners, universities, and other stakeholders to reach young people, develop new services, and support those who are often at the highest risk of developing new OCD symptoms. Our EDI panel will also be working closely with the team to open a new support group for people from Global Majority backgrounds, and we will be collaborating with organisations that specialise in supporting the mental health of Black and Asian communities to build better support networks.

As we approach 2025, I am eager to work with our partners and stakeholders to build a new strategy that will guide our work over the next three years. With the support of our staff, volunteers, and co-production panels, I am confident we will continue to make great strides in delivering on our vision and removing the barriers that prevent so many from accessing the support they need.

Thank you for your continued support as we work together to make this vision a reality for everyone affected by OCD.

Best wishes,



Kath Howell
Chair, OCD Action



**“I don’t feel
ashamed
anymore”**

Our Vision

We have a vision of a time when OCD is well understood, and everyone gets the treatment and support they need, when they need it. With the OCD community, we are fighting for this.

Our Team

Trustees

Our Board of Trustees is composed of eight dedicated members, each bringing a unique perspective to our governance and strategy. Among them are people with personal experience of OCD, either directly or through family, as well as professionals skilled in clinical practices, governance, financial management, fundraising, human resources, leadership and service management in the third sector. They meet every 10-12 weeks to ensure effective governance and strategic alignment with our organisational goals.

To ensure effective oversight, our Trustee Board includes several sub-committees which focus on key areas such as People and Culture, Finance and Fundraising, and Risk. These sub-committees provide focused oversight and report back to the full board on an exception basis, helping to maintain high standards of governance and strategic focus.

Volunteers

Our work is supported by over 120 dedicated volunteers who play a crucial role in the delivery of our services. From providing administrative support to facilitating support groups and taking calls on our helpline, our committed volunteers are the backbone of the work we do.

Staff

Our staff team consists of nine highly experienced charity professionals, many of whom bring personal insight from their own experiences with OCD and related conditions. While small in number, the team's dedication and commitment are evident in the impactful work they deliver. Their expertise and personal passion drive the quality and effectiveness of our services.

Our Strategy

Our strategy defines our vision and outlines five priority focus areas for the next three years. These priorities have been collectively developed with the aim of ensuring that everyone affected by OCD has access to high-quality treatment at the earliest possible point.

OCD Action recognises that while OCD is a serious and debilitating condition, it is also highly treatable with the clinically recommended, evidence-based treatments (CBT with ERP and SSRI medication). However, too many are unable to access the treatment they need. OCD is poorly misunderstood and often trivialised, which not only heightens the shame and stigma that many experience but also leads to its underdiagnosis. Furthermore, when symptoms of OCD are identified—whether by healthcare professionals or by individuals recognising their own symptoms—the care provided is often inadequate, with people receiving inappropriate or poor-quality treatment geared towards

general mental health issues, not tailored to the specific treatment needs of OCD. This can lead to a damaging misconception that their mental health cannot improve, despite the availability of effective treatments that could make a real difference to their lives.

Over the next three years, our work will focus on raising awareness and providing information to ensure that everyone has access to the right treatment as early as possible. We are particularly committed to expanding our support services for young people and people of colour, who we know are underrepresented in both OCD Action and NHS services.

Our five priorities for the next three years:

- **Enabling** people to get treatment for OCD at the earliest possible point.
- **Reducing** isolation and improving wellbeing for people affected by OCD.
- **Expanding** support services for young people, ensuring they are co-produced with young people who have OCD.
- **Helping** professionals better identify OCD and refer appropriately for treatment.
- **Increasing** the accessibility of our services for people of colour.

[The full 2022-25 strategy can be found here](#)



“I first got the intrusive thought of ‘what if I’m a really, really evil person and a monster’”

The principles underpinning our strategy:

- **Partnerships:** Recognising the power of collaboration, we aim to build mission-led partnerships that will expand our reach and amplify our impact over the next three years.
- **Amplifying our community’s voice:** We exist to support and amplify the voice of the OCD community. We will formally integrate co-production into our governance structure. Additionally, we will facilitate effective co-production practices across other organisations, ensuring that those with lived experience are at the forefront of driving support, information dissemination, and innovation, and making lived experience a cornerstone of development in the OCD sphere.
- **Growing our income:** To realize our ambitious strategy, it is crucial to diversify and strengthen our income streams. We have developed a robust fundraising strategy that seeks to secure the necessary resources to sustain and expand our work, ensuring long-term stability and increased capacity.
- **Supporting and developing volunteers and staff:** We are committed to nurturing our team – both volunteers and staff – by continuing to invest in their development. This involves providing ongoing training and support to ensure everyone is equipped to contribute effectively to our vision.

Our Year in Numbers

Enabling people to get treatment for OCD at the earliest possible point

OCD Action supported over 5,595 people on a one-on-one basis or through our support groups. This is over 1,600 more people than last year.

Over 147,000 people accessed information resources via our website. This is 20,000 more people than in the preceding year.

Misconceptions about OCD pose a significant barrier to treatment—too often, people do not seek help because they are unaware that their distressing intrusive thoughts and behaviours are indicative of a treatable mental health condition. To combat this, our focus is on educating the public and demystifying the disorder. By improving understanding and raising awareness of OCD’s true nature and its treatability, we can empower more people to recognise their symptoms early and seek appropriate treatment.

This year, we ran **three digital campaigns that reached over 342,000 people.** These campaigns significantly increased the number of people who reached out to us for support and information.

Our helpline continues to be a vital first step for many affected by OCD, providing high-quality information and emotional support. In 2023/24, our team of highly trained and experienced volunteers **supported 4,219 people via phone and email.** This is over 1,400 more people supported than in the preceding year.

Having a space to share high-quality information and personal experiences about navigating the NHS and accessing treatment can have a transformative impact on those affected by OCD and their families. This year, our helpline team and lived experience facilitators have **empowered 235 people** with the knowledge needed to **navigate treatment options** effectively through our Navigating Services groups.

Impact

Indicator	2022/23	2023/24
At least 85% of those who use our services will report feeling better informed about OCD specific treatment.	96%	90%
At least 70% will report that they will seek the recommended treatment	64%	75%

Reducing isolation and improving wellbeing for people affected by OCD

The opportunity to connect with others who understand your experience of OCD can radically reduce feelings of isolation. Each month our dedicated lived experience facilitators facilitate **55 peer support groups**, many of which convene twice a month. In 2023/24, **1,228 people attended our groups**.

Impact

Indicator	2022/23	2023/24
At least 85% of those supported by our services report that it reduces their sense of isolation.	98%	93%
90% of those supported by our services report this improved their sense of wellbeing	88%	85%

Expanding support services for young people

Providing a safe, non-judgmental space where young people can discuss their experiences with intrusive thoughts and explore ways to seek help from parents or trusted adults can be a transformative step in a young person's journey towards treatment and recovery. This year, our specialist team of staff and volunteers **supported 148 young people** through our youth e-helpline. This marks a substantial increase of 24% compared to last year.

Young people and students often experience heightened feelings of isolation due to their OCD. Responding to this, we've ramped up our student-focused support groups. This year, we reached **72 students and young people**, offering them specialised support to tackle their unique challenges and build a supportive community.

Impact

Indicator	2022/23	2023/24
90% of young people we support will report they will aim to seek treatment.	N/A	71%
95% of the young people we support will report information we provide left them feeling better informed.	84%	86%
70% of young people will report improved well-being following engagement with our services.	N/A	86%

Note on survey response: In the 2022/23 year, the response to our impact survey was notably low, and not all questions yielded statistically significant responses. While the response rate to our youth e-helpline survey this year has been modest, the feedback we have received via email responses has been overwhelmingly positive. It's important to note that young people often prefer not to engage in post-support surveys, and we are actively exploring new strategies to encourage better engagement with these evaluations.

Helping professionals to better identify OCD and appropriately refer for treatment

Too many people spend years on waiting lists for OCD treatment, and when they finally receive it, the therapy is often not the clinically recommended Cognitive Behavioural Therapy (CBT) and Exposure and Response Prevention (ERP). This is unacceptable and must change.

During our annual campaigning week, Week of Action, we launched **#TakeActionForOCD** to advocate for a healthcare system that recognises and properly supports every person living with OCD—because every person living with OCD matters. The campaign has gained significant momentum, with **over 1,600 signatures on our open letter** urging the government to prioritise people living with OCD.

Additionally, our 2023 National Conference was dedicated to supporting attendees in accessing high-quality treatment for OCD. **439 people**

attended in person, and 90 joined online.

Feedback from the event was overwhelmingly positive: **74% of attendees rated the conference as excellent and 24% rated it as good.**

One attendee said:

"I think attending the conference, learning about treatment and hearing other people's experiences of treatment, particularly young people's, has informed and equipped her to decide whether treatment could benefit her in the future, and if at any point she finds OCD unmanageable, she will choose to get treatment because, having attended the conference, she knows it's out there and that it works."

Another said:

"I did not realise it at the time but feeling part of a community is so powerful."

Increasing the accessibility of our services for people of colour

In collaboration with our EDI co-production panel, we conducted research to identify and address structural barriers within mental health organisations, including OCD Action, that deter people from Black and Asian communities from accessing services. We prioritised actions we could take to improve accessibility and focused on increasing representation of the lived experiences of Black and Asian communities in our informational resources, across our social media, and on our website.

Specifically, we co-developed **five film resources** that share the lived experiences of individuals from these communities.

As a result of this work, we have seen more people belonging to global majority groups contact our helpline, with a **4% increase** on the preceding year.

A man with short dark hair, wearing glasses and a black hoodie, is shown from the chest up. He is looking slightly to his left and speaking, with his mouth open. His hands are raised in front of him, palms facing each other, in a gesturing motion. He is wearing a ring on his left ring finger and a watch on his left wrist. The background is a plain, light-colored wall.

“I felt like society was also going to view me as a monster, which I think as a Black man I’m always going up against”

Our Impact

Lived Experience Stories

I have been attending OCD Action's BDD support group for around 17 months. Before I joined, my BDD really affected my everyday life. I mirror check and have intrusive thoughts about my appearance which made it hard at times to even be out in public. At times I felt ashamed to be seen and didn't leave the house, which left me isolated and severely unwell and alone in dealing with it. Sometimes I felt frightened, and I didn't know where to turn. I didn't know anyone with BDD, and other people didn't understand it.

I searched for support online and found OCD Action run support groups. I registered and remember feeling scared before my first session, but I was soon put at ease. I liked that the facilitators let you know you could just listen. They really cared that I was comfortable and not anxious being in the support group for the first time.

When I go to the support group I feel 'held', by which I mean I feel supported and valued, which is something I don't feel from many people in my life. I enjoy the routine and showing up for myself. The other members are great and I feel a bond with them. I remember one session hearing a recovery journey of one member - she has been a defining factor in my own recovery and a source of great inspiration and hope.

The support group has helped me to feel heard and understood. There is so much shame I have related to my BDD, and because I struggle with isolation and loneliness, the groups allow me to connect with others and express myself without fear and shame. That gives me the empowerment and support I need. I feel heard, validated and understood. Life is still difficult with BDD but I have come a long way. I am more active in my community; I go out more. Whilst my BDD still consumes a lot of my thoughts, most days I can still do the things that I want.

Roberta, OCD Action Group Member

Lived Experience Stories

I first rang OCD Action in 2019 after a particularly awful period with my OCD. I'd had treatment for OCD in my mid-twenties and had felt better for a long time, however things started creeping in, and by 2019 (I'm now in my 60's), my symptoms were as bad as they have ever been. I spoke with several different volunteers in 2019; the first volunteer spent a long time listening to what had happened with my OCD in the past and how I was feeling now; they then went on to explain what all my options for treatment would be and sent all of this through in an email afterwards so I could think about it. I decided with the information to ask my GP to make a Patient Choice referral to CADAT. The GP didn't seem completely sure about the process, but was willing to help, and when I rang OCD Action back with some questions from my GP, the next volunteer seemed to be able to pick this up seamlessly and had answers for my questions straight away, and again sent them through in an email.

My treatment at CADAT really helped, but it was finishing just as the pandemic hit us and 6 months later, I also developed a serious health condition. Over the next couple of years my OCD symptoms got worse and worse, and this coupled with my physical health meant that I was no longer able to work, was not able to pay my mortgage (causing me a lot of stress with the bank and the fear of losing my home).

I rang OCD Action again around this time. It was good to speak to someone when I felt so hopeless, and I remember crying on the phone with the volunteer about being so frustrated that I couldn't put into practise what I'd learnt at CADAT. The volunteer took the time to listen to me, we talked about how unfortunately, sometimes symptoms do come back. I feel like after I got all my frustration about the situation out, I was able to focus a bit more on what my next steps could be.

It's been a little bit of time since then and things are still very hard, but I am now waiting for treatment with the Oxford Specialist service and my funding has been approved by my local area. This took a lot of back and forth and the helpline was amazing at helping guide me through the process of getting the referral. Every time I've spoken to someone on the helpline I feel like I've been fully listened to and volunteers have always followed up with a wealth of information about OCD and treatment. OCD Action even signposted me to several other organisations that I hadn't heard of when it came to some of the other problems I was having. Eventually this led to me being able to take a mental health "breathing space" with my mortgage, some debt advice and a care needs assessment that meant I was able to get some help with things that had gotten out of control in my house. The service has made a huge difference to me over the last 5 years and I'm still hopeful for the future.

Anonymous, OCD Action Helpline user

Our Plans for 2024/25

Objective One

Enabling people to get treatment for OCD at the earliest possible point

Our aim for this area of work is to support anyone affected by OCD to get the treatment they need.

We will measure our effectiveness in achieving this using these measures:

- at least 85% of those who use our services will report feeling better informed about OCD specific treatment.
- at least 70% will report that they will seek the recommended treatment.

This year we will focus on the following work areas:

- Reach 700 more people through the helpline (4,200 this year).
- Reach a further 100,000 people with campaigns and online events sharing high quality information about OCD, which is co-developed by professionals and lived experience experts. (250,000 people this year).

Objective Two

Reducing isolation and improving wellbeing for people affected by OCD

Our aim for this area of work is to ensure no one faces OCD alone. We also recognise that if we want to reach as many people as possible, we need to reach out to our community digitally.

We will measure our effectiveness in achieving this using these measures:

- At least 85% of those supported by our services report that it reduces their sense of isolation.
- 90% of those supported by our services report this improved their sense of wellbeing.

This year we will focus on the following work areas:

- Facilitate safe spaces for people affected by OCD to connect and share their experience of OCD.
- Maintain at least 55 support groups.

Objective Three

Increasing awareness of OCD amongst young people and growing tailored support for people aged 14-25

Our aim for this area of work is to grow our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.

We will measure our effectiveness in our provision of our young people's services using these measures:

- 80% of young people we support will report they will aim to seek treatment.
- 75% of the young people we support will report information we provide left them feeling better informed.
- 70% of young people will report improved well-being following engagement with our services.

This year we will focus on the following work areas:

- Support 300 young people in the year 2024/25 via the youth helpline.
- Maintain the youth and a student navigating services group – supporting at least 60 young people via these groups.
- Create a digital information hub on OCD Action's website, which will be an easily accessible place for young people and students to access the information they need.
- Devise and deliver student ambassador training in at least 5 universities for a minimum of 10 people per university.
- Deliver at least two awareness campaigns co-produced with young people, aiming to engage 40,000 young people.
- Start the first of our new psychoeducation programme for young people and their parents, with the first programme to run before March 2025.

Objective Four

Helping professionals to better identify OCD and appropriately refer for treatment

Our aim for this area of work is to educate professionals on identifying OCD and making appropriate referrals.

This year we will focus on the following work areas:

- Raising awareness of OCD as a treatable condition and improve fair access to treatment.
- Run Week of Action (actively engage at least 30,000 people).
- Develop a targeted digital campaign for teachers, including information for students (funding dependent).
- Build new partnerships, particularly with universities/research studies, and in coalition with international reach, to increase understanding about the reality of OCD and its treatability.

Objective Five

Increasing the accessibility of our services for people of colour

Our vision for this work strand is that people of colour will feel welcomed and supported by our services. Through the partnerships we build and the development work we do, we want to make our services inclusive and accessible.

We will monitor the effectiveness of our programme of work using these measures:

- Percentage of our service users who identify as people of colour will be 15% or more within 3 years (8% Y1, 10% Y2).
- Outcomes for people of colour will track those of our wider outcomes profile and we will work to address any differentials.

This year we will focus on the following work areas:

- Develop an outreach programme in partnership with our EDI panel, building relationships with key community organisations.
- Co-design and deliver a digital awareness campaign led by the co-production panel.
- Review our services and co-develop a service development plan with the EDI co-production panel, including key actions already identified (to open a support group dedicated to supporting Black and Asian people).

Thank You!

We extend our deepest gratitude to our team of dedicated volunteers whose tireless efforts have ensured that everyone who reaches out to OCD Action receives the highest quality of support and information. The impact of your contributions is immeasurable.

Our staff team's passion and dedication are equally noteworthy. We, the trustees, are continually inspired by your drive and commitment, which propel our work forward every day.

A special thanks also goes to all the charitable trusts, organisations, and individuals who have supported OCD Action this financial year. We are acutely aware of the many demands on your resources, and are profoundly grateful for your generosity and ongoing support.

A woman with long, wavy blonde hair is shown from the chest up, looking slightly to the right and speaking. She is wearing a dark, patterned top. The background is a solid blue color.

**“Before OCD was
in the passenger
seat, now it’s in
the back seat”**

Financial Review

Fundraising and Income Generation

We are incredibly thankful to have received many generous gifts from individual donors each of these donations are vital to our work. We also have been very grateful for the grants we have received to support the development and growth of our services. This year we received grants and donations totalling £514,539.

This income was slightly higher than our expenditure which was £386,167.

Our income was notably high this year than in previous years for two reasons, firstly because we held our inaugural Carol Service this year. Following the event OCD Action received support from some very generous Charitable Trusts and individual donors. These generous gifts will enable us to grow and develop our youth services in 2023/24. We also focused on securing income to support our Groups and other services. Just over £55,000 was secured from Trusts towards the end of 2022/23 and will support our services in 2023/24.

This increased fundraising activity required an increased investment in fundraising this year and as a result we have invested just over £40,000 more on fundraising this year.

It is also noted that OCD Action has received notice of a very generous legacy. We have not included this in our accounts as we are not able to accurately estimate the value of the gift OCD Action may receive, however we estimate it maybe between £50,000 and £80,000. OCD Action does not at this time know when the gift may be received by the Charity.

Reserves

OCD Action's Reserves Policy

OCD Action should maintain, in unrestricted cash reserves, funds to cover:

- Closing Liabilities (to be calculated annually when the budget is set)
- Funds to cover staff notice periods (This should be calculated annually when the budget is set)
- A minimum of two months of unrestricted operating costs not more than four months of unrestricted operating costs (Calculated on a rolling average).
- OCD Action's reserves level should be calculated at the start of the financial year. It can be presented as both a cash floor and as equivalent months of unrestricted expenses (as calculated on a rolling average basis).
- Trustees can vote for a temporary drawdown on reserves below this agreed threshold to support operational continuity. This can be done if known income is expected to replenish reserves, or if liabilities are expected to reduce, within a reasonable timescale. This vote can be taken at a trustee meeting or in writing, as long as the vote is in accordance with the charities' governing documents. It is noted that due to the importance of this decision, 80% of trustees must take part in the vote for the outcome to be valid.

This policy should be reviewed annually.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements. Further details of the adoption of the going concern basis can be found in the Accounting Policies.

Structure, Governance and Management

Constitution

OCD Action is a Charitable Incorporated Organisation (CIO) whose objects, as set out in its Constitution, are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder and related disorders.

Method of Appointment or Election of Trustees

The following is a brief and simplified summary of the principal provisions of the CIO's constitution that deal with the method of appointment or election of trustees:

1. There must be at least six trustees, and the maximum number is twelve.
2. At every Annual General Meeting (AGM) of the Members* of the CIO, one-third of the Trustees shall retire from office.
3. The vacancies arising may be filled by the decision of the Members at the AGM.
4. Any vacancies not filled at the AGM may be filled by the Members, who may at any time decide to appoint a new trustee, or by the Trustees, who may also decide to appoint a new trustee at any time.
5. A person appointed as a trustee by the Members shall retire by rotation in accordance with the one third retirement rule summarized in point 2 above.
6. A person appointed as a trustee by the Trustees shall hold office until the next AGM after the date of his or her appointment, when he/she shall cease to hold office as a trustee unless appointed as a trustee by the Members.

Organisational Structure and Decision Making

The affairs of the CIO are managed by the Trustees, who are required to exercise their powers to further the objects of the CIO. Staff are recruited to manage the day-to-day operations of the CIO and deliver services, in accordance with the strategy, policy and plans adopted by the Trustees.

Pay Policy for Senior Staff

At the end of the year the Charity employed 8 staff; 4 full time and 4 part time. No member of staff was paid more than £51,000.

Related Party Relationships

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. Two of the Trustees, Professor David Veale and Chloe Volz are clinicians working in the NHS.

Risk Management

OCD Action maintain a risk framework which enables the Board to receive risk reports on an exception basis. Risk is monitored closely through an organisational risk register. Quarterly updates are brought to the Board on risk. Through this approach Trustees have assessed the major risks to which the Charity is exposed, those related to its operations, finances, reputation, health and safety, governance and strategy delivery.

* Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his, her or their agreement to become a member and acceptance of the duty of members set out in its Constitution.

Trustees Responsibilities Statement

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

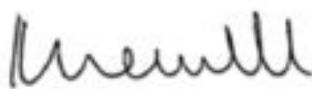
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions, to disclose the financial position of the Charity with reasonable accuracy and to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on **31 October 2024** and signed on their behalf by:



Kath Howell
Chair, OCD Action

Auditors Report

Opinion

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2024 set out on pages 19 to 27. The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2024 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or

the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the companies act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the Charity's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and its Trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Baginsky Cohen

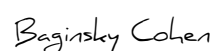
Chartered Accountants

930 High Road

London

N12 9RT

Date: 28th October 2024



Jerry Michael (Tue, 5th Nov 2024
15:38:17 GMT)

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2024

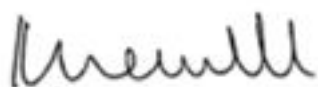
	Note	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
INCOME FROM:					
Donations and legacies	2	324,386	187,931	512,317	306,769
Other income		2,222		2,222	419
TOTAL INCOME		326,608	187,931	514,539	307,188
EXPENDITURE ON:					
Raising funds		105,834		105,834	62,967
Charitable activities	3	122,638	157,695	280,332	254,024
TOTAL EXPENDITURE ON		228,472	157,695	386,167	316,991
NET INCOME		98,136	30,236	128,372	(9,803)
Transfers between funds					
NET INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		98,136	30,236	128,372	(9,803)
NET MOVEMENT IN FUNDS		98,136	30,236	128,372	(9,803)
RECONCILIATION OF FUNDS:					
Total funds brought forward		102,463	51,700	154,163	163,967
TOTAL FUNDS CARRIED FORWARD		200,599	81,937	282,535	154,163

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024		2023	
		£	£	£	£
CURRENT ASSETS					
Debtors and Accrued income	6	29,621		1,253	
Cash at bank and in hand		<u>271,107</u>		<u>169,718</u>	
		300,728		170,970	
CURRENT LIABILITIES					
Creditors	7	<u>(18,192)</u>		<u>(16,807)</u>	
NET CURRENT ASSETS			<u>282,535</u>		<u>154,163</u>
NET ASSETS			<u><u>282,535</u></u>		<u><u>154,163</u></u>
CHARITY FUNDS	8				
Restricted funds			81,937		51,700
Unrestricted funds			<u>200,599</u>		<u>102,463</u>
CHARITY FUNDS			<u><u>282,535</u></u>		<u><u>154,163</u></u>

The financial statements were approved by the Trustees on 31st October 2024 and signed on their behalf, by:



Kath Howell
Chair OCD Action

The notes on pages 27 and 32 form part of these Financial Statements.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>101,389</u>	<u>9,058</u>
Change in cash equivalents in the year		101,389	9,058
Cash and cash equivalents brought forward	11	<u>169,718</u>	<u>160,660</u>
Cash and cash equivalents carried forward		<u><u>271,107</u></u>	<u><u>169,718</u></u>

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	2024	2024	2024	2023
2 INCOME FROM DONATIONS AND LEGACIES				
Community Fundraising	53,102		53,102	56,456
Legacies	33,612		33,612	0
Major donations	16,384		16,384	42,715
Fundraising Events	45,892		45,892	0
Trust and Foundations	172,750	187,931	360,681	194,983
Income from Services	2,645	0	2,645	12,615
TOTAL INCOME	324,386	187,931	512,317	306,769

	Total 2024	Total 2023
3 EXPENSES		
Employment Costs	205,768	186,320
Fundraising	105,834	62,967
Forum moderation	8,806	6,270
IT & Communications	23,279	20,564
Publicity & Awareness	9,277	6,228
Property expenses	14,014	14,510
Professional Fees	6,714	5,843
Travel, Training & development, Recruitment, Volunteer expenses	9,400	11,012
General Expenses	3,075	3,278
	386,167	316,991

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	£	£
This is stated after charging:		
Pension costs	<u>4,727</u>	<u>3,876</u>

During the year, no Trustees received any remuneration (2023 - £Nil).
During the year, no Trustees received any benefits in kind (2023 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3780 (2023 £3780).

6 DEBTORS

	2024	2023
	£	£
Prepayments, debtors and accrued income	<u>29,621</u>	<u>1,253</u>

7 CREDITORS

2024	2023
£	£

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	2023 £	Income £	Expenditure £	31 March 2024 £
General Funds	102,463	326,608	(228,472)	200,599
Restricted funds	51,700	187,931	(157,695)	81,937
	<u>154,163</u>	<u>514,539</u>	<u>(386,167)</u>	<u>282,535</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
1 The Henry Smith Charity	24,275	59,800	(60,582)	23,493
2 Randal Foundation		12,000	(3,223)	8,777
3 Shanley		5,000	(1,670)	3,330
4 James Tudor		7,500	(2,500)	5,000
5 The National Lottery Awards for All	2,470	-	(2,470)	0
6 The National Lottery Community Fund	17,085	78,663	(71,579)	24,169
7 The National Lottery Awards for All		9,994	(3,000)	6,994
8 The National Lottery Awards for All Wales		9,974	(3,000)	6,974
9 Ridell Foundation		5,000	(1,800)	3,200
10 CHK Foundation	7,871	-	(7,871)	0
	<u>51,700</u>	<u>187,931</u>	<u>(157,695)</u>	<u>81,937</u>

RESTRICTED FUNDS ANALYSIS

- 1 The Henry Smith Charity
- 2 Randal Foundation
- 3 Shanley
- 4 James Tudor
- 5 The National Lottery Awards for All
- 6 The National Lottery Community Fund
- 7 The National Lottery Awards for All
- 8 The National Lottery Awards for All Wales
- 9 Ridell Foundation
- 10 CHK Foundation

Towards:

The Always Better Together Project for peer groups
 The Always Better Together Project for peer groups
 The Always Better Together Project for peer groups
 The Always Better Together Project for peer groups
 The Always Better Together Project for peer groups
 Building Brighter Futures - helpline
 The OCD Youth project
 The OCD Youth project
 The OCD Youth project
 The OCD Youth project

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	£	£
Net income/(loss) for the year (as per Statement of Financial Activities)	128,372	(9,803)
Adjustment for:		
Decrease /(increase) in debtors and prepayments	(28,368)	18,533
(Decrease)/Increase in creditors	<u>1,385</u>	<u>328</u>
Change in cash equivalents in the year	<u><u>101,389</u></u>	<u><u>9,058</u></u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024	2023
	£	£
Cash in hand	<u>271,107</u>	<u>169,718</u>
Total	<u><u>271,107</u></u>	<u><u>169,718</u></u>

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

OCD Action constitutes a public benefit entity as defined by FRS 102.

1.2. INCOME

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.3. EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

1.4. TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives.

1.5. INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.6. DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.7. CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.8. LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.9. FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.10. FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.



Issuer

Baginsky Cohen

Document generated

Tue, 5th Nov 2024 15:31:23 GMT

Document fingerprint

1829639f700582f22242e4300c201871

Parties involved with this document

Document processed	Party + Fingerprint
Tue, 5th Nov 2024 15:38:17 GMT	Jerry Michael - Signer (b8ae878be37623c325f2e83006606357)

Audit history log

Date	Action
Tue, 5th Nov 2024 15:38:17 GMT	Jerry Michael viewed the envelope (81.136.155.225)
Tue, 5th Nov 2024 15:38:17 GMT	This envelope has been signed by all parties (81.136.155.225)
Tue, 5th Nov 2024 15:38:17 GMT	Jerry Michael signed the envelope (81.136.155.225)
Tue, 5th Nov 2024 15:38:11 GMT	Jerry Michael opened the document email. (81.136.155.225)
Tue, 5th Nov 2024 15:37:54 GMT	Jerry Michael viewed the envelope (81.136.155.225)
Tue, 5th Nov 2024 15:37:51 GMT	Jerry Michael opened the document email. (81.136.155.225)
Tue, 5th Nov 2024 15:32:32 GMT	Document emailed to jerry@baginskycohen.com (13.42.42.217)
Tue, 5th Nov 2024 15:32:32 GMT	Sent the envelope to Jerry Michael (jerry@baginskycohen.com) for signing (81.136.155.225)
Tue, 5th Nov 2024 15:31:23 GMT	Document generated with fingerprint 1829639f700582f22242e4300c201871 (81.136.155.225)
Tue, 5th Nov 2024 15:31:23 GMT	Envelope generated by Alison Milne (81.136.155.225)

Accounts



FINANCIAL STATEMENTS AND ANNUAL REPORT

2022 - 2023



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Administrative details of the Charity, its Trustees and Advisors

For the year ended 31st March 2023

Trustees

Juliet Dearden, Treasurer

Kath Howell, Chair

Alison Thompson, Vice Chair

Professor David Veale, Trustee

Chloe Volz, Trustee

Piers Watson, Trustee

Chief Executive

Leigh Wallbank (appointed: 23rd September 2019)

Registered Charity number

1154202

Principal office

Davina House
Rooms 506-507
137-149 Goswell Road
London, EC1V 7ET

Independent Auditors

Baginsky Cohen
930 High Road
London, N12 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY

Introduction: A Letter from our Chair

It is a pleasure and a privilege to be introducing OCD Action's Annual Report for the year 2022/2023.



As Trustees we were excited to launch OCD Action's new Three year Strategy in the early part of this financial year. We have a vision of a time when OCD is well understood and everyone is able to access high quality treatment at the time they need it. I am personally passionate about realising this vision and the transformative impact it could have on hundreds of thousands of people's lives.

This year, as an organisation, we have particularly focused on ensuring high quality information is available and accessible to everyone affected by OCD.

We believe that the provision of very high quality information about OCD and the connection that is provided through our helpline can transform individual's experience of OCD. This year we supported 3,904 individuals and 64% of the people we supported through our helpline told us that the information we provided them with gave them the understanding and confidence to believe they could now start the process of accessing treatment. 88% of the people we connected with through our peer support groups told us their well-being had improved and 98% told us they felt less isolated.

Our focus on the strength of information as a tool for change meant that this year we committed to developing new routes to share information. One of our most successful models was our navigating services groups. These are led by one of our helpline team and a lived experience facilitator. They allow members to understand the process of accessing services, but also to share real life based tips, experiences and moral support. Through these groups we have supported 166 people with 36% of parents reporting that they enabled them to access treatment for their child faster.

It is core to our vision and mission, that everything we do is led by the current needs of our community. We have been particularly concerned about the challenges young people and people of colour have been facing in accessing treatment for OCD. To ensure that OCD Action's response to these challenges is meeting the most pressing need we have firmly embedded the role of our young person's co-production team in our service design and have established an a DEI co-production panel.

Our young person's co-production panel have worked with us to reshape and transform our service development strategy. They are now leading the development and delivery of social content for our OCD Youth social channels to ensure we are reaching young people with OCD, providing support and information when it is most needed.

The establishment of support groups and tailored webinars for students have also been a huge success this year, providing a life line for young people who can feel they have nowhere to turn. We were particularly excited to be able to deliver these with Student Minds, as this partnership helped us ensure we were reaching even more students.

In February we held our annual Week of Action. During this week we took a more political stance than previous years and called on the Government to deliver fair access to treatment for everyone affected by OCD. Over 30,000 engaged with our campaign, with 1,500 signing our petition. We also secured support from 15 MPs for our campaign.

As I write we are in the last phase of putting together the agenda for our 2023 Conference. I can't wait to be in the same room as so many of our amazing community and I am incredibly grateful to each of our amazing volunteers, our partners and our co-production panels who have worked so closely with us to shape the agenda and ensure the day will run effectively and bring so much information, support and inspiration to many.

The conference is one of the many things that I am hopeful and excited about in the programme for 2023/24 at OCD Action. I know that real change will happen in many people's lives with OCD because of the work of our dedicated staff and volunteer team I look forward to seeing all that we can achieve as we work together to deliver our collective vision.

A handwritten signature in dark ink, appearing to read 'Kath Howell'.

Best wishes
Kath Howell
Chair, OCD Action

Our Vision



We have a vision of a time when OCD is well understood, and everyone gets the treatment and support they need, when they need it. With the OCD community, we are fighting for this.

Our Team



Trustees

Our Board of Trustees has 6 members. Nearly all have lived experience of OCD, either personally or as a family member of someone with OCD. The Trustees have a wide skill set from being clinical experts in OCD, to finance, fundraising, HR, Third Sector leadership and Service Management and Governance. Our Trustees meet every 10-12 weeks to ensure good governance of OCD Action and that we are maintaining strong progress against our delivery plans.

Volunteers

We have a team of over 100 volunteers, each of whom play a vital role in ensuring we are able to deliver our services. From supporting with administration to facilitating support groups and taking helpline calls, our volunteers are key to the work that OCD Action does.

Staff

Our staff team of 8 people are highly experienced charity professionals, many of whom have personal experience of OCD and related conditions. Our staff team is small, but all team members are highly committed to the work that we do and each member is committed to ensuring we make a significant difference.



OCD Action's Three Year Strategy



Our strategy defines our vision and five priority focus areas for the next three years. These priorities have been collectively developed to ensure we drive forward our vision of achieving a time when OCD is well understood and everyone is able to access high quality treatment at the time they need it.

We believe that OCD is a serious, debilitating and isolating condition, but it is highly treatable with appropriate treatment (Cognitive Behavioural Therapy with Exposure and Response Prevention and SSRIs).

However, too many are not able to access treatment. OCD is poorly understood and often trivialised, which can exacerbate the shame and stigma that often comes with the condition. Many of those with OCD are never diagnosed and high numbers do not know they can seek treatment. Too many of those who seek and receive treatment will get inappropriate or poor quality treatment (for 'general' mental health). This can lead to many people believing, incorrectly, their mental health can't improve, when with the right treatment they could feel better.

Our work over the next three years is focused on ensuring the awareness, information and support is in place for every person to access the treatment they need at the earliest point. We are particularly focused on developing our support and services for young people and to co-developing and delivering our information and services with people of colour, who we know are under supported by OCD Action and the NHS.

The full strategy can be found [here](#).

Our five priorities for the next three years are:

- Enabling people to get treatment for OCD at the earliest possible point.
- Reducing isolation and improving wellbeing for people affected by OCD.
- Growing our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.
- Helping professionals to better identify OCD and appropriately refer for treatment.
- Increasing the accessibility of our services for people of colour.

The principles underpinning our strategy are:

- Partnerships - We will focus on building mission led partnerships to increase our reach and impact over the next three years.
- Amplifying our community's voice - We exist to support and amplify the voice of the OCD community. We will formally bring co-production into our governance structure. We also want to facilitate effective co-production in other organisations in order to ensure lived experience is at the heart of all support, information and innovation in the OCD sphere.
- Growing our income - For us to deliver this ambitious strategy we need to diversify our income streams - to ensure we do this we have a robust fundraising strategy in place.
- Supporting and developing volunteers and staff - We want to continue to invest in, develop and support our team and ensure every staff member and volunteer has the support and training they need to play their part in delivering our vision.

Our Year in Numbers

OCD Action
supported

3,904 people this year



on a one to one basis or through our support groups.

Over

154,000 people accessed
our information resources and

engaged with our online forums and community.



Enabling people to get treatment for OCD at the earliest possible point

We believe that the provision of high quality information, couple with emotional support can play a key role in empowering people with OCD to start their journey to accessing high quality treatment for OCD.

Our team of highly trained
and experienced helpline
volunteers supported...

2793 people
via phone and email this year.



We embedded a new
model of Navigating
Services groups, providing
high quality information in
a peer support setting.

We supported

166 people through
navigating services groups this year.



We spoke in the **National Media** on **3** separate occasions about the reality of OCD and its treatability, having a significant impact on the understanding of the public of the condition.



Reducing isolation and improving wellbeing for People affected by OCD

Through our **50 peer support groups**,
we supported **974** people, through
4,861 support group session
experiences, reducing isolation and
improving wellbeing for 100's of people.



Over **154,000** people
engaged with our **online**
community through our
online forums and social
media channels.

Growing our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.

Through our specialist young people's services we supported over 204 young people to access the support and treatment that they needed.

This year we supported

55 students through our new and targeted support services including support groups, specialist peer support groups to help students navigate the NHS and access treatment and expert webinars.



Our Young People's Co-production Panel designed and led our first young person's focused digital OCD **awareness campaign**, which was focused on myth busting, this reached over **13,000 young people**.

Helping professionals to better identify OCD and appropriately refer for treatment

Over 30,000 people engaged with our Week of Action campaign, ensuring they learnt more about the reality of living with OCD.

1,500 signed our petition calling for change.

15 MPs supported our call on the government to ensure fair access to treatment for everyone affected by OCD.



Increasing the accessibility of our services for people of colour

We held the **inaugural meeting of our DEI panel** in March 2023.

The **4 core members** will be leading the co-development of our strategy to **increase the accessibility** of our services for **people of colour**.

Our Impact

We measure our impact across our services using self-report feedback surveys and the established monitoring tool the Warwick Edinburgh Mental Wellbeing Scale, (WEMWBS).

The WEMWBS development was led by Professor Sarah Stewart-Brown of the university of Warwick and supported by Professor Stephen Platt from the University of Edinburgh. This method of measurement is now widely used including in clinical settings, particularly where the promotion of strengths, assets and recovery are important, highlighting why it is so effective for our work.

Our key reported outcomes are:

Access to treatment

- Following contact with OCD Action's Helpline **64%**, of people reported that they will **seek or try and seek, the recommended treatment**.
- Following contact with OCD Action, **96%** of those **without a good understanding of OCD beforehand felt the call/email helped them improve their understanding**.
- **96%** of family members and friends felt that they **were better able to advocate** on behalf of the person they were calling about following contact with OCD Action.
- **87%** of people reported that they had **increased confidence in reaching out** to access help and support after **attending OCD Action's Support Group sessions**.
- Following contact with OCD Action, **84%** of young people without a good understanding of OCD **felt the email support from OCD Action's Youth Helpline helped** improve their understanding of OCD.

Reduced Isolation

- After contacting the Helpline, **96%** of people with OCD **felt less alone**.
- After contacting the Helpline, **85%** of family members and friends **felt less isolated in their situation**.
- **98%** of people reported that they felt less isolated **after attending** OCD Action's Support Group sessions.
- After their contact with the **Youth Helpline** **84%** of young people **felt less isolated**.

Improved Wellbeing

- After contacting the Helpline, **96%** of people with OCD **agreed with the statement** "I believe recovery is possible".
- After contacting the Helpline, **85%** of the family members and friends felt that they **would be able to support** the other person better.
- After attending Support Groups, **88%** reported **an improvement in their mental wellbeing** and **88%** felt better able to manage their condition day to day.
- After being in touch with the youth helpline **67%** of the young people reported that they **believed recovery was possible**.

How our services make a difference to those with lived experience of OCD

Jay's story

In May of this year, I suffered a recurrence of OCD intrusive thoughts. I had previously experienced them as a young man of 20, and had very light reminders through the years, but this was a mental avalanche of the like I had never thought would happen again.

It came at the end of 5 years of intense family stress that I thought I had been handling ok. It turned out my "stress jug" was full to overflowing and my OCD came back with vengeance - almost 30 years after it had first affected me.

This time I knew what it was. Google had arrived in the meantime and I at least had the knowledge that I wasn't going insane. But self-knowledge wasn't enough. The anxiety and intensity of the thoughts was such that I was finding it difficult to live my life. The fear was overwhelming.

I was lucky enough to be able to start therapy and began some CBT. Also I looked up OCD Action and reached out to them. I was contacted by Erin, one of the volunteers, whose support was to become vital. After some initial improvements with the therapy, I suffered some setbacks. Each time I thought I was getting better, the thoughts would come back with even darker themes and my anxiety would increase again.

I ended up taking time off work and my OCD really got worse. I was ruminating for days on end and my sleep started to be affected. My therapist was not using ERP and talking about my OCD only made it worse. I was in a very dark place and began to become depressed. On a day of constant rumination and panic attacks I reached out to my GP. As well as suffering OCD, I am also a recovering alcoholic with 16 years of sobriety, and this had put me off trying medication. But I had no resources left.

That was my OCD "rock bottom". I got some medication to help me sleep and on the same day got a very encouraging call from OCD Action. I started to question some of my therapists' techniques and began my own education in the condition. I found two great books on dealing with intrusive thoughts, and also found some very helpful podcasts. I realised I couldn't sit in my house to wait for recovery to happen - I had to live my life and recovery would start there.

Almost three months later, I'm in a very different place. A combination of the support from OCD Action, my own education, a new therapist, but most importantly, a new attitude and I feel I have OCD on the run. In that time I've been on holiday, went back to work and got back to my life - facing fears, but doing it anyway!

It's not that I no longer have intrusive thoughts. They come and go, but I don't fight them anymore. I know it's a faulty alarm signal from my brain and that I don't have to engage with them. That's not easy at the start, but with practice it gets easier.

I couldn't have done it on my own - and you don't have to either. Whatever horrendous thought you have, remember - it's the opposite of who you are as a person. The support of Erin from OCD Action has been fantastic, and I can't thank the charity enough. I hope this story helps someone in some way.

Jay, Helpline user

Maya's Story

When Maya, a 16-year-old who identifies as autistic, first reached out to OCD Action's Youth e-Helpline, she had been struggling with pervasive, highly distressing intrusive thoughts for six months. These thoughts made her feel incredibly confused, isolated, and misunderstood. She felt like she was a danger to others, so much so that she withdrew from her friends and family. Afraid of being judged, she hadn't confided in anyone about her experiences, and the burden grew heavier each day.

Maya's autism made it difficult for her to verbalise her emotions and experiences, which further intensified her feelings of isolation.

Discovering the Youth e-Helpline was a pivotal moment for Maya. She had stumbled upon OCD Action while scrolling through social media, desperate for answers. Taking a leap of faith, she sent her first email, hesitantly sharing a glimpse into her world.

Over the following months, Maya exchanged numerous emails with trained volunteers on the Youth e-Helpline. Each email was met with understanding, validation, and empathy. For the first time, Maya felt she wasn't alone in her struggles. She felt heard, understood, and most importantly, not judged.

With encouragement and guidance from our team of volunteers, Maya began the challenging journey of opening up to trusted figures in her life. She received support on how to approach her parents and her GP about her experiences. Each step of the way, Maya felt equipped with the information and support she needed to have these difficult conversations and advocate for herself.

After several interactions with the e-Helpline, Maya secured an appointment with her GP and eventually found herself on a waiting list for CAMHS. What had once been a heavy secret began to pave the way towards understanding and support.

Lara (and her Dad's) Story

My wife and I were so proud when Lara left for Edinburgh University. She was a very bright and sociable person, and we were sure she would get on well.

However, shortly after the second lockdown in early 2021, everything started to go wrong. Lara was calling us more than usual and seemed very unhappy. When we visited to see what was up, she refused to leave her room and was clearly in real distress. She was spending her days with the blinds closed, glued to endless episodes of familiar TV shows. We now recognise that she was trying desperately to distract her mind from the intrusive thoughts of OCD.

Lara dropped out of university, moved home, and stopped seeing all of her friends.

There seemed no hope of her ever getting better. We were unlucky with the NHS in our region, and got very poor advice and waited months between phone calls. When we finally got a referral from the GP, we were told the referral time couldn't be guaranteed. I'm no shrinking violet, but I just couldn't get the answers she needed.

In Autumn 2022, I discovered OCD Action's

website. I attended the Parents of People with OCD Group, and this helped me feel less alone and gave me lots of helpful advice. I'm not all that comfortable talking about emotions, though, so when I joined the Navigating Services group for parents, that was much better for me.

The Navigating Services group gave me the knowledge and confidence to get Lara the help she needed. I knew exactly what Lara was entitled to through the NHS and could advocate better for her to get it. Eventually, we were able to get Lara occupational health time whilst waiting for a psychologist, and having an independent person to talk to helped Lara a lot. We pushed and pushed about when we would get a referral and finally got a timeline for this.

I am still amazed by what happened next.

Having not left the house for two years, Lara decided she wanted to see her favourite band in Glasgow. We took her to see the venue and arranged for her to be in the disabled access area in case she got overwhelmed. But when she spotted her friends, she stepped out into the crowd and danced with them all night.

Lara is now getting treatment, and things are getting easier every day. She is even taking her first steps to living independently again.

Our Delivery Plans for 2023/24



OBJECTIVE ONE:

Enabling people to get treatment for OCD at the earliest possible point

Our aim for this area of work is to: support anyone affected by OCD to get the treatment they need.

We will measure our effectiveness in achieving this using these measures:

- at least 85% of those who use our services will report feeling better informed about OCD specific treatment.
- at least 70% will report that they will seek the recommended treatment.

This year we will focus on the following work areas:

- Ensuring more people get the information and support they need to access treatment.
 - Helpline to increase number of people supported from 2,687 to 3,200.
 - Maintain at least 4 Navigating Services (information focused) peer support groups.
 - Start new programme of webinars, running one each month. (85% of attendees will report that they feel better informed about OCD following the webinar).
- Raising awareness of OCD as a treatable condition.
 - Run Week of Action – Share awareness raising messages. Actively engage at least 30,000 people.
 - Secure at least 5 national media opportunities.

OBJECTIVE TWO:

Reducing isolation and improving wellbeing for people affected by OCD

Our aim for this area of work is to: ensure no one has to face OCD alone. We also recognise that if we want to reach as many people as possible we need to reach out to our community digitally.

We will measure our effectiveness in achieving this using these measures:

- At least 85% of those supported by our services report that it reduces their sense of isolation.
- 90% of those supported by our services report this improved their sense of wellbeing.

This year we will focus on the following work areas:

- Facilitate safe spaces for people affected by OCD to connect and share their experience of OCD.
 - We maintain at least 50 support groups.
 - We increase engagement with our website and online forums by 10%.
 - We increase engagement with twitter by 10%, Facebook by 5% and Instagram by 15%.
- We will create and facilitate new and safe spaces for communities who can face more barriers in finding connection and accessing treatment for OCD.
 - We will open at least one support group for men and one for people of colour.

OBJECTIVE THREE:

Increasing awareness of OCD amongst young people and growing tailored support for people aged 14-25



Our aim for this area of work is to: grow our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.

We will measure our effectiveness in our provision of our young people's services using these measures:

- 90% of young people we support will report they will aim to seek treatment.
- 95% of the young people we support will report information we provide left them feeling better informed.
- 70% of young people will report improved well-being following engagement with our services.

This year we will focus on the following work areas:

- Ensuring more young people get the information and support they need to access treatment.
 - Support 240 young people in the year 2022/23 via the youth helpline.
 - Maintain the youth and a student navigating services group – support at least 60 young people via these groups.
 - Review at least 2 resources with the YP co-production panel by March 24.
 - Develop at least one new resource for young people / parents.
- Facilitate safe spaces for young people affected by OCD to connect and share their experience of OCD.
 - Maintain the youth and a student peer support group – support at least 60 young people via these groups.
 - Grow Instagram following (OCD Youth) by 20% and establish TikTok for OCD Youth – content led by Young People's Co-production Panel.
- Raising awareness of OCD as a treatable condition among young people .
 - Co-produce and deliver awareness campaign targeting young people, aim to engage 20,000 young people.

OBJECTIVE FOUR:

Helping professionals to better identify OCD and appropriately refer for treatment

Our aim for this area of work is to: support professionals who may be in a position to refer someone with OCD for treatment, to understand that OCD is made up of intrusive thoughts and repeated acts or behaviours, which are linked to anxiety.

This year we will focus on the following work areas:

- Raising awareness of OCD as a treatable condition and improve fair access to treatment
 - Run Week of Action and share awareness raising messages and launch a clear political campaign detailing a plan for system change. Actively engage at least 30,000 people.
 - Hold a Conference (October 2023) providing information for at least 300 attendees on OCD, treatment and accessing treatment.
 - If funding allows, develop a targeted (digital campaign) for teachers, including a short film giving information on OCD, and include a short information and signposting resource for young people.
 - If funding allows develop short information film for GPs with resource links to our website.

OBJECTIVE FIVE:

Increasing the accessibility of our services for people of colour

Our vision for this work strand is that people of colour will feel welcomed and supported by our services. Through the partnerships we build, and the development work we do, we want to make our services inclusive and accessible.

We will monitor the effectiveness of our programme of work using these measures;

- Percentage of our service users who identify as people of colour will be 15% or more within 3 years (8% Y1, 10% Y2).
- Outcomes for people of colour will track those of our wider outcomes profile and we will work to address any differentials.

This year we will focus on the following work areas:

- Co-developing a clear needs analysis and strategic plan.
 - Co-produce and analyse research survey to better understand barriers to our services and how OCD Action can better support people of colour.
- Increase awareness of the nature and treatability of OCD within Black and Asian communities
 - Co-develop 3-5 resources which share a lived experience testimony.
 - Co-design a digital awareness campaign led by co-production panel ready for delivery in 2024.
- Undertake a community outreach programme in order to Increase awareness of the nature and treatability of OCD within Black and Asian communities
 - Develop five partnerships with existing mental health charities who support people of colour with the aim of establishing bi-directional learning and training.
 - Co-develop training for partnerships established.



Thank you

We are deeply grateful to our team of dedicated volunteers who have given their time, energy and creativity to ensuring that everyone who contacts OCD Action receives high quality support and information, the impact you have cannot be overestimated.

Our highly committed staff team work with such passion and dedication. As a trustee team we are grateful to each of you, as it is your drive and passion that ensures our work continues to move forward.

The Trustees would like to extend a particular thank you to all the charitable trusts, organisations and individuals who supported OCD Action this financial year. We know that there are many demands on you and your donations and we are humbled by and grateful for your support.



Financial Review

Fundraising and Income Generation

We are incredibly thankful to have received many generous gifts from individual donors. Each of these donations are vital to our work. We also have been very grateful for the grants we have received to support the development and growth of our services. This year we received grants and donations totalling £307,188.

This income was very slightly less than our expenditure, which was £316,991. This required a very small drawdown on our reserves. We do not expect to make a drawdown on our reserves in 2023/24.

Reserves

OCD Action's Reserves Policy

OCD Action should maintain, in unrestricted cash reserves, funds to cover:

- Closing Liabilities (to be calculated annually when the budget is set).
- Funds to cover staff notice periods (This should be calculated annually when the budget is set).
- A minimum of two months of unrestricted operating costs not more than four months of unrestricted operating costs (calculated on a rolling average).

OCD Action's reserves level should be calculated at the start of the financial year. It can be presented as both a cash floor and as equivalent months of unrestricted expenses (as calculated on a rolling average basis).

Trustees can vote for a temporary drawdown on reserves below this agreed threshold to support operational continuity. This can be done if known income is expected to replenish reserves, or if liabilities are expected to reduce, within a reasonable timescale. This vote can be taken at a trustee meeting or in writing, as long as the vote is in accordance with the charities' governing documents. It is noted that due to the importance of this decision, 80% of trustees must take part in the vote for the outcome to be valid.

This policy should be reviewed annually.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements. Further details of the adoption of the going concern basis can be found in the Accounting Policies.

Structure, Governance and Management

Constitution

OCD Action is a Charitable Incorporated Organisation (CIO) whose objects, as set out in its Constitution, are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder and related disorders.

Method of Appointment or Election of Trustees

The following is a brief and simplified summary of the principal provisions of the CIO's constitution that deal with the method of appointment or election of trustees:

1. There must be at least six trustees, and the maximum number is twelve.
2. At every Annual General Meeting (AGM) of the Members* of the CIO, one-third of the Trustees shall retire from office.
3. The vacancies arising may be filled by the decision of the Members at the AGM.
4. Any vacancies not filled at the AGM may be filled by the Members, who may at any time decide to appoint a new trustee, or by the Trustees, who may also decide to appoint a new trustee at any time.
5. A person appointed as a trustee by the Members shall retire by rotation in accordance with the one third retirement rule summarized in point 2 above.
6. A person appointed as a trustee by the Trustees shall hold office until the next AGM after the date of his or her appointment, when he/she shall cease to hold office as a trustee unless appointed as a trustee by the Members.

* Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his, her or their agreement to become a member and acceptance of the duty of members set out in its Constitution.

Organisational Structure and Decision Making

The affairs of the CIO are managed by the Trustees, who are required to exercise their powers to further the objects of the CIO. Staff are recruited to manage the day-to-day operations of the CIO and deliver services, in accordance with the strategy, policy and plans adopted by the Trustees.

Pay Policy for Senior Staff

At the end of the year the Charity employed 8 staff; 4 full time and 4 part time. No member of staff was paid more than £50,000.

Related Party Relationships

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. Two of the Trustees, Professor David Veale and Chloe Volz are clinicians working in the NHS.

Risk Management

We monitor risk through our organisational risk register, this is maintained by the risk and performance subgroup of the Trustee Board who report risk and mitigation quarterly to the Board. Through this approach Trustees have assessed the major risks to which the Charity is exposed, those related to its operations, finances, reputation, health and safety, governance and strategy delivery.

Trustees Responsibilities Statement

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

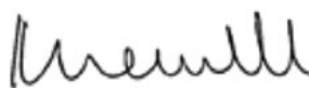
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions, to disclose the financial position of the Charity with reasonable accuracy and to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 1st November 2023 and signed on their behalf by:



Kath Howell
Chair Of Trustees
OCD Action

Auditors Report

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2023 set out on pages 20 to 28.

The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2023 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or

the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the companies ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the Charity's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and its Trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Baginsky Cohen

Jerry Michael (Nov 1, 2023, 12:19pm)

Baginsky Cohen
Chartered Accountants
930 High Road, London, N12 9RT
Date: 1st November 2023

BAGINSKY COHEN are eligible to act as auditors in terms of section 1212 of the Companies Act 2006

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
INCOME FROM:					
Donations and legacies	2	171,431	135,338	306,769	232,650
Other income		419		419	20
TOTAL INCOME		171,850	135,338	307,188	232,670
EXPENDITURE ON:					
Raising funds		62,967		62,967	51,844
Charitable activities	3	133,441	120,583	254,024	252,269
TOTAL EXPENDITURE ON		196,408	120,583	316,991	304,112
NET INCOME		(24,558)	14,754	(9,803)	(71,442)
RECONCILIATION OF FUNDS:					
Total funds brought forward		127,021	36,946	163,967	235,409
TOTAL FUNDS CARRIED FORWARD		102,463	51,700	154,163	163,967

The notes on pages 23 and 27 form part of these financial statements.

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023	2022
		£	£
CURRENT ASSETS			
Debtors and Accrued income	6	1,253	19,786
Cash at bank and in hand		<u>169,718</u>	<u>160,660</u>
		170,970	180,446
CURRENT LIABILITIES			
Creditors	7	<u>(16,807)</u>	<u>(16,479)</u>
NET CURRENT ASSETS		<u>154,163</u>	<u>163,967</u>
NET ASSETS		<u><u>154,163</u></u>	<u><u>163,967</u></u>
CHARITY FUNDS	8		
Restricted funds		51,700	36,946
Unrestricted funds		<u>102,463</u>	<u>127,021</u>
CHARITY FUNDS		<u><u>154,163</u></u>	<u><u>163,967</u></u>

The financial statements were approved by the Trustees on DD MM YYYY and signed on their behalf, by:



Kath Howell
Chair OCD Action

The notes on pages 23 and 27 form part of these financial statements.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>9,058</u>	<u>(79,198)</u>
Change in cash equivalents in the year		9,058	(79,198)
Cash and cash equivalents brought forward	11	<u>160,660</u>	<u>239,858</u>
Cash and cash equivalents carried forward		<u><u>169,718</u></u>	<u><u>160,660</u></u>

The notes on pages 23 and 27 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds 2023	Restricted Funds 2023	Total Funds 2023	Total Funds 2022
2 INCOME FROM DONATIONS AND LEGACIES				
Community Fundraising	56,456		56,456	79,012
Major donations	42,715		42,715	39,925
Trust and Foundations	63,050	131,933	194,983	103,100
Income from Services	9,210	3,405	12,615	10,612
TOTAL INCOME	171,431	135,338	306,769	232,650

	Total 2023	Total 2022
3 EXPENSES		
Employment Costs	186,320	186,701
Fundraising	62,967	51,844
Forum moderation	6,270	6,230
IT & Communications	20,564	18,608
Publicity & Awareness	6,228	11,573
Property expenses	14,510	13,173
Professional Fees	5,843	6,200
Travel, Training & development, Recruitment, Volunteer expenses	11,012	5,376
General Expenses	3,278	4,408
	316,991	304,112

The notes on pages 23 and 27 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

4 NET INCOME/(EXPENDITURE)

	2023 £	2022 £
This is stated after charging:		
Pension costs	<u>3,876</u>	<u>3,758</u>

During the year, no Trustees received any remuneration (2022 - £Nil).

During the year, no Trustees received any benefits in kind (2022 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3420 (2022 £3420).

6 DEBTORS

	2023 £	2022 £
Prepayments and accrued income	<u>1,253</u>	<u>19,786</u>

7 CREDITORS

	2023 £	2022 £
Trade creditors	13,387	12,000
Accruals	<u>3,420</u>	<u>4,480</u>
	<u>16,807</u>	<u>16,479</u>

The notes on pages 23 and 27 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

SUMMARY OF FUNDS - CURRENT 8 YEAR

	Balance as at 1 April 2022 £	Income £	Expenditure £	Balance as at 31 March 2023 £
General Funds	127,021	171,850	(196,408)	102,463
Restricted funds	36,946	135,338	(120,583)	51,700
	<u>163,967</u>	<u>307,188</u>	<u>(316,991)</u>	<u>154,163</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
1 The Schroder Foundation	3,750		(3,750)	0
2 Carlton Hayes Mental Health Chairity	3,955		(3,955)	0
3 Various grants towards Peer Groups	2,980		(2,980)	0
4 Middlemiss (in memory)	4,625		(4,625)	0
5 The Tudor Trust - Youth	4,086	-	(4,086)	0
6 The Drapers' Charitable Fund	10,000	-	(10,000)	0
7 The Lawson Trust	2,500	-	(2,500)	0
8 Various other small grants	5,050	3,405	(8,455)	0
9 CHK Foundation		25,000	(17,129)	7,871
10 The Henry Smith Charity		59,500	(35,225)	24,275
11 The National Lottery: Awards for All		8,551	(6,081)	2,470
12 The National Lottery Community Fund		38,882	(21,797)	17,085
	<u>36,946</u>	<u>135,338</u>	<u>(120,583)</u>	<u>51,700</u>

RESTRICTED FUNDS ANALYSIS

- 1 The Schroder Foundation
- 2 Carlton Hayes Mental Health Chairity
- 3 Various grants towards Peer Groups
- 4 Middlemiss (in memory)
- 5 The Tudor Trust - Youth
- 6 The Drapers' Charitable Fund
- 7 The Lawson Trust
- 8 Various other small grants
- 9 CHK Foundation
- 10 The Henry Smith Charity
- 11 The National Lottery: Awards for All
- 12 The National Lottery Community Fund

Towards:

The Always Better Together Project for peer groups
 The Always Better Together Project for peer groups
 Mary Potter Hospital and The John James Trust for Groups
 The Always Better Together Project for peer groups in Scotland
 The OCD Youth project
 Building Brighter Futures - helpline
 Brighter Futuers - helpline
 The OCD Youth project
 The OCD Youth project
 The Always Better Together Project for peer groups
 The Always Better Together Project for peer groups
 Building Brighter Futures - helpline

The notes on pages 23 and 27 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

10 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASHFLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income/(loss) for the year (as per Statement of Financial Activities)	(9,803)	(71,442)
Adjustment for:		
Decrease /(increase) in debtors and prepayments	18,533	(5,754)
(Decrease)/Increase in creditors	328	(2,002)
Change in cash equivalents in the year	<u>9,058</u>	<u>(79,198)</u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Cash in hand	<u>169,718</u>	<u>160,660</u>
Total	<u>169,718</u>	<u>160,660</u>

The notes on pages 23 and 27 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

OCD Action constitutes a public benefit entity as defined by FRS 102.

1.2. INCOME

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

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.3. EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

1.4. TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives.

1.5. INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.6. DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.7. CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.8. LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.9. FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.10. FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.



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Document fingerprint 00cb9589c0a61200822e74a6255549dc

Parties involved with this document

Document processed	Party + Fingerprint
Wed, 1st Nov 2023 12:19:29 UTC	Jerry Michael - Signer (6330f34c0c2425ed3abb571ef02d2e3f)

Audit history log

Date	Action
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Wed, 1st Nov 2023 12:17:58 UTC	Sent the envelope to Jerry Michael (jerry@baginskycohen.com) for signing (81.136.155.225)
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Accounts



FINANCIAL STATEMENTS AND ANNUAL REPORT

2021 - 2022



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Administrative details of the Charity, its Trustees and Advisors

For the year ended 31st March 2022

Trustees

Aron Bennett, (Resigned, 21st January 2022)
Juliet Dearden, Treasurer
Kath Howell, (Chair)
Tom Pollard, Trustee (Resigned, 30th November 2021)
Alison Thompson, (Vice Chair)
Professor David Veale, Trustee
Chloe Volz, Trustee
Piers Watson, Chair

Chief Executive

Leigh Wallbank (appointed: 23rd September 2019)

Registered Charity number

1154202

Principal office

Davina House
Rooms 506-507
137-149 Goswell Road
London, EC1V 7ET

Independent auditors

Baginsky Cohen
930 High Road
London, N12 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY

Introduction: A Letter from our Chair



I am delighted to be introducing this Annual Report for the year 2021/22. This is the first report and accounts I have overseen for OCD Action, following my election in November 2021 as Chair of Trustees – and what a busy year. I'm so encouraged by the strength of our services, the progress we have made on our strategic objectives, and the green shoots of new partnerships.

The first part of the year was a time for many of us to start to connect and meet in person again with family and friends who we had not been able to see for a time due to the pandemic.

We at OCD Action have felt the strength of the OCD Community over this period and the growing connection and support offered has been a real theme throughout the year. It is the community and the hope it offers that is, in my view, particularly inspiring and encouraging to so many.

The strength of the community coming together was one of the real highlights of our first virtual conference, which we held in June 2021. We were so pleased to run this in partnership with the BDD Foundation. We were privileged to have more than 50 speakers join us for over 40 workshops and an amazing 2,000 people tune-in for the live stream of the Main Stage. The end to the day was particularly apposite and inspiring with Jack Pridmore leading an exploration into the idea of defining your own recovery.

Many of our volunteers supported the delivery of our conference, and without their contribution the event just would not have been possible. I think this so often about all that we achieve and do at OCD Action; none of it would be possible without the commitment, passion and hard work of our volunteer teams. Our teams of volunteers have continued to grow and adapt to the needs of our service users this year and I am grateful to each one of them for the work they have put into supporting OCD Action and those who use our services.

We maintained our pledge to deliver our COVID-19 response plan for this financial year. Our plan placed a firm commitment on supporting people impacted by OCD to access the treatment they needed and to tackling the isolation that OCD, but also the pandemic, has brought to so many.

Across our Helpline, Youth e-Helpline and all our support groups we have supported over 4,100 people this year, a huge number of lives to have improved. Furthermore over 120,000 people have accessed our online information to help them in their journey to access the support and treatment they needed.

As the financial year drew to a close, we held our annual campaigning week, OCD Week of Action. During Week of Action 2021, we asked people to challenge the stereotypes and myths that surround OCD. This year we wanted to open up the conversation even more. We believe that OCD is treatable, but we know that each person's journey with OCD can look very different. Recovery is not linear. Over 300,000 engaged with our content and many members of the OCD Community shared their personal journey with OCD. I would like to thank everyone who took part, and if you missed it, you can see the content by searching #MeWithOCD.

Early in the new financial year we completed our new 3-year strategy. Seeing this come together in one document has been hugely exciting and I am passionate about realising the opportunity we have to achieve real change for the community over the coming years. The new strategy defines our five priority focus areas for the next three years - priorities which have been collectively developed to ensure we drive forward our vision. Our overarching vision is for a time when everyone can access the treatment and support they need, when they need it. Our work over the next three years is focused on ensuring the awareness, information and support is in place for every person to access the treatment they need at the earliest possible point. We are particularly focused on developing our support and services for and with young people and co-developing and delivering our information and services with people of colour, who we know can be under supported by OCD Action and the NHS.

As we move into this new phase for OCD Action, I have huge hope for what we can achieve together, and for the change we will see in the coming years for everyone impacted by OCD.

A handwritten signature in dark ink, appearing to read 'Kath Howell'.

Best wishes
Kath Howell
Chair, OCD Action

Our Vision



We have a vision of a time when OCD is well understood, and everyone gets the treatment and support they need, when they need it. With the OCD community, we are fighting for this.

Our Team



Trustees

Our Board of Trustees has 6 members. Nearly all have lived experience of OCD, either personally or as a family member of someone with OCD. The Trustees have a wide skill set, from being clinical experts in OCD, to finance, fundraising, HR, Third Sector leadership and service management and governance. Our Trustees meet every 8-10 weeks to ensure good governance of OCD Action and that we are maintaining strong progress against our delivery plans.

Volunteers

We have a team of over 80 volunteers, each of whom play a vital role in ensuring we are able to deliver our services. From supporting with administration, to facilitating support groups and taking helpline calls, our volunteers are key to the work that OCD Action does.

Staff

Our staff team are highly experienced charity professionals, many of whom have personal experience of OCD and related conditions. Our staff team is small, but all team members are highly committed to the work that we do, and each member is committed to ensuring we make a significant difference.

Our Delivery Plan



Considering the COVID-19 pandemic, OCD Action's Trustee Board developed an emergency Covid Response Plan. This has three headline priorities:

- 1. To support and enable people impacted by the COVID-19 pandemic to seek high quality treatment for their OCD**
- 2. To reduce isolation for people with OCD through a period of reduced social contact and access to support networks**
- 3. To Fight for access to high quality treatment for people impacted by OCD in a post COVID world.**

In the financial year 2021/22 we maintained these priorities, as we could see the ongoing impact of the COVID-19 pandemic on the OCD Community, and we wanted to ensure we prioritised responding to this need.

Our Year in Numbers

To support and enable people impacted by the COVID-19 pandemic to seek high quality treatment for their OCD

Helpline

Our team of highly trained and experienced helpline volunteers supported

2,866  **people**

via phone and email, providing vital information and guidance to people impacted by OCD.

Speaking to the Helpline is often the first vital step someone takes in accessing the treatment they need for their OCD.

Youth e-Helpline



Through our Youth e-Helpline, our team of highly trained volunteers supported

138 **young people**

to take the vital steps needed to access treatment for their OCD.



Reducing isolation for people with OCD through a period of reduced social contact and access to support networks

Support Groups

Our volunteer facilitators created safe spaces for

1,122 **people**

to meet in our **50 online support groups**.

We provided over **6,000** **support group sessions**.

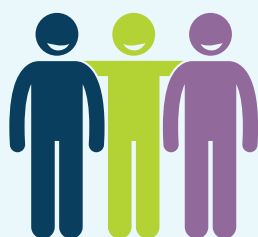
Nearly **700** more than last year.



Online Community

Over **120,000** **people** accessed information from our website.

Youth and Student support groups



We launched our **first targeted support group for students** and opened a new support group for young people (aged 16-20).

Through these groups our volunteer facilitators **supported 104 young people** to find support and build community.

Fighting for access to high quality treatment for people impacted by OCD in a post COVID world



Week of Action

In February 2022 we created a space for the **OCD Community** to talk about the complexities that many can face in their OCD recovery journey, which can often be difficult to share. **The stories, ideas and content were viewed over 300,000 times.**

Working with the media

We worked with the main news outlets on

4 occasions to **raise awareness of the reality of OCD** and the available treatment.

OCD Action Conference

On **Saturday 26th June 2021** we were thrilled to work with the **BDD Foundation** to deliver our first joint virtual conference.



425 people joined us for the over **40 live workshops, talks and interactive Q&As**, with speakers from across the globe.

A further **2,000** watched the **livestream** of the mainstage **via YouTube**.



Our Impact

We measure our impact across our services using self-report feedback surveys and the established monitoring tool the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS).

Our key reported outcomes are:

Access to treatment

- Following their contact with OCD Action's Helpline, **75%** people reported that they will **seek or try to seek the recommended treatment**
- Following contact with OCD Action, **95%** of those **without a good understanding of OCD** beforehand felt the call/email **helped them improve their understanding**
- **98%** of family members and friends felt that they **were better able to advocate** on behalf of the person they were calling about following contact with OCD Action
- **89%** of people reported that they had **increased confidence in reaching out** to access help and support after **attending OCD Action's Support Group sessions**
- Following contact with OCD Action **97%** of those young people without a good understanding of OCD beforehand **felt the email support from OCD Action's Youth e-Helpline helped them** improve their understanding of OCD.

Reduced Isolation

- After contacting the Helpline, **95%** of people with OCD **felt less alone**
- After contacting the Helpline, **98%** of family members and friends **felt less isolated in their situation**
- **92%** of people reported that they felt less isolated **after attending** OCD Action's Support Group sessions
- After their contact with the **Youth e-Helpline**, **97%** of young people **felt less isolated**.

Improved Wellbeing

- After contacting the Helpline, **96%** of people with OCD **agreed with the statement** "I believe recovery is possible".
- After contacting the Helpline, **98%** of the family members and friends felt that **they would be able to support** the other person better.
- After attending Support Groups, **91%** reported **an improvement in their mental wellbeing** and **83%** felt better able to manage their condition day to day.
- After being in touch with the Youth e-Helpline, **97%** of the young people reported that they **believed recovery was possible**.

On occasion we are privileged to hear direct feedback from the people we have supported about the difference our support has made to their lives. Below are some specific examples of this feedback from our Helpline, Youth e-Helpline and support groups. We love hearing from people about the impact of our work and are so grateful to those who have shared their stories (we have changed some names and details here to protect individuals identities)

Helpline

"I just wanted to thank you again for your wonderful support, the CCG have now agreed to fund my treatment at the specialist centre for OCD! So thank you for all the help you gave me, It was so helpful and reassuring and ensured I felt really informed. I really appreciate the time and effort you put into helping me. All the information you gave me and supported me to find, made such a difference to me getting the funding I needed. I finally feel like I have some hope and can see a light at the end of the tunnel."

Tom, Helpline user

Youth Helpline

"I've got great news! I've got my first appointment with CAMHS. It's been great to have somebody to talk to that really understands OCD."

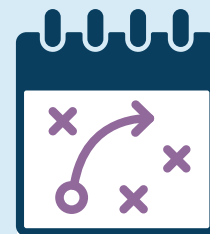
Alex, e-Helpline user

Support Groups

Kaye's life was once completely controlled by her OCD. With near constant checking compulsions and plagued by intrusive thoughts, she felt consumed by the disorder. Her life was ruled by fear. She felt permanently on edge, isolated, and too frightened to open up to anyone. Kaye's life was severely affected, and she felt trapped by her OCD. In her desperation, she searched online to see if there were any support groups in her area and discovered OCD Action. Knowing she needed help, Kaye decided to join. She felt anxious before the first meeting. Kaye was afraid of making the other members of the group feel worse, but she knew she did not have to speak if she was not ready. Although Kaye was nervous, she ended up talking and felt much better as a result. She had felt very alone before attending the groups, but when she heard other members describe similar thinking processes as hers, she realised that she wasn't. Through the groups, Kaye has learned to not be ashamed of her OCD and to be proud of herself for taking steps to address it. Kaye recently completed a course of cognitive behavioural therapy (CBT) and is now taking medication. She finds that the support groups have been extremely helpful to her. The peer support she received from others who understand what it's like to have OCD helped to relieve the feelings of shame and isolation she once had.

Kaye, Support Group member

Our Plans for Next Year



We have published a strategy which defines our vision and five priority focus areas for the next three years.

These priorities have been collectively developed to ensure we **drive forward our vision**, of achieving a **time when every person is able to access the treatment they need, when they need it**.

We believe that OCD is a serious, debilitating, and isolating condition, but it is highly treatable with appropriate treatment (Cognitive Behavioural Therapy with Exposure and Response Prevention and SSRIs).

However, too many are not able to access treatment. OCD is poorly understood and often trivialised, which can exacerbate the shame and stigma that often comes with the condition. Many of those with OCD are **never diagnosed** and **high numbers do not know they can seek treatment**. Too many of those who seek and receive treatment will get inappropriate or poor-quality treatment (for 'general' mental health). This can lead to many people believing, incorrectly, their mental health can't improve, when with the right treatment they could begin to recover.

Our work over the **next three years** is focused on ensuring the **awareness, information and support** is in place for every person to access the treatment they need at the earliest point. We are particularly focused on developing our **support and services for young people** and to **co-developing and delivering our information and services with people of colour**, who we know are under supported by OCD Action and the NHS.

Our five priorities for the next three years are:



Enabling people to get treatment for OCD at the earliest possible point

Reducing isolation and improving wellbeing for people affected by OCD

Growing our young people's support services, ensuring they are coproduced in partnership with young people who have OCD

Helping professionals to better identify OCD and appropriately refer for treatment

Increasing the accessibility of our services for people of colour.

The principles underpinning our strategy are:

- **Partnerships** - We will focus on building mission led partnerships to increase our reach and impact over the next three years. 
- **Amplifying our community's voice** - We exist to support and amplify the voice of the OCD Community. We will formally bring co-production into our governance structure. We also want to facilitate effective co-production in other organisations in order to ensure lived experience is at the heart of all support, information and innovation in the OCD sphere. 
- **Growing our income** - For us to deliver this ambitious strategy we need to diversify our income streams - to ensure we do this we have a robust fundraising strategy in place. 
- **Supporting and developing volunteers and staff** - We want to continue to invest in, develop and support our team and ensure every staff member and volunteer has the support and training they need to play their part in delivering our vision. 

Thank you

We as Trustees are endlessly grateful to every volunteer who has given their time, energy and ideas to our work and those we support. The impact you have cannot be overestimated.

We would also like to thank each of our staff for their commitment to OCD Action - your passion is what drives our work forward with such energy.

The Trustees would like to extend a particular thank you to all the charitable trusts, organisations and individuals who supported OCD Action this financial year. We know that there are many demands on you and your donations, and we are humbled by and grateful for your support.



Financial Review

Fundraising and Income Generation

We are incredibly thankful to have received many generous gifts from individual donors, some of whom have supported our work over the years, but a number of whom have also supported us for the first time this year, each of these donations are vital to our work. We also have been very grateful for the grants we have received to support the development and growth of our services. This year we received grants and donations totalling £232,670.

This income was slightly less than our expenditure, but we had prepared for this position as we expected some of our donations to be slightly, and understandably, reduced due to the impact of COVID-19 on individuals. Further impacting our income was the fact that some of those who support us with regular grants had brought these forward during the peak of the COVID-19 crisis. We therefore planned for a reasonable drawdown on our reserves. Part of this drawdown was to support the development of fundraising plans for 2022/23. This development means we do not expect to need a significant drawdown on reserves in 2022/23.

Reserves

Our reserves policy is to maintain a conservative level of unrestricted reserves for at least six months and up to nine months so that there are adequate funds to meet all current and known liabilities.

As noted above we did make a planned drawdown on reserves this year. With this planned drawdown we ended the financial year with 9 months unrestricted reserves.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements. Further details of the adoption of the going concern basis can be found in the Accounting Policies.

Structure, Governance and Management

Constitution

OCD Action is a Charitable Incorporated Organisation (CIO) whose objects, as set out in its Constitution, are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder and related disorders.

Method of Appointment or Election of Trustees

The following is a brief and simplified summary of the principal provisions of the CIO's constitution that deal with the method of appointment or election of trustees:

1. There must be at least six trustees, and the maximum number is twelve.
2. At every Annual General Meeting (AGM) of the Members* of the CIO, one-third of the Trustees shall retire from office.
3. The vacancies arising may be filled by the decision of the Members at the AGM.
4. Any vacancies not filled at the AGM may be filled by the Members, who may at any time decide to appoint a new trustee, or by the Trustees, who may also decide to appoint a new trustee at any time.
5. A person appointed as a trustee by the Members shall retire by rotation in accordance with the one third retirement rule summarized in point 2 above.
6. A person appointed as a trustee by the Trustees shall hold office until the next AGM after the date of his or her appointment, when he/she shall cease to hold office as a trustee unless appointed as a trustee by the Members.

* Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his, her or their agreement to become a member and acceptance of the duty of members set out in its Constitution.

Organisational Structure and Decision Making

The affairs of the CIO are managed by the Trustees, who are required to exercise their powers to further the objects of the CIO. Staff are recruited to manage the day-to-day operations of the CIO and deliver services, in accordance with the strategy, policy and plans adopted by the Trustees.

Pay Policy for Senior Staff

At the end of the year the Charity employed 8 staff; 3 full time and 5 part time. No member of staff was paid more than £48,000.

Related Party Relationships

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. Two of the Trustees, Professor David Veale and Chloe Volz are clinicians working in the NHS.

Risk Management

We monitor risk through our organisational risk register, this is maintained by the risk and performance subgroup of the Trustee Board who report risk and mitigation quarterly to the Board. Through this approach Trustees have assessed the major risks to which the Charity is exposed, those related to its operations, finances, reputation, health and safety, governance and strategy delivery.

Trustees Responsibilities Statement

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

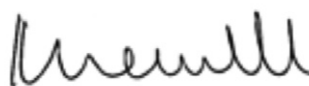
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions, to disclose the financial position of the Charity with reasonable accuracy and to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 11th October 2022 and signed on their behalf by:



Kath Howell
Chair Of Trustees
OCD Action

Auditors Report

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2022 set out on pages 15 to 23.

The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions Relating to going Concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on Other Matters Prescribed by the Companies ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on Which we are Required to Report by Exception

In the light of our knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditors Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our Report

This report is made solely to the Charity's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and its Trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Baginsky Cohen
Chartered Accountants
930 High Road, London, N12 9RT

Date: 31.10.22

BAGINSKY COHEN are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds 2022	Restricted Funds 2022	Total Funds 2022	Total Funds 2021
INCOME FROM:					
Donations and legacies	2	178,537	54,112	232,650	387,204
Other income		20		20	0
TOTAL INCOME		178,558	54,112	232,670	387,204
EXPENDITURE ON:					
Raising funds		51,844		51,844	42,570
Charitable activities	3	176,761	75,508	252,269	265,991
TOTAL EXPENDITURE ON		228,605	75,508	304,112	308,561
NET INCOME		(50,047)	(21,395)	(71,442)	78,643
RECONCILIATION OF FUNDS:					
Total funds brought forward		177,067	58,341	235,409	156,766
TOTAL FUNDS CARRIED FORWARD		127,021	36,946	163,967	235,409

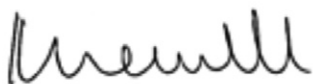
The notes on pages 20 and 21 form part of these financial statements.

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2022

		2022		2021	
	Note	£	£	£	£
CURRENT ASSETS					
Debtors and Accrued income	6	19,786		14,032	
Cash at bank and in hand		<u>160,660</u>		<u>239,858</u>	
		180,446		253,890	
CURRENT LIABILITIES					
Creditors	7	<u>(16,479)</u>		<u>(18,482)</u>	
NET CURRENT ASSETS			<u>163,967</u>		<u>235,409</u>
NET ASSETS			<u><u>163,967</u></u>		<u><u>235,409</u></u>
CHARITY FUNDS	8				
Restricted funds			36,946		58,341
Unrestricted funds			<u>127,021</u>		<u>177,067</u>
CHARITY FUNDS			<u><u>163,967</u></u>		<u><u>235,409</u></u>

The financial statements were approved by the Trustees on 11/10/2022 and signed on their behalf, by:



KATH HOWELL
CHAIR OCD ACTION

The notes on pages 20 and 21 form part of these financial statements.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>(79,198)</u>	<u>85,647</u>
Change in cash equivalents in the year		(79,198)	85,647
Cash and cash equivalents brought forward	11	<u>239,858</u>	<u>154,211</u>
Cash and cash equivalents carried forward		<u><u>160,660</u></u>	<u><u>239,858</u></u>

The notes on pages 20 and 21 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted Funds 2022	Restricted Funds 2022	Total Funds 2022	Total Funds 2021
2 INCOME FROM DONATIONS AND LEGACIES				
Community Fundraising	79,012		79,012	56,434
Major donations	39,925		39,925	55,000
Trust and Foundations	59,100	44,000	103,100	257,266
Legacies and Bequests			0	18,329
Income from Services	500	10,112	10,612	0
TOTAL INCOME	178,537	54,112	232,650	387,030

	Total 2022	Total 2021
3 EXPENSES		
Employment Costs	186,701	173,171
Fundraising	51,844	42,570
Forum moderation	6,230	4,565
IT & Communications	18,608	23,333
Publicity & Awareness	11,573	22,194
Property expenses	13,173	16,632
Professional Fees	6,200	15,978
Travel Training Recruitment Volunteer expenses	5,376	6,514
General Expenses	4,408	3,604
	304,112	308,561

The notes on pages 20 and 21 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2022

4 NET INCOME/(EXPENDITURE)

	2022 £	2021 £
This is stated after charging:		
Pension costs	<u>3,758</u>	<u>3,797</u>

During the year, no Trustees received any remuneration (2021 - £Nil).
During the year, no Trustees received any benefits in kind (2021 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3420 (2021 £3420).

6 DEBTORS

	2022 £	2021 £
Prepayments and accrued income	<u>19,786</u>	<u>14,032</u>

7 CREDITORS

	2022 £	2021 £
Trade creditors	12,000	11,095
Accruals	<u>4,480</u>	<u>7,387</u>
	<u>16,479</u>	<u>18,482</u>

The notes on pages 20 and 21 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2022

SUMMARY OF FUNDS - CURRENT

8 YEAR

	Balance as at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance as at 31 March 2022 £
General Funds	177,067	178,558	(228,605)		127,021
Restricted funds	58,341	54,112	(75,508)		36,946
	<u>235,409</u>	<u>232,670</u>	<u>(304,112)</u>	<u>0</u>	<u>163,967</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Transfers in/out £	Carried forward £
1 The Schroder Foundation	3,750	15,000	(15,000)		3,750
2 MIND: Department of Health	10,718	-	(10,718)		0
3 Carlton Hayes	3,955				3,955
4 Various grants towards Peer Groups	2,980				2,980
5 Middlemiss (in memory)	4,625				4,625
6 The James Tudor Foundation	6,835	-	(6,835)		0
7 The Silcock Trust	10,000	-	(10,000)		0
8 The Tudor Trust - Youth	3,664	16,500	(16,077)		4,086
9 The Tudor Trust - Wellbeing	2,000	-	(2,000)		0
10 St James Place Foundation	4,393				4,393
11 David Goldstone	421				421
12 Wilson E	5,000	-	(5,000)		0
13 The Drapers' Charitable Fund	-	10,000	-		10,000
14 The Lawson Trust	-	2,500	-		2,500
15 Student Space	-	10,112	(9,877)		235
	<u>58,341</u>	<u>54,112</u>	<u>(75,508)</u>	<u>0</u>	<u>36,946</u>

RESTRICTED FUNDS ANALYSIS

1 The Schroder Foundation	Towards:
2 MIND: Department of Health	The Always Better Together Project for peer groups
3 Carlton Hayes	Always Better Together (online)
4 Various grants towards Peer Groups	The Always Better Together Project for peer groups
5 Middlemiss (in memory)	Mary Potter Hospital and The John James Trust for Groups
6 The James Tudor Foundation	The Always Better Together Project for peer groups in Scotland
7 The Silcock Trust	Increase the capacity of the OCD Action helpline
8 The Tudor Trust - Youth	OCD Action Helpline
9 The Tudor Trust - Wellbeing	The OCD Youth project
10 St James Place Foundation	Wellbeing Grant
11 David Goldstone	The OCD Youth project
12 Wilson E	The production of an OCD Action film
13 The Drapers' Charitable Fund	Theory of Change Project
14 The Lawson Trust	Helpline
15 Student Space	Helpline
	Support Groups for Students

The notes on pages 20 and 21 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2022

10 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASHFLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income/(loss) for the year (as per Statement of Financial Activities)	(71,442)	78,643
Adjustment for:		
Decrease /(increase) in debtors and prepayments	(5,754)	26,700
(Decrease)/Increase in creditors	(2,002)	(19,696)
Change in cash equivalents in the year	<u>(79,198)</u>	<u>85,647</u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2022 £	2021 £
Cash in hand	<u>160,660</u>	<u>239,858</u>
Total	<u>160,660</u>	<u>239,858</u>

The notes on pages 20 and 21 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

OCD Action constitutes a public benefit entity as defined by FRS 102.

1.2. INCOME

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.3. EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2022

1.4. TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives.

1.5. INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.6. DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.7. CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.8. LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.9. FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.10. FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Accounts



FINANCIAL STATEMENTS AND ANNUAL REPORT

2020 - 2021



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Trustees' report	2
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Administrative details of the charity, its trustees and advisers

FOR THE YEAR ENDED 31 MARCH 2021

Trustees

Piers Watson, Chair
Juliet Dearden, Treasurer
Professor David Veale, Trustee
Kath Howell, (Vice Chair)
Aron Bennett, (Secretary)
Alison Thompson, (Vice Chair)
Tom Pollard, Trustee
Chloë Volz, Trustee
Ella Schwartz, Trustee (Resigned 24th January 2021)

Chief Executive

Leigh Wallbank (appointed: 23rd September 2019)

Registered Charity number

1154202

Principal office

Davina House
Rooms 506-507
137-149 Goswell Road
London, EC1V 7ET

Independent auditors

Baginsky Cohen
930 High Road
London, N12 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY

Introduction: A Letter from our Chair

2020/21 will be always in our memories. The COVID-19 global pandemic impacted everyone, no one was left untouched by the rapid and life changing restrictions the virus brought to our lives.

The sense of loss and disconnection was palpable for us all, and it was clear from early in the pandemic the huge effect this would have on the nation's mental, as well as physical health. It proved unlikely that any one group of people affected by mental health problems would feel the impact of COVID-19 as deeply as those within the OCD Community.

The nature of the virus and the necessary steps we were asked to follow to protect ourselves and others were an obvious trigger. At the same time, the mental health services, support networks and routines that helped keep us well were rapidly disrupted or removed, with no clarity about their date of return. We foresaw and experienced a rapid increase in the need for our services and a corresponding reduction in our sources of funding.

Staff worked incredibly hard to provide an effective, efficient and rapid response and, having reviewed priorities, we put in place a COVID-19 response plan.

Our Helpline transitioned to home working, ensuring we could continue to offer the same level of quality information and support. Our Youth e-Helpline increased its capacity, enabling us to support many more young people over what proved to be a very difficult year for many of them. Our peer support groups, responding to the increased need, opened new online groups as the number of people wanting to attend continued to grow.

As the year progressed, we also focused on the development and review of our website and online support and information, ensuring that those who needed to find out more about OCD, our services or where to seek support, could do so more easily.

As the year drew to an end, we held our annual OCD Week of Action. This year we ran the week entirely digitally, using the hashtag #MeWithOCD. We wanted to raise awareness of the reality of living with OCD, to share support and spread a message of hope. The week was hugely successful, engaging 400,000 people from across continents.

This has without doubt been an incredibly difficult year for those living with OCD, for their families and friends, as well as for our members, supporters, staff and volunteers. For all the challenges, I am very proud of all that has been achieved together. This year we provided one-to-one and group support to over 5,000 people and reached around 1,000,000 through our online community (support forums, social media and website).

I am also thankful to everyone connected with OCD Action for their effort, commitment, and hard work. The drive and unwavering care of our staff and the great commitment of our volunteers has been fantastic and, this year has shown me, yet again, the true meaning and value of our team.

I am also immensely grateful to all the trusts and individual givers, old and new, who supported us in such difficult times. There was a real understanding among donors of the problems faced by both the charity and those affected by OCD - and the immediacy of the need. We have ended the year on a stable financial footing, and we know this has not been the case for all charities. It is from this stable position that we will enter the year 2021/22. We will continue to deliver on our COVID-19 response plan, in our efforts to best meet the needs of those most in need.

Best wishes

Piers



Piers Watson

Chair of OCD Action

Our Delivery Plan

In light of the COVID-19 pandemic, OCD Action's Trustee Board agreed that it was important to review our strategic priorities to ensure all the organisation's resources were aligned with the rapidly increasing needs we were seeing within the OCD community.

To do this, OCD Action's emergency COVID-19 Response Plan was developed. The plan has three headline priorities:

1. **To enable people impacted by the COVID-19 pandemic to seek treatment and better manage their OCD**
2. **To reduce isolation for people with OCD through a period of reduced social contact and access to support networks**
3. **Fight for access to high quality treatment for people impacted by OCD in a post COVID world**

Below we outline our outcomes and impact.

Our Year in Numbers

Helping people impacted by the COVID-19 pandemic to seek treatment and better manage their OCD

Helping

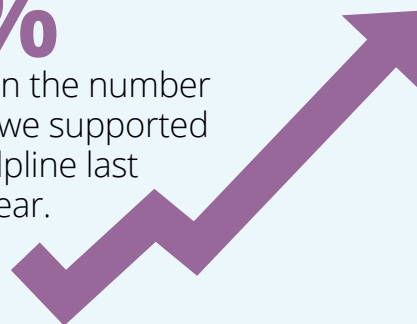
Our aim was to support **3,500 people** via our Helpline. We supported

4,120
 **people**

This is a

47%

increase on the number of people we supported via the Helpline last financial year.



Youth e-Helpline

This year through our Youth e-Helpline we sent

82%

more emails offering **support and information** than last year.

Reducing isolation for people with OCD through a period of reduced social contact and access to support networks

Support Groups

During this year we increased the number of online support groups we ran from

28 to **55**



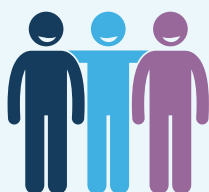
We had **888** active support group members, an increase of **547** compared to last year



Support group members attended

5329

support group sessions. This is a **145%** increase on last year

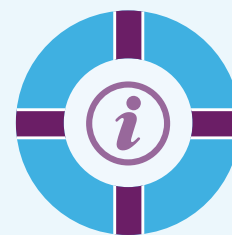


Online Community

Over

600,000 people

received support and information from our website and online peer support forums this year



Fighting for access to high quality treatment for people impacted by OCD in a post COVID world

Week of Action

In February 2021 we ran our annual OCD Week of Action, to raise awareness of the reality of living with OCD and share hope. Our **#MeWithOCD** online campaign reached just under

400,000 people



Working with the media

We worked with the media on over

90 different occasions this year.

We worked with BBC Breakfast, News 24 and the World Service, Channel 4, The Guardian newspaper and other local media outlets, in order to **raise awareness of OCD**, tackle myths and challenge stigma



How We Responded to COVID-19

The COVID-19 pandemic presented the single biggest crisis the world has seen in many decades.

The virus affected everybody across the world. However, we at OCD Action believe that, when considering those with mental health conditions, those with OCD will likely be among the most impacted by the pandemic.

We wanted to ensure we were able to offer support to as many people as possible during a time of great need. We did three key things to achieve this:

- Rapidly adapted the way we worked
- Scaled up our service models
- Adapted our service offer to meet emerging need

Adapting the way we work

Our Helpline rapidly changed their working model to accommodate remote working meaning we could continue providing vital information and support to thousands of people, even when lockdown was at its peak.

Scaling up

Our Helpline, Youth e-Helpline and support groups all worked incredibly hard to recruit, train and support new volunteers. This allowed us to respond to many more calls and emails. We were also able to increase the number of online support groups we ran from 28 to 55 at a time when they were so desperately needed.

With thanks to a Trust grant we were also able to increase the number of hours we moderated our support forums, including our youth forum.

Adapting our services

Increasing support networks

At OCD Action we work closely with our team of staff and volunteers to respond as rapidly as we can to emerging needs. It was clear this year that we needed not only to develop the number of online support groups we offer, but the range as well. We opened additional support groups for people

- Whose OCD is or had become contamination-focused
- Who have OCD without external compulsions
- Who experience intrusive harm thoughts
- Who identify as LGBTQ and have OCD or BDD

(A full list of our support groups can be seen on our website)

In January we launched our new website, including an update to our online forums. Our forums offer a place where people can seek and offer mutual peer support 24 hours a day. Alongside this, our website is a source of information and a gateway to our services. Over 600,000 people received support and information from our website this year, making it a hub for people impacted by OCD.

Making our information more accessible

As the pandemic took hold, we became increasingly aware that many people may be looking for support for OCD or information about the condition for the first time or again after a long while. For this reason, we wanted to ensure our information was as simple to access and navigate as possible. We worked hard ensure the resources section of our website was easy to navigate and updated 10 of our most used resources. We developed the format for these resources ensuring they were as clear and easy to access as possible our resources can be seen here:

ocdaction.org.uk/resources

Our Impact

We measure our impact across our services using self-report feedback surveys and the established monitoring tool, The Warwick Edinburgh Mental Wellbeing Scale (WEMWBS).

The WEMWBS development was led by Professor Sarah Stewart-Brown of the university of Warwick, and supported by Professor Stephen Platt from the University of Edinburgh. This method of measurement is now widely used, including in clinical settings, particularly where the promotion of strengths, assets and recovery are important, highlighting why it is so effective for our work.

"Thank you so much for your kind and helpful response. It is a difficult time and it has been really useful to get your perspective and information as we try to move forward."

Helpline caller

Our key reported outcomes are:

Wellbeing and better management of symptoms

- After contacting the Helpline, **94%** of people with OCD agreed with the statement **"I believe recovery is possible"**.
- After contacting the Helpline, **99%** of the family members and friends felt that they would be able to **support the other person better**.
- After attending Support Groups, **90% reported an improvement** in their mental wellbeing and **79%** felt better able to **manage life with OCD**.

Reduced Isolation

- After contacting the Helpline, **94%** of people with OCD **felt less alone**.
- After contacting the Helpline, **96%** of the **family members and friends felt less isolated** in their situation.
- After attending a Support Group, **85% felt less isolated**.

Access to treatment

- After contacting the Helpline, **71%** of people with OCD said they would seek, or try to **seek, the recommended treatment**; **93%** of those without a good understanding of OCD beforehand felt the call/email helped them **improve their understanding**; and **85%** felt the call/email improved their **knowledge of available treatments**.
- After contacting the Helpline, **96%** of the family members and friends felt that they were better able to **advocate** on behalf of the person they were calling about.
- After attending a Support Group, **87% felt better informed**.

"Thank you for your help and the information, that is great. I have spoken to the GP and CAMHS and they have completed a referral for my son."

Parent Calling our Helpline

This story from Jo, one of the parents who attends our support groups, highlights the impacts the groups can have.

The support from the zoom/skype groups to access the right treatment and support is crucial - there is nothing else like it on offer.

My 17 year old daughter has been diagnosed with BDD and OCD and has been ill for around 3 years; she is housebound and can't attend school. I joined the BDD parents' support group in 2020. I attend second and fourth Mondays each month; I have friends there now. I also attend the Navigating Services group.

Without these groups I would not have been able to access treatment for my daughter. Having a child in the grip of BDD is like the script of a horror story, but there is another mum in my group who has a daughter the same age and she has been to the same clinics as me, she told me who to talk to and what to ask for, I knew so much from her even before my daughter's referral was accepted.

Other parents in the group and the facilitators listened patiently to me talk. Some had seen the same professionals and attended the same clinics as us - BDD/OCD treatment for adolescents is a fairly small world but one that seems like a maze if you don't know who to ask. The professionals involved with my daughter respect and value the advice and support given by the groups. Attending has made me better able to take care of my daughter because before then, I was just doing my best to be supportive.

I can now offer the same support I got to new people joining - to anyone thinking about signing up I would say you will be welcomed into a room where everyone already knows your pain. The group doesn't always offer advice and solutions, sometimes we just talk about ourselves instead of just our child. Of course, your child can be any age, it is a really good mix but we find a lot of common ground. Many say in the groups we can bear witness to what is really happening in our lives without any stigma.

"Thank you, It was nice to talk to someone who understands the complexities of this condition, because there are still so many that don't. Thank you for all the information you sent, it's very useful. Thank you for all you are doing to help those with OCD."

Helpline caller

"I really appreciate you taking the time to explain everything in such detail. I've signed up for one of your zoom support groups too... I'm so pleased these exist."

Helpline caller

Our Plans for Next Year

Our COVID-19 delivery plan will continue to drive our work as we move into the financial year 2021-22.

We will concentrate on the aspects of the plan that need particular focus to ensure their delivery over the coming 12 months. This includes:

Enable people impacted by the COVID-19 pandemic to seek treatment and better manage their OCD

- Growing and strengthening our services for Young People, ensuring we are providing support at the earliest possible point.
- Increasing the support and information we offer for people impacted by OCD and BDD in further and higher education, a time when many develop their first clinical symptoms and can find reaching out for support particularly difficult.
- Growing our services and support for people who we know have been disproportionately affected by the pandemic and can find more barriers are in place when they try to access support and treatment for OCD and BDD.
- Continuing to increase the accessibility of our information on OCD and BDD, developing new and innovative formats for presenting and disseminating information to ensure it reaches new audiences.

To reduce isolation for people with OCD through a period of reduced social contact and access to support networks

- Hold our first online international joint conference with The BDD Foundation. Creating an opportunity for learning, connection and community at a time of significant isolation and difficulty for our community.

Fight for access to high quality treatment for people impacted by OCD in a post COVID world

- Building on the success of the 2020 OCD Week of Action to deliver a successful campaign in 2021.
- Work with our strategic partners to amplify the voice of our members, service users and supporters on important policy matters, particularly this year on the review of the Mental Health Act.
- We will aim to further strengthen our lived experience leadership model, establishing a co-production panel for OCD Action's youth service.

A new strategy

As we move toward the 3rd and 4th quarter, we aim to develop a new strategy for OCD Action that will guide our work for the next three years.

Financial Review

Fundraising and Income Generation

Due to the COVID-19 pandemic, this year started with some real financial challenges for us as an organisation. However, we were incredibly grateful to receive some generous gifts from individual donors, some of whom have supported our work over the years, and some who supported us for the first time. We also were very grateful to have benefited from the Coronavirus Community Support Fund and the Coronavirus Mental Health Recovery Fund which made an enormous difference to our service users. These grants significantly offset the understandable reduction in income we saw from events earlier in the year. This meant that over all this year we secured income of £387,204.

Reserves

Our reserves policy is to maintain a conservative level of unrestricted reserves for at least six months and up to nine months so that there are adequate funds to meet all current and known liabilities.

Due to the impact of the COVID-19 pandemic and the continuing uncertainty we expect this to have on the fundraising landscape, we have retained just over 9 months reserves at March 2021. We anticipate that due to the increased demand we have seen for services, we will need to invest further in service delivery in 2021/22 to meet the growing demand and this reserves position will enable us to make this required investment.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, the Trustees continue to adopt the going concern basis in preparing the financial statements. Further details of the adoption of the going concern basis can be found in the Accounting Policies.

Structure, Governance and Management

Constitution

OCD Action is a Charitable Incorporated Organisation (CIO) whose objects, as set out in its Constitution, are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder and related disorders.

Method of Appointment or Election of Trustees

The following is a brief and simplified summary of the principal provisions of the CIO's constitution that deal with the method of appointment or election of trustees:

1. There must be at least six trustees, and the maximum number is twelve.
2. At every Annual General Meeting (AGM) of the Members* of the CIO, one-third of the Trustees shall retire from office
3. The vacancies arising may be filled by the decision of the Members at the AGM.
4. Any vacancies not filled at the AGM may be filled by the Members, who may at any time decide to appoint a new trustee, or by the Trustees, who may also decide to appoint a new trustee at any time.
5. A person appointed as a trustee by the Members shall retire by rotation in accordance with the one third retirement rule summarized in point 2 above.
6. A person appointed as a trustee by the Trustees shall hold office until the next AGM after the date of his or her appointment, when he/she shall cease to hold office as a trustee unless appointed as a trustee by the Members.

* Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his, her or their agreement to become a member and acceptance of the duty of members set out in its Constitution

Organisational Structure and Decision Making

The affairs of the CIO are managed by the Trustees, who are required to exercise their powers to further the objects of the CIO. Staff are recruited to manage the day-to-day operations of the CIO and deliver services, in accordance with the strategy, policy and plans adopted by the Trustees.

Pay Policy for Senior Staff

At the end of the year the Charity employed 8 staff; 2 full time and 6 part time. No member of staff was paid more than £42,000.

Related Party Relationships

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. Two of the Trustees, Professor David Veale and Chloë Volz are clinicians working in the NHS.

Risk Management

We monitor risk through our organisational risk register. This is maintained by the risk and performance subgroup of the Trustee Board who report risk and mitigation quarterly to the Board. Through this approach Trustees have assessed the major risks to which the Charity is exposed, those related to its operations, finances, reputation, health and safety, governance and strategy delivery.

COVID-19 changed the nature of some risks, not least as we moved to homeworking and our income from challenge events was affected by the crisis. Trustees carefully assessed the mitigating factors in place and assessed that considering these all risks are currently within an acceptable tolerance.

Acknowledgements and Appreciation

The Trustees would like to extend a particular thank you to all the charitable trusts, organisations and individuals who supported OCD Action this financial year. The impact of the COVID-19 crisis did, very understandably, impact some of the charitable giving we rely on and in this context the generosity of those who have been able to support us has been particularly humbling and gratefully received.

In the same way we as Trustees are endlessly grateful to every volunteer who has given their time and energy, in what have been difficult circumstances this year, to help us ensure the continuation and growth of vital services for people often in huge need.

Trustees Responsibilities Statement

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions, to disclose the financial position of the Charity with reasonable accuracy and to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Charity's Constitution.

They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 8.11.21 and signed on their behalf by:



PIERS WATSON
CHAIR, OCD ACTION

Auditors Report

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2021 set out on the pages below.

The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions Relating to going Concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by Law

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of financial statements which give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditors Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at:

www.frc.org.uk/auditorsresponsibilities.

This description forms part of our Auditors' report.

Use of Our Report

This report is made solely to the Charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and its Trustees, as a body, for our audit work, for this report, or for the opinions we have formed.

Baginsky Cohen

BAGINSKY COHEN (10/11/2021, 4:44pm)

CHARTERED ACCOUNTANTS
930 HIGH ROAD
LONDON
N12 9RT

Date: 10/11/2021

BAGINSKY COHEN are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 MARCH 2021

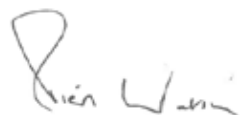
	Note	Unrestricted Funds 2021	Restricted Funds 2021	Total Funds 2021	Total Funds 2020
INCOME FROM:					
Donations and legacies	2	197,938	189,266	387,204	407,033
Other income				0	335
TOTAL INCOME		197,938	189,266	387,204	407,368
EXPENDITURE ON:					
Raising funds		42,570		42,570	47,753
Charitable activities	3	89,207	176,784	265,991	398,267
TOTAL EXPENDITURE ON		131,777	176,784	308,561	446,020
NET INCOME BEFORE TRANSFERS		66,161	12,482	78,643	(38,652)
Transfers between funds					
NET INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		66,161	12,482	78,643	(38,652)
NET MOVEMENT IN FUNDS		66,161	12,482	78,643	(38,652)
RECONCILIATION OF FUNDS:					
Total funds brought forward		110,906	45,860	156,766	195,418
TOTAL FUNDS CARRIED FORWARD		177,067	58,341	235,409	156,766

BALANCE SHEET

AS AT 31 MARCH 2021

	Note	2021		2020	
		£	£	£	£
CURRENT ASSETS					
Debtors	6	14,032		40,732	
Cash at bank and in hand		<u>239,858</u>		<u>154,211</u>	
		253,890		194,943	
CURRENT LIABILITIES					
Creditors	7	<u>(18,482)</u>		<u>(38,177)</u>	
NET CURRENT ASSETS			<u>235,409</u>		<u>156,766</u>
NET ASSETS			<u>235,409</u>		<u>156,766</u>
CHARITY FUNDS	8				
Restricted funds			58,341		45,860
Unrestricted funds			<u>177,067</u>		<u>110,906</u>
CHARITY FUNDS			<u>235,409</u>		<u>156,766</u>

The financial statements were approved by the Trustees on 8.11.21 and signed on their behalf, by:



PIERS WATSON
CHAIR OCD ACTION

STATEMENT OF CASHFLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>85,647</u>	<u>41,755</u>
Change in cash equivalents in the year		85,647	41,755
Cash and cash equivalents brought forward	11	<u>154,211</u>	<u>112,456</u>
Cash and cash equivalents carried forward		<u><u>239,858</u></u>	<u><u>154,211</u></u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted Funds 2021	Restricted Funds 2021	Total Funds 2021	Total Funds 2020
2 INCOME FROM DONATIONS AND LEGACIES				
Membership fees	4,226		4,226	5,031
Donations from individuals	24,768		24,768	24,847
Fundraising events	20,868		20,868	48,850
Gift aid and other miscellaneous	6,747		6,747	10,956
Major donations	50,000	5,000	55,000	30,000
Trust income	73,000	184,266	257,266	195,475
Legacies and Bequests	18,329		18,329	79,980
Conference				11,894
TOTAL INCOME	197,938	189,266	387,204	407,033

	Fundraising Expenses 2021	Governance Expenses 2021	Charitable Activities 2021	Total 2021	Total 2020
3 DIRECT COSTS					
Employment Costs			173,171	173,171	280,609
Fundraising	42,570			42,570	47,753
Insurance			1,484	1,484	1,610
IT & Communications			23,333	23,333	32,470
Professional Fees		3,420	12,558	15,978	14,423
General Office Expenses			2,120	2,120	5,851
Printing, Publicity & Awareness			22,194	22,194	7,817
Property expenses			16,632	16,632	25,017
Travel Training Recruitment			6,514	6,514	10,268
Forum moderation			4,565	4,565	5,462
OCD Conference			0	0	14,741
	42,570	3,420	262,571	308,561	446,020
Total 2020	48,179	8,751	274,052	330,982	

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

4 NET INCOME/(EXPENDITURE)

	2021 £	2020 £
This is stated after charging:		
Pension costs	<u>3,797</u>	<u>3,991</u>

During the year, no Trustees received any remuneration (2020 - £Nil).
During the year, no Trustees received any benefits in kind (2020 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3420 (2020 £3420).

6 DEBTORS

	2021 £	2020 £
Prepayments and accrued income	<u>14,032</u>	<u>40,732</u>

7 CREDITORS

	2021 £	2020 £
Trade creditors		
Accruals	11,095	31,551
	<u>7,387</u>	<u>6,626</u>
	<u>18,482</u>	<u>38,177</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

SUMMARY OF FUNDS - CURRENT

8 YEAR

	Balance as at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance as at 31 March 2021 £
General Funds	110,906	197,938	(131,777)		177,067
Restricted funds	45,860	189,266	(176,784)		58,341
	<u>156,766</u>	<u>387,204</u>	<u>(308,561)</u>	<u>0</u>	<u>235,409</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Transfers in/out £	Carried forward £
1 The Schroder Foundation	3,970	15,000	(15,220)		3,750
2 Coronavirus Mental Health Response Fund	-	44,305	(33,587)		10,718
3 Carlton Hayes Mental Health Charity	-	3,955			3,955
4 Various grants towards Peer Groups	2,980				2,980
5 Middlemiss (in memory)	4,625				4,625
6 The James Tudor Foundation		6,835			6,835
7 The Lloyds Bank Foundation	-	7,164	(7,164)		0
8 The Silcock Trust	-	10,000			10,000
9 The Henry Smith Charity	11,936	20,400	(32,336)		0
10 Coronavirus Community Support Fund	-	74,607	(74,607)		0
11 The Tudor Trust - Youth	17,534		(13,870)		3,664
12 The Tudor Trust - Wellbeing Grant	-	2,000			2,000
13 St James Place Foundation	4,393				4,393
14 David Goldstone Film Sponsorship	421				421
15 Wilson E	-	5,000			5,000
	<u>45,859.58</u>	<u>189,266</u>	<u>(176,784)</u>	<u>0</u>	<u>58,341</u>

RESTRICTED FUNDS ANALYSIS

- 1 The Schroder Foundation
- 2 Coronavirus Mental Health Response Fund
- 3 Carlton Hayes Mental Health Charity
- 4 Various grants towards Peer Groups
- 5 Middlemiss (in memory)
- 6 The James Tudor Foundation
- 7 The Lloyds Bank Foundation
- 8 The Silcock Trust
- 9 The Henry Smith Charity
- 10 Coronavirus Community Support Fund
- 11 The Tudor Trust - Youth
- 12 The Tudor Trust - Wellbeing Grant
- 13 St James Place Foundation
- 14 David Goldstone Film Sponsorship
- 15 Wilson E

Towards:

The Always Better Together Project for peer groups
Always Better Together (Online) - Increasing Capacity
of our online support groups.

The Always Better Together Project for peer support groups
Mary Potter Hospital and The John James Trust for peer support
groups in Bristol and Nottinghamshire

The Always Better Together Project for peer groups in Scotland
Increase the capacity of the OCD Action helpline
Increase Helpline and Forum Moderating Capacity
Support the Operation of Our Helpline

The Step Forward Project for the OCD Action Helpline
OCD Action COVID-19 Response Programme & Liquidity Grant

The OCD Youth project
To Support the Wellbeing of Staff

The OCD Youth project
The production of an OCD Action film
Towards Theory of Change project

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

10 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASHFLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net income/(loss) for the year (as per Statement of Financial Activities)	78,643	(38,652)
Adjustment for:		
Decrease /(increase) in debtors and prepayments	26,700	54,020
(Decrease)/Increase in creditors	<u>(19,696)</u>	<u>26,386</u>
Change in cash equivalents in the year	<u><u>85,647</u></u>	<u><u>41,755</u></u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2021 £	2020 £
Cash in hand	<u>239,858</u>	<u>154,211</u>
Total	<u><u>239,858</u></u>	<u><u>154,211</u></u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

OCD Action constitutes a public benefit entity as defined by FRS 102.

1.2. INCOME

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the charity has been notified of the executor's intention to make a distribution.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

1.3. EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1.4. INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.5. DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.6. CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.7. LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.8. FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.9. FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.



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