



FINANCIAL STATEMENTS AND ANNUAL REPORT

2021 - 2022



Contents

Administrative details of the Charity, its Trustees and Advisors	1
Introduction: A Letter from our Chair	2
Our Vision	3
Our Team	3
Our Delivery Plan	3
Our Year in Numbers	4
Our Impact.....	6
Our Plans for Next Year	8
Thank you	9
Financial Review.....	10
Structure, Governance and Management	11
Trustees Responsibilities Statement	12
Auditors Report	13
Statement of financial activities	15
Notes to the financial statements.....	18

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**.

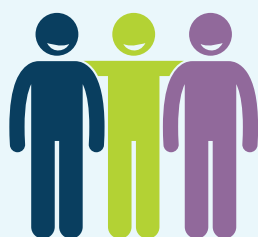
Nearly **700** more than last year.



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."

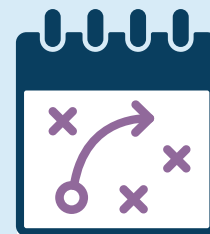
Alex, e-Helpline user

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).

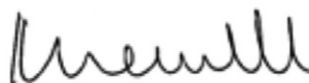
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements,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

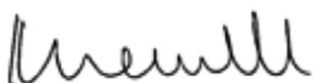
The notes on pages 20 and 21 form part of these financial statements.

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
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.