

NORWICH AND NORFOLK OCD VOLUNTARY SUPPORT GROUP

England & Wales · Charity number 1176907

Details

Other names NORWICH AND NORFOLK OCD SUPPORT GROUP

Status Registered

Legal form CIO

Registered 2018-01-30

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

Contact

Address 2 St. Peters Drive
Easton
Norwich
NR9 5HF

Phone 07432 655579

Website norwichandnorfolkocdsupport.org.uk

Activities

Objects: THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIONAL COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER

Activities: THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE AND/OR GROUP COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIONAL COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Norfolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£9,620	£13,755	-	-
2024-04-05	£11,990	£21,161	-	-
2023-04-05	£28,920	£26,282	-	-
2022-04-05	£28,390	£25,400	-	-
2021-04-05	£17,019	£9,339	-	-

Trustees

Name	Role	Appointed
Susanne Lee	Chair	2020-02-19
GERALDINE SCOTT		2018-01-29
LINDA BROWN		2017-08-22

NORWICH AND NORFOLK OCD VOLUNTARY SUPPORT GROUP

England & Wales - Charity number 1176907

Accounts



Trustees' Annual Report for the period							
	Period start date				Period end date		
From	06	04	2024	To	05	04	2025

Section A Reference and Administration Details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

2 St Peter's Drive
Easton
Norwich
Postcode NR9 5HF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susanne Lee	Chair		
2	Linda Brown	Treasurer		
3	Geraldine Scott	Trustee		
4				
5				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Executive Advisor	Nesta Reeve	
BABCP Supervisor	Russell Wharton	

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Election

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Charity Trustees will make available to each new Charity Trustee, on or before his or her first appointment:

- a) a copy of the current version of our Constitution
- b) a copy of the latest Trustees' Annual Report and Statement of Accounts

The induction and training of the Trustees is carried out by regular psychoeducation relating to OCD, anxiety and depression at our weekly afternoon online OCD Therapy and Training Groups.

Training is provided by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression. Independent professional advice and support is available to our Trustees, volunteers and beneficiaries, if and when required.

Trustee Resignation

Maureen Stone resigned as a Trustee on 9 December 2024 to spend more time with other organisations that she was affiliated to. We are grateful for the time Maureen spent with us as a Trustee and wish her well in her future projects.

Trustees' Duties

Our Trustees carry out their legal duties by ensuring that everything our charity does helps to achieve the purposes for which it is set up and no other purpose, as set out in our governing document. They plan what our charity does, what they want it to achieve and are able to explain and understand how the charity benefits the public by carrying out its purpose. They act in our charity's best interests, deal with conflicts of interest, manage our charity's resources responsibly, implement appropriate financial controls, manage risks, act with reasonable care and skill and take appropriate advice when needed. They also ensure the spending of charity funds is solely for the benefit of the charity and the charity's beneficiaries.

As well as the above, one Trustee is active in the running of the charity's training services. Our main activities are psychoeducation, therapy, training and support of our beneficiaries. Our Trustees understand the complexities of OCD and we all work as an enthusiastic and completely focused team providing a solution to aiding mental health and wellbeing for our community.

Existing Relationships

This year we were very grateful to receive a grant from the Community Lottery. This grant was used to provide weekly online OCD Therapy and Training Groups along with running costs for the charity.

NHS

We receive numerous referrals from the NHS Wellbeing Services and GP Surgeries to access our weekly charitable therapy and training support groups for their patients.

Other Charities and Social Services

We have assisted many other charities and Social Services by replying to their enquiries regarding their clients in our community that have severe issues with OCD, anxiety and depression. We are able to provide our voluntary therapy and training to their clients, at no cost, whenever they are willing to attend our weekly afternoon online groups.

We adhere to the following policies that can be found on our website www.norwichandnorfolkocdsupport.org.uk :

- 1) Safeguarding and Vulnerable Persons Policy
- 2) Equal Opportunities Policy
- 3) Group Rules for Confidentiality

Section C

Objectives and Activities

Summary of the objects of the charity set out in its governing document

THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE AND/OR GROUP COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIVE COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER

We declare that our Charity Trustees 'have regard' to the Charity Commission's Public Benefit Guidance 'when exercising any powers or duties to which the Guidance is relevant'. Our Charity Trustees have complied with this duty and are aware of the Guidance.

Weekly Online Therapy and Training Groups

Since 2020, we have continued to run our weekly classroom groups online for OCD therapy, training, psychoeducation and support. The online groups are very successful and it has also meant that our beneficiaries have been able to attend our therapy and training sessions from their homes. Most importantly, they include those beneficiaries that are especially vulnerable to illness and those that are housebound.

Operating as voluntary online therapy and training, we have found that we can offer our services to a much wider audience. Our beneficiaries join us from East Anglia but also from London and Europe.

AIDING MENTAL HEALTH

We were able to continue with our weekly afternoon online therapy and training groups again for another year. There has never been a break in our services, we have provided continual support for 21 years and are most probably the longest running OCD Voluntary Support Group and the only one in the country whose services include free therapy, training and psychoeducation which has helped our beneficiaries enormously. Our groups are always open-ended, rather than restricting beneficiaries to the usual allotted six or ten sessions, if and whenever they are available.

We understand the complexities and multi-facets of OCD. Our online OCD Therapy and Training Groups are professionally run by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression.

Below are the main activities undertaken by our charity to carry out its charitable purpose for the public benefit:

We provide therapy, training, psychoeducation and support with open-ended services which we believe is vital for mental health issues, rather than sessions being time limited. We provide Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT), Mindfulness, Acceptance and Commitment Therapy (ACT) and we also incorporate the following related subjects:

- All Categories of OCD inc. mental, physical and avoidance behaviours
- Unwanted, Intrusive Thoughts (sometimes referred to as Pure O)
- The Conscious versus the Sub-conscious Mind
- Advanced Mindfulness including the study of nonjudgment
- Examining Automatic Negative Thoughts and Cognitive Distortions
- Coping with Anxiety and Depression

These training sessions include open debate followed by questions and answers with professional advice and if necessary, sign-posting beneficiaries to other relevant areas and forms of help.

The aim of these meetings is to encourage people with supported steps to move forward with their lives. These weekly sessions have a two hour duration and accommodate up to 22 people. We also include mental health trainees and carers and family members to sit in on any of our groups. These training courses have also been successful by:

- supporting people with mental health problems remain in work.
- giving course attendees the confidence to begin looking for work and successfully commence employment.
- helping those that want to look for volunteering opportunities in our community.

Our charity provides the relief of mental illness and the preservation of good mental health by the above wide-ranging and comprehensive services.

24 Hour Enquiries and Helpline

We also run a 24 hour, daily enquiries and helpline. All calls are promptly responded to by either telephone or email. In some cases, if our services are not suitable or appropriate, we are also able to sign-post people to other areas of help and support.

Section D

Achievements and Performance

Summary of the main achievements of the charity during the year

We believe we are the most well established and longest existing OCD Voluntary Support Group in the UK. The key to our success is by offering psychoeducation, therapy, training, empathy and support and we have had no break in our services for the last 21 years. We are giving our beneficiaries the tools and support to help themselves with OCD, anxiety and depression and we welcome carers, family members and mental health trainees, to learn more about this complex, debilitating and often very misunderstood mental health disorder. We have witnessed many beneficiaries returning to work after long-term sickness due to the therapy, training and support we have been able to provide them.

Our groups also help reduce loneliness and isolation that our beneficiaries may be experiencing. Our Trustees invest time in learning more about OCD, anxiety and depression which is passed on, under supervision, during our weekly online OCD Therapy and Training Support Groups.

Section E

Financial Review

Brief statement of the charity's policy on reserves

We operate on a small budget which is nearly always allocated to specific running costs, therapy and training. If we have funds remaining then we discuss and decide what to do with this at our Annual General Meeting (AGM) held in December each year.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

Our principal source of funds is by grant applications and donations from companies. These funds are used for essential running costs and the professional psychoeducation and training to aid recovery, which does make us unique for a charity supporting those with OCD, anxiety and depression. Our beneficiaries always include carers, family members and is also a training ground for mental health trainees to learn how to combat this complex and debilitating anxiety disorder.

Section F

Other Optional Information

The year of 2024 to 2025 was another successful year and we are delighted to report on our charity's pioneering work and achievements. We have aided the recovery of a vast number of beneficiaries and have also provided continual therapy, training, psychoeducation and open-ended support. We have entered our 21st year for providing our charitable services, we are well established, popular, experience regular high volumes of attendance and our beneficiaries are able to participate from all areas of East Anglia, surrounding counties, London and overseas. We have never asked our beneficiaries for payment or contributions, our services have always been free of charge to our beneficiaries.

Our charity understands the complexities of OCD and we are able to arm our beneficiaries with the tools to manage and fight OCD, anxiety and depression. We are constantly being told that our training and support

groups have made a huge difference to peoples' lives, some say 'life changing' and we have helped many gain the confidence to link back into the workplace. We teach our beneficiaries about worry addiction, rumination and catastrophising, enabling them to live a more harmonious life. It has been our focus since 2004 to offer a solution to mental health problems and as a charity our objective is to provide the aid and relief of mental health illness which we have evidence of doing successfully.

We currently have a turnover of approximately 300 beneficiaries per year. This is a turnover figure, as it is very difficult to provide exact numbers as some of our beneficiaries attend regularly and others may weave in and out of our groups attending when they need to.

We are a small charity with a huge heart and our therapy and training groups have proved to have a very positive and inspirational impact on our beneficiaries in East Anglia, London and overseas.

Our Vision:

“Recovery from OCD is possible”!

“We provide therapy, training, psychoeducation and constructive support to those with OCD to aid their recovery, also welcoming their carers and family members”.

“Our pioneering approach means we are able to offer the relief of mental illness and the preservation of good mental health by the wide-ranging and comprehensive services we deliver”.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Geraldine Scott</i>	
Full name(s)	Geraldine Scott	
Position	Trustee	
Date	4 February 2026	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Norwich and Norfolk OCD Voluntary Support Group

1176907

Receipts and payments accounts

CC16a

For the period from	Period start date 06/04/2024	To	Period end date 05/04/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Community Lottery	-	9,620	-	9,620	9,990
	-	-	-	-	2,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	9,620	-	9,620	11,990
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	9,620	-	9,620	11,990
A3 Payments					
Running Costs	895	-	-	895	1,811
Specialist Services	12,780	-	-	12,780	19,280
Sundries	80	-	-	80	70
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	13,755	-	-	13,755	21,161
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	13,755	-	-	13,755	21,161
Net of receipts/(payments)	- 13,755	9,620	-	- 4,135	- 9,171
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	4,136	-
Cash funds this year end	- 13,755	9,620	-	1	- 9,171

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	1	-
		-	-	-
		-	-	-
	Total cash funds	-	1	-
	(agree balances with receipts and payments account(s))			
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	<i>Geraldine Scott</i>	Geraldine Scott	04/02/2026	

NORWICH AND NORFOLK OCD VOLUNTARY SUPPORT GROUP

England & Wales - Charity number 1176907

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day 06	Month 04	Year 2023	To	Day 05	Month 04	Year 2024

Section A Reference and Administration Details

Charity name Norwich and Norfolk OCD Voluntary Support Group

Other names charity is known by

Registered charity number (if any) 1176907

Charity's principal address 2 St Peter's Drive

Easton

Norwich

Postcode NR9 5HF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susanne Lee	Chair		
2	Linda Brown	Treasurer		
3	Geraldine Scott	Trustee		
4	Maureen Stone	Trustee		

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Executive Advisor	Nesta Reeve	
BABCP Supervisor	Russell Wharton	

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Election

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Charity Trustees will make available to each new Charity Trustee, on or before his or her first appointment:

- a) a copy of the current version of our Constitution
- b) a copy of the latest Trustees' Annual Report and Statement of Accounts

The induction and training of the Trustees is carried out by regular psychoeducation relating to OCD, anxiety and depression at our weekly afternoon online OCD Therapy and Training Groups.

Training is provided by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression. Independent professional advice and support is available to our Trustees, volunteers and beneficiaries, if and when required.

Trustees' Duties

Our Trustees carry out their legal duties by ensuring that everything our charity does helps to achieve the purposes for which it is set up and no other purpose, as set out in our governing document. They plan what our charity does, what they want it to achieve and are able to explain and understand how the charity benefits the public by carrying out its purpose. They act in our charity's best interests, deal with conflicts of interest, manage our charity's resources responsibly, implement appropriate financial controls, manage risks, act with reasonable care and skill and take appropriate advice when needed. They also ensure the spending of charity funds is solely for the benefit of the charity and the charity's beneficiaries.

As well as the above, two of our Trustees are active in the running of the charity's training services. Our main activities are psychoeducation, therapy, training and support of our beneficiaries. Two of our Trustees are fully able to step into the role of group facilitator at any of our meetings. Our Trustees understand the complexities of OCD and we all work as an enthusiastic and completely focused team providing a solution to aiding mental health and wellbeing for our community.

Existing Relationships

This year we were very grateful to receive a grant from the Community Lottery and a donation from the Paul Bassham Charitable Trust. These grants were used to provide weekly online OCD Therapy and Training Groups along with running costs for the charity.

NHS

We receive numerous referrals from the NHS Wellbeing Services and GP Surgeries to access our two weekly charitable therapy and training support groups for their patients.

Norwich City Council and Norfolk County Council

We have assisted the Norwich City Council and Norfolk County Council by replying to enquiries from their Housing Officers and Managers regarding their tenants that have severe issues with OCD Hoarding in our community, as well as those working in Social Services needing to refer clients to us with mental health issues. We are able to provide our voluntary therapy and training to their tenants and clients whenever they are willing to attend our weekly afternoon online groups.

We adhere to the following policies that can be found on our website www.norwichandnorfolkocdsupport.org.uk :

- 1) Safeguarding and Vulnerable Persons Policy
- 2) Equal Opportunities Policy
- 3) Group Rules for Confidentiality

Section C Objectives and Activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE AND/OR GROUP COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIVE COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER

We declare that our Charity Trustees 'have regard' to the Charity Commission's Public Benefit Guidance 'when exercising any powers or duties to which the Guidance is relevant'. Our Charity Trustees have complied with this duty and are aware of the Guidance.

Weekly Online Therapy and Training Groups

Since 2020, we have continued to run our weekly classroom groups online for OCD therapy, training, psychoeducation and support. The online groups are very successful and it has also meant that our beneficiaries have been able to attend our therapy and training sessions from their homes. Most importantly, they include those beneficiaries that are especially vulnerable to illness and those that are housebound.

Operating as voluntary online therapy and training, we have found that we can offer our services to a much wider audience. Our beneficiaries join us from East Anglia but also now from London, Europe and Japan.

AIDING MENTAL HEALTH

We were able to continue with our twice weekly afternoon online therapy and training groups for the first half of this accounting term. When one of

the grants was spent and after a discussions with our Trustees, we decided to continue with our online therapy and training once a week. We all agreed that this would be an adequate amount of group therapy, training and psychoeducation each week for the remainder of this accounting term. Our groups are always open-ended, rather than restricting beneficiaries to the usual allotted six or ten sessions, if and whenever they are available.

We understand the complexities and multi-facets of OCD. Our online OCD Therapy and Training Groups are professionally run by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression.

Below are the main activities undertaken by our charity to carry out its charitable purpose for the public benefit:

We provide therapy, training, psychoeducation and support with these services being open-ended which we believe is vital for mental health issues, rather than these sessions being time limited. We provide Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT), Mindfulness, Acceptance and Commitment Therapy (ACT) and we also incorporate the following related subjects:

- All Categories of OCD inc. mental, physical and avoidance behaviours
- Unwanted, Intrusive Thoughts (sometimes referred to as Pure O)
- The Conscious versus the Sub-conscious Mind
- Advanced Mindfulness including the study of nonjudgment
- Examining Automatic Negative Thoughts and Cognitive Distortions
- Coping with Anxiety and Depression
- Examining Resources and Skill Sets

These training sessions include open debate followed by questions and answers with professional advice and if necessary, sign-posting beneficiaries to other relevant areas and forms of help.

In addition to the above psychoeducational modules, we are willing to cover anything relevant that the beneficiaries bring to the training groups. The aim of these meetings is to encourage people with supported steps to move forward with their lives. These weekly sessions have a two hour duration and accommodate up to 22 people. We also include mental health trainees and carers and family members to sit in on any of our groups. These training courses have also been successful by:

- supporting people with mental health problems remain in work.
- giving course attendees the confidence to begin looking for work and successfully commence employment.
- helping those that want to look for volunteering opportunities in our community.

Our charity provides the relief of mental illness and the preservation of good mental health by the above wide-ranging and comprehensive services.

24 hour Enquiries and Helpline

We also run a 24 hour, daily enquiries and helpline. All calls are promptly responded to by either telephone or email. In some cases, if our services are not suitable or appropriate, we are also able to sign-post people to other areas of help and support.

Keeping Connected

We hold adhoc meetings for our Trustees and volunteers to discuss activities and, any issues they may have in a confidential setting also giving our volunteers the opportunity to meet other volunteers.

Section D

Achievements and Performance

Summary of the main achievements of the charity during the year

We are the most well established and longest existing OCD Voluntary Support Group in the UK. The key to our success is by offering psychoeducation, therapy, training, empathy and support and we have had no break in our services for the last 20 years. We are giving our beneficiaries the tools and support to help themselves with OCD, anxiety and depression and we welcome carers, family members and mental health trainees, to learn more about this complex, debilitating and often very misunderstood mental health disorder. We have witnessed many beneficiaries returning to work after long-term sickness due to the therapy, training and support we have been able to provide them.

Our groups also help reduce loneliness and isolation that our beneficiaries may be experiencing. Our volunteers and Trustees are always investing time in learning more about OCD, anxiety and depression which is passed on, under supervision, during our weekly online OCD Therapy and Training Support Groups.

Volunteers' Roles

We have four volunteers and two of these volunteers are able to co-facilitate and run our groups. Two Trustees run our 'Invitation Only' (for confidentiality) private Facebook page.

Section E

Financial review

Brief statement of the charity's policy on reserves

We operate on a small budget which is nearly always allocated to specific running costs, therapy and training. If we have funds remaining then we discuss and decide what to do with this at our Annual General Meeting (AGM) held in December each year.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

Our principal source of funds is by grant applications and donations from companies. These funds are used for essential running costs such as the professional psychoeducation and training to aid recovery, which does make us unique for a Charity supporting those with OCD, anxiety and depression. Our beneficiaries always include carers, family members and is also a training ground for mental health trainees to learn how to combat this complex and debilitating anxiety disorder.

Section F

Other optional information

The year of 2023 to 2024 was another successful year and we are delighted to report on our charity's pioneering work and achievements. We have aided the recovery of a vast number of beneficiaries and have also provided continual therapy, training, psychoeducation and open-ended support. We have entered our 20th year for providing our charitable services, we are well established, popular, experience regular high volumes of attendance and our beneficiaries are able to attend from all areas of East Anglia, surrounding counties, London and overseas. We have never asked our beneficiaries for payment or contributions, our services have always been free of charge to our beneficiaries.

Our charity understands the complexities of OCD and we are able to arm our beneficiaries with the tools to manage and fight OCD, anxiety and depression. We are constantly being told that our training and support groups have made a huge difference to peoples' lives, some say 'life changing' and we have helped many gain the confidence to link back into the workplace. We teach our beneficiaries about worry addiction, rumination and catastrophising, enabling them to live a more harmonious life. It has been our focus since 2004 to offer a solution to mental health problems and as a charity our objective is to provide the aid and relief of mental health illness which we have evidence of doing successfully.

We currently have a turnover of approximately 430 beneficiaries per year. This is a turnover figure, as it is very difficult to provide exact numbers as some of our beneficiaries attend regularly and others may weave in and out of our groups attending when they need to.

We are a small charity with a huge heart and our therapy and training groups have proved to have a very positive and inspirational impact on our beneficiaries in East Anglia, London and overseas.

Our Vision :

"Recovery from OCD is possible"!

"We provide therapy, training, psychoeducation and constructive support to those with OCD to aid their recovery, also welcoming their carers and family members".

"Our pioneering approach means we are able to offer the relief of mental illness and the preservation of good mental health by the wide-ranging and comprehensive services we deliver".

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Geraldine Scott</i>	
Full name(s)	Geraldine Scott	
Position (eg Secretary, Chair)	Trustee	
Date	04 February 2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Norwich and Norfolk OCD Voluntary Support Group	No (if any) 1176907
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CC16a

Receipts and Payments Accounts

For the period from	Period start date 4/6/2023	To	Period end date 4/5/2024
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Section A Receipts and Payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Community Lottery		9,990	-	9,990	9,950
Paul Bassham Charitable Trust	2,000		-	2,000	11,030
		-	-	-	1,000
		-	-	-	2,000
		-	-	-	4,940
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	2,000	9,990	-	11,990	28,920
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	2,000	9,990	-	11,990	28,920
A3 Payments					
Running Costs	1,811	-	-	1,811	1,332
Specialist Services	19,280	-	-	19,280	24,870
Sundries	70	-	-	70	80
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	21,161	-	-	21,161	26,282
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	21,161	-	-	21,161	26,282
Net of receipts/(payments)	- 19,161	9,990	-	- 9,171	2,638
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	13,307	-
Cash funds this year end	- 19,161	9,990	-	4,136	2,638

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	4,136	-
		-	-	-
		-	-	-
	Total cash funds	-	4,136	-

(agree balances with receipts and payments account(s))

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
Geraldine Scott	Geraldine Scott	2/1/2025

NORWICH AND NORFOLK OCD VOLUNTARY SUPPORT GROUP

England & Wales - Charity number 1176907

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day 06	Month 04	Year 2022	To	Day 05	Month 04	Year 2023

Section A Reference and Administration Details

Charity name Norwich and Norfolk OCD Voluntary Support Group

Other names charity is known by

Registered charity number (if any) 1176907

Charity's principal address
 2 St Peter's Drive
 Easton
 Norwich
Postcode NR9 5HF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susanne Lee	Chair		
2	Linda Brown	Treasurer		
3	Geraldine Scott	Trustee		
4	Maureen Stone	Trustee		

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Executive Advisor	Nesta Reeve	
BABCP Supervisor	Russell Wharton	

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, Governance and Management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Election

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Charity Trustees will make available to each new Charity Trustee, on or before his or her first appointment:

- a) a copy of the current version of our Constitution
- b) a copy of the latest Trustees' Annual Report and Statement of Accounts

The induction and training of the Trustees is carried out by regular psychoeducation relating to OCD, anxiety and depression at our weekly afternoon online OCD Therapy and Training Groups.

Training is provided by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression. Independent professional advice and support is available to our Trustees, volunteers and beneficiaries, if and when required.

Trustees' Duties

Our Trustees carry out their legal duties by ensuring that everything our charity does helps to achieve the purposes for which it is set up and no other purpose, as set out in our governing document. They plan what our charity does, what they want it to achieve and are able to explain and understand how the charity benefits the public by carrying out its purpose. They act in our charity's best interests, deal with conflicts of interest, manage our charity's resources responsibly, implement appropriate financial controls, manage risks, act with reasonable care and skill and take appropriate advice when needed. They also ensure the spending of charity funds is solely for the benefit of the charity and the charity's beneficiaries.

As well as the above, two of our Trustees are active in the running of the charity's training services. Our main activities are psychoeducation, therapy, training and support of our beneficiaries. Two of our Trustees are fully able to step into the role of group facilitator at any of our meetings. Our Trustees understand the complexities of OCD and we all work as an enthusiastic and completely focused team providing a solution to aiding mental health and wellbeing for our community.

In addition, we run a 24 hour enquiries and helpline, all calls are promptly responded to by either telephone or email. Two Trustees run an 'Invitation Only' (for confidentiality) private Facebook page for the charity.

Trustee Resignation

Georgia Ollett resigned as a Trustee on 7 April 2022 to seek out additional work opportunities to further her career. We are very grateful to Georgia for all the help and support she gave the charity during her time with us.

Existing Relationships

This year we were very grateful to receive grants from the Community Lottery, Postcode Places Trust, Love Norfolk via the Norfolk Community Foundation, the Paul Bassham Charitable Trust and the Fitzmaurice Trust. These grants were used to provide two weekly online OCD Therapy and Training Groups along with running costs for the charity.

NHS

We receive numerous referrals from the NHS Wellbeing Services and GP Surgeries to access our two weekly charitable therapy and training support groups for their patients.

Norwich City Council and Norfolk County Council

We have assisted the Norwich City Council and Norfolk County Council by replying to enquiries from their Housing Officers and Managers regarding their tenants that have severe issues with OCD Hoarding in our community, as well as those working in Social Services needing to refer clients to us with mental health issues. We are able to provide our voluntary therapy and training to their tenants and clients whenever they are willing to attend our weekly afternoon online groups.

We adhere to the following policies that can be found on our website www.norwichandnorfolkocdsupport.org.uk :

- 1) Safeguarding and Vulnerable Persons Policy
- 2) Equal Opportunities Policy
- 3) Group Rules for Confidentiality

We also hold a Group Insurance for our Charity.

Section C

Objectives and Activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE AND/OR GROUP COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIVE COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER

We declare that our Charity Trustees 'have regard' to the Charity Commission's Public Benefit Guidance 'when exercising any powers or duties to which the Guidance is relevant'. Our Charity Trustees have complied with this duty and are aware of the Guidance.

COVID-19

Since Covid-19 at the beginning of 2020, we have continued to run our

weekly classroom groups online for OCD therapy, training and support. The online groups proved to be more successful than we could have anticipated for our beneficiaries. It has meant that our beneficiaries have been able to attend our therapy and training sessions online from the safety of their homes. Most importantly, including those beneficiaries that are especially vulnerable to illness and those that are house bound.

Operating as voluntary online therapy and training, we have found that we can offer our services to a much wider audience. Our beneficiaries join us from East Anglia but also now from London, Europe and Japan.

AIDING MENTAL HEALTH

With the grants from the Community Lottery, Postcode Places Trust and Love Norfolk via the Norfolk Community Foundation, we were able to continue with our twice weekly afternoon online therapy and training groups. Both of these groups have been extremely popular and our number of beneficiaries always consistent. We also ensure that our groups are open-ended, rather than restricting beneficiaries to the usual allotted six or ten sessions, if and whenever they are available.

We understand the complexities and multi-facets of OCD. Our online OCD Therapy and Training Groups are professionally run by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression.

Below is a summary setting out the main activities undertaken by our charity to carry out its charitable purpose for the public benefit:

We offer psychoeducation, therapy, training and support and our services are open-ended which we believe is vital for mental health issues, rather than sessions being time limited. We provide Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT), Mindfulness, Acceptance and Commitment Therapy (ACT) and we also incorporate the following related subjects:

- All Categories of OCD inc. mental, physical and avoidance behaviours
- Unwanted, Intrusive Thoughts (sometimes referred to as Pure O)
- The Conscious versus the Sub-conscious Mind
- Advanced Mindfulness including the study of nonjudgment
- Examining Automatic Negative Thoughts and Cognitive Distortions
- Coping with Anxiety and Depression
- Examining Resources and Skill Sets

These training sessions always include open debate followed by questions and answers with professional advice and if necessary, sign-posting beneficiaries to other relevant areas and forms of help.

Social Activities

During this year we arranged the following social activities for our beneficiaries: 28 August 2022 - A Day Trip to Cambridge, 28 October 2022 - Donnelli's Pizzeria and 7 January 2023 - Hotel Chocolat Café Social Meet-Up. These events proved to be popular and enjoyable and we are hoping to organise similar types of events next year.

We also run a 24 hour, daily enquiries and helpline. All calls are promptly responded to by either telephone or email. For our organisation to be and operate as a charity, it means we provide the relief of mental illness and the preservation of good mental health by the above wide-ranging and comprehensive services and we are delighted to report again on our

charity's pioneering work and success.

In addition to the above psychoeducational modules, we are willing to cover anything relevant that the beneficiaries bring to the training groups. The aim of these meetings is to encourage people with supported steps to move forward with their lives and to look for employment and/or volunteering opportunities in the community. These twice weekly sessions have a two hour duration each with two short breaks and accommodate up to 22 people. We also include mental health trainees and carers and family members to sit in on any of our groups. These training courses have proven to be very successful by also:

- supporting people with mental health problems remain in work.
- giving course attendees the confidence to begin looking for work and successfully commence employment.
- helping those that want to look for volunteering opportunities in our community.

We hold adhoc meetings for our Trustees and volunteers to discuss activities and, any issues they may have in a confidential setting also giving our volunteers the opportunity to meet other volunteers.

Section D

Achievements and Performance

Summary of the main achievements of the charity during the year

We are the largest and longest existing OCD Voluntary Support Group in the UK by running weekly online OCD Therapy and Training Groups. The key to our success is by offering psychoeducation, therapy, training, empathy and support and we have had no break in our services for the last 19 years. We are giving our beneficiaries the tools and support to help themselves with OCD, anxiety and depression and we welcome carers, family members and mental health trainees, to learn more about this complex, debilitating and often very misunderstood mental health disorder. We have witnessed many beneficiaries returning to work after long-term sickness due to the therapy, training and support we have been able to offer them.

Volunteers' Roles

We have four volunteers and two of these volunteers are able to co-facilitate and run our groups. Two Trustees and one volunteer run our 'Invitation Only' (for confidentiality) private Facebook page.

Two volunteers organise leisure outings. Our Trustees have decided moving forward that we will run face-to-face leisure groups as often as we can which will also give our beneficiaries the opportunity to meet up, socialise and to help reduce any loneliness and isolation they may be experiencing. Our volunteers and Trustees are always investing time in learning more about OCD, anxiety and depression which is passed on, under supervision, during our weekly online OCD Therapy and Training Support Groups.

Section E

Financial review

Brief statement of the charity's policy on reserves

We operate on a small budget which is nearly always allocated to specific running costs, therapy and training. If we have funds remaining then we discuss and decide what to do with this at our Annual General Meeting (AGM) held in December each year.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

Our principal source of funds is by grant applications and donations from companies. These funds are used for essential running costs such as the professional psychoeducation and training to aid recovery, which does make us unique for a Charity supporting those with OCD, anxiety and depression. Our beneficiaries always include carers, family members and is also a training ground for mental health trainees to learn how to combat this complex and debilitating anxiety disorder.

Section F Other optional information

The year of 2022 to 2023 was another successful year. We have aided the recovery of a vast number of beneficiaries and have also provided continual therapy, psychoeducation, training and open-ended support. We have entered our 19th year for providing our charitable services, we are well established, popular, experience high volumes of attendance and our beneficiaries are able to attend from all areas of East Anglia, surrounding counties, London and overseas. We have never asked our beneficiaries for payment or contributions, our services have always been free of charge.

Our charity understands the complexities of OCD and we are able to arm our beneficiaries with the tools to manage and fight OCD, anxiety and depression. We are constantly being told that our training and support groups have made a huge difference to peoples' lives, some say 'life changing' and we have helped many gain the confidence to link back into the workplace. We teach our beneficiaries about worry addiction, rumination and catastrophising, enabling them to recover and live a more harmonious life. It has been our focus since 2004 to offer a solution to mental health problems and as a charity our objective is to provide the aid and relief of mental health illness which we have evidence of doing successfully.

We currently have a turnover of approximately 480 beneficiaries per year this does not include the amount of weekly enquiries we receive. This is a turnover figure, as it is very difficult to provide exact numbers as some of our beneficiaries attend regularly and others may weave in and out of our groups attending when they need to.

We are a small charity with a huge heart and our therapy and training groups have proved to have a very positive and inspirational impact on our beneficiaries of East Anglia, London and overseas.

Our Vision :

"Recovery from OCD is possible"!

"We provide psychoeducation, therapy, training and constructive support to those with OCD to aid their recovery, also welcoming their carers and family members".

"Our pioneering approach means we are able to offer the relief of mental illness and the preservation of good mental health by the wide-ranging and comprehensive services we deliver".

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Geraldine Scott</i>	
Full name(s)	Geraldine Scott	
Position (eg Secretary, Chair)	Trustee	

Date 04 February 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Norwich and Norfolk OCD Voluntary Support Group	No (if any) 1176907
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CC16a

Receipts and Payments Accounts

For the period from	Period start date 06/04/2022	To	Period end date 05/04/2023
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Section A Receipts and Payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Community Lottery		9,950	-	9,950	9,950
Postcode Places Trust		11,030	-	11,030	18,440
Fitzmaurice Trust	1,000	-	-	1,000	-
Paul Bassham Charitable Trust	2,000	-	-	2,000	-
Norfolk Community Foundation		4,940	-	4,940	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,000	25,920	-	28,920	28,390
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,000	25,920	-	28,920	28,390
A3 Payments					
Running Costs	1,332	-	-	1,332	1,340
Specialist Services	24,870	-	-	24,870	23,940
Sundries	80	-	-	80	120
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	26,282	-	-	26,282	25,400
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	26,282	-	-	26,282	25,400
Net of receipts/(payments)	- 23,282	25,920	-	2,638	2,990
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	10,669	-
Cash funds this year end	- 23,282	25,920	-	13,307	2,990

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	13,307	-
		-	-	-
		-	-	-
	Total cash funds	-	13,307	-

(agree balances with receipts and payments account(s))

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>Geraldine Scott</i>	Geraldine Scott	01/02/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Norwich and Norfolk OCD Voluntary Support Group

**On accounts for the year
ended**

05/04/2023

**Charity no
(if any)**

1176907

Set out on pages

Trustees' Annual Report and Accounts for Tax Year 2022 to 2023

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2023.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed: *Karen Flinn*

Date: 04/02/2024

Name: Karen Flinn

**Relevant professional
qualification(s) or body
(if any):**

Address: 31 Carlton Gardens

Norwich

NR1 3LF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

NORWICH AND NORFOLK OCD VOLUNTARY SUPPORT GROUP

England & Wales - Charity number 1176907

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	Day 06	Month 04	Year 2021	To	Day 05	Month 04	Year 2022

Section A Reference and administration details

Charity name Norwich and Norfolk OCD Voluntary Support Group

Other names charity is known by

Registered charity number (if any) 1176907

Charity's principal address
 2 St Peter's Drive
 Easton
 Norwich
Postcode NR9 5HF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susanne Lee	Chair		
2	Linda Brown	Treasurer		
3	Georgia Ollett	Trustee		
4	Geraldine Scott	Trustee		
5	Maureen Stone	Trustee		

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Executive Advisor	Nesta Reeve	
BABCP Supervisor	Russell Wharton	

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Election

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Charity Trustees will make available to each new Charity Trustee, on or before his or her first appointment:

- a) a copy of the current version of our Constitution
- b) a copy of the latest Trustees' Annual Report and Statement of Accounts

The induction and training of the Trustees is carried out by regular psychoeducation relating to OCD, anxiety and depression at our weekly evening and afternoon online OCD Therapy and Training Groups.

Training is provided by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression. Independent professional advice and support is available to our Trustees, volunteers and beneficiaries, if and when required.

Trustees' Duties

Our Trustees carry out their legal duties by ensuring that everything our charity does helps to achieve the purposes for which it is set up and no other purpose, as set out in our governing document. They plan what our charity does, what they want it to achieve and are able to explain and understand how the charity benefits the public by carrying out its purpose. They act in our charity's best interests, deal with conflicts of interest, manage our charity's resources responsibly, implement appropriate financial controls, manage risks, act with reasonable care and skill and take appropriate advice when needed. They also ensure the spending of charity funds is solely for the benefit of the charity and the charity's beneficiaries.

As well as the above, three of our Trustees are very active in the running of the charity's training services. Our main activities are psychoeducation, therapy, training and support of our beneficiaries. Three of our Trustees are fully able to step into the role of group facilitator at any of our meetings. Our Trustees understand the complexities of OCD and we all work as an enthusiastic and completely focused team providing a solution to aiding mental health and wellbeing for our community.

In addition, we run a 24 hour enquiries and helpline, all calls are promptly responded to by either telephone or email. Three Trustees run an 'Invitation Only' (for confidentiality) private Facebook page for the charity.

Existing Relationships

This year we were very grateful to receive grants from the Community Lottery and Postcode Places Trust to provide three weekly online OCD Therapy and Training Groups along with running costs.

NHS

We receive numerous referrals from the NHS Wellbeing Services and GP Surgeries to access our thrice weekly charitable therapy and training support groups for their clients and patients.

Norwich City Council and Norfolk County Council

We assist the Norwich City Council and Norfolk County Council by replying to enquiries from their Housing Officers and Managers regarding their tenants that have severe issues with OCD Hoarding in our community, as well as those working in Social Services needing to refer clients to us with mental health issues. We are able to provide our voluntary therapy and training to their tenants and clients whenever they are willing to attend our weekly evening and afternoon therapy and training groups.

Shaw Trust Charity

Shaw Trust assists people that have been on long-term unemployment. We are also able to provide help to Support Managers of the Shaw Trust who refer their clients that are suffering with depression, anxiety and OCD to our weekly voluntary online evening and afternoon therapy and training support groups.

We adhere to the following policies that can be found on our website www.norwichandnorfolkocdsupport.org.uk :

- 1) Safeguarding and Vulnerable Persons Policy
- 2) Equal Opportunities Policy
- 3) Group Rules for Confidentiality

We also hold a Group Insurance for our Charity.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE AND/OR GROUP COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIVE COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER

We declare that our Charity Trustees 'have regard' to the Charity Commission's Public Benefit Guidance 'when exercising any powers or duties to which the Guidance is relevant'. Our Charity Trustees have complied with this duty and are aware of the Guidance.

COVID-19

With the unexpected arrival of Covid-19 at the beginning of 2020 and the

government's requirements to 'lock down' at the end of March 2020, we immediately moved our weekly classroom groups to online OCD Therapy and Training Support Groups. This proved to be more successful than we could have anticipated for our beneficiaries. It has meant that our beneficiaries have been able to attend our therapy and training sessions online from the safety of their homes. Most importantly, including those beneficiaries that are especially vulnerable to the virus due to underlying health conditions.

Operating as voluntary online therapy and training, we have found that we can offer our services to a much wider audience. Our beneficiaries join us from East Anglia but also now from London, Europe and Japan.

COVID-19 AIDING MENTAL HEALTH

With the above grants from the Community Lottery and Postcode Places Trust, we were able to increase our twice weekly online therapy and training groups to three groups per week, one evening and two afternoons. All of these groups have been extremely popular and our numbers of beneficiaries always consistent. We also ensure that our groups are open-ended, rather than restricting beneficiaries to the usual allotted six or ten sessions, if and whenever they are available.

We understand the complexities and multi-facets of OCD. Our online OCD Therapy and Training Groups are professionally run by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression.

Below is a summary setting out the main activities undertaken by our charity to carry out its charitable purpose for the public benefit:

We offer psychoeducation, therapy, training and support and our services are open-ended which we believe is vital for mental health issues, rather than sessions being time limited. We provide Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT), Mindfulness, Acceptance and Commitment Therapy (ACT) and we also incorporate the following related subjects:

- All Categories of OCD inc. mental, physical and avoidance behaviours
- Unwanted, Intrusive Thoughts (sometimes referred to as Pure O)
- The Conscious versus the Sub-conscious Mind
- Advanced Mindfulness including the study of nonjudgment
- Examining Automatic Negative Thoughts and Cognitive Distortions
- Coping with Anxiety and Depression
- Examining Resources and Skill Sets

These training sessions always include open debate followed by questions and answers with professional advice and if necessary, sign-posting beneficiaries to other relevant areas and forms of help.

We also run a 24 hour, daily enquiries and helpline. All calls are promptly responded to by either telephone or email. For our organisation to be and operate as a charity, it means we provide the relief of mental illness and the preservation of good mental health by the above wide-ranging and comprehensive services and we are delighted to report again on our charity's pioneering work and success.

In addition to the above psychoeducational modules, we are willing to cover anything relevant that the beneficiaries bring to the training groups. The aim of these meetings encourage people with supported steps to move forward with their lives and to look for employment and/or

volunteering opportunities in the community. These three weekly sessions have a two hour duration each with two short breaks and accommodate up to 22 people. We have also invited Support Workers from the Shaw Trust to sit in on any of these modules which they may find useful. These training courses have proven to be very successful by also:

- supporting people with mental health problems remain in work.
- giving course attendees the confidence to begin looking for work and successfully commence full time employment.
- encourage some course attendees to start volunteering in our community.

We hold adhoc meetings for our Trustees and volunteers to discuss activities and, any issues they may have in a confidential setting also giving our volunteers the opportunity to meet other volunteers.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

We have become the largest OCD Voluntary Support Group in the UK by running three weekly online OCD Therapy and Training Support Groups. The key to our success is by offering psychoeducation, therapy, training, empathy and support and we have had no break in our services for the last 18 years. We are giving our beneficiaries the tools and support to help themselves with OCD, anxiety and depression and we welcome carers, family members and mental health trainees, to learn more about this complex, debilitating and often very misunderstood mental health disorder. We have witnessed many beneficiaries returning to work after long-term sickness due to the therapy, training and support we have been able to offer them.

Volunteers' Roles

We have five volunteers and three of these volunteers are able to help co-facilitate and run our groups. Three Trustees and one volunteer run our 'Invitation Only' (for confidentiality) private Facebook page.

Three volunteers organise leisure outings. Our Trustees have decided moving forward that we will run face-to-face leisure groups every two months (providing there is no further lock-downs) which will also give our beneficiaries the opportunity to meet up, have social conversations to help reduce any loneliness and isolation they may be experiencing. Several of our volunteers research information for our charity and our Trustees are always investing time in learning more about OCD, anxiety and depression which is passed on, under supervision, during our weekly online OCD Therapy and Training Support Groups.

Section E Financial review

Brief statement of the charity's policy on reserves

We operate on a very small budget which is nearly always allocated to specific running costs, therapy and training. If we have any funds remaining then we discuss and decide what to do with these at any adhoc meeting throughout the year or at our Annual General Meeting (AGM) held in December.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

Our principal source of funds is by grant applications and donations from companies. These funds are used for essential running costs such as the professional psychoeducation and training to aid recovery, which does make us unique for a Charity supporting those with OCD, anxiety and depression. Our beneficiaries always include carers, family members and is also a training ground for mental health trainees to learn how to combat this complex and debilitating anxiety disorder.

Section F Other optional information

The year of 2021 to 2022 was a very successful year. We have aided the recovery of a vast number of beneficiaries and have also provided continual therapy, psychoeducation, training and open-ended support. We have entered our 18th year for providing our charitable services, we are well established, popular, experience high volumes of attendance and our beneficiaries are able to attend from all areas of East Anglia, surrounding counties, London and overseas. We have never asked our beneficiaries for payment or contributions, our services have always been free of charge.

Our charity understands the complexities of OCD and we are able to arm our beneficiaries with the tools to manage and fight OCD, anxiety and depression using Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT), Acceptance and Commitment Therapy (ACT) and Mindfulness. We are constantly being told that our training and support groups have made a huge difference to peoples' lives, some say 'life changing' and we have helped many gain the confidence to link back into the workplace. We teach our beneficiaries about worry addiction, rumination and catastrophising, enabling them to recover and live a more harmonious life. It has been our focus since 2004 to offer a solution to mental health problems and as a charity our objective is to provide the aid and relief of mental health illness which we have evidence of doing successfully.

We currently have a turnover of approximately 850 beneficiaries per year. This is a turnover figure, as it is very difficult to provide exact numbers as some of our beneficiaries attend regularly and others may weave in and out of our therapy groups and only attend these when they need to. We are the largest OCD Voluntary Support Group in the UK and with our pioneering approach we offer therapy, training and support.

We are a charity with a huge heart and our enthusiastic therapy and training groups have proved to have a very positive and inspirational impact on our beneficiaries of East Anglia, London and overseas.

Our Vision :

"Recovery from OCD is possible"!

"We provide psychoeducation, therapy, training and constructive support to those with OCD to aid their recovery, also welcoming their carers and family members".

"Our pioneering approach means we are able to offer the relief of mental illness and the preservation of good mental health by the wide-ranging and comprehensive services we deliver".

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Geraldine Scott</i>	
Full name(s)	Geraldine Scott	
Position (eg Secretary, Chair)	Trustee	

Date 03 February 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Norwich and Norfolk OCD Voluntary Support Group	No (if any) 1176907
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Receipts and payments accounts

For the period from	Period start date 4/6/2021	To	Period end date 4/5/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Community Lottery		9,950	-	9,950
Postcode Places Trust		18,440	-	18,440
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	-	28,390	-	28,390
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	28,390	-	28,390
A3 Payments				
Running Costs	1,340	-	-	1,340
Specialist Services	23,940	-	-	23,940
Sundries	120	-	-	120
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	25,400	-	-	25,400
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	25,400	-	-	25,400
Net of receipts/(payments)	- 25,400	28,390	-	2,990
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	7,679
Cash funds this year end	- 25,400	28,390	-	10,669

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	10,669
		-	-
		-	-
	Total cash funds	-	10,669
	(agree balances with receipts and payments account(s))		

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
Geraldine Scott	Geraldine Scott

CC16a



Last year
to the nearest £

-
-
-
-
-
-
-
-
9,520

-
-

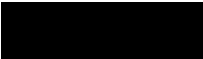
9,520

1,133
7,874
333
-
-
-
-
-
-
9,340

-
-

9,340

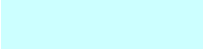
180
-
-
180



Endowment funds

to nearest £

-
-
-
-



Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

2/3/2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Norwich and Norfolk OCD Voluntary Support Group

**On accounts for the year
ended**

05/04/2022

**Charity no
(if any)**

1176907

Set out on pages

Trustees' Annual Report and Accounts for Tax Year 2021 to 2022

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2022

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed: *Karen Flinn*

Date: 03/02/2023

Name: Karen Flinn

**Relevant professional
qualification(s) or body
(if any):**

Address: 31 Carlton Gardens

Norwich

NR1 3LF

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

NORWICH AND NORFOLK OCD VOLUNTARY SUPPORT GROUP

England & Wales - Charity number 1176907

Accounts



Trustees' Annual Report for the period

From

Period start date

Day 06 Month 04 Year 2020

To

Period end date

Day 05 Month 04 Year 2021

Section A Reference and administration details

Charity name Norwich and Norfolk OCD Voluntary Support Group

Other names charity is known by

Registered charity number (if any) 1176907

Charity's principal address 2 St Peter's Drive

Easton

Norwich

Postcode NR9 5HF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Susanne Lee	Chair		
2	Linda Brown	Treasurer		
3	Georgia Ollett	Trustee		
4	Geraldine Scott	Trustee		
5	Maureen Stone	Trustee		

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Executive Advisor	Nesta Reeve	
BABCP Supervisor	Russell Wharton	

Name of chief executive or names of senior staff members (Optional information)

Section B management

Structure, governance and

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Election

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Charity Trustees will make available to each new Charity Trustee, on or before his or her first appointment:

- a) a copy of the current version of our Constitution
- b) a copy of the latest Trustees' Annual Report and Statement of Accounts

The induction and training of Trustees is carried out by regular psychoeducation relating to OCD, anxiety and depression at our weekly evening and afternoon online OCD Therapy and Training Groups.

Training is provided by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression. Independent professional advice and support is available to our Trustees, volunteers and beneficiaries, if and when required.

Trustees' Duties

Our Trustees carry out their legal duties by ensuring that everything our charity does helps to achieve the purposes for which it is set up and no other purpose, as set out in our governing document. They plan what our charity does, what they want it to achieve and are able to explain and understand how the charity benefits the public by carrying out its purpose. They act in our charity's best interests, deal with conflicts of interest, manage our charity's resources responsibly, implement appropriate financial controls, manage risks, act with reasonable care and skill and take appropriate advice when needed. They also ensure the spending of charity funds is solely for the benefit of the charity and the charity's beneficiaries.

As well as the above, four of our Trustees are very active in the running of the charity's training services. Our main activities are psychoeducation, therapy, training and support of our

beneficiaries. These Trustees and one volunteer are fully able to step into the role of group facilitator at any of our meetings. Our Trustees understand the complexities of OCD and we all work as an enthusiastic and completely focused team providing a solution to aiding mental health and wellbeing for our community.

In addition, we run a 24 hour enquiries and helpline, all calls are promptly responded to by either telephone or email. Three Trustees and one volunteer run an 'invitation only' (for confidentiality) private Facebook page for the charity.

Existing Relationships

This year we were very grateful to receive a grant from HM Government in unison with the Community Lottery to provide two weekly online OCD Therapy and Training Groups along with some running costs.

NHS

We receive numerous referrals from the NHS and GP Surgeries to access our charitable services for their clients and patients.

Norwich City Council and Norfolk County Council

We assist the City Council and Norfolk County Council by replying to enquiries from their Housing Officers and Managers regarding their tenants that have severe issues with OCD Hoarding in our community, as well as those working in Social Services needing to refer clients to us with mental health issues. We are able to provide our voluntary training and therapy to their tenants and clients when they are willing to attend our regular online weekly evening and afternoon groups.

Shaw Trust Charity

This charity assists people that have been on long term unemployment. We are also able to provide help to Support Managers of the Shaw Trust who refer their clients that are suffering with depression, anxiety and OCD to our voluntary online weekly evening and afternoon training and therapy groups.

We adhere to the following policies that can be found on our website www.norwichandnorfolkocdsupport.org.uk :

- 1) Safeguarding and Vulnerable Persons Policy
- 2) Equal Opportunities Policy
- 3) Group Rules for Confidentiality

We also hold a Group Insurance for our Charity.

Section C

Objectives and activities

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

THE RELIEF OF SICKNESS AND PRESERVATION OF GOOD HEALTH BY THE PROVISION OF ONE-TO-ONE AND/OR GROUP COUNSELLING OF COGNITIVE BEHAVIOURAL THERAPY (CBT), MINDFULNESS, TRAINING AND CONSTRUCTIVE SUPPORT TO THOSE WITH OBSESSIVE COMPULSIVE DISORDER (OCD), THEIR CARERS, FAMILY MEMBERS AND THOSE WHO WANT TO GAIN A BETTER UNDERSTANDING OF THIS ANXIETY DISORDER

We declare that our Charity Trustees 'have regard' to the Charity Commission's Public Benefit Guidance 'when exercising any powers or duties to which the Guidance is relevant'. Our Charity Trustees have complied with this duty and are aware of the Guidance.

COVID-19

With the unexpected arrival of Covid-19 at the beginning of 2020 and the government's requirements to 'lock down' at the end of March 2020, we immediately moved our weekly classroom groups to Zoom online OCD Training and Therapy Groups. Since March 2020, this has worked very well for our beneficiaries. It has meant that our beneficiaries have been able to attend our therapy and training sessions online from the safety of their homes. Most importantly, including those beneficiaries that are especially vulnerable to the virus due to underlying health conditions.

Some of our beneficiaries were suffering from increased isolation and depression during the 'lock down', therefore one of our Trustees had instigated another weekly online Support Group on a Monday evening to help alleviate their isolation and feelings of despair. These meetings discussed issues regarding COVID-19, anxiety, depression and OCD. They also included open debate and time was set aside to have social conversations to help reduce any loneliness our beneficiaries were experiencing. This Support Group has since been taken over by another one of our Trustees and they have both been very successful from the outset.

COVID-19 AIDING MENTAL HEALTH

With the above grant from HM Government in unison with the Community Lottery in October 2020, we were able to continue both weekly online OCD Training and Therapy Groups. Both of these groups have been extremely popular and our numbers of beneficiaries always consistent.

We understand the complexities and multi-facets of OCD. Our online OCD Therapy and Training Groups are professionally run by a UK Registered, fully qualified Senior Psychotherapist and Counsellor specialising in OCD, anxiety and depression.

Below is a summary setting out the main activities undertaken by our charity to carry out its charitable purpose for the public benefit:

The key to our popularity is that we provide psychoeducation, therapy, training and support and our services are open-ended rather than limiting people to six hourly sessions. We provide Cognitive Behavioural Therapy (CBT), Mindfulness and we also incorporate the following related subjects:

- All Categories of OCD inc. mental, physical and avoidance behaviours
- The Conscious versus the Sub-conscious Mind
- Advanced Mindfulness including the study of nonjudgment
- Examining Automatic Negative Thoughts and Cognitive Distortions
- Coping with Anxiety and Depression
- Examining Resources and Skill Set

These training sessions always include open debate followed by questions and answers with professional advice and if necessary, sign posting beneficiaries to other relevant areas and forms of help.

We also run a 24 hour, daily enquiries and helpline. All calls are promptly responded to by either telephone or email. For our organisation to be and operate as a charity, it means we provide the relief of mental illness and the preservation of good mental health by the above wide-ranging and comprehensive services and we are delighted to report again on our charity's pioneering work and success.

In addition to the above psychoeducational modules, we are willing to cover anything relevant that the beneficiaries bring to the training groups. The aim of these meetings encourage people with supported steps to move forward with their lives and to look for employment and/or volunteering opportunities in the community. These three weekly sessions have a two hour duration each with a short break in the middle and accommodate up to 22 people. We have also invited Support Workers from the Shaw Trust to sit in on any of these modules which they may find useful. These training courses have proven to be very successful by also:

- supporting people with mental health problems remain in work.
- giving course attendees the confidence to begin looking for work and successfully commence full time employment.
- encourage some course attendees to start volunteering in our community.

We hold adhoc meetings for our Trustees and volunteers to discuss activities and, any issues they may have in a confidential setting also giving our volunteers the opportunity to meet other volunteers.

Section C

Objectives and activities

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

We have become the largest OCD Voluntary Support Group in the UK by running three weekly online OCD Therapy and Training Support Groups. The key to our success is by offering psychoeducation, therapy, training, empathy and support and we have had no break in our services for the last 17 years. We are giving our beneficiaries the tools and support to help themselves with OCD, anxiety and depression and we welcome carers, family members and mental health trainees, to learn more about this complex, debilitating and often very misunderstood mental health disorder. We have witnessed many beneficiaries returning to work after long term sickness due to the therapy, training and support we have been able to offer them.

Volunteers' Roles

We have 10 volunteers and there has been less activity due to the various 'lock downs' and 'isolation' rules. However, our therapy and training sessions have remained consistent and two volunteers help to co-facilitate the groups. Three Trustees and one volunteer run our 'invitation only' (for confidentiality) private Facebook page.

Three volunteers or more organise leisure outings if and when necessary and COVID-19 guidelines permitting. Several of our volunteers research information for our charity and our Trustees are always investing time in learning more about OCD, anxiety and depression which can be passed on during our weekly online OCD Therapy and Training Groups under supervision.

Section E

Financial review

Brief statement of the charity's policy on reserves

We operate on a very small budget which is nearly always allocated to specific running costs, training and therapy. If we have any funds remaining then we discuss and decide what to do with these at any adhoc meeting throughout the year or at our Annual General Meeting (AGM).

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

Our principal source of funds is by grant applications and donations from companies. These funds are used for essential running costs such as the professional psychoeducation and training to aid recovery, which does make us unique for a Charity supporting those with OCD, anxiety and depression. Our beneficiaries always include carers, family members and is also a training ground for mental health trainees to learn how to combat this complex and debilitating anxiety disorder.

Section F

Other optional information

The year of 2020 to 2021 was again another very successful year, despite COVID-19. We have aided the recovery of a vast number of beneficiaries and have also provided continual training, psychoeducation, therapy and open-ended support. We are entering our 17th year for providing our charitable services, we are well established, popular, experience high volumes of attendance and our beneficiaries are able to attend from all areas of East Anglia, surrounding counties, London and overseas. We have never asked our beneficiaries for payment, our services have always been free of charge. Our charity understands the complexities of OCD and we are able to arm our beneficiaries with the tools to manage and fight anxiety, depression and OCD using Cognitive Behavioural Therapy (CBT) and Mindfulness. We are constantly being told that our training and support groups have made a huge difference to peoples' lives, some say 'life changing' and we have helped many gain the confidence to link back into the workplace. We teach our beneficiaries about worry addiction, rumination and catastrophizing, enabling them to recover and live a more harmonious life. It has been our focus since 2004 to offer a solution to mental health problems and as a charity our objective is to provide the aid and relief of mental health illness which we have evidence of doing successfully.

Since COVID-19 and the HM Government Announcement of the 'UK lock down' we were able to continue our services via weekly OCD Therapy and Training Groups online via Zoom. We currently have a turnover of approximately 90 beneficiaries per month. This is a turnover figure, as it is very difficult to provide exact numbers as some of our beneficiaries attend regularly and others may weave in and out of our training groups and only attend these when they need to. We are the largest OCD Voluntary Support Group in the UK and due to our pioneering approach we also have enquiries from overseas.

We are a charity with a huge heart and have a very positive impact on our community of East Anglia.

Our Vision :

"Recovery from OCD is possible"!

"We provide psychoeducation, training, therapy and constructive support to those with OCD to aid their recovery, also welcoming their carers and family members".

"Our pioneering approach means we are able to offer the relief of mental illness and the preservation of good mental health by the wide-ranging and comprehensive services we deliver".

Section G Declaration

**The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees**

Signature(s)	Geraldine Scott	
Full name(s)	Geraldine Scott	
Position (eg Secretary, Chair)	Trustee	
Date	04 February 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Norwich and Norfolk OCD Voluntary Support Group	No (if any) 1176907
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Receipts and payments accounts

For the period from	Period start date 4/6/2020	to	Period end date 4/5/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
HM Government and Community Lottery	-	9,520	-	9,520
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	-	9,520	-	9,520
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	-	9,520	-	9,520
A3 Payments				
Running Costs	1,133	-	-	1,133
Confidential Room Hire	-	-	-	-
Equipment	-	-	-	-
Specialist Services	7,874	-	-	7,874
Training and Supervision	-	-	-	-
Sundries	333	-	-	333
	-	-	-	-
	-	-	-	-
Sub total	9,340	-	-	9,340
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	9,340	-	-	9,340
Net of receipts/(payments)	- 9,340	9,520	-	180
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	7,499
Cash funds this year end	- 9,340	9,520	-	7,679

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	7,679
		-	-
		-	-
	Total cash funds	-	7,679
	(agree balances with receipts and payments account(s))		

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
Geraldine Scott	Geraldine Scott

CC16a



Last year

to the nearest £

-
-
-
-
-
-
-
-
21,358

-
-

21,358

1,436
2,502
429
11,526
480
375
-
-
-
16,748

-
-

16,748

4,610
-
-
4,610



Endowment funds

to nearest £

-
-
-
-



Endowment funds

to nearest £

-
-
-

Current value (optional)

-
-
-

Current value (optional)

-
-
-

When due (optional)

Date of approval

2/4/2022