



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
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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 OBSESSIONAL 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 Section D	Objectives and activities Achievements and performance
Summary of the main achievements of the charity during the year	<p>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.</p> <p>Volunteers' Roles</p> <p>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.</p> <p>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.</p>

Section E	Financial review
Brief statement of the charity's policy on reserves	<p>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).</p>
Details of any funds materially in deficit	<p>N/A</p>

Further financial review details (Optional information)

<ul style="list-style-type: none"> ❑ the charity's principal sources of funds (including any fundraising); ❑ how expenditure has supported the key objectives of the charity; 	<p>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.</p>
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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

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))		
		Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Details		
		-	-
		-	-
		-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)
			-
			-
			-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)
			-
			-
			-
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