



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 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				
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 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.

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

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	
	Geraldine Scott	Geraldine Scott	04/02/2026	