

# INTERNATIONAL INSTITUTE FOR PSYCHIATRIC DRUG WITHDRAWAL

England & Wales · Charity number 1195569

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2021-08-19

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

## Contact

---

**Address** 5 Brayford Square  
London  
E1 0SG

**Phone** 07487333223

**Email** [admin@iipdw.org](mailto:admin@iipdw.org)

**Website** <http://iipdw.org>

## Activities

---

**Objects:** FOR THE PUBLIC BENEFIT THE PROTECTION AND PRESERVATION OF GOOD HEALTH BY; SUPPORTING RESEARCH AND PRACTICE-BASED KNOWLEDGE THAT WILL FACILITATE SAFE REDUCTION OF, AND WITHDRAWAL FROM, PSYCHIATRIC DRUGS; CONTRIBUTING TO EVIDENCE-BASED PRACTICES FOR REDUCTION OF AND WITHDRAWAL FROM PSYCHIATRIC DRUGS, AND FACILITATING THEIR INCLUSION IN GENERAL PRACTICE GUIDELINES; SUPPORTING THE HUMAN RIGHT TO INFORMED CHOICE WITH REGARD TO PSYCHIATRIC DRUGS AND PROMOTE PRACTICES THAT HELP FAMILIES, FRIENDS, AND PRACTITIONERS SUPPORT SAFE REDUCTION OF AND WITHDRAWAL FROM PSYCHIATRIC DRUGS, AND TAKE INTO ACCOUNT RELATIONAL AND SOCIAL ASPECTS ESSENTIAL TO THIS PROCESS.

**Activities:** We support the process of reducing and withdrawing from psychiatric drugs through practice, research and training

## Classification

---

- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

| Period end | Income  | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £7,972  | £13,139     | -      | -         |
| 2024-03-31 | £4,322  | £14,982     | -      | -         |
| 2023-03-31 | £45,667 | £22,796     | -      | -         |
| 2022-03-31 | £5,676  | £800        | -      | -         |

## Trustees

| Name                          | Role  | Appointed  |
|-------------------------------|-------|------------|
| <b>Dr JOHN READ</b>           | Chair | 2021-08-19 |
| Dr Mohammad Khalid Zaman      |       | 2025-06-05 |
| Dr Rani Bora                  |       | 2024-06-14 |
| Helen Callen                  |       | 2025-04-03 |
| Morgan Brianna Aubrey Stewart |       | 2026-04-09 |
| Olga Ruth Runciman            |       | 2021-08-19 |
| Stephanie Lewis               |       | 2021-11-02 |

**INTERNATIONAL INSTITUTE FOR PSYCHIATRIC DRUG WITHDRAWAL**

England & Wales - Charity number 1195569

---

# Accounts

---

**International Institute for Psychiatric Drug Withdrawal (IIPDW)  
Registered Charity 1195569**

**Trustees Report for the year ending  
31st March 2025**

## **OBJECTIVES AND ACTIVITIES**

### **Purposes of the Charity**

The aims stated in our governing document are:

- Support research and practice-based knowledge that will facilitate safe reduction of and withdrawal from psychiatric drugs.
- Contribute to evidence-based practices for reduction of and withdrawal from psychiatric drugs, and facilitate their inclusion in general practice guidelines.
- Support the human right to informed choice with regard to psychiatric drugs.
- Promote practices that help families, friends, and practitioners support safe reduction of and withdrawal from psychiatric drugs, and take into account relational and social aspects essential to this process.

### **Main activities**

IIPDW continued to deliver on its main activities: online events, microgrants and facilitating an international network of experts. We also continued to grow and engage with its networks, adding 111 people to our mailing list and 9 people to our Associates list, and hosting 210 at our online events.

In dialogue with our communities, IIPDW identified key questions or areas of discussion to which we can contribute through our activities, these include:

- the availability and advantages of smaller-dose formulations
- the continued prescribing of benzodiazepines and new research into benzodiazepine harms
- connecting together founders and directors of medication-free residential centres internationally who necessarily support psychiatric drug withdrawal
- the need to ensure the relational aspects of withdrawal support are incorporated into services

### **Statutory Declaration**

Our Trustees have paid due regard to the Charity Commission's Guidance on Public Benefit (PB1-3) and all activities have undertaken by IIPDW have been for the public benefit in furthering the stated aims of IIPDW.

## **ACHIEVEMENTS AND PERFORMANCE**

### **Network Meetings**

This year, IIPDW continued to support and facilitate an international network of experts and change-makers, who we call Associates, providing opportunities for them to connect, support each other and collaborate.

We added 9 new Associates to our network from Norway, USA, UK, Italy and Greece. Among these are founders and directors of two medication-free residential treatment centres which support withdrawal as part of their work, psychiatrists and mental health nurses, an activist and a researcher.

We continued to facilitate our quarterly network meeting where each Associate can share an update on their work and the situation in their country, and discuss chosen topics – the availability of smaller-dose formulations of in each country and how to make changes in this area, and how to ensure a place for supportive relationships in services for people in withdrawal.

## **Microgrants**

This year, IIPDW gave two microgrants to online peer support groups for those in withdrawal: – the Prescribed Drugs Withdrawal Support Group and the North Wales Withdrawal Group – to cover the cost of an annual Zoom subscription for each group.

## **Webinar on Liquids and Tapering Strips, June 2024**

On 28<sup>th</sup> June 2024, we hosted a webinar on Liquids and Tapering Strips: formulations in psychiatric drug withdrawal with speakers Sarah Jones and Dr Peter Groot. Each speaker delivered a 20-minute presentation on liquids and tapering strips respectfully, then Dr Mark Horowitz facilitated an audience Q&A.

We arranged this webinar because we receive lots of enquiries from the global public about how to access smaller-dose formulations, and there was confusion about the legality of these formulations in each country and what rights patients have to request them. There was also ongoing discussion on the pros and cons of each formulation. The speakers went some way to answering these questions.

## **Online Screening of *As Prescribed*, January 2025**

On 24<sup>th</sup> January 2025, we hosted an online screening of feature length documentary *As Prescribed* which follows the lives of a handful of people harmed by benzodiazepines and spotlights the efforts of Boston-based activist Geraldine Burns as she supports those harmed and advocates for greater awareness.

After the screening, director Holly Hardman joined Geraldine Burns, Dr Alison Fixsen, a senior lecturer in Psychology at the University of Westminster who has published on benzodiazepine withdrawal, and Dr Valsa Madhava, a medical doctor and specialist in functional medicine who runs a clinic for those wanting to taper benzodiazepines, to discuss issues raised in the film and to answer audience questions.

We hosted this screening to address a common misconception among the public and professionals that benzodiazepines are rarely prescribed anymore. While research and debate has recently centred around antidepressants, benzodiazepine dependence is still an issue that affects many.

## **Volunteers**

This year IIPDW is grateful to 7 volunteers who collaborated with us to plan and deliver our online events.

## **FINANCIAL REVIEW**

### **Review of Financial Position**

At the end of the year IIPDW was in a good financial position with £3672.44 in its current account and £8000 in reserves. Our income during the year was £7,823.62 and our outgoings were £13,138.57. In November the Trustees voted to move £4000 from our reserves into our current account.

### **Principle Sources of Funds**

Our principle source of funds is donations from the public, made via our online donation page on our website. The majority of the donations are monthly subscriptions from supporters, this year we also sent a call-out for donations via our newsletter in January – this generated 28 one-off donations including a single large donation from an IIPDW Associate of £2500. In total, online donations came to £5551.23

The other principle source of funds is our online events, in particular our webinar on formulations which sold 133 tickets (and 10 ticket holders donated tickets to others who may be unable to afford one). Tickets are tiered. All together, our online events brought £2149.35 via Eventbrite.

## **Reserves Policy**

IIPDW will maintain free reserves in unrestricted funds at a level which equates to approximately twelve months of unrestricted charitable expenditure ('operational costs') to allow IIPDW time to develop its financial strategy if circumstances change. At present levels of operations this amounts to £12,000.

## **Grantmaking Policy**

IIPDW is able to grant a maximum of £250 to organisations anywhere in the world that do work that falls within the remit of IIPDW's charitable aims. For each grant the Board will require a majority vote, and proof of spending from the recipient if appropriate.

## **Principle Risks Facing the Charity**

Trustees have considered the major risks to which the charity is exposed and satisfied themselves that procedures are established to manage those risks. This process of monitoring risk is carried out annually in preparation for the making a statement to the Charity Commission, and whenever risks arise or evolve.

## **Review of Internal Financial Controls**

Our existing Trustee Stevie Lewis took over as Treasurer, each month she performs a bank reconciliation and ensures that all invoices and receipts are correctly filed. No issues arose during the year.

As our income this year was under the threshold and we have used some of our reserves, IIPDW Trustees decided an external examiner would be an unnecessary use of funds.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

IIPDW is a Charitable Incorporated Organisation (CIO), using a Foundation Model Constitution as the basis for its Governing Document.

### **Trustee Appointment**

This year our Trustee and Treasurer Dr Ruth Cooper stepped down, as from July 2024 her professional role would be changing, to move towards other areas of research, away from psychiatric drugs. Ruth gave so much to IIPDW for over 4 years and was very valued by all the Trustees.

Adele Framer stepped down as Trustee in September 2024, as she has now founded a US-based non profit called Psychotropic Deprescribing Council (PDC). PDC's aims are allied with IIPDW's but with a focus on US-based prescribers, we continue to work closely with Adele on US-based objectives.

In June 2024 we welcomed Dr Rani Bora as a Trustee, Rani is a UK-based coach, author and holistic psychiatrist with an interest in spiritual healing and deprescribing. Rani has up-to-date knowledge of how to produce content and engage followers on a range of social media platforms.

At the same time, we also welcomed Joanna McCabe, a Canada-based registered nurse with lived experience of psychiatric drug withdrawal. Joanna strengthens our understanding of the needs of Canadians as well as the position of nurses on the issue of withdrawal.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

International Institute for Psychiatric Drug Withdrawal (commonly abbreviated to IIPDW)

**Charity number:** Registered Charity 1195569

**Website:** <https://iipdw.org>

**Address:** 5 Brayford Square, London E1 0SG

**Trustees:**

Professor John Read, Chair

Olga Runciman

Stevie Lewis, Treasurer

Marnie Wedlake

Dr Rani Bora

Joanna McCabe

**Senior Staff Member:** Administrator, Lucy Fernandes

**Additional info:** We are a registered UK Institute approved by Companies House.

**DECLARATIONS**

**The Trustees declare that they have approved the trustee's report above.**

**Signed on behalf of the charity's trustees**

**Signature**



**Full name** Professor John Read

**Position** Chairperson, IIPDW

**Date** 1<sup>st</sup> May 2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

|   |         |
|---|---------|
| Charity Name<br>International Institute for Psychiatric Drug Withdrawal | 1195569 |
|---|---------|

CC16a

## Receipts and payments accounts

|                     |                |    |                 |
|---------------------|----------------|----|-----------------|
| For the period from | 1st April 2024 | To | 31st March 2025 |
|---------------------|----------------|----|-----------------|

### Section A Receipts and payments

|   | Unrestricted funds<br>to the nearest £ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>  |  |                                      |                                     |                                 |                               |
| Charitable Activities (Eventbrite)  | 2,149                                  | -                                    | -                                   | 2,149                           | 2,808                         |
| Donations and Legacies  | 5,608                                  | -                                    | -                                   | 5,608                           | 1,460                         |
| Easyfundraising   | 66                                     | -                                    | -                                   | 66                              | 49                            |
| Investment Income   | 148                                    | -                                    | -                                   | 148                             | 4                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total (Gross income for AR)</b>                                    | <b>7,972</b>                           | <b>-</b>                             | <b>-</b>                            | <b>7,972</b>                    | <b>4,321</b>                  |
| <b>A2 Asset and investment sales, (see table).</b>                        |  |                                      |                                     |                                 |                               |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>  | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>   | <b>7,972</b>                           | <b>-</b>                             | <b>-</b>                            | <b>7,972</b>                    | <b>4,321</b>                  |
| <b>A3 Payments</b>  |  |                                      |                                     |                                 |                               |
| Charitable Activities (Admin, Gsuite, Zoom, Subly, GhostMail, Siteground) | 11,546                                 | -                                    | -                                   | 11,546                          | 13,643                        |
| Microgrants (including As Prescribed event)                               | 592                                    | -                                    | -                                   | 592                             | 319                           |
| Governance (External Examiner only)                                       | 972                                    | -                                    | -                                   | 972                             | 1,116                         |
| Miscellaneous   | 29                                     | -                                    | -                                   | 29                              | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>  | <b>13,139</b>                          | <b>-</b>                             | <b>-</b>                            | <b>13,139</b>                   | <b>15,078</b>                 |
| <b>A4 Asset and investment purchases, (see table)</b>                     |  |                                      |                                     |                                 |                               |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>  | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>   | <b>13,139</b>                          | <b>-</b>                             | <b>-</b>                            | <b>13,139</b>                   | <b>15,078</b>                 |
| <b>Net of receipts/(payments)</b>   | <b>- 5,167</b>                         | <b>-</b>                             | <b>-</b>                            | <b>- 5,167</b>                  | <b>- 10,756</b>               |
| A5 Transfers between funds  | -                                      | -                                    | -                                   | -                               | -                             |
| A6 Cash funds last year end   | 16,991                                 | -                                    | -                                   | 16,991                          | 27,748                        |
| <b>Cash funds this year end</b>   | <b>11,824</b>                          | <b>-</b>                             | <b>-</b>                            | <b>11,824</b>                   | <b>16,991</b>                 |

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

| Categories           | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|----------------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b> | Current Account Natwest | 3,672                              | -                                | -                               |
|                      | Savings Account Natwest | 8,152                              | -                                | -                               |
|                      |                         | -                                  | -                                | -                               |
|                      | <b>Total cash funds</b> | <b>11,824</b>                      | <b>-</b>                         | <b>-</b>                        |

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

OK OK OK

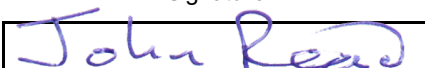
| Categories                      | Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| <b>B2 Other monetary assets</b> |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |

| Categories                  | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|---------|-----------------------------|-----------------|--------------------------|
| <b>B3 Investment assets</b> |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |
|                             |         |                             | -               | -                        |

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

| Categories            | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|---------|---------------------------------|-----------------------|---------------------|
| <b>B5 Liabilities</b> |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |
|                       |         |                                 | -                     |                     |

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

|   |              |                  |
|---|--------------|------------------|
| Signature   | Print Name   | Date of approval |
|  | DR JOHN READ | 23.10.2025       |

**INTERNATIONAL INSTITUTE FOR PSYCHIATRIC DRUG WITHDRAWAL**

England & Wales - Charity number 1195569

---

# Accounts

---

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2024  
for  
International Institute For Psychiatric  
Drug Withdrawal

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

International Institute For Psychiatric  
Drug Withdrawal

Contents of the Financial Statements  
for the Year Ended 31 March 2024

|  | Page    |
|--|---------|
| Report of the Trustees                     | 1 to 5  |
| Independent Examiner's Report              | 6       |
| Statement of Financial Activities          | 7       |
| Balance Sheet                              | 8       |
| Notes to the Financial Statements          | 9 to 12 |
| Detailed Statement of Financial Activities | 13      |

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The aims stated in our governing document are:

- Support research and practice-based knowledge that will facilitate safe reduction of and withdrawal from psychiatric drugs.
- Contribute to evidence-based practices for reduction of and withdrawal from psychiatric drugs, and facilitate their inclusion in general practice guidelines.
- Support the human right to informed choice with regard to psychiatric drugs.
- Promote practices that help families, friends, and practitioners support safe reduction of and withdrawal from psychiatric drugs, and take into account relational and social aspects essential to this process.

### **Significant activities**

This year IIPDW continued its focus on its online conference series, which allows us to generate an income for our charity while also meeting our charitable aims. The conference also provided opportunities for IIPDW to engage with those affected by, or working with, psychiatric drug withdrawal, so we can keep learning about the challenges faced by them, their needs and questions, helping us shape IIPDW's priorities.

### **Public benefit**

Our Trustees have paid due regard to the Charity Commission's Guidance on Public Benefit (PB1-3) and all activities have undertaken by IIPDW have been for the public benefit in furthering the stated aims of IIPDW.

### **Grantmaking**

IIPDW is able to grant a maximum of £250 to organisations anywhere in the world that do work that falls within the remit of IIPDW's charitable aims. For each grant the Board will require a majority vote, and proof of spending from the recipient if appropriate.

### **Volunteers**

IIPDW is grateful to 23 volunteers who gave their time, knowledge and skills for free. These were speakers at our conferences, translators who carefully edited automated translations of subtitles for our video, 'Antidepressant Withdrawal Syndrome and its Management', and two volunteers who helped us promote our conference

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

#### **Microgrants**

This year IIPDW gave three microgrants. Two went to online peer-based support groups - the Prescribed Drugs Withdrawal Support Group and the North Wales Withdrawal Group - to cover the cost of an annual Zoom subscription for each group. The third microgrant was given to an individual who was previously the manager of a withdrawal support service in the UK. The grant covered the cost of a Microsoft package.

#### **Online Conference, October 2023**

IIPDW hosted the 3rd in its series of online conferences. Speakers were:

- Dr Anne Guy & Professor Tony Avery - The future of safe deprescribing services in England
- Melanie Davis, Jayne Hoyle and June Lovell - Managing Withdrawal Projects in the UK from the 1980s onwards
- Sarah Jones - The role of pharmacists in antidepressant reductions: Practical challenges and future opportunities
- Shama Parkhe, Anando Chatterji & Pratiksha Tewari - Hank Nunn Institute, Bengaluru - Challenges in designing alternative approaches and making mental health affordable and accessible.
- Dr Ellen van Leeuwen - Stopping Long-term Antidepressants: Mission Impossible?!
- Karin Jervert - Art & Transformation in Psychiatric Med Withdrawal

117 people attended the conference - 5 'highly paid professionals', 19 'working people' and 93 'low waged, unwaged or students'. 11 free tickets were given out on request to those with lived experience of psychiatric drug withdrawal, 8 of those were donated by other attendees.

Feedback received by attendees includes:

"That there is a get up and go about the psychiatric drug withdrawal community, it's great to see democracy in action, people getting what they want"

"Illuminating discussions about topics rarely covered in public forums."

"The quality and compassion of your speakers. It has been an informative event but also so good to hear from people putting their lives into supporting people who have ended up on these drugs."

"It was great to hear from Tony Avery. The clinicians are so often absent from discussions about the problems with these drugs - this can result in blame being aimed towards them. I would love to hear more from the clinician's perspective. What support do they need eg. to provide informed consent."

"I always learn something new about withdrawal and I love the sense of belonging to the community of people furthering knowledge and expertise in this area."

"Liked the variety of speakers, the resources shared and the diversity of the audience"

"The knowing that there are more people and professionals becoming aware of the issues that are being faced by people, due to withdrawal."

"So much knowledge and care expressed by presenters."

#### **'Town Hall' on Inspiration, Hope and Healing with Mad in America**

IIPDW partnered with Mad in America to produce the 6th in their series of Town Halls focussed on Psychiatric Drug Withdrawal, entitled Inspiration, Hope & Healing: Psychiatric Drug Withdrawal Success Stories. The event offered a message of hope to our communities, many of whom are suffering for long periods of time.

Hope is important because a perceived lack of progress or recognition of this issue by medical professionals, health services or governments can feel especially hopeless for people in withdrawal.

### **Antidepressant Withdrawal Video Translations**

This year IIPDW continued our translation work of our key resource, a 55-minute video aimed at prescribers, Antidepressant Withdrawal Syndrome and its Management into Brazilian Portuguese, Hebrew, Spanish and Polish. So far the viewing count on YouTube is:

Portuguese: 358  
Hebrew: 463  
Spanish: 663  
Polish: 2394

The selection of appropriate terminology for withdrawal in each language has been a key part of the translation process. In some languages, the conversation around withdrawal is new, so there is no agreed-upon term for withdrawal, and careful consideration has been given to this by us and our volunteers.

### **FINANCIAL REVIEW**

#### **Financial position**

IIPDW is in a good financial position with just under £5,000 in our bank account at the end of the year, as well as £12,000 of reserves in a savings account in keeping with our Reserves Policy.

IIPDW's income this financial year was £4318, this was less than last year for several reasons: last year we held two conferences, at the beginning and end of the year, whereas this year only one conference fell within the financial year. And, as the pandemic recedes it appears less people are available to attend multi-day online events, therefore we have planned shorter, more frequent online events for next year.

#### **Principal funding sources**

Funds came principally from online events - £2226.82 from our conference, and £581.49 from our online 'Town Hall' with Mad in America. Online donations brought in £1357.64 across the year, of this, £632 was a collection at a funeral of someone whose life was affected by the lack of available support for people in psychiatric drug withdrawal.

The profile of our donors has changed. Whereas previously we received larger one-off donations from Associates, we now receive a greater number of small, monthly donations from supporters. This is testimony to the value placed on our work by members of the public, and suggests there is potential for crowd-sourced funding in future.

#### **Reserves policy**

IIPDW will maintain free reserves in unrestricted funds at a level which equates to approximately twelve months of unrestricted charitable expenditure ('operational costs') to allow IIPDW time to develop its financial strategy if circumstances change. At present levels of operations this amounts to £12,000.

## **FINANCIAL REVIEW**

### **Principle Risks Facing the Charity**

Trustees have considered the major risks to which the charity is exposed and satisfied themselves that procedures are established to manage those risks. This process of monitoring risk is carried out annually in preparation for the making a statement to the Charity Commission, and whenever risks arise or evolve.

The measures we took last year to prevent further incidents of online fraud have been successful.

### **Review of Internal Financial Controls**

The Treasurer reports at each monthly Trustee meeting on bank balance, income and outgoings, so the entire Trustee Board has a good understanding of IIPDW's financial position and activities, and are able to decide and plan financially during meetings. Detailed reports are given after significant events such as our webinars and conference, so Trustees understand how these compare to projections, and can adjust plans if needed.

In February 2024, the Treasurer and Administrator worked together to produce a written overview of IIPDW's Internal Financial Controls which is kept in a secure shared folder, along with digital copies of all invoices and statements, and a bookkeeping spreadsheet. Hard copies are kept by the Administrator.

This year IIPDW continues to use an independent examiner for our annual accounts.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

IIPDW is a Charitable Incorporated Organisation (CIO), using a Foundation Model Constitution as the basis for its Governing Document.

### **Recruitment and appointment of new trustees**

On 21st April 2023, Marnie Wedlake was appointed after a unanimous vote from the IIPDW Board. Marnie is a registered psychotherapist, an activist and a person with lived experience. She also has knowledge of website-building, video editing and other tech skills, and has already given generously of her time as an IIPDW Associate. Based in Canada, she offers valuable insight into how IIPDW can contribute there.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Charity number**

1195569

### **Principal address**

5 Brayford Square  
London  
E1 0SG

### **Trustees**

Professor John Read Chair  
Dr Ruth Ellen Cooper Treasurer  
Olga Ruth Runciman  
Stephanie Lewis  
Adele Framer  
Marnie Wedlake (appointed 21.4.23)  
Dr Josef Witt-Doerring (appointed 2.6.23) (resigned 25.2.24)

Senior Staff Member: Administrator, Lucy Fernandes

International Institute For Psychiatric  
Drug Withdrawal

Report of the Trustees  
for the Year Ended 31 March 2024

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

International Institute for Psychiatric Drug Withdrawal (commonly abbreviated to IIPDW). We are a registered UK Institute approved by Companies House.

Approved by order of the board of trustees on 5 December 2024 and signed on its behalf by:

Professor John Read - Trustee

**Independent examiner's report to the trustees of International Institute For Psychiatric Drug Withdrawal**

I report to the charity trustees on my examination of the accounts of International Institute For Psychiatric Drug Withdrawal (the Trust) for the year ended 31 March 2024.

**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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

C Baird FCA  
The Institute of Chartered Accountants in England and Wales

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

9 December 2024

International Institute For Psychiatric  
Drug Withdrawal

Statement of Financial Activities  
for the Year Ended 31 March 2024

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 31.3.24<br>Total<br>funds<br>£ | 31.3.23<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |                                |                                |
| Donations and legacies             |       | 1,510                     | -                       | 1,510                          | 23,310                         |
| <b>Charitable activities</b>       |       |                           |                         |                                |                                |
| Charitable activities              |       | 2,808                     | -                       | 2,808                          | 18,742                         |
| Investment income                  | 2     | 4                         | -                       | 4                              | -                              |
| Other income                       |       | -                         | -                       | -                              | 3,250                          |
| <b>Total</b>                       |       | <u>4,322</u>              | <u>-</u>                | <u>4,322</u>                   | <u>45,302</u>                  |
| <b>EXPENDITURE ON</b>              |       |                           |                         |                                |                                |
| <b>Charitable activities</b>       |       |                           |                         |                                |                                |
| Charitable activities              |       | 701                       | -                       | 701                            | 22,431                         |
| Governance costs                   |       | 14,281                    | -                       | 14,281                         | 1,056                          |
| <b>Total</b>                       |       | <u>14,982</u>             | <u>-</u>                | <u>14,982</u>                  | <u>23,487</u>                  |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | (10,660)                  | -                       | (10,660)                       | 21,815                         |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |                                |                                |
| Total funds brought forward        |       | 26,691                    | -                       | 26,691                         | 4,876                          |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u><u>16,031</u></u>      | <u><u>-</u></u>         | <u><u>16,031</u></u>           | <u><u>26,691</u></u>           |

The notes form part of these financial statements

International Institute For Psychiatric  
Drug Withdrawal

Balance Sheet  
31 March 2024

|  | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 31.3.24<br>Total<br>funds<br>£ | 31.3.23<br>Total<br>funds<br>£ |
|--|-------|---------------------------|-------------------------|--------------------------------|--------------------------------|
| <b>CURRENT ASSETS</b>                            |       |                           |                         |                                |                                |
| Cash at bank                                     |       | 16,991                    | -                       | 16,991                         | 27,747                         |
| <b>CREDITORS</b>                                 |       |                           |                         |                                |                                |
| Amounts falling due within one year              | 6     | (960)                     | -                       | (960)                          | (1,056)                        |
| <b>NET CURRENT ASSETS</b>                        |       | <u>16,031</u>             | <u>-</u>                | <u>16,031</u>                  | <u>26,691</u>                  |
| <b>TOTAL ASSETS LESS CURRENT<br/>LIABILITIES</b> |       | <u>16,031</u>             | <u>-</u>                | <u>16,031</u>                  | <u>26,691</u>                  |
| <b>NET ASSETS</b>                                |       | <u>16,031</u>             | <u>-</u>                | <u>16,031</u>                  | <u>26,691</u>                  |
| <b>FUNDS</b>                                     | 7     |                           |                         |                                |                                |
| Unrestricted funds                               |       |                           |                         | <u>16,031</u>                  | <u>26,691</u>                  |
| <b>TOTAL FUNDS</b>                               |       |                           |                         | <u>16,031</u>                  | <u>26,691</u>                  |

The financial statements were approved by the Board of Trustees and authorised for issue on 5 December 2024 and were signed on its behalf by:

Professor John Read - Trustee

## 1. ACCOUNTING POLICIES

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

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

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

## 2. INVESTMENT INCOME

|                          |          |          |
|--------------------------|----------|----------|
|                          | 31.3.24  | 31.3.23  |
|                          | £        | £        |
| Deposit account interest | 4        | -        |
|                          | <u>4</u> | <u>-</u> |

## 3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                    | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | Total<br>funds<br>£ |
|------------------------------------|---------------------------|-------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                           |                         |                     |
| Donations and legacies             | 23,310                    | -                       | 23,310              |
| <b>Charitable activities</b>       |                           |                         |                     |
| Charitable activities              | 18,742                    | -                       | 18,742              |
| Other income                       | 3,250                     | -                       | 3,250               |
| <b>Total</b>                       | <u>45,302</u>             | <u>-</u>                | <u>45,302</u>       |
| <b>EXPENDITURE ON</b>              |                           |                         |                     |
| <b>Charitable activities</b>       |                           |                         |                     |
| Charitable activities              | 19,236                    | 3,195                   | 22,431              |
| Governance costs                   | 1,056                     | -                       | 1,056               |
| <b>Total</b>                       | <u>20,292</u>             | <u>3,195</u>            | <u>23,487</u>       |
| <b>NET INCOME/(EXPENDITURE)</b>    | 25,010                    | (3,195)                 | 21,815              |
| <b>RECONCILIATION OF FUNDS</b>     |                           |                         |                     |
| Total funds brought forward        | 1,681                     | 3,195                   | 4,876               |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>26,691</u>             | <u>-</u>                | <u>26,691</u>       |

**5. GOVERNANCE COSTS**

These included the independent examination cost of £1,020 (2023: £1,056).

**6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                 |            |              |
|-----------------|------------|--------------|
|                 | 31.3.24    | 31.3.23      |
|                 | £          | £            |
| Other creditors | 960        | 1,056        |
|                 | <u>960</u> | <u>1,056</u> |

**7. MOVEMENT IN FUNDS**

|   | At 1.4.23<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.24<br>£ |
|---|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| Charitable activities undertaken directly | 26,691         | (10,660)                         | 16,031             |
| <b>TOTAL FUNDS</b>                        | <u>26,691</u>  | <u>(10,660)</u>                  | <u>16,031</u>      |

**7. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows:

|   | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| Charitable activities undertaken directly | 4,322                      | (14,982)                   | (10,660)                  |
|   | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                        | <u>4,322</u>               | <u>(14,982)</u>            | <u>(10,660)</u>           |

**Comparatives for movement in funds**

|   | At 1.4.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.23<br>£ |
|---|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| Charitable activities undertaken directly | 1,681          | 25,010                           | 26,691             |
| <b>Restricted funds</b>                   |                |                                  |                    |
| Restricted fund                           | 3,195          | (3,195)                          | -                  |
|   | <hr/>          | <hr/>                            | <hr/>              |
| <b>TOTAL FUNDS</b>                        | <u>4,876</u>   | <u>21,815</u>                    | <u>26,691</u>      |

Comparative net movement in funds, included in the above are as follows:

|   | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| Charitable activities undertaken directly | 45,302                     | (20,292)                   | 25,010                    |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted fund                           | -                          | (3,195)                    | (3,195)                   |
|   | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                        | <u>45,302</u>              | <u>(23,487)</u>            | <u>21,815</u>             |

**7. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

|   | At 1.4.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.24<br>£ |
|---|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| Charitable activities undertaken directly | 1,681          | 14,350                           | 16,031             |
| <b>Restricted funds</b>                   |                |                                  |                    |
| Restricted fund                           | 3,195          | (3,195)                          | -                  |
| <b>TOTAL FUNDS</b>                        | <u>4,876</u>   | <u>11,155</u>                    | <u>16,031</u>      |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|   | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| Charitable activities undertaken directly | 49,624                     | (35,274)                   | 14,350                    |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted fund                           | -                          | (3,195)                    | (3,195)                   |
| <b>TOTAL FUNDS</b>                        | <u>49,624</u>              | <u>(38,469)</u>            | <u>11,155</u>             |

**8. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

International Institute For Psychiatric  
Drug Withdrawal

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2024

|                                 | 31.3.24<br>£ | 31.3.23<br>£ |
|---------------------------------|--------------|--------------|
| <b>INCOME AND ENDOWMENTS</b>    |              |              |
| <b>Donations and legacies</b>   |              |              |
| Donations                       | 1,510        | 23,310       |
| <b>Investment income</b>        |              |              |
| Deposit account interest        | 4            | -            |
| <b>Charitable activities</b>    |              |              |
| Conference ticket sales         | 2,227        | 18,060       |
| Online event sales              | 581          | 682          |
|                                 | <hr/>        | <hr/>        |
|                                 | 2,808        | 18,742       |
| <b>Other income</b>             |              |              |
| Sundry income                   | -            | 3,250        |
|                                 | <hr/>        | <hr/>        |
| <b>Total incoming resources</b> | 4,322        | 45,302       |
| <b>EXPENDITURE</b>              |              |              |
| <b>Charitable activities</b>    |              |              |
| Conference costs                | 382          | 444          |
| Sundry costs                    | -            | 3,110        |
| Administrator fees              | 11,801       | 18,877       |
| Grants to individuals           | 319          | -            |
|                                 | <hr/>        | <hr/>        |
|                                 | 12,502       | 22,431       |
| <b>Support costs</b>            |              |              |
| <b>Information technology</b>   |              |              |
| Computer & subscription costs   | 1,460        | -            |
| <b>Governance costs</b>         |              |              |
| Independent examination cost    | 1,020        | 1,056        |
|                                 | <hr/>        | <hr/>        |
| Total resources expended        | 14,982       | 23,487       |
|                                 | <hr/>        | <hr/>        |
| <b>Net (expenditure)/income</b> | (10,660)     | 21,815       |
|                                 | <hr/> <hr/>  | <hr/> <hr/>  |

This page does not form part of the statutory financial statements

**INTERNATIONAL INSTITUTE FOR PSYCHIATRIC DRUG WITHDRAWAL**

England & Wales - Charity number 1195569

---

# Accounts

---

Report of the Trustees and  
Unaudited Financial Statements  
for the Year Ended 31 March 2023  
for  
International Institute For Psychiatric  
Drug Withdrawal

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

International Institute For Psychiatric  
Drug Withdrawal

Contents of the Financial Statements  
for the Year Ended 31 March 2023

|  | Page     |
|--|----------|
| Report of the Trustees                     | 1 to 8   |
| Independent Examiner's Report              | 9        |
| Statement of Financial Activities          | 10       |
| Balance Sheet                              | 11       |
| Notes to the Financial Statements          | 12 to 14 |
| Detailed Statement of Financial Activities | 15       |

International Institute For Psychiatric  
Drug Withdrawal

Report of the Trustees  
for the Year Ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

The aims stated in our governing document are:

- Support research and practice-based knowledge that will facilitate safe reduction of and withdrawal from psychiatric drugs.
- Contribute to evidence-based practices for reduction of and withdrawal from psychiatric drugs, and facilitate their inclusion in general practice guidelines.
- Support the human right to informed choice with regard to psychiatric drugs.
- Promote practices that help families, friends, and practitioners support safe reduction of and withdrawal from psychiatric drugs, and take into account relational and social aspects essential to this process.

### **Significant activities**

This year is the first full reporting year for IIPDW as a UK Charity. IIPDW focused on developing operational stability and strengthening its financial position, while also growing its reach both within the UK and internationally via online conferences, informative events, newsletters, resources on our website and YouTube channel. It has been a year for getting to know the landscape of psychiatric drug withdrawal, and generating ideas for the future of IIPDW.

### **Public benefit**

Our Trustees have paid due regard to the Charity Commission's Guidance on Public Benefit (PB1-3) and all activities have undertaken by IIPDW have been for the public benefit in furthering the stated aims of IIPDW.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

### **Network Meetings**

IIPDW continued to foster and facilitate an international network of experts in psychiatric drug withdrawal, hosting quarterly Network Meetings online during which Associates of IIPDW connect, share updates from their countries, talk about their work and develop collaborations on projects related to IIPDW's aims.

IIPDW continued to welcome new Associates throughout the year:

Radoslaw Stupak, Poland  
Cathal Cadogan, Ireland  
Enric Garcia Torrents, Spain  
Maeva Musso, France  
Nicole Lamberson, USA  
Sandra Jayacodi, UK  
Mark Sanderson, UK  
Anando Chatterji, India  
Shama Parkhe, India  
Anonymous, New Zealand  
Golan Krumholz, Israel

Notable discussion in the Network Meetings includes:

- Norwegian doctor Birgit Valla presented on how the international community can help against the ongoing threat to medication-free treatment units in Norway
- Researchers at UCL and Kings College, London presented on how IIPDW Associates can contribute to an NHS review into alternatives to inpatient care
- Italian researcher Raffaella Pocobello presented a new Guideline for Deprescribing co-created with Drs Giuseppe Tibaldi, Marcello Macario and the Italian network associated with IIPDW, 160 people active in mental health field in Italy. The Guideline is on IIPDW's website.

In July 2022, the Administrator gave a short talk on the history and aims of IIPDW after which Associates discussed the future of IIPDW and how best to achieve these aims.

### **Online Conferences**

#### **May 2022**

IIPDW hosted a 2-day online conference in May 2022 with 6 international speakers covering different aspects of Withdrawal from Psychiatric Drugs. 435 people from 34 countries attended across every continent.

The programme was as follows:

Carina Håkansson - Experiences from the Front Line  
Robert Whitaker - What's wrong with psychiatric drugs?  
Laura Delano - The reality of withdrawal?  
Magnus Hald - Drug-free treatment in Norway  
Joanna Moncrieff - The myth of the chemical cure

After the conference we hosted a Zoom meeting for the audience to connect, reflect on the content of the 2 days and discuss how to have a positive impact in the area of psychiatric drug withdrawal. Over 120 joined this meeting, many posting contact details or requests for collaboration in the chat.

For IIPDW, the discussion was an effective way to hear from attendees about existing work being done all over the world in this field, by people with lived experience, family members, grass-roots organisations, researchers, clinicians and prescribers wanting change. It also generated ideas for future projects to further IIPDW's aims.

International Institute For Psychiatric  
Drug Withdrawal

Report of the Trustees  
for the Year Ended 31 March 2023

The recordings were uploaded to our YouTube channel where they've been viewed over 9000 times collectively with significant engagement in the comments.

We also gave out media passes to journalists; coverage of the conference included an article in prominent Swedish newspaper *Socialpolitik*, 17th May 2022.

Feedback on the conference was overwhelmingly positive. Many called for more events or spoke of a need to reach a wider audience, and praised the speakers for their humanity and empathy. Some framed the conference as part of a wider movement towards making change, celebrating its activism and community-building.

### **February 2023**

Due to the success of May's conference, IIPDW hosted a second online conference in February 2023 entitled *Withdrawal from Psychiatric Drugs 2*. Speakers included:

Joanna Moncrieff & Mark Horowitz - Chemical Imbalance, what chemical imbalance?  
Adele Frammer, Sarah Tilley & Karen Prellwitz-Hoffmann - How can peer support change healthcare?  
Mark Sanderson & Sandra Jayacodi - Learning from Lived Experience  
Dainius Pūras - Child and Adolescent Mental Health: Reflections on recent global and regional developments  
Will Hall, Angela Peacock & Anne Guy - Effective Withdrawal Lessons for Therapists

278 people attended this conference from 30 countries across every continent. 22 purchased the top-tier ticket intended for highly paid clinicians and 43 bought the ticket for working people, suggesting the conference is reaching professionals working in roles relating to psychiatric drug withdrawal.

IIPDW gave out 35 free tickets to people personally affected by psychiatric drugs who were unable to afford a ticket, and 2 discounts to people living in the global south.

The conference allowed IIPDW to identify emerging themes, unanswered questions and stakeholder groups relating to psychiatric drug withdrawal. For example, several people asked about the potential role of pharmacists in supporting withdrawal; IIPDW then reached out to a UK pharmacist for future partnership.

Feedback from the conference included:

'I can't tell you how informative and life enhancing the entire conference this afternoon has been, because when my doctor told me I'd have to be on antipsychotics for the rest of my life it just took away every shred of hope I had that things could change, and I was put on them for trauma, and came off them too quickly and then became psychotic and then the cycle occurred. This afternoon has been a true game changer...hearing what I've heard today about tapering and the effect it has on your brain has really been very...I can't tell you what it's meant to me'.

### **Video on Antidepressant Withdrawal**

In March 2022, Board Member Stevie Lewis and IIPDW Associate Mark Horowitz completed a 55-minute video on *Antidepressant Withdrawal Syndrome and its Management*, with input from Board Members Ruth Cooper and John Read and production by Mind Wick. At the start of the reporting year this was uploaded to our website and YouTube, and has since been viewed 19,803 times (2745 on our website and 16,058 on YouTube).

### **Online Screenings**

The video was first screened online at our conferences in May 2022 and February 2023.

IIPDW then co-hosted a screening of the video on 5th November 2022 with non-profit organisation Mad in America, including a panel discussion of Mark Horowitz, Stevie Lewis, Anders Sørensen and Laura Delano. IIPDW Board Member Swapnil Gupta and Mad in America Board Member Kermit Kole moderated the panel. Collaboration with Mad in America allowed IIPDW to get the video seen by a larger audience across the globe.

248 people attended, many contributing to the chatbox in the Zoom webinar. Comments include:

"Thank you, this was super informative, and I will be sharing this with my patients"

International Institute For Psychiatric  
Drug Withdrawal

Report of the Trustees  
for the Year Ended 31 March 2023

"Much thanks to panel and organizers and participants. It was very helpful, I support a number of people with diverse relationships to psych meds."

"So nice to see younger people off these drugs. Hope for my son..."

"Just wanted to say thank you for today .....makes me feel more hopeful and less alone"

This webinar has also been viewed 10,000 times on YouTube. Comments include:

"Such incredibly important information. I wonder how this film can be distributed to physicians, especially to pediatricians who seem to increasingly be putting 9 and 10 year olds on these meds!!! I work as a school psychologist and see this as an increasing trend. I am also a psychiatric drug withdrawal survivor. Thank you again for this work!!!"

"God bless all of you for making this video. You are doing God's work in a world of lies and deception. Been on effexor for 16 years with emotional numbness and its no way to live life. The medical establishment has no idea how to get a person off these drugs safely and I'm thankful and hopeful for the future after seeing this video. There is hope for me after all."

"Thank you for putting this out! I've tried to stop Venlafaxine many times. Last time I went from 112.5 mg to 0 mg in one year. After 2 - 3 months without I had a restlessness that can only be described as hell. I thought I was gonna kill myself. What I didnt know was that I need to taper according to your graphics and and I need to go much slower! I'm now tapering 5% off from the current amount and it will maybe take me three years or so."

"Thank you ...we need people like you so much. End the suffering of psychotropic meds...teach the GP's psychiatrist. All they want is prescribe harm"

### **Translations**

IIPDW has worked with volunteers internationally to produce subtitles in different languages for the video *Antidepressant Withdrawal Syndrome and its Management*. During the reporting year, four new languages were made available to the public:

Dutch (689 views on YouTube)  
Italian (620 views on YouTube)  
Norwegian (209 views on YouTube)  
Swedish (98 views on YouTube)

We also worked with volunteers and Associates to get these videos uploaded on other relevant sites for international audiences. For example, the Netherlandish version was embedded into a dedicated page on Mad in the Netherlands where it's been viewed 200 times.

### **British Journal of General Practice**

The video was featured in an article in the online publication of BJGP Life (18th May 2022), a magazine for UK GPs. For many GPs, this may be the first time they've been exposed to information about safe tapering of antidepressants. The references below the article offered opportunity for further learning.

### **IIPDW Website**

Our website is an effective way to share information about psychiatric drug withdrawal with the public. In April 2022 the IIPDW Board began compiling a list of the most relevant research papers, articles and online resources for patients and professionals interested in psychiatric drug withdrawal. This was uploaded to our website with dedicated pages on antidepressants, antipsychotics, benzodiazepines, international language resources, research, and others.

## **Newsletters and Social Media**

IIPDW continued to develop its newsletter this year, sending 21 bulletins about publications, developments and events directly relevant to psychiatric drug withdrawal. During the year our mailing list grew from 300 people to over 800 and counting, showing a need for information on this topic.

## **Scottish Antidepressant Quality Prescribing Guideline**

In April 2022 IIPDW has submitted feedback to the draft Antidepressant Quality Prescribing Guide written by the Effective Prescribing and Therapeutics Division of the Scottish Government. This feedback was co-written by IIPDW Associate Dr Mark Horowitz and IIPDW Board Member Stevie Lewis.

## **All Wales Therapeutic and Toxicology Centre - Polypharmacy Review in Older People**

In September 2022 IIPDW submitted to the consultation by the All Wales Therapeutic and Toxicology Centre on the draft 'Polypharmacy review: Guidance for prescribing'. The submission was co-written by IIPDW Associate Dr Mark Horowitz and IIPDW Board Member Stevie Lewis. The IIPDW proposed a re-write of the draft section on Antidepressant deprescribing to meet the NICE Guidelines NG215 and NG222. This proposal was accepted in full by the AWTTCC.

## **Support for Polish Journalist**

In January 2023, Polish journalist Beata Pawlikowska was subjected to harassment and death threats following a YouTube video in which she covered recent research on the serotonin hypothesis of depression. A crowd-fundraiser started by a prominent Polish psychiatrist raised over 30,000 zloty to take her to court. IIPDW began authoring a statement in support of Pawlikowska, during which time the criminal case was dropped.

## **Partnerships & Endorsements**

From July 2022 IIPDW endorsed LEAP4PDD.org with a logo on their website. LEAP4PDD is a coalition of people with lived experience in the UK who would like to be involved in setting up NHS services for withdrawal.

From October 2022 IIPDW partnered with the PROTECT Study at Trinity College Dublin which will use a James Lind Alliance Priority Setting Partnership (PSP) to determine the Top 10 priorities (i.e. unanswered questions) for future research on reducing and stopping psychiatric medicines.

## **Volunteers**

IIPDW is grateful to 22 volunteers who gave their time, knowledge and skills for free. These were speakers at our conferences, and translators who carefully edited automated translations of subtitles for our video, 'Antidepressant Withdrawal Syndrome and its Management'.

## **FINANCIAL REVIEW**

### **Financial position**

April 2022 represented the third operational month of IIPDW's financial activity. This year, IIPDW was able to strengthen both its financial position and operational stability in preparation for furthering its aims.

### **Principal funding sources**

The principle sources of funds were ticket sales from online events and donations.

### **Online Events**

Tickets to our two online conferences were sold via Eventbrite.co.uk and generated a net payment after Eventbrite fees of £11,183 in May 2022 and £6876 in February 2023. IIPDW also received £682.18 from November's online Town Hall event in collaboration with Mad in America.

### **Donations**

Our online donation page took £2110.20 in small donations over the financial year. Donations were boosted by a call-out IIPDW sent out via email to our Associates, via our newsletter and via social media. This also led to a larger donation of £7984 from an anonymous donor in New Zealand.

IIPDW also received two large international donations via bank transfer this year from donors in Belgium (£8403 in December 2022) and Switzerland (£4905 in January 2023).

IIPDW's Chair of Trustees Professor John Read donated £200 on 31st August 2022, this was the proceeds of a 2-hour lecture he gave to the British Psychological Society on Psychiatric Drugs: the role of non-medical mental health professionals (23rd June 2022).

### **Reserves policy**

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure to ensure operations can continue in hard times. At present levels of operations this amounts to £12,000 and we have achieved free reserves of £27,747. Trustees are currently considering IIPDW's wider work in pursuit of its aims, including the possibility and viability of in-person conference.

### **Principle Risks Facing the Charity**

Trustees have considered the major risks to which the charity is exposed and satisfied themselves that procedures are established to manage those risks. This process of monitoring risk is carried out annually in preparation for making a statement to the Charity Commission, and whenever risks arise or evolve.

### **Review of Internal Financial Controls**

The Trustees continue to review internal financial controls with regard to Charity Commission guidance CC8.

In September 2022 IIPDW was the victim of systematic card testing when £365 was donated to us by criminals with the aim of verifying stolen credit card data. This incident was picked up by the Administrator within 24 hours and all fraudulent donations were refunded to cardholders immediately. We sought advice from NCVO and took steps to improve our online donation form to include extra layers of verification, to prevent this recurring.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

IIPDW is a Charitable Incorporated Organisation (CIO), using a Foundation Model Constitution as the basis for its Governing Document.

### **Recruitment and appointment of new trustees**

Towards the end of this year, two valued Trustees Kleonike Giannakopoulou and Swapnil Gupta resigned from their roles as they needed to give their time to other commitments in their lives and work.

On 18th January 2023, we advertised a Board Vacancy to all IIPDW Associates by email, and requested a statement from each interested person about their skills, experience and any vision they have for IIPDW.

On 3rd March 2023 Adele Framer was voted in unanimously by the Board as a new Trustee of IIPDW. Adele is the founder in 2011 of an online forum called SurvivingAntidepressants.org which has over 12,000 registrations and over 300,000 monthly page views. She's authored articles in peer-reviewed journals including 'What I have learnt from helping thousands of people taper off antidepressants and other psychotropic medications' (Therapeutic Advances in Psychopharmacology, 2021), and contributed to the development of Outro.com.

Upon her appointment, Adele received the Trustee Welcome Pack:

- Governing Document
- Conflict of Interest Policy
- Safeguarding Vulnerable Adults Policy
- Board Code of Conduct document which they're required to sign
- IIPDW's Statement of Anti-Oppression
- A written overview of the Trustee Role, Public Benefit, Charity Accounting and Reporting
- CC4 What Makes a Charity in PDF

Adele signed the Trustee Declaration and Board Code of Conduct to be kept on file. This process complies with the Terms of our Governing Document 10 (1) and 10 (2).

### **New Associates**

Anyone interested in being an Associate of IIPDW should email us a paragraph about their knowledge and experience relating to psychiatric drug withdrawal, the Board then votes to accept or decline these applications.

International Institute For Psychiatric  
Drug Withdrawal

Report of the Trustees  
for the Year Ended 31 March 2023

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Charity number**

1195569

**Principal address**

5 Brayford Square  
London  
E1 0SG

**Trustees**

Dr John Read Chair person  
Miss Ruth Ellen Cooper Treasurer/Trustee  
Dr Swapnil Gupta (resigned 20.3.23)  
Olga Ruth Runciman  
Kleonike Giannakopoulou (resigned 13.1.23)  
Mrs Stephanie Lewis Trustee  
Adele Framer (appointed 3.3.23)  
Marnie Wedlake (appointed 21.4.23)  
Dr Josef Witt-Doerring (appointed 2.6.23)

Senior Staff Member: Administrator, Lucy Fernandes

**Independent Examiner**

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

International Institute for Psychiatric Drug Withdrawal (commonly abbreviated to IIPDW). We are a registered UK Institute approved by Companies House.

Approved by order of the board of trustees on 29 January 2024 and signed on its behalf by:

Dr John Read - Trustee

Independent Examiner's Report to the Trustees of  
International Institute For Psychiatric  
Drug Withdrawal

**Independent examiner's report to the trustees of International Institute For Psychiatric Drug Withdrawal**

I report to the charity trustees on my examination of the accounts of International Institute For Psychiatric Drug Withdrawal (the Trust) for the year ended 31 March 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 Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

C Baird FCA  
The Institute of Chartered Accountants in England and Wales

Willsons  
Chartered Accountants  
Carlton House  
High Street  
Higham Ferrers  
Northamptonshire  
NN10 8BW

29 January 2024

International Institute For Psychiatric  
Drug Withdrawal

Statement of Financial Activities  
for the Year Ended 31 March 2023

|                                    | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | Year Ended<br>31.3.23<br>Total<br>funds<br>£ | Period<br>19.8.21<br>to<br>31.3.22<br>Total<br>funds<br>£ |
|------------------------------------|-------|---------------------------|-------------------------|--|---|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                           |                         |  |   |
| Donations and legacies             |       | 23,310                    | -                       | 23,310                                       | 5,676   |
| <b>Charitable activities</b>       |       |                           |                         |  |   |
| Charitable activities              |       | 18,742                    | -                       | 18,742                                       | -   |
| Other income                       |       | <u>3,250</u>              | <u>-</u>                | <u>3,250</u>                                 | <u>-</u>  |
| <b>Total</b>                       |       | <u>45,302</u>             | <u>-</u>                | <u>45,302</u>                                | <u>5,676</u>  |
| <b>EXPENDITURE ON</b>              |       |                           |                         |  |   |
| <b>Charitable activities</b>       |       |                           |                         |  |   |
| Charitable activities              |       | 19,236                    | 3,195                   | 22,431                                       | 800   |
| Governance costs                   |       | <u>1,056</u>              | <u>-</u>                | <u>1,056</u>                                 | <u>-</u>  |
| <b>Total</b>                       |       | <u>20,292</u>             | <u>3,195</u>            | <u>23,487</u>                                | <u>800</u>  |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | 25,010                    | (3,195)                 | 21,815                                       | 4,876   |
| <b>RECONCILIATION OF FUNDS</b>     |       |                           |                         |  |   |
| Total funds brought forward        |       | <u>1,681</u>              | <u>3,195</u>            | <u>4,876</u>                                 | <u>-</u>  |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>26,691</u>             | <u>-</u>                | <u>26,691</u>                                | <u>4,876</u>  |

The notes form part of these financial statements

International Institute For Psychiatric  
Drug Withdrawal

Balance Sheet  
31 March 2023

|  | Notes | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | 31.3.23<br>Total<br>funds<br>£ | 31.3.22<br>Total<br>funds<br>£ |
|--|-------|---------------------------|-------------------------|--------------------------------|--------------------------------|
| <b>CURRENT ASSETS</b>                            |       |                           |                         |                                |                                |
| Cash at bank                                     |       | 27,747                    | -                       | 27,747                         | 4,876                          |
| <b>CREDITORS</b>                                 |       |                           |                         |                                |                                |
| Amounts falling due within one year              | 5     | (1,056)                   | -                       | (1,056)                        | -                              |
| <b>NET CURRENT ASSETS</b>                        |       |                           |                         |                                |                                |
|  |       | <u>26,691</u>             | <u>-</u>                | <u>26,691</u>                  | <u>4,876</u>                   |
| <b>TOTAL ASSETS LESS CURRENT<br/>LIABILITIES</b> |       |                           |                         |                                |                                |
|  |       | <u>26,691</u>             | <u>-</u>                | <u>26,691</u>                  | <u>4,876</u>                   |
| <b>NET ASSETS</b>                                |       |                           |                         |                                |                                |
|  |       | <u>26,691</u>             | <u>-</u>                | <u>26,691</u>                  | <u>4,876</u>                   |
| <b>FUNDS</b>                                     |       |                           |                         |                                |                                |
| Unrestricted funds                               | 6     |                           |                         | 26,691                         | 1,681                          |
| Restricted funds                                 |       |                           |                         | <u>-</u>                       | <u>3,195</u>                   |
| <b>TOTAL FUNDS</b>                               |       |                           |                         |                                |                                |
|  |       |                           |                         | <u>26,691</u>                  | <u>4,876</u>                   |

The financial statements were approved by the Board of Trustees and authorised for issue on 29 January 2024 and were signed on its behalf by:

Dr John Read - Trustee

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

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

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Taxation**

The charity is exempt from tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

## **2. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the period ended 31 March 2022.

### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the period ended 31 March 2022.

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

3. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                    | Unrestricted<br>fund<br>£ | Restricted<br>fund<br>£ | Total<br>funds<br>£ |
|------------------------------------|---------------------------|-------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                           |                         |                     |
| Donations and legacies             | <u>2,481</u>              | <u>3,195</u>            | <u>5,676</u>        |
| <b>EXPENDITURE ON</b>              |                           |                         |                     |
| <b>Charitable activities</b>       |                           |                         |                     |
| Charitable activities              | <u>800</u>                | <u>-</u>                | <u>800</u>          |
| <b>NET INCOME</b>                  | <u>1,681</u>              | <u>3,195</u>            | <u>4,876</u>        |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>1,681</u>              | <u>3,195</u>            | <u>4,876</u>        |

4. GOVERNANCE COSTS

These comprise the independent examination cost of £1,056.

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                 | 31.3.23<br>£ | 31.3.22<br>£ |
|-----------------|--------------|--------------|
| Other creditors | <u>1,056</u> | <u>-</u>     |

6. MOVEMENT IN FUNDS

|   | At 1.4.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.23<br>£ |
|---|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| Charitable activities undertaken directly | 1,681          | 25,010                           | 26,691             |
| <b>Restricted funds</b>                   |                |                                  |                    |
| Restricted fund                           | <u>3,195</u>   | <u>(3,195)</u>                   | <u>-</u>           |
| <b>TOTAL FUNDS</b>                        | <u>4,876</u>   | <u>21,815</u>                    | <u>26,691</u>      |

Net movement in funds, included in the above are as follows:

|   | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| Charitable activities undertaken directly | 45,302                     | (20,292)                   | 25,010                    |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted fund                           | <u>-</u>                   | <u>(3,195)</u>             | <u>(3,195)</u>            |
| <b>TOTAL FUNDS</b>                        | <u>45,302</u>              | <u>(23,487)</u>            | <u>21,815</u>             |

**6. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

|   | Net<br>movement<br>in funds<br>£ | At<br>31.3.22<br>£  |
|---|----------------------------------|---------------------|
| <b>Unrestricted funds</b>                 |                                  |                     |
| Charitable activities undertaken directly | 1,681                            | 1,681               |
| <b>Restricted funds</b>                   |                                  |                     |
| Restricted fund                           | 3,195                            | 3,195               |
|   | <hr/>                            | <hr/>               |
| <b>TOTAL FUNDS</b>                        | <u><b>4,876</b></u>              | <u><b>4,876</b></u> |

Comparative net movement in funds, included in the above are as follows:

|   | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| Charitable activities undertaken directly | 2,481                      | (800)                      | 1,681                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted fund                           | 3,195                      | -                          | 3,195                     |
|   | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                        | <u><b>5,676</b></u>        | <u><b>(800)</b></u>        | <u><b>4,876</b></u>       |

**7. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2023.

International Institute For Psychiatric  
Drug Withdrawal

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2023

|                                 | Year Ended<br>31.3.23<br>£ | Period<br>19.8.21<br>to<br>31.3.22<br>£ |
|---------------------------------|----------------------------|---|
| <b>INCOME AND ENDOWMENTS</b>    |                            |   |
| <b>Donations and legacies</b>   |                            |   |
| Donations                       | 23,310                     | 5,676                                   |
| <b>Charitable activities</b>    |                            |   |
| Conference ticket sales         | 18,060                     | -                                       |
| Online event sales              | <u>682</u>                 | <u>-</u>                                |
|                                 | 18,742                     | -                                       |
| <b>Other income</b>             |                            |   |
| Sundry income                   | <u>3,250</u>               | <u>-</u>                                |
| <b>Total incoming resources</b> | 45,302                     | 5,676                                   |
| <b>EXPENDITURE</b>              |                            |   |
| <b>Charitable activities</b>    |                            |   |
| Conference costs                | 444                        | -                                       |
| Sundry costs                    | 3,110                      | 800                                     |
| Administrator fees              | <u>18,877</u>              | <u>-</u>                                |
|                                 | 22,431                     | 800                                     |
| <b>Support costs</b>            |                            |   |
| <b>Governance costs</b>         |                            |   |
| Independent examination cost    | <u>1,056</u>               | <u>-</u>                                |
| Total resources expended        | <u>23,487</u>              | <u>800</u>                              |
| <b>Net income</b>               | <u>21,815</u>              | <u>4,876</u>                            |

**INTERNATIONAL INSTITUTE FOR PSYCHIATRIC DRUG WITHDRAWAL**

England & Wales - Charity number 1195569

---

# Accounts

---

**Trustees' Annual Report for the period  
19<sup>th</sup> August 2021 – 31<sup>st</sup> March 2022**

**International Institute for Psychiatric Drug Withdrawal (IIPDW)  
Registered Charity 1195569**

This Trustees' Report covers the period starting on the day of registration with the Charity Commission of England and Wales (19<sup>th</sup> August 2021) to the end of the financial year (31<sup>st</sup> March 2022).

**OBJECTIVES AND ACTIVITIES**

**Purposes of the Charity:**

IIPDW aims to address the current lack of knowledge about psychiatric drug withdrawal among the public and in clinical and therapeutic settings, and the lack of services to support people to safely stop these medications. It also aims to encourage evidence-based informed consent to patients as they decide to start or stop taking a psychiatric drug.

The aims stated in our governing document are:

- Support research and practice-based knowledge that will facilitate safe reduction of and withdrawal from psychiatric drugs.
- Contribute to evidence-based practices for reduction of and withdrawal from psychiatric drugs, and facilitate their inclusion in general practice guidelines.
- Support the human right to informed choice with regard to psychiatric drugs.
- Promote practices that help families, friends, and practitioners support safe reduction of and withdrawal from psychiatric drugs, and take into account relational and social aspects essential to this process.

**Main activities:**

This year IIPDW was focused on our application to register as a Charitable Incorporated Organisation (CIO) with the Charity Commission of England and Wales. Due to the impact of the covid pandemic this application took some time and we received our certificate on 19<sup>th</sup> August 2021.

Prior to this, IIPDW's work was carried out by a registered non-profit foundation in Sweden with identical name and aims. It was founded in 2017 and its Board shared many of the same members as IIPDW in the UK. In early 2021, after losing its only Swedish-speaking board member, the board voted to relocate to the UK for language reasons and because the UK is making progress in the field of psychiatric drug withdrawal.

As soon as IIPDW was registered with the Charity Commission and its UK bank account opened, the funds from the pre-existing Swedish foundation were transferred to the UK and the Swedish foundation was closed according to its governing document.

Once registered with the Charity Commission, IIPDW recruited for a new Trustee within England and Wales. In November 2021 Stevie Lewis joined the Board. Stevie Lewis is a campaigner and author with lived experience of withdrawal.

Throughout the process of settling in the UK, IIPDW continued to facilitate a quarterly Network Meeting on Zoom to enable researchers, practitioners, clinicians and other experts around the world to share their knowledge, experience and latest developments in their countries. Over 60 experts from 20 countries have attended one or more of these meetings. We call them Associates.

These quarterly meetings were also an opportunity for the Board and Associates to collaborate on IIPDW's ongoing work and generate ideas for future projects.

IIPDW also continued with its work in pursuit of its aims: contributing to local and national clinical guidelines, hosting a series of informative public events, and creating an information video about antidepressant withdrawal aimed at prescribers.

#### **Statutory Declaration:**

Our Trustees have done their duty in having due regard for the Charity Commission's Guidance on Public Benefit (PB1-3), and all activities undertaken have been for the public benefit by directly furthering the stated purposes of IIPDW.

### **ADDITIONAL INFORMATION**

#### **Contribution made by volunteers:**

IIPDW is grateful to its volunteers who gave their time and expertise for free to further IIPDW's aims, in particular those who contributed to IIPDW's submission to the NICE Guideline consultation and expert panellists at our public online events.

Many of our volunteers have personal experience of psychiatric drug withdrawal. A core value of IIPDW is that knowledge gained by personal experience is as valuable as professional or academic knowledge.

#### **Statement of Anti-Oppression:**

IIPDW is committed as an organisation to pursuing and embodying the values of social justice. As part of our work to support, research, and educate about psychiatric drug withdrawal, we see it as integral to uphold the values of anti-racism, gender equity, and support of civil rights for people who identify as LGBTQ+.

### **ACHEIVEMENT AND PERFORMANCE**

#### **NICE Clinical Guidelines**

IIPDW was a registered stakeholder for the draft NICE Guidelines 'Medicines associated with dependence or withdrawal symptoms: Safe prescribing and withdrawal management for adults', published April 2022.

Associates Dr Mark Horowitz and Adele Framer, on behalf of IIPDW, put together a submission, submitted to the NICE Committee in December 2021.

#### **Council of Europe Report**

IIPDW Trustees Professor John Read and Stevie Lewis co-wrote a response on behalf of IIPDW to the draft report by the Council of Europe, titled 'Addiction to Prescribed Medicines'.

Our response highlighted the need for the Council of Europe to pay more attention to antidepressants as dependence-forming drugs, and to distinguish between addiction and dependence. It also highlighted the need for *careful* and *safe* withdrawal.

Our comments were accepted by the Council and a new draft report was published in February 2022, whereby Councillor Joseph O'Reilly was seeking signatures in agreement with the following amendment:

In paragraph 2.2. of the draft recommendation, replace "of addiction to prescribed medicines" with: "of addiction to/dependence on prescribed medicines, including support to withdraw carefully and safely"

The final report was due to be published in March 2022 but was delayed due to the outbreak of war in Ukraine.

We consider the amendment to the draft as a significant step towards antidepressant withdrawal being properly addressed in clinical guidelines and policy across Europe, potentially laying the foundation for the provision of relevant services by European governments.

### **Online Public Events**

We've continued to co-host a series of public online 'Town Hall' panel discussions which each focus on a specific area of psychiatric drug withdrawal. These events give a platform for a range of experts to share knowledge, with opportunity for audience questions.

These Town Halls are co-hosted with Mad in America, an organisation with a large online following allowing IIPDW to reach a far greater number of people in the UK and internationally. They also generate income as there is a suggested donation for each ticket, however free access is available to all.

These Town Halls promote a greater level of knowledge about safe psychiatric drug withdrawal amongst the public, supporting patients to become better informed and their friends and family to support them better in withdrawal and in making decisions about psychiatric drugs.

Anonymised feedback from these Town Halls includes:

#### **14<sup>th</sup> May 2021 Post-Withdrawal Experiences (488 attendees)**

"I am beyond grateful to you all for this seminar. It has been so helpful, informative and important for individuals who plan to try a future taper. I cannot thank you all enough for what you are doing."

"Thank you so much for your expertise and sharing your stories! And thank you even more for discussing protracted withdrawal. I am 15 years clean off of Xanax/alprazolam (and all other chemicals that affect me from the neck up including alcohol) and benzo withdrawal symptoms still occasionally pop up - and sometimes can last up to a month. And it makes it even more difficult when people around me don't understand what I'm going through (at times I wonder if they even believe me). So I am grateful to be here with you all who may also have similar struggles. Makes me feel less alone. Thank you."

"Thank you so much all of you for this amazing discussion, sharing, witnessing, informing which has been done with so much respect and so much understanding for all the people, doctors, patients, family, all of us who in a way are being part of this journey!"

"Thankyou for this important discussion. I think there are absences and gaps in knowledge, experience and practice that need to be voiced and included in the global debate. I have shared this discussion widely amongst my contacts as I spend the day at home resting, having made the deeply personal decision in collaboration with my doctor to halve the dose. We do not need to suffer. All the best. Kind regards."

## **13<sup>th</sup> August 2021 Children and Psychiatric Drugs (293 attendees)**

“Thank you so much for deepening my understanding of what happened to me esp. Laura - ditto!”

“Thanks to the entire panel for sharing such a great discussion. I was put on Paxil when I was 10 years old and now at 33, I'm tapering off with the help of meditation, supplements, clean diet, etc. I feel tricked and betrayed in many ways but I'm looking forward and am eager to heal.”

“Thank you everyone for your contribution to this very fascinating and urgent social and medical issue. And thank you, especially Laura for your very inspirational and extraordinary story. Thank you so much for your honest and absolutely comprehensive vision for the future of this messy business.”

“A wonderful discussion. Such a relief to know this community exists. I thank you all deeply.”

### **Information Video on Antidepressant Withdrawal Syndrome**

Board Member Stevie Lewis and Associate Dr Mark Horowitz co-created an hour-long information video on antidepressant withdrawal syndrome and its management, which was finished in March 2022 and has since been shared with the public.

The video can be viewed here: <https://www.youtube.com/watch?v=PSjYH044-2Q>

## **FINANCIAL REVIEW**

### **Review of Financial Position:**

Our Charity Registration number was received on 19th August 2021. It was only then that we could apply for a charity bank account with Natwest bank, an application process that took several months. Hence our UK bank account was opened in February 2022.

All financial activity for our charity during this financial year took place in February and March 2022.

We received two significant donations from overseas non-profit organisations with allied aims, plus a small donation from a member of the public via the online donation form on our website.

This left us at the end of the financial year with £4876 cash funds in our bank account, which is enough to support IIPDW's operations for just over five months. This allows time to develop new sources of income and fundraise.

Moving into the next financial year, foreseen outgoings will be a monthly fee of £850 for our Administrator, a monthly charge of £18.40 for our Gmail account and an annual charge in August 2022 for our Zoom account of £143.88. This will be covered by the cash funds remaining in our bank account, plus public donations and income from online events.

### **Reserves Policy:**

IIPDW will retain where possible £5400 of unrestricted funds in its only bank account which represents 6 months of the Administrator's fee. This allows 6 months for IIPDW to fundraise to continue its basic operations, and therefore its wider work in pursuit of its aims.

### **Principle Sources of Funds:**

This financial year, the principle source of funds has been two large donations from allied non-profit organisations internationally:

£2474 on 17<sup>th</sup> March 2022 from ANIMA, a non-profit NGO in Greece

£3195 on 23<sup>rd</sup> March from IIPDW in Sweden, a non-profit foundation with the same name and aims as our UK charity, as explained above.

The funds from Sweden originally came from private donations and a grant from US-based grant-making body Open Excellence. This grant was for the costs of making the information video about antidepressant withdrawal, and for providing a number of free tickets to our upcoming conference in May 2022 for people with lived experience of taking psychiatric drugs. As the grant made up a large part of the Swedish donation, the donation is entered as restricted funds in our annual accounts.

### **Principal Risks Facing the Charity:**

In March 2022 we lost £800 to financial fraud when we opened our new bank account. Natwest posted a debit card to our registered London address, from where it was stolen, despite our request for it to be sent to the cardholder's home.

Our Registered Address is a paid mail-forwarding service. We use this service as we are required to publish an address on the Charity Commission's public database and we choose not to publish our home address.

The debit card was used to make cash withdrawals at a cash point nearby to the registered address. We reported this incident immediately to the police and to Natwest's fraud department. We were fully reimbursed by Natwest on 22<sup>nd</sup> April 2022.

We cancelled our subscription to the registered address, employed a new mail-forwarding service, and provided a home address for Natwest correspondence.

### **Review of Internal Financial Controls:**

Our bank account requires two signatures for every payment, and we have three possible signatories. Each signatory has a debit card stored safely in their homes, and access to online banking which uses biometric identification via the app.

All payments are also authorised by two signatories on email, which provides a record of authorisation, and all invoices are filed in date order.

At our monthly Board Meeting the Treasurer reports all income and outgoings. Any new spending decisions are voted on by the Board.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing Document:** Constitution (Foundation Model)

**Constitution:** Charitable Incorporated Organisation (CIO)

**Trustee Appointment:** when looking for new Trustees, the Board advertises this at our quarterly 'Network Meeting' with our informal, non-voting membership called 'Associates' who are invited to apply or suggest relevant people to apply.

Once a prospective Trustee has applied in writing by sharing a bit about their experience, skills and knowledge, the Trustee Board votes to appoint them.

Once appointed, Trustees must read through the Trustee Welcome Pack which includes:

- the Governing Document
- our Conflict of Interest Policy
- our Safeguarding Vulnerable Adults Policy
- our Board Code of Conduct document which they're required to sign
- our organisation's Statement of Anti-Oppression
- a written overview of the Trustee Role, Public Benefit, Charity Accounting and Reporting with links to relevant guidance
- CC4 What Makes a Charity in PDF

They must also sign the Trustee Declaration created by the Charity Commission.

This process is compliant with the terms of our Governing Document:

#### **10. Appointment of charity trustees**

(1) Apart from the first charity trustees, every trustee must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees.

(2) In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

**Associates:** The Board of Trustees work closely with an international network of about 60 Associates (an informal non-voting membership). For specific areas of work, a Board Member will lead a delegation of Associates.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

International Institute for Psychiatric Drug Withdrawal (commonly abbreviated to IIPDW)

**Charity number:** Registered Charity 1195569

**Website:** <https://iipdw.org>

**Address:** 5 Brayford Square, London E1 0SG

#### **Trustees:**

Professor John Read, Chair

Dr Ruth Cooper, Treasurer

Olga Runciman

Dr Swapnil Gupta

Kleonike Giannakopoulou

Stevie Lewis, from 2<sup>nd</sup> November 2021

**Senior Staff Member:** Administrator, Lucy Fernandes

**Additional info:** We are a registered UK Institute approved by Companies House.

#### **EXEMPTIONS FROM DISCLOSURE**

None

#### **OTHER OPTIONAL INFORMATION**

##### **Safeguarding Vulnerable Adults Policy:**

IIPDW has a Safeguarding Vulnerable Adults Policy and considers the welfare of any vulnerable adults volunteering for IIPDW.

##### **Conflict of Interest Policy:**

IIPDW has a Conflict of Interest policy, and there are no conflicts between the interests of IIPDW and any personal, professional or business interest of Trustees.

##### **Medical information:**

At times IIPDW shares information and resources of a medical nature, to enable patients and families to have more informed conversations with their prescribers. IIPDW does not ever give individual medical advice.

##### **Campaigning and Political Activity**

IIPDW may at times seek to influence decisions made by government or public bodies such as NHS Trusts. Although this work doesn't amount to campaigning, IIPDW Trustees follow Charity Commission guidance on 'Campaigning and Political Activity'.

#### **DECLARATIONS**

**The Trustees declare that they have approved the trustee's report above.**

**Signed on behalf of the charity's trustees**

**Signature(s)**



**Full name(s)** Professor John Read

**Position(s)** Chairperson, IIPDW

**Date** 19.1.2023



CHARITY COMMISSION  
FOR ENGLAND AND WALES

International Institute for Psychiatric Drug Withdrawal

1195569

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
19/08/2021

To

Period end date  
31/03/2022

### Section A Receipts and payments

|   | Unrestricted funds<br>to the nearest £ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ | Last year<br>to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| <b>A1 Receipts</b>                                    |  |                                      |                                     |                                 |                               |
| Donation from Swedish Foundation                      | -                                      | 3,195                                | -                                   | 3,195                           | -                             |
| Donation from ANIMA                                   | 2,474                                  | -                                    | -                                   | 2,474                           | -                             |
| Stripe Online Donations                               | 7                                      | -                                    | -                                   | 7                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total (Gross income for AR)</b>                | <b>2,481</b>                           | <b>3,195</b>                         | <b>-</b>                            | <b>5,676</b>                    | <b>-</b>                      |
| <b>A2 Asset and investment sales, (see table).</b>    |  |                                      |                                     |                                 |                               |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total receipts</b>                                 | <b>2,481</b>                           | <b>3,195</b>                         | <b>-</b>                            | <b>5,676</b>                    | <b>-</b>                      |
| <b>A3 Payments</b>                                    |  |                                      |                                     |                                 |                               |
| Miscellaneous   | 800                                    | -                                    | -                                   | 800                             | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>800</b>                             | <b>-</b>                             | <b>-</b>                            | <b>800</b>                      | <b>-</b>                      |
| <b>A4 Asset and investment purchases, (see table)</b> |  |                                      |                                     |                                 |                               |
|   | -                                      | -                                    | -                                   | -                               | -                             |
|   | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Sub total</b>                                      | <b>-</b>                               | <b>-</b>                             | <b>-</b>                            | <b>-</b>                        | <b>-</b>                      |
| <b>Total payments</b>                                 | <b>800</b>                             | <b>-</b>                             | <b>-</b>                            | <b>800</b>                      | <b>-</b>                      |
| <b>Net of receipts/(payments)</b>                     | <b>1,681</b>                           | <b>3,195</b>                         | <b>-</b>                            | <b>4,876</b>                    | <b>-</b>                      |
| A5 Transfers between funds                            | -                                      | -                                    | -                                   | -                               | -                             |
| A6 Cash funds last year end                           | -                                      | -                                    | -                                   | -                               | -                             |
| <b>Cash funds this year end</b>                       | <b>1,681</b>                           | <b>3,195</b>                         | <b>-</b>                            | <b>4,876</b>                    | <b>-</b>                      |

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

| Categories           | Details                 | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|----------------------|-------------------------|------------------------------------|----------------------------------|---------------------------------|
| <b>B1 Cash funds</b> | Natwest                 | 1,681                              | 3,195                            | -                               |
|                      |                         | -                                  | -                                | -                               |
|                      |                         | -                                  | -                                | -                               |
|                      | <b>Total cash funds</b> | 1,681                              | 3,195                            | -                               |

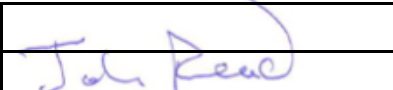
| Categories                      | Details | Unrestricted funds<br>to nearest £ | Restricted funds<br>to nearest £ | Endowment funds<br>to nearest £ |
|---------------------------------|---------|------------------------------------|----------------------------------|---------------------------------|
| <b>B2 Other monetary assets</b> |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |
|                                 |         | -                                  | -                                | -                               |

| Categories                  | Details | Fund to which asset<br>belongs | Cost (optional) | Current value<br>(optional) |
|-----------------------------|---------|--------------------------------|-----------------|-----------------------------|
| <b>B3 Investment assets</b> |         |                                | -               | -                           |
|                             |         |                                | -               | -                           |
|                             |         |                                | -               | -                           |
|                             |         |                                | -               | -                           |
|                             |         |                                | -               | -                           |

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

| Categories            | Details | Fund to which<br>liability relates | Amount due<br>(optional) | When due<br>(optional) |
|-----------------------|---------|------------------------------------|--------------------------|------------------------|
| <b>B5 Liabilities</b> |         |                                    | -                        |                        |
|                       |         |                                    | -                        |                        |
|                       |         |                                    | -                        |                        |
|                       |         |                                    | -                        |                        |
|                       |         |                                    | -                        |                        |

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

| Signature   | Print Name          | Date of approval  |
|---|---------------------|-------------------|
|  | Professor John Read | 19th January 2023 |