

These support groups are all run independently of OCD-UK. More information about these groups can be found on the OCD-UK website or is available upon request. If you find any of this information to be incorrect please let us know so that we can amend our records accordingly.



Belfield Community Centre, 193b Whartriggs Road, Belfield, Kilmarnock, KA1 3SZ.

2 - WALES

CARDIFF: Contact **Ian Hughes** (02920 335555) or **Jenny McBride** (02920 336114). Meets on the first Tuesday of every month between 6 - 7:30pm.

3 - LONDON

CENTRAL LONDON: Contact **Stephen** via **OCD-UK** on 0845 120 3778 (voicemail). The group meets alternate Thursdays 7pm to 9:30pm in Function Room, The Plough Public House, 27 Museum Street, London, WC1A 1LH. 24th Jan, 7th Feb, 21st Feb and fortnightly

HARLOW: Contact **Mind** on 01279 421308 and ask for Christine. The group meets the last Thursday of the month, 1.30pm - 3.00pm at Spurriers House, Town Park, Harlow, CM20 2BG

HILLINGDON: Both groups meet at The Pembroke Centre, Community Mental Health Resource Centre, 90 Pembroke Road, Ruislip Manor, Middlesex, HA4 8NQ.

Carers only: contact **Beryl** on 01895 444804. The group meets on the last Friday of the month between 2pm - 4pm and also on the third Thursday of the month between 7:30 and 9pm.

Sufferers: contact **Beryl** on 01895 444804. The group meets on the first Thursday in the month between 7:30 and 9pm.

ILFORD: Call **Suzanne** at Anxiety Care on 0208 262 8891 Monday to Wednesday 10am - 3pm. They have several weekly groups.

SOUTHGATE: Both groups meet at the Priory Hospital, The Bourne, Southgate, London, N14 6RA.

OCD Group, contact **Allison** on 0208 9585332. The group meets on the first Sunday of every month between 7 - 9pm
BDD Group, contact **Martin** on 0207 8480387. The group meets on third Sunday of every month between 4 - 6pm.

GAY AND LESBIAN OCD GROUP: Call **Megan** on **07944 389 343**. The group meets the second Sat of the month between 5pm & 6pm at the Aberdeen Centre (Conference Room) 22-24 Highbury Grove London N5 2EA.

4 - NORTH EAST ENGLAND

CHESTER-LE-STREET: Contact **Kathleen** on 0191 3891765. The group meets every Tuesday at 7pm - 9pm.

CLEETHORPES & GRIMSBY DISTRICT: Contact **Gavin** via OCD-UK. The group meets on the first Wednesday of every month between 7 - 9pm at the Mind Drop In Centre, 50 Oole Road, Cleethorpes, North East Lincolnshire, DN35 8LR.

SUNDERLAND: Contact **Greg** on 0191 5814540 for details of group location and times, these are subject to change at the moment.

WALLSEND: Self Help group for various Anxiety Disorders, not just OCD. Contact **Terrri** on 0191 2629678 or write to PO

Box 5, Wallsend, Tyne and Wear, NE28 6DZ for the full programme of events.

YORK: Contact **Brian** or **Dan** at York Mind. Telephone 01904 647349 or 01904 647014. The group usually meets the 1st Monday of each month (except Bank Holiday's when different date is set)

5 - NORTH WEST ENGLAND

BOLTON: Contact Lillian Chamberlain on 01204 527200. The group meets every other Monday, 7:30 to 9pm for sufferers only, no family members at the M.h.I.S.T, Deajon House, 30 Chorley New Rd, Bolton, BL1 4AP.

HALIFAX: Contact **Philip** on 01422 222733. Group meets the first Tuesday of the month.

GREATER MANCHESTER: We believe this group is no longer running.

LIVERPOOL: Call OCD-UK on 0845 120 3778. Meets once a month (Wednesdays), 5:30-7:30pm. Please call OCD-UK for details, next meetings Jan 23, Feb 13, Mar 12, Apr 16, May 14, Jun 18.

MACCELSFIELD: Contact **Emma** or **Lisa** on 07876 297857, the group usually meet on the last Tuesday of the month, at eston Community Centre Earlsway, Macclesfield, SK11 8RL.

WIRRAL: Contact call **Duncan** on 0151 632 2017 or **Colin** on 0151 2286455. Meets the second Friday of the month at 8pm. Location changes so call for details.

6 - MIDLANDS

DERBY: Contact **Ashley** via **OCD-UK** on 0845 120 3778 or email derby@ocduk.org. The group meets the last Tuesday of the month at 7pm at the Derby Conference Centre, London Road, Derby, DE24 8UX

LOUGHBOROUGH: Contact **Neth** on 01509 215675. The group meets the first Tuesday of the month at 6pm at John Storer House, Wards End, Loughborough, LE11 3HA

NOTTINGHAM: Not currently running.

WEST MIDS: Contact **Anne** on 01527 547673. The group meets on the third Sat of the month at 2:30pm at Carrs Lane Church, Carrs Lane, Birmingham, B4 7SX.

7 - EAST ENGLAND

IPSWICH: Contact **Jules** on 01473 742262. The group meets every Monday between 2 and 4pm for sufferers Brooks House, 306 Norwich Road, Ipswich, IP1 4HD.

LOWESTOFT: Contact **Lynn** on 01502 561200. The group meets every other Tuesday between 10 and 12pm for sufferers only at the Waveney Advocacy Network, 42 Alexander Road, Lowestoft, Suffolk, NR32 1PJ.

NORWICH: Contact **Geraldine** on 01603 619246. The group meets every Tues (except first Tue of month) from 7:15pm for CBT self help. A monthly support group is open first Tue of the month from 7:15pm in central Norwich. Please call for details of venue.

8 - SOUTH ENGLAND

BASINGSTOKE: Call **Marlene** on 07866 373511. The group meets on the second Wednesday of the month at 6.30pm, at The Ark Conference Centre Ltd, Binwoodie Drive, Basingstoke, Hampshire, RG24 9NN.

BOURNEMOUTH: Contact **OCD in Mind** on 01202 392910. The group usually meets on the third Monday of the month at 7.30pm at OCD in Mind, Peer House, 9 Shelley Road, Bournemouth, BH1 4JQ

BRIGHTON: Call **Linda** on 01403 713123. The group meets on the first Wednesday of the month at 6:30pm - 8.15pm at 79 Buckingham Road BN1 3RJ.

COLCHESTER: Group no longer running.

DARTFORD (North Kent): Call **Sue Minall** on 01322 291380. The groups meet in Dartford for people with OCD or BDD.

OXFORD: No longer running.

PORTSMOUTH - New: Contact **Stephen** via OCD-UK on 0845 120 3778. The group meets once a month on the first* Saturday of the month starting Jan 08 (* except March 15th), 10.15am - 12.45pm at The Garden Room, Cosham Community Centre, Wootton Street, Cosham, Portsmouth PO6 3AP.

READING: Contact **Melanie** on 01189 481139. The group meets every other Monday at 8pm at the Trinity Church, Lower Earley.

SOUTH HAMPSHIRE: Contact **Stephen** via OCD-UK on 0845 120 3778 (voicemail). The group meets once a month on the first Saturday of the month, 2.15pm to 4.45pm at The Cranbury Centre, Cranbury Road, Eastleigh, SO50 5HT..

SURBITON: Contact **Les** on 0208 3902648 between 4pm and 6pm weekdays only. The group meets on the first and third Thursday of the month at 8pm meets at The South Place Resource Centre, South Place, Surbiton, Surrey, KT5 8RX.

TUNBRIDGE WELLS: Contact **Diana** on 0845 120 3778 (OCD-UK voicemail, leave message). The group meets on the first Tuesday of the month between 7 & 9pm at Priory, Ticehurst, East Sussex, TN5 7HU.

WIMBORNE: This groups is currently not running.

9 - SOUTH WEST ENGLAND

PLYMOUTH: Contact **Mr Higman** on 01752 254004. The group meets every other Wednesday, starting 9th Jan 2008 between 7 & 9pm for sufferers only at Mind, 8 Woodside, Greenbank, Plymouth, P14 8QE. Next Meets 6th/20th Feb, 5/19 Mar, 2/16/30 Apr and every other Wed thereafter.

10 - NORTHERN IRELAND

DONAGHADEE: This group is currently not running.

Triumph Over Phobia (TOP) also run a number of self-help groups across the UK and the following list is the location of where they currently run groups. We recommend contacting TOP for group location details and fees for attending.

Bath
Beckenham
Birmingham
Bristol
Camberley
Chelmsford
Epsom
Gloucester
Harrogate
London (Archway and Twickenham)
Loughborough
Manchester Sale
Rhyl
Southampton
Stockport
Stoke on Trent
Torquay
Trowbridge
Twickenham
Wells
Jersey
Swindon

OCD-UK does not run any support groups itself, but we are fully committed to supporting individuals or groups that wish to start a new support group for either sufferers, carers or both. We will also do what we can to help and support those already running an existing group.

OCD-UK, PO Box 8955, Nottingham, NG10 9AU.

Tel: 0845 120 3778 Email: admin@ocduk.org Website: www.ocduk.org