



# OCD-UK

## Annual Report & Financial Statements

for the year ended 31st December 2022





Help  
What  
OCD?  
Obsessive  
it's m  
order,

OCD-UK team members at the OCD-UK conference. Trustees Kylie and Yolanda with OCD-UK staff member Zoë.

# CHARITY ANNUAL REPORT

Year ended 31st December 2022

The trustees of OCD-UK are pleased to present their annual report together with the financial statements of the charity for the year ended **31st December 2022**.

The financial statement and accounts have been prepared independently in accordance with the Charities Act 2011 by Eric O'Connor from Nicholson Tax & Accounts, Derbyshire, who found the accounts in good order.

These accounts can be found from page 40 of this annual report.

# PROVIDING



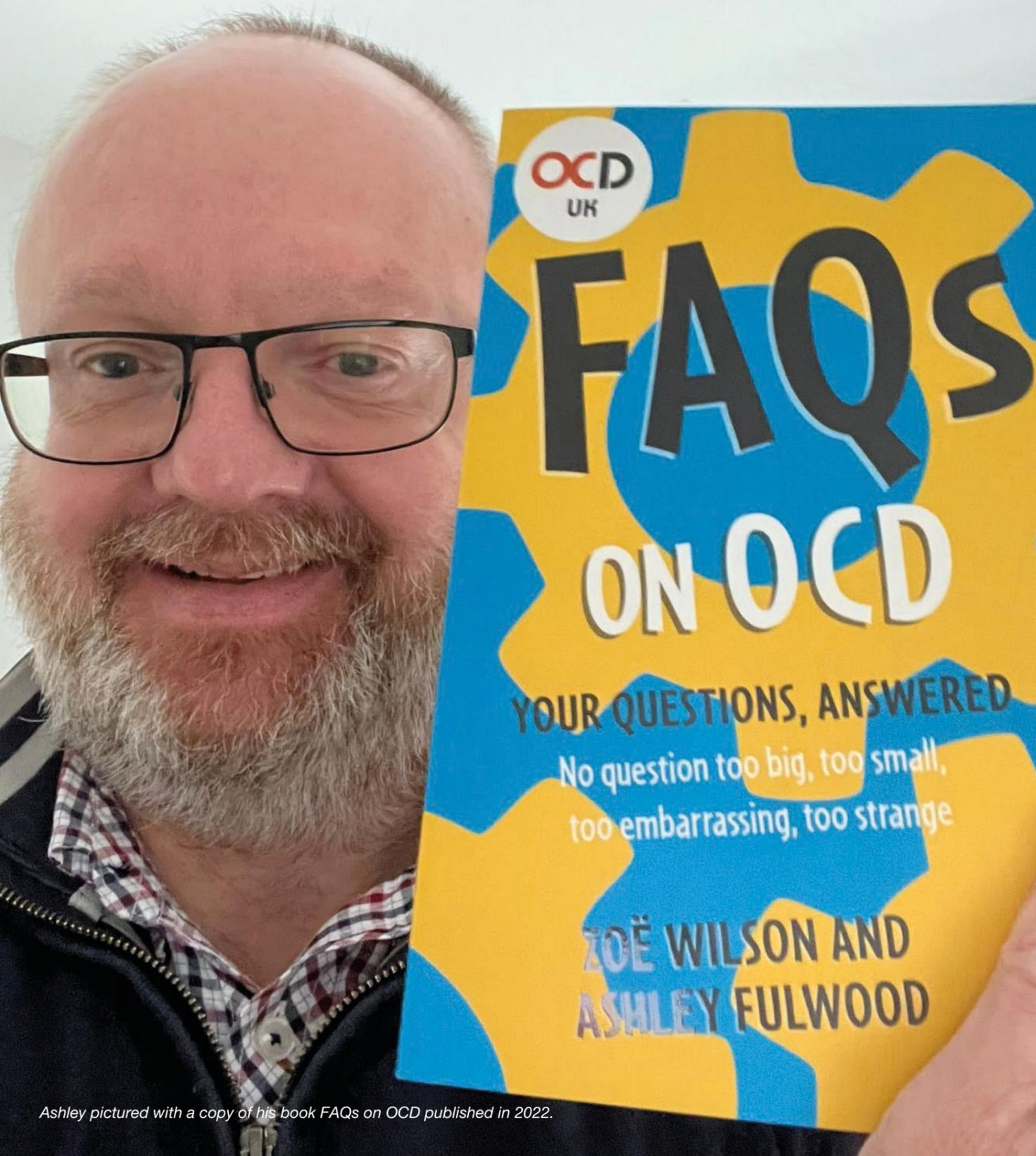
# CREATING





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Ashley pictured with a copy of his book FAQs on OCD published in 2022.

## Welcome to the OCD-UK Annual Report for 2022

by **Ashley Fulwood** Chief Executive and **Catherine Mills** Chair of OCD-UK

Throughout all the uncertainties, challenges, and difficulties of living with OCD, one thing that has remained constant and shone brightly this last year is the courage, determination and resilience of people with OCD to survive this insidious illness. The positive outlook that people still show as they try and live and enjoy their life to the best of their ability really is inspiring. However, despite this, for us all, life would be better without the impact of Obsessive-Compulsive Disorder.

It therefore remains a scandal that far too many of us with OCD are left struggling to access the help and support we need in order to challenge and treat the condition that blights our lives, and we are denied the opportunity to access treatment that may offer reduced distress, greater opportunities to reach our goals and increased quality of life. We include ourselves in this as our own Chief Executive Ashley was denied treatment in 2022 and continues to fight to access his treatment.

The charity's work for the years ahead is clear, we need to ensure through highlighting the failures of service and pushing for improved access that the services are there to help people at the earliest opportunity, and with effective therapy at the right time.

Until such time, the community we have built here at OCD-UK - our spirit of supportive togetherness - we will continue to do what we can to help keep people afloat with compassion and humanity. This is demonstrated weekly with the welcoming and supportive community at the online OCD support groups, and it's a testament to the leadership and warmth of Laura, our online support groups lead, that so many people access the groups week after week, until such time they no longer need it.

The same can be said of the parents' project that Zoë hosted across the East Midlands, bringing parents of children with OCD (ages 5-18) together in a supportive and non judgemental educational space. This is apparent in that parents over the last year have commented how her work in hosting the workshops was having a ripple effect, and how her knowledge has empowered them to help their child.



Our support coordinators Gemma and now Sara offered a beacon of hope for people struggling with the impacts of OCD. Through their compassionate and knowledgeable email and telephone support.

All of the achievements in this report are a testament to our wonderful staff and volunteers, past and present, and we both thank them for their dedication and hard work.

OCD-UK still has much work to do; we hope that our passion and determination inspires those around us and creates hope for those who need it most. With your help we can work as one, united behind our shared vision of life free from the impact of Obsessive-Compulsive Disorder.

Wishing you all good mental health.

**Ashley Fulwood**  
Chief Executive of OCD-UK

**Catherine Mills**  
Chair of OCD-UK

*Both Ashley and Catherine have lived experience of OCD.*

We are

The logo for OCD UK, featuring the letters 'OCD' in a bold, sans-serif font with 'UK' underneath, all contained within a circular border.

# Purpose, Vision and Values

## Our Purpose

Is to make a positive and meaningful difference in the everyday lives of children and adults affected by **Obsessive-Compulsive Disorder (OCD)**.

## Our Vision

Is of a world where the devastating impact of **Obsessive-Compulsive Disorder (OCD)** is reduced through effective and safe treatment.

## Our Values

We are **supportive** and **innovative**.

We are **caring** and **compassionate**.

We have **lived experience** and real **understanding**.

We offer **hope** and **inspiration**.

We are **inclusive**.

**We are OCD-UK, and we are here for you!**

### Supportive and Innovative

We support all children and adults affected by Obsessive-Compulsive Disorder through the difficult times, right through to recovery and everything in between.

We are forward thinking, always seeking ways to improve and innovate in everything that we deliver to ensure we reach all those affected by OCD.

### Caring and Compassionate

We provide emotional and practical advice or support in a non-judgemental way and will always demonstrate empathy, respect and dignity to the person we are working with.

We don't just listen, we hear, we understand and we see the individual not just the OCD.

### Lived Experience and Understanding

Everything we do is based on the experiences of the people we serve, people affected by Obsessive-Compulsive Disorder.

We reach out to everybody within the OCD community, regardless of where they are in their own recovery journey.

### Hope and Inspiration

Our passion and determination inspire those around us, we provide help and bring hope to people when they need it most.

We work together as one organisation, united behind one shared vision.

### Inclusive

Irrespective of age, disability, gender, country of origin, race, religion, sexual orientation or socio-economic background, everybody is welcomed and respected equally when using, attending and contributing to any of the OCD-UK services.

# Trustees



L-R – OCD-UK trustees: Charlotte Rowe, Joanne Griffiths with former trustee Yolanda Jerrard at our Nottingham OCD conference.

OCD-UK is a membership-based charity, managed by a team of dedicated trustees which make up our executive membership committee.

These are endorsed and elected by our members at our Annual General Meeting. They are all members who have volunteered for the charity for a period of time before being approached to become a trustee. They receive no remuneration, other than essential working costs approved by the charity.

Uniquely, OCD-UK is completely service-user led; all of our trustees have suffered or have a close family member suffering with OCD. It's this insight that allows us to make informed decisions about the direction we shape your charity.

Those listed below all served as OCD-UK trustees during 2022.

**Catherine Mills**

Chair, Merseyside

**Thorrún Govind**

Trustee (stepped down 13th Apr 2022)

**Charlotte Rowe**

Trustee, London

**Kylie Cloke**

Trustee, Gloucestershire

**Joanne Griffiths**

Trustee, Cornwall

**Claire Gellard**

Trustee, Essex

**Nick Marlow**

Trustee, Nottingham

**Claire Goldenberg**

Trustee, Sussex

**Sandy Nisbet**

Trustee, Glasgow



L-R – OCD-UK trustees: Claire Goldenberg and Nick Marlow.

## Staff



L-R – OCD-UK staff: Ashley Fulwood, Zoë Wilson, Laura Hickman and Sara Padwick.

If you have used any of our services during 2022 then you will undoubtedly have already met some or all of Team OCD-UK. During 2022 the OCD-UK staff remained at four people. Pictured are (L-R) Ashley Fulwood, Zoë Wilson and the two new staff members who joined us in 2022: Laura Hickman and Sara Padwick. Laura and Sara bring a wealth of experience and enthusiasm to the team and we are delighted to welcome them to Team OCD-UK.

The team also comprised Gemma Blueitt until August, when she left for new opportunities. We remain incredibly grateful for Gemma's work during 2022 and in the many years prior to that.

One of the unique aspects of OCD-UK is the fact that the team are all service-users themselves, they have all experienced OCD first-hand, which means the work is not just a job for the team. Their dedication, passion and commitment is evident in the work they do. The team are all highly professional, and again in 2022 managed to punch above their weight in terms of service delivered for the limited resources available to the charity.

Those listed below all served as OCD-UK staff members during 2022.

### Ashley Fulwood

Chief Executive, Derbyshire

### Gemma Blueitt (until Aug 2022)

Support Co-ordinator, North East

### Laura Hickman

Online Groups Lead, Nottinghamshire

### Sara Padwick

Support Co-ordinator, Kent

### Zoë Wilson

Parents Project Lead, Derbyshire



Ashley and Zoe pictured in Waterstones with a copy of their book, **FAQs on OCD**, published in 2022. Both Ashley and Zoë donated 100% of their royalties to OCD-UK.

# OCD-UK providing help and creating hope

## About OCD-UK

OCD-UK has been working for children and adults affected by Obsessive-Compulsive Disorder since 2004.

We provide advice, information and support services for those affected by OCD. We also campaign to end the trivialisation and stigma of OCD.

Our team are passionate about creating a world in which people with Obsessive-Compulsive Disorder are able to lead the life they want, without the impact of OCD.

Uniquely, the charity is completely service-user led, and everybody involved in the organisation has personal experience of OCD, either directly or indirectly through a loved one.

For our team, because of their own experiences, this is not just a job. For us, this is a passion, this is a commitment... because we **ARE OCD-UK!**



## Strategic Objectives for OCD-UK

### SUPPORT

We provide support services for all those struggling due to the devastating impact of Obsessive-Compulsive Disorder, including family members and friends who support a loved one with OCD.

### AWARENESS

We promote education and improved understanding about Obsessive-Compulsive Disorder.

### TREATMENT

We campaign for improved access to effective and quality treatment for Obsessive-Compulsive Disorder.

### RECOVERY & MENTAL WELL-BEING

We promote mental well-being and recovery to offer hope for a life unhindered by Obsessive-Compulsive Disorder.

### YOUNG PEOPLE

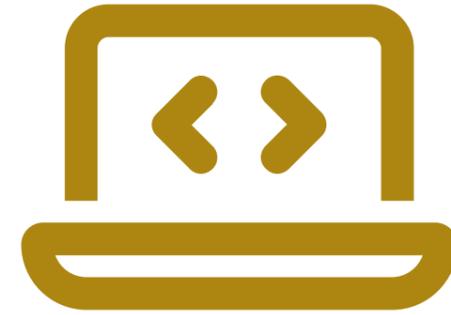
We offer young people with Obsessive-Compulsive Disorder a platform to share their story and connect with others.

In 2022 we generated £138k to keep our services running, with £101k raised through the fundraising efforts and donations of our supporters.

Our members' generosity continued in 2022, although our overall number of members decreased slightly, the amount donated by members increased.



**71p** in every  
**£1** spent  
 went towards charitable activities from raising awareness to supporting children and adults affected by OCD.



Our website had  
**1.85m** page views by  
**846k** users from across the globe.



**£227**  
 Could pay for our advice line to be staffed for 8-hours a day.



Our support discussion forums had  
**993k** page views by  
**48k** users from across the globe.



**One** or **Two**

of us in every one hundred people in the UK will be living with Obsessive-Compulsive Disorder.



Last year the time given by our amazing volunteers contributed to the equivalent donation of  
**£22k**

# THROUGHOUT 2022 THE OCD-UK TEAM DELIVERED THE FOLLOWING

Your fabulous support, through membership donations and fundraising, has helped our small team of staff and volunteers to continue to work hard for people affected by **Obsessive-Compulsive Disorder**.

This is just some of what we provided during 2022.



Our online support groups were hosted **80** times and



attended **2,407** times  
by **624** different people,



with a combined meeting talk time of **9,467** minutes.

**1,506** 

Support emails were answered, which offered personalised, individual advice and support.

**64%** of those emailing were people with OCD. Other emails came from people supporting a loved one, other charities and health professionals.

We continued to deliver interactive face-to-face workshops across the East Midlands for parents of children and young people with OCD.



**22,136**  
Community support forum posts made by **3,245** different forum users.



**14.7K**  
FOLLOWERS



**7,517**  
FOLLOWERS



**14.0K**  
FOLLOWERS

## What else we have been doing in 2022...

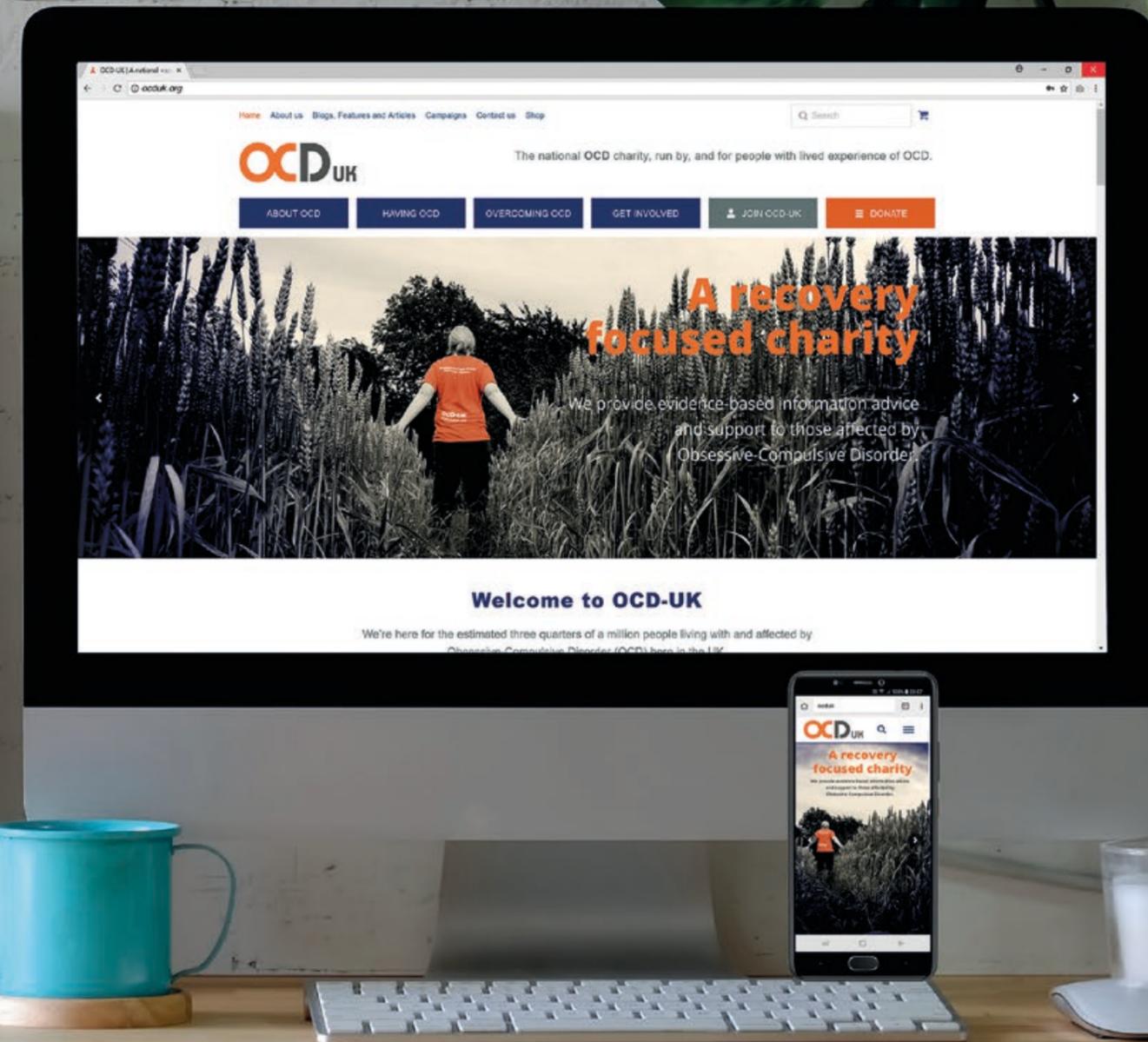
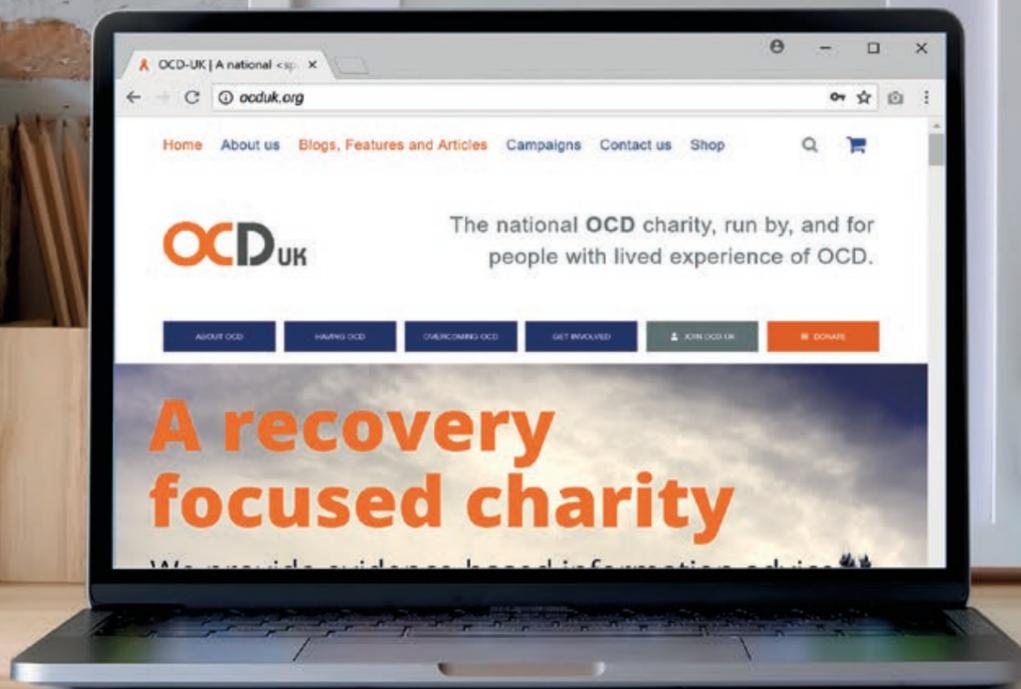
- ✓ Delivering themed support groups for under 18s
- ✓ Delivering themed support groups for over 50s
- ✓ Delivering themed support groups for family and friends
- ✓ Delivering another fantastic virtual OCD conference
- ✓ Providing training and supervision to OCD-UK volunteers
- ✓ Delivering OCD training workshops for teachers
- ✓ Creating new advice guides for parents of young people with OCD
- ✓ Creating social media advice myth busting, awareness raising and educational posts
- ✓ Working with the media to ensure positive & accurate OCD coverage
- ✓ Responding to inaccurate OCD articles across a variety of platforms
- ✓ Working with retailers to remove products that contain inaccurate or stigmatic representations of OCD
- ✓ Attending NHS stakeholder meetings to represent our community
- ✓ Written a new OCD book for the OCD community, called *FAQs on OCD*

**822**  
OCD-UK  
members

We deliver all of this work with the policy that irrespective of age, disability, gender, country of origin, race, religion or sexual orientation and socio-economic background, everybody is welcomed and respected equally when using, attending and contributing to any of our services.

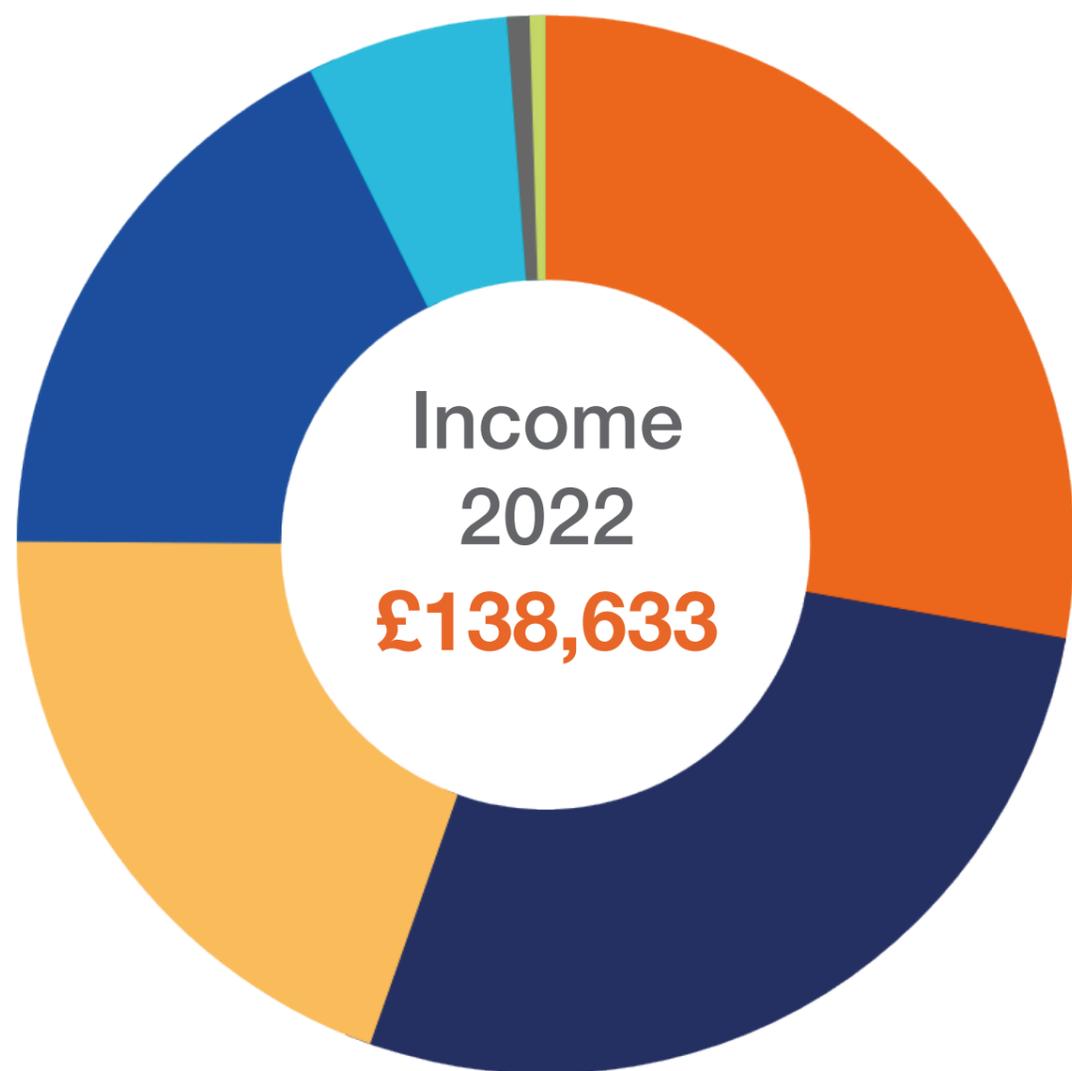
# www.ocduk.org

Our acclaimed website continues to offer extensive resources freely available to OCD sufferers across the globe.



In 2022 your amazing efforts raised £101k through fundraising and the membership and donations of our supporters.

For every £1 we spent in 2022, 71p was spent on delivering charitable activities for the OCD community.



- Donations - £38,590 (28%)
- Membership - £38,185 (27%)
- Grants - £27,322 (20%)
- Fundraising - £24,354 (18%)
- Trading (Books, Greetings Cards, Gifts) - £8,553 (6%)
- Workshop / Training Consultancy - £960 (1%)
- Conference (online) - £669

- Charitable activities - £116,277 (71%)
- Costs of generating voluntary income - £17,149 (10%)
- Governance, administration, professional fees - £15,609 (10%)
- Rent & office costs - £7,773 (5%)
- Trading - £7,062 (4%)

Our financial snapshot shows our expenditure split into the charity's key operating areas. Salaries are split within each relevant area. Turn to page 40 for our financial accounts.

# Why we do it

One-third of patients with Obsessive-Compulsive Disorder develop the disorder before the age of **15 years**, and about 50% report onset in **childhood** and **adolescence**.

“

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Feedback from an OCD-UK service user during 2022.

*Thank you so very much for your kindness and for everything you are doing to help people struggling with OCD and their families. You have my admiration and respect!*

**- C, April 2022**

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# 2022 Financial Summary

## £138,633

2022 Income

## £163,870

2022 Expenditure



Accounts Comparison	Income	Expenditure
Jan 2022 - Dec 2022	£138,633	£163,870
Jan 2021 - Dec 2021	£229,664	£169,006
Jan 2020 - Dec 2020	£226,291	£160,990
Jan 2019 - Dec 2019	£137,479	£113,344
Jan 2018 - Dec 2018	£88,263	£102,164

## OCD-UK Financial Review

Our financial year mirrors the calendar year, and runs from 1st January to 31st December annually.

Our annual accounts are also subject to review by an independent chartered accountant. We are grateful to **Eric O'Connor** and the team at Nicholson Tax & Accounts of Derbyshire for examining our accounts. A copy of the full 2022 accounts can be found on our website and at the end of this report.

OCD-UK income for 2022 was down significantly compared to the previous years, however unlike previous years we received no new grant funding. However, reserves from the previous years leave us in a position to be self-sufficient for 2023. Therefore, whilst the charity's financial situation is satisfactory, we do note that we have less than one year's running costs in reserve.

OCD-UK is relatively self-sufficient in the respect that most of our core email and helpline support services are not reliant on charitable grant income, with the majority of our income arriving through the kind generosity of our supporters.

Donations, fundraising and membership remain our primary source of core continuing income, with membership numbers slightly down compared to 2021, however, the amount members donated did increase during 2022. Donation income remained stable, however the nature of fundraising can fluctuate and we did see a decrease in fundraising income in 2022.

The chart below shows a comparison over the last five years of our income from fundraising, donations and membership.

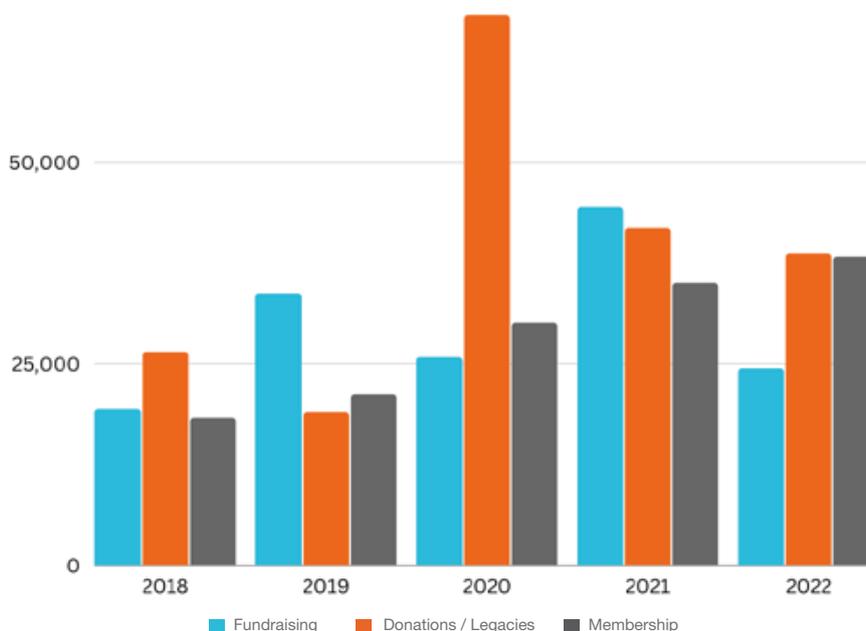
We do see a fluctuation in fundraising income as a trend in cycles every 2-3 years. We have some very loyal supporters and members who are happy to fundraise for our charity, but are unable to fundraise every year. We do still face the dilemma of stigma still preventing some people with OCD being able to ask family and friends to sponsor their fundraising efforts for an OCD charity.

Our charity is managed prudently, vital in these times of economic uncertainty, and our expenditure in 2022 did decrease slightly.

We are always exploring new opportunities to make our limited resources go further and we work hard to get the most from our income by making our organisation's operating structure as efficient as possible. We are proud of the fact that our services were operated by just four members of staff (only two are full-time) in 2022.

Throughout these difficult economic times we remain incredibly grateful to you all. We know that the economic uncertainty that plagues our country right now will have an impact on charities like OCD-UK at the very time when our services are needed most. We are therefore so grateful for all the support people are able to offer OCD-UK, from the £2 a month donation to the fantastic fundraising efforts.

Thank you from all at OCD-UK.



# PARENTS EDUCATIONAL WORKSHOPS

In July 2019 we reported on our success in securing a **National Lottery Community Fund** grant of almost £113,000, to develop much needed education and support for parents of children (ages 5-18) who suffer from **Obsessive-Compulsive Disorder**.

We achieved our project target to deliver 15 workshops across the East Midlands between 2020 and 2022.

## PROJECT REPORT

The project was called OCD 'PEP' Talk (Parents Education Project) and its ultimate objective was to improve the quality of life for children (aged 5-18) suffering from OCD and their families. We achieved this through the education, support and empowerment of parents.

### Some of the key data to come from the final project report.

- We have benefited the lives of **342** parents through the webinars and workshops, which will indirectly offer more support and guidance to their children, offering a clearer path of how to help for the rest of their family too.
- In addition to this, we have also delivered voluntary zoom meetings with parents who have been unable to attend workshops to offer them advice and guidance, as well as phone calls, and email support.
- A total of **52** parents attended our face-to-face annual conference in Northampton in 2019, where we invited OCD specialists to host presentations specifically designed for parents of children with OCD.
- We proposed that we would deliver 12-15 face-to-face workshops for at least 100 parents. We are proud to say that we delivered **15** of these, and a total of **134** bookings.
- Results indicate that immediately after the workshops, there were significant improvements in parental confidence in managing their child's reassurance-seeking, checking, and avoidance, as well as increased hope for recovery and reduced self-blame.
- Parents' positive response to the workshop facilitator's lived experience of OCD was evident in both survey and focus group data.



## Project Development

Zoë Wilson was the project leader for our Parents Educational Project. The shaping of this project was a collaborative effort between service users, loved ones and health professionals as the picture above shows of Zoë working alongside OCD-UK patron Professor Paul Salkovskis in the development of our parents project.

## PROJECT FEEDBACK

"...being at the workshop, it was such a different feel. It felt like the organisation was not just sort of there to do the minimum. It was actively wanting to be as helpful as possible. I think that was really nice just to feel it's not just a hassle to somebody that somebody's trying to bat off. People are saying, 'come here, our purpose is to help you.'"

"...we have a very negative CAMHS team who are like 'this is crap and it's going to ruin your entire life and it's never going to get better' and you're like 'oh god, where do I go with that?' How do you keep going? And I think [facilitator's] created greater resilience. It's the first adult I've met who's said, 'yeah, I have OCD but it's OK.'"

"...I struggled a lot to know whether or not it was just my daughter being a horrible hormonal teenager and whether it was OCD. I couldn't delineate between the two. I didn't understand, I had no comprehension of what OCD is. And after the workshop, I got it."

"...I felt much better equipped to support [child]...I felt less alone. It wasn't like I was standing on this weird iceberg thinking, 'I have no idea of what I should be saying' or 'have I done the wrong thing again?'. Almost like behind me there's this whole chain of people who are in a similar position. I can't describe how powerful that is, because you just feel dramatically less alone. Other people are coping, life goes on."

"...I've now also got [another parent befriended]... That's just been gold for me, just having someone at the end of the phone who, at random times of the day and night, I can just go, '[child's] just done this' and actually in some instances, [other parent] can go, 'yeah, that's a thing' and I'm like, 'What? I didn't know that was an OCD thing!'"



# WE CAN BE HEROES JUST FOR ONE DAY



These are just some of our **2022 FANTASTIC FUNDRAISERS** who walked, swam, hiked, cycled or ran for OCD-UK this year.

THANK YOU



Let's change the conversation



#thatsOCD

## 9TH-15TH OCTOBER 2022 WAS **OCD AWARENESS WEEK**

We use awareness week to help initiate conversations in places of work, education or in personal circles about Obsessive-Compulsive Disorder.

**Together, we can change the conversation.**



Every day of the year is also an opportunity for an OCD Awareness Day, an opportunity to start a conversation and change the misconceptions around OCD. Our resources and leaflets are available upon request throughout the year to support you.

# The OCD Magazine

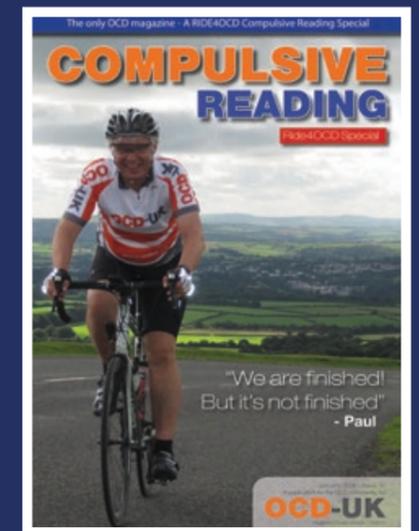
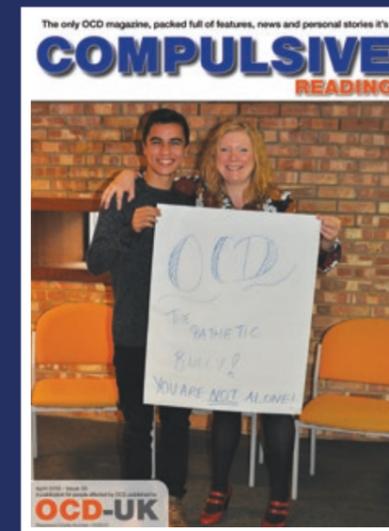
Once again our members' magazine was published in 2022 and continues to receive high praise for its mix of content.

We rebranded to the *The OCD Magazine* to better reflect its content.

Content focused on timely subjects, first-hand experiences and news relevant for people with OCD.

We will continue to focus on inspirational first-hand experiences and recovery.

The online version of *The OCD Magazine* continues to be fully readable across both Android and Apple devices.



THANK YOU FOR READING

OCD - IT'S MORE THAN YOU THINK!



# Did you know **OCD** can affect anyone regardless of age, gender or ethnic background?

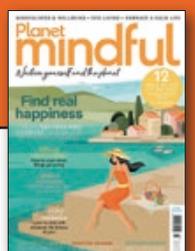
OCD-UK is a national charity dedicated to supporting almost one million children and adults affected by **Obsessive-Compulsive Disorder** through the difficult times, right through to recovery and everything in between.

OCD-UK is a registered charity in England & Wales. Charity No. 1103210.

## **PLANET MINDFUL**

In 2022 we had the opportunity to write an article for the March/April issue of *Planet Mindful* magazine, which our then colleague Gemma wrote for the magazine.

In return for our time in writing the piece they gave us the opportunity to contribute this advert to highlight and raise awareness about OCD.





# OUR BRANCHES OF SUPPORT

OCD-UK, a charity run by and for people with lived experience of Obsessive-Compulsive Disorder





Dr Josie Millar and Megan at the 2019 OCD-UK conference in Northampton.

# Structure, Governance and Management of OCD-UK during 2022

The chair of OCD-UK presents the annual report at the charity's Annual General Meeting (AGM) each year.

## Legal Status

OCD-UK was founded in December 2003 and formed as a charity under a constitution in January 2004. We were officially registered with the UK charity commission on the 14th April 2004. The charity registration number is 1103210.

## Our Structure

The board of trustees is the governing body of the charity. It is their role to establish the policies, objectives and procedures for the charity to ensure the effective running of the organisation in pursuit of its long-term objectives.

## Patrons

We are honoured to be supported in our work by two patrons, actor and writer Ian Puleston-Davies and highly respected Professor Paul Salkovskis from the University of Oxford.

We are also supported in our work by overseas ambassador Professor Adam Radomsky, from Concordia University, Montreal.

## Membership

Membership of OCD-UK is open to any individual with an interest in OCD or the charity's work. At the end of 2022 the charity had 822 active members (down from 895 at the end of 2021). Members are entitled to attend the AGM and to one vote per discussion.

## Volunteers

OCD-UK had many committed and regular active volunteers across the UK during 2022, most of whom have been directly affected by OCD. Their selfless personal commitment has been the cornerstone of OCD-UK's success in delivering its aims and objectives. We estimate that our volunteers have donated at least 1,519 hours to OCD-UK during 2022, in monetary terms worth at least £22,436 to the charity.

These volunteers have helped us provide direct support online and offline, facilitated support groups, worked on our website and publications, or helped at our events or conferences. Other volunteers not included in the above figures have also contributed their time to actively support the research and media work that we promote.

The trustees of OCD-UK remain grateful for the donation of time that volunteers give to our charity. We recognise that we can achieve even more with their assistance, and we must provide them with regular support, training and supervision to help them in their role.

## Professionals

We would also like to acknowledge our gratitude and thanks to the following accountancy, legal and anxiety charity colleagues, health professionals and media personalities who kindly donated their time to offer support and assistance during 2022. The number of people highlights the collaboration between OCD-UK and health professionals.

- Dr Victoria Bream
  - Dr Stuart Brownings
  - Lauren Callaghan
  - Dr Fiona Challacombe
  - Chloe Chessell
  - Jenny Cole
  - Eric O'Connor
  - Dr. Katie Cross
  - Ian Puleston-Davies (actor)
  - Paula Duncan
  - Dr Lynne Drummond
  - Dr Alice Farrington
  - Professor Mark Freeston
  - Rose Gardener
  - Laurene Goldstone
  - Dr Maxine Howard
  - Dr Gazal Jones
  - Dr Zoe Kindynis
  - Georgia Lock (actor and writer)
  - Dr Josie Millar
  - Rev. Katie O'Dunne
  - Rebecca Pedley
  - Professor Christine Purdon
  - Professor A Radomsky
  - Dr Alison Roberts
  - Professor P Salkovskis
  - Professor Roz Shafran
  - Steve Sharpe
  - Dr Blake Stobie
  - Dr Clara Strauss
  - Dr Sasha Walters
  - Professor David Veale
- Apologies to anybody we have accidentally omitted from this list.



# Thank you to our supporters

Special thanks to all our supporters and charitable trust donors, including:

- Every single person who has fundraised or donated in 2022 including David pictured right
- All those who took part in the 1.2 Challenge, such as those pictured below
- Every single OCD-UK member whose donations do make a difference
- Rose G for her continued support
- National Lottery Community Fund - Pep Talk (Parent Education Project)
- Other grant funders and donors who wish to remain anonymous

Thank you to everyone who has campaigned for us, made donations, volunteered their valuable time and skills, or supported us financially.

Because of your generosity we've been able to keep supporting both young people and adults who are suffering from Obsessive-Compulsive Disorder.

Your stories of courage and tenacity, despite the difficulties created by OCD, continue to inspire us all, and drive everything that we do.

We remain committed to working to make a positive and meaningful difference in the everyday lives of children and adults affected by OCD.



# CHARITY ANNUAL REPORT

Year ended 31st December 2022

The trustees of OCD-UK are pleased to present their annual accounts and financial statements of the charity for the year ended **31st December 2022**.

The following financial statements have been prepared independently in accordance with the Charities Act 2011 by Eric O'Connor from Nicholson Tax & Accounts, Derbyshire.

# Administrative details of the charity, its trustees and advisors

For the year ended 31st December 2022

The trustees present their report with the financial statements of the charity for the year ended 31 December 2022. 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).

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes an unincorporated charity.

### Registered charity number

1103210

### Principal office address

8 Chapel Street  
Belper  
Derbyshire  
DE56 1AR

### Trustees

Kylie Cloke  
Claire Gellard  
Claire Goldenberg  
Thorrun Govind - (Resigned, 13th April 2022)  
Jo Griffiths  
Nick Marlow  
Catherine Mills - (Chair)  
Sandy Nisbet  
Lottie Rowe

### Chief Executive

Ashley Fulwood

### Independent examiner

Mr E O'Connor  
Nicholson Tax & Accounts  
8 Chapel Street  
Belper  
Derbyshire  
DE56 1AR

Approved by order of the board of trustees on 16th May 2023 and signed on its behalf by:



Ms C Mills - Trustee

## Independent examiner's report to the trustees of OCD-UK

I report to the charity trustees on my examination of the accounts of the OCD-UK (the Trust) for the year ended 31 December 2022.

### Responsibilities and basis of report

The charity trustees of the Trust 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 confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



**Mr E O'Connor**  
**Nicholson Tax & Accounts**  
**Belper**  
**Derbyshire**  
**DE56 1AR**

16th May 2023

# Statement of financial activities

For the year ended 31 December 2022

	Notes	Unrestricted Funds £	Restricted Funds £	<b>31.12.22</b> <b>Total Funds</b> £	31.12.21 Total Funds £
<b>INCOME FROM</b>					
Donations and legacies		77,443	27,322	104,765	170,061
Charitable activities	4	32,815	-	32,815	56,134
Other trading activities	2	960	-	960	3,446
Investment income	3	93	-	93	23
<b>TOTAL INCOME</b>		111,311	27,322	<b>138,633</b>	229,664
<b>EXPENDITURE ON</b>					
Raising Funds	5	11,309	-	11,309	5,881
Charitable activities	6	121,435	31,126	152,561	190,698
<b>TOTAL EXPENSE</b>		132,744	31,126	<b>163,870</b>	196,579
<b>NET INCOME/(EXPENDITURE)</b>		(21,433)	(3,804)	<b>(25,237)</b>	33,085
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		133,734	11,785	<b>145,519</b>	112,434
<b>TOTAL FUNDS CARRIED FORWARD</b>		112,301	7,981	<b>120,282</b>	145,519

The notes on pages 45 and 46 form part of these financial statements.

# Balance sheet

At 31 December 2022

	Notes	31.12.22 £	31.12.21 £
<b>FIXED ASSETS</b>			
Tangible assets	11	2,443	1,349
<b>CURRENT ASSETS</b>			
Stocks	12	4,645	6,203
Debtors	13	2,055	1,743
Cash at bank and in hand		112,772	164,827
		<b>119,472</b>	<b>172,773</b>
<b>CREDITORS</b>			
Amounts falling due within one year	14	(1,633)	(28,603)
<b>NET CURRENT ASSETS</b>		<b>117,839</b>	<b>144,170</b>
Total assets less current liabilities		<b>120,282</b>	<b>145,519</b>
<b>NET ASSETS</b>		<b>120,282</b>	<b>145,519</b>
<b>CHARITY FUNDS</b>			
Unrestricted funds	15	<b>112,301</b>	133,734
Restricted funds		<b>7,981</b>	11,785
<b>TOTAL FUNDS</b>		<b>120,282</b>	<b>145,519</b>

The financial statements were approved by the Board of Trustees on 16th May 2023 and were signed on its behalf by:



Ms C Mills -Trustee

The notes on pages 48 to 50 form part of these financial statements.

# Notes to the financial statements

For the year ended 31 December 2022

## 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.

### Allocation and apportionment of costs

#### Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

#### 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.

#### Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

## 2. OTHER TRADING ACTIVITIES

Conferences

31.12.22	31.12.21
£	£
960	3,446

## 3. INVESTMENT INCOME

Deposit account interest

31.12.22	31.12.21
£	£
93	23

## Notes to the financial statements - continued

For the year ended 31 December 2022

4. INCOME FROM CHARITABLE ACTIVITIES		31.12.22	31.12.21
	Activity	£	£
Sponsorship monies	Charitable activities	24,238	44,247
Merchandise and clothing	Charitable activities	8,577	11,887
		<b>32,815</b>	<b>56,134</b>
5. RAISING FUNDS		31.12.22	31.12.21
Raising donations and legacies		£	£
Sponsorship costs		5,862	2,165
		<b>5,862</b>	<b>2,165</b>
Other trading activities			
Opening stock		6,203	3,528
Purchases		3,889	6,391
Closing stock		(4,645)	(6,203)
		<b>5,447</b>	<b>3,716</b>
Aggregate amounts		<b>11,309</b>	<b>5,881</b>

6. CHARITABLE ACTIVITIES COSTS	Direct costs	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	<b>128,941</b>	<b>36,392</b>	<b>165,333</b>

7. SUPPORT COSTS	Management	Finance costs	Governance costs	Totals
	£	£	£	£
	<b>34,065</b>	<b>1,229</b>	<b>1,098</b>	<b>36,392</b>

# Notes to the financial statements - continued

For the year ended 31 December 2022

## 8. ACCOUNTING POLICIES

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

### Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

## 9. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.12.22	31.12.21
Management and administration	4	4

No employees received emoluments in excess of £60,000.

## 10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Totals funds
	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	109,008	61,053	<b>170,061</b>
<b>Charitable activities</b>			
Charitable activities	56,134		<b>56,134</b>
Other trading activities	3,446		<b>3,446</b>
Investment income	23		<b>23</b>
<b>Total</b>	<b>168,611</b>	<b>61,053</b>	<b>229,664</b>
<b>EXPENDITURE ON</b>			
Raising funds	5,881		<b>5,881</b>
<b>Charitable activities</b>			
Charitable activities	118,554	72,144	<b>190,698</b>
<b>Total</b>	<b>124,435</b>	<b>72,144</b>	<b>196,579</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>44,176</b>	<b>(11,091)</b>	<b>33,085</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	89,558	22,876	<b>112,434</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>133,734</b>	<b>11,785</b>	<b>145,519</b>

## Notes to the financial statements - continued

For the year ended 31 December 2022

### 11. TANGIBLE FIXED ASSETS

	Fixtures and fittings	Office equipment	Totals
	£	£	£
<b>COST</b>			
At 1 January 2022	3,100	26,259	<b>29,359</b>
Additions	1,099	941	<b>2,040</b>
At 31 December 2022	4,199	27,200	<b>31,399</b>
<b>DEPRECIATION</b>			
At 1 January 2022	2,197	25,813	<b>28,010</b>
Charge for year	401	545	<b>946</b>
At 31 December 2022	2,598	26,358	<b>28,956</b>
<b>NET BOOK VALUE</b>			
At 31 December 2022	1,601	842	<b>2,443</b>
At 31 December 2021	903	446	<b>1,349</b>

	<b>31.12.22</b>	31.12.21
	£	£
<b>12. STOCKS</b>		
Stocks	<b>4,645</b>	6,203
<b>13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		
Other debtors	<b>2,056</b>	1,743
	<b>2,056</b>	1,743
<b>14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>		
Trade creditors	<b>332</b>	
Other creditors	<b>1,301</b>	28,603
	<b>1,633</b>	28,603

## Notes to the financial statements - continued

For the year ended 31 December 2022

### 15. MOVEMENT IN FUNDS

	at 1.1.22	New movement in funds	at 31.12.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	133,734	(21,433)	<b>110,839</b>
<b>Restricted funds</b>			
National Lottery Parents Project	11,785	(3,804)	<b>7,981</b>
<b>TOTAL FUNDS</b>	<b>145,519</b>	<b>(25,237)</b>	<b>120,282</b>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	115,956	(137,389)	<b>(21,433)</b>
<b>Restricted funds</b>			
National Lottery Parents Project	27,322	(31,126)	<b>(3,804)</b>
<b>TOTAL FUNDS</b>	<b>143,278</b>	<b>(168,515)</b>	<b>(25,237)</b>

# Notes to the financial statements - continued

For the year ended 31 December 2022

## 15. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds	at 1.1.22	New movement in funds	at 31.12.22
	£	£	£
<b>Unrestricted funds</b>			
General fund	89,561	44,173	<b>133,734</b>
<b>Restricted funds</b>			
Restricted General Fund	4,315	(4,315)	-
The Boots Charitable Trust	299	(299)	-
BBC Children In Need	2,129	(2,129)	-
Coronavirus Mental Health Response Fund	846	(846)	-
The National Lottery Community Fund - Coronavirus			
Community Support Fund	1,874	(1,874)	-
National Lottery Parents Project	13,410	(1,625)	<b>11,785</b>
	22,873	(11,088)	<b>11,785</b>
<b>TOTAL FUNDS</b>	<b>112,434</b>	<b>33,085</b>	<b>145,519</b>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
<b>Unrestricted funds</b>			
General fund	168,620	(124,447)	<b>44,173</b>
<b>Restricted funds</b>			
The Boots Charitable Trust	-	(299)	<b>(299)</b>
BBC Children In Need	2,499	(4,628)	<b>(2,129)</b>
Restricted General Fund	-	(4,315)	<b>(4,315)</b>
Coronavirus Mental Health Response Fund	15,470	(16,316)	<b>(846)</b>
National Lottery Parents Project	36,998	(38,623)	<b>(1,625)</b>
The National Lottery Community Fund-Coronavirus			
Community Support Fund	6,086	(7,960)	<b>(1,874)</b>
	61,053	(72,141)	<b>(11,088)</b>
<b>TOTAL FUNDS</b>	<b>229,673</b>	<b>(196,588)</b>	<b>33,085</b>

# Detailed statement of financial activities

For the year ended 31 December 2022

	31.12.22	31.12.21
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations and membership	77,443	76,435
Grants -Coronavirus Mental Health Response Fund	-	15,470
Grants – National Lottery Community Fund-CCSF	-	6,086
Grants – National Lottery Parents Project	27,322	36,998
Grants – BBC Children In Need	-	-
Grants	-	2,499
		5,000
	<b>104,765</b>	<b>142,488</b>
<b>Other trading activities</b>		
Conferences and workshops	960	3,446
<b>Investment income</b>		
Deposit account interest	93	23
<b>Charitable activities</b>		
Sponsorship monies	24,238	44,247
Merchandise and clothing	8,577	11,887
	<b>32,815</b>	<b>56,134</b>
<b>Total incoming resources</b>	<b>138,633</b>	<b>202,091</b>
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Sponsorship costs	5,862	2,073
Storage costs	-	92
	<b>5,862</b>	<b>2,165</b>
<b>Other trading activities</b>		
Opening stock	6,203	3,528
Purchases	3,890	6,391
Closing stock	(4,645)	(6,203)
	<b>5,448</b>	<b>3,716</b>

# Detailed statement of financial activities

For the year ended 31 December 2022

	31.12.22	31.12.21
	£	£
<b>Charitable activities</b>		
Wages	82,727	75,755
Wages – National Lottery Community Fund -CCSF	-	1,317
Wages – National Lottery Parents Project	26,512	32,397
Wages – BBC Children In Need	-	6,777
Social security	5,578	4,798
Pensions	585	731
Training	768	1,078
	<b>116,170</b>	<b>122,853</b>
<b>Support costs</b>		
<b>Management</b>		
Insurance	1,034	986
Light and heat	823	413
Light and heat – Parents Project	-	468
Communication charges - Parents Project	-	1,206
Communication charges	3,041	2,296
Printing Postage & stationery	6,313	10,208
Printing Postage & stationery - Parents Project	-	999
Sundries	332	406
Travelling and net conference expenses	1,175	943
Travelling and net conference expenses - Parents Project	329	-
Software costs	6,198	5,299
Website and marketing	2,512	3,219
Rented office costs	6,413	5,452
Rented office costs - Parents Project	-	1,404
Computer consumables	663	367
Fixtures and fittings depreciation	401	226
Workshop room hire - Parents Project	4,285	-
Computer equipment depreciation	545	4,280
	<b>34,064</b>	<b>38,172</b>

## Detailed statement of financial activities

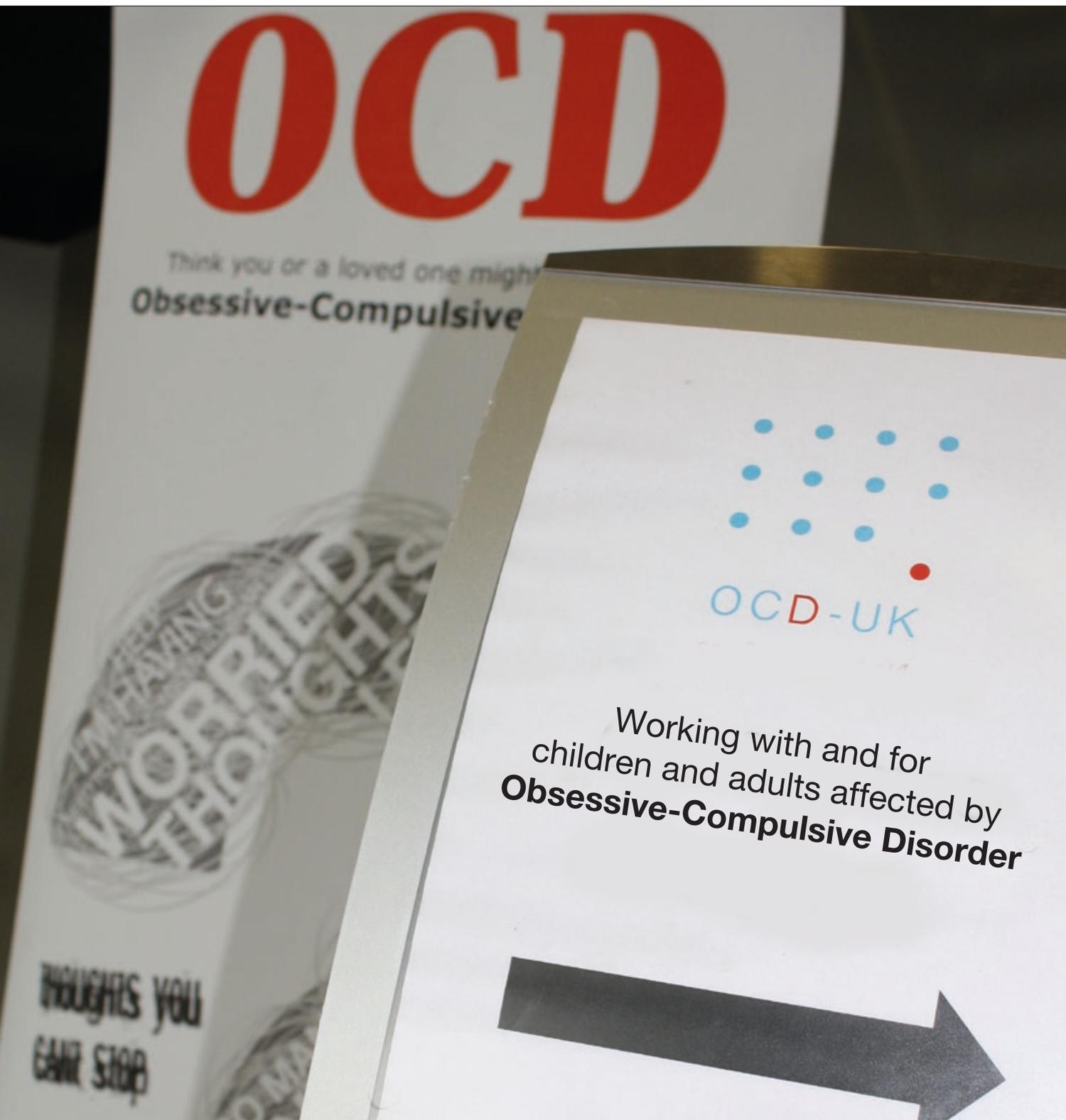
For the year ended 31 December 2022

	31.12.22	31.12.21
	£	£
<b>Finance costs</b>		
Bank Charges	1,229	954
<b>Governance costs</b>		
Accountancy and legal fees	1,098	1,146
<b>Total resources expended</b>	<b>163,871</b>	<b>169,006</b>
<b>Net (expense) / income</b>	<b>(25,238)</b>	<b>33,085</b>

**THANK YOU  
FOR YOUR CONTINUED SUPPORT OF**



**THROUGHOUT 2022**



# OCD-UK

## Annual Report

Thank you for your support in 2022