

## OCD Action Conference, Saturday 11 May 2019

### Friends House, 173-177 Euston Road, London, NW1 2BJ

#### Programme

*There may be minor changes to this programme. We will let you know on the day if there are any changes.*

- 09:00-09:30** Registration / Refreshments
- 09:30-09:35** Welcome address – Piers Watson
- 09:35-09:50** Inspirational Speakers – David & Sophie Goldstone, and ‘OCD is not me’ film
- 09:50-10:30** OCD in the media – Rose Cartwright and Sean Fletcher
- 10:30-10:40** Attendees make their way to morning sessions
- 10:40-11:30** Morning sessions (one of the following):
- Answering your questions on recovering from maternal OCD - Dr Fiona Challacombe (SLAM), with Catherine Benfield and Kim French (Maternal OCD)
  - How OCD is motivated to keep you safe (and how you can motivate yourself to act against it) – Professor David Veale
  - OCD & Diversity: moving past the misconceptions – Dr Gazal Jones
  - Write yourself well! – Ashley Curry, Jeremy Allen, Rose Cartwright
- 11:30-11:40** Attendees return to main Conference Hall
- 11:40-12:25** Current and future psychological help for OCD: many problems and a few solutions – Professor Paul Salkovskis
- 12:25-13:15** Lunch break
- 13:15-13:20** Welcome back
- 13:20-13:35** Video Message from Johnny Mercer MP
- 13:35-14:25** The Secret Illness – Live performance exploring the realities of living with OCD followed by a discussion around the impact and outcomes of sharing your OCD story using the creative arts
- 14:25-14:35** Attendees make their way to early afternoon sessions
- 14:35-15:25** Early afternoon sessions (one of the following):
- No such thing as untreatable (but no, it’s not easy!) - Professor Paul Salkovskis
  - Overcoming intrusive sexual and violent thoughts and images – Professor David Veale and Rose Cartwright
  - Parenting children, and adults, with OCD – Chloe Volz, with Mike and Naomi Clarke
  - So shall I keep taking the pills, Doctor? – Dr Lynne Drummond
- 15:25-15:45** Afternoon break
- 15:45-16:35** Late Afternoon sessions (one of the following)
- Effective treatment for OCD Q&A - Dr Amita Jassi, Dr Bruce Clarke, Professor David Veale, Dr Lynne Drummond, and Professor Paul Salkovskis (chaired by Maria Bavetta of Maternal OCD)
  - Supporting people in distress or with suicidal thoughts – Samaritans
  - Taking action to get what you need – OCD Action Advocacy team
  - Youth Workshop – OCD Youth, with Chris Baier & Rich Taylor
- 16:35-16:45** Attendees return to main Conference Hall
- 16:45-16:55** Inspirational Speaker – Dan Furlong
- 16:55-17:00** Closing comments (Piers Watson) and end of Conference
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- 17:15-17:45** OCD Action Annual General Meeting. (OCD Action Members only).

## Venue Information

Friends House is located directly opposite Euston Station.

### **Reaching Friends House by rail**

As well as being opposite Euston Station, Friends House is a short ten-minute walk from King's Cross and St Pancras.

### **Reaching Friends House by tube**

The nearest tube stations are Euston (Northern and Victoria lines and London Overground), and Euston Square (Metropolitan, Circle, and Hammersmith & City lines).

### **Reaching Friends House by bus**

Routes 18, 30, 73, 205 and 390 stop outside Friends House. Routes 10, 59, 68, 91, 168, and 253 stop nearby.

### **Reaching Friends House by bike**

The nearest secure bike racks are near Euston Station. Some Santander Cycles docking stations are also nearby: on Endsleigh Gardens to the rear of the building, on Taviton Street, on Gower Place by Euston Square station and on Melton Street by Euston Station.

### **Reaching Friends House by car**

There is no on-site parking at Friends House. The local roads have metered parking bays, and there are three disabled blue badge parking bays located in Endsleigh Gardens. There are also alternative, longer-term parking facilities under Euston Station.

### **Map**

For a map of Friends House's location, please visit [www.friendshouse.co.uk/getting-here](http://www.friendshouse.co.uk/getting-here)

## Other information

Lunch is not included in your ticket price but there will be a number of outlets at and near the venue where lunch and snacks can be purchased. Complimentary tea, coffee and biscuits will also be provided at the venue during registration and during the afternoon break, and water will be available throughout the day. It is not permitted, however, to consume food and drink purchased outside the venue on the venue's premises. Please note, in particular, that under no circumstances should any wine, beer or spirits be brought into the venue for consumption on the premises.

There will be cloakroom facilities at the venue but these will be unattended, so please keep any valuables with you throughout the day.

Some sessions at Conference will be filmed, but only the speaker(s) will be recorded – no audience members will be filmed even if they should ask questions.

We respectfully ask everyone attending the Conference to respect others' privacy by not taking photographs or making visual recordings of others at the venue without their consent and by not uploading photographs or visual recordings of others at the venue to social media without their consent. We also ask that, if you take photographs or make visual recordings at the venue, you do so only in the areas reserved by OCD Action for the Conference.

**Thank you again for attending OCD Action's National Conference this year;  
we look forward to seeing you on the day!**