

Charity number: 1154202

OCD ACTION

TRUSTEES REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2016

BAGINSKY COHEN

CHARTERED ACCOUNTANTS

CONTENTS

	Page
Reference and administrative details of the charity, its trustees and advisers	1
Trustees' report	2 - 12
Independent auditors' report	13 - 14
Statement of financial activities	15
Balance sheet	16
Cash flow statement	17
Notes to the financial statements	18 - 25

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2016**

Trustees

GILLIAN KNIGHT, Chair (resigned 12 March 2016)
SIDNEY BAGINKSY, Treasurer
JORDAN RAPAPORT, Secretary
RICHARD WILLIAMS, Vice Chair
TRUDY ANGUS, Trustee
CHRIS BROTHERTON, Trustee
MICHAEL CARO, Retired Solicitor
LISA DOUGHTY, Trustee (resigned 8 September 2015)
NEIL ENDICOTT, Trustee
KITTY NABARRO, Trustee
DAVID TRUSWELL, Trustee
DR DAVID VEALE, Trustee
DANIEL NABARRO, ACTING CHAIR (appointed 12 March 2016)

Registered Charity number

1154202

Principal office

DAVINA HOUSE, ROOMS 506-507, 137-149 GOSWELL ROAD, LONDON, EC1V 7ET

Independent auditors

BAGINSKY COHEN, 930 HIGH ROAD, LONDON, N12 0RD

Bankers

HSBC, 2 CRAVEN ROAD, PADDINGTON, LONDON, W2 3PY

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2016

The Trustees of OCD Action present their annual report, together with the audited financial statements for 1 April 2015 to 31 March 2016.

OBJECTIVES AND ACTIVITIES

a. OBJECTIVES

Obsessive Compulsive Disorder (OCD) is a clinically recognised condition in which people experience intensely negative, repetitive and intrusive thoughts, combined with a chronic feeling of doubt or danger. In order to quell the thought or quieten the anxiety, they will repeat an action, again and again. The obsessions and compulsions take a lot of time and get in the way of normal life, including work, family and relationships, and many people with OCD are unable to leave the house.

OCD is the fourth most common mental health disorder, affecting at least one million people in the UK. It has been recognised by the World Health Organisation (WHO) as one of the most disabling conditions in the world; in 2004 the WHO also estimated that the treatment gap for OCD is highest for any mental health disorder, apart from alcohol abuse, at 57%. This means that nearly six in ten people who have OCD do not get treatment, even when effective treatment exists. This compares to a treatment gap of 32.2% for psychosis and associated disorders and 50.2% for bi-polar disorder. The average time taken to receive a diagnosis of OCD is more than ten years.

b. STRATEGIES FOR ACHIEVING OBJECTIVES

OCD Action works to help achieve a society where OCD is better understood and diagnosed quickly, where appropriate treatment options are open and accessible, where support and information is readily available and where nobody feels ashamed to ask for help.

OCD Action believes in taking action. We want people affected by OCD to seek help, to understand their treatment options and to find the support they need. We help people to do this through a range of support services, through working with front line health and care professionals, by raising awareness of OCD, by tackling misconceptions about the disorder and through campaigning for better treatment.

c. ACTIVITIES FOR ACHIEVING OBJECTIVES

OCD Action has two main strands to its work: the first is direct support to people with and affected by OCD and the second is raising awareness of the disorder with healthcare workers, employers, social care staff, government and others who all have the potential to impact positively on the lives of people with OCD.

Direct support to people with OCD, and their families and carers, is provided through:

- Helpline – OCD Action operates a Helpline for adults with or affected by OCD and an e-Helpline for young people.
- Online support – we provide forums, downloadable factsheets, and online support groups. This represents an increasing part of the Charity's service provision, as online delivery is more accessible, more cost-effective and often favoured by an increasing number of people with whom we work.
- Face to face support – advocacy, access to a network of independent support groups, and events.

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016**

Raising awareness of OCD is achieved through:

- Website – the website is our main portal to the world and contains a comprehensive set of information about OCD, treatment options, people's experiences, the charity's activities and a range of other information for people affected by OCD and for professionals.
- Social media and press – OCD Action is regularly active on Twitter, Facebook and other media to get our message out to a wide audience.
- The Charity is involved in public speaking, training and collaborative working with other organisations interested in advancing knowledge of and support for OCD.

d. VOLUNTEERS

Volunteers are a key part of OCD Action's service delivery across all parts of the organisation. We aim to provide a quality volunteer experience which includes a comprehensive training and support package. Many people who volunteer with the Charity currently have active OCD, or have had the condition in the past.

ACHIEVEMENTS AND PERFORMANCE

a. REVIEW OF ACTIVITIES

OCD Action has five overarching priorities for 2015-18, as detailed in the Strategic Plan 2015-18: Changing Lives Nationwide:

1. To continue to provide high quality services to people affected by OCD and to be confident that the Charity is doing everything it can to reach a diverse range of people and communities.
2. To ensure people affected by OCD know where they can find the help they need and are motivated to take action. To ensure that statutory service providers know how to best support a person with OCD and are aware of their obligations to treat people with OCD fairly.
3. To play a significant role in shaping and enabling research that aims to improve access to effective treatment for OCD and to ensure that people with OCD are kept informed of research developments
4. By 2018, to have played a significant role in improving access to high quality cognitive behavioural therapy for people with OCD.
5. To maintain the Charity's financial stability and achieve a 50% total rise in income over the three-year period. To ensure that throughout the period, the Charity has the team, policies, organisation and clear management needed to deliver its strategy.

Direct Support

During the 15/16 year we continued to maintain direct support via our website, Helpline, OCD Youth project and e-helpline, our advocacy service, our local groups network, and events.

Website

The number of new visitors to OCD Action's website significantly increased last year and more people than ever before are accessing our website and benefiting from quality information about OCD. Monthly hits to our website increased from around 100,000 a month in March 2015, with 76,704 unique visitors, to just under 150,000 in March 2016, with 112,347 unique visitors. Our website is an excellent source of information and approaching 30,000 people downloaded resources from our site during the year. This extensive, up-to-date and clinically appropriate information ensures people better understand OCD and the reality of living with the condition.

Our Online Forums remained an important feature of our Website. The Forums allow users to connect with others affected by OCD and provide a safe and supportive community where forum users can ask questions, read inspirational stories and share their thoughts and experiences with people who understand. Approximately 3,000 new users joined the forums during the year.

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016**

Helpline

OCD Action's Helpline is an essential frontline service for anybody affected by OCD and is often the first point of contact those affected make with our Charity. For many, it is the first time that they have spoken about how OCD affects them, and this contact, with a positive and supportive volunteer who truly understands what they are going through, can be life-changing.

Alongside an ongoing need for telephone support via our Helpline, we saw a sharp increase in the number of requests for help via e-mail. More and more people are in need of our support online and we have to meet that need. During the year we therefore trained our Helpline volunteers in how to best provide information and support by e-mail to people contacting us for help, which they manage alongside taking Helpline phone calls.

Our Helpline Co-ordinators (2 x staff working one day a week each) also reply to e-mails to ensure we can respond to people within a reasonable timeframe. During the year:

- 815 people were provided with support and information via telephone.
- 1686 people were provided with support and information over e-mail.

Those with OCD who contact the Helpline by phone and e-mail and who are about to go through treatment for their condition are also offered a bespoke telephone support package through our 'Next Steps' project. Through 'Next Steps', we provided ongoing support to a number of people during the year who were progressing through treatment and also built a list of people keen to sign up to 'Next Steps' when their treatment plans begin. Each participant is allocated a named volunteer who accompanies them on their journey through treatment. The 'Next Steps' service is an effective way of encouraging people to begin and complete their treatment plans, and we have had very positive feedback from volunteers and service users about the service, which we will be continuing to develop in the future.

"I really am grateful for the support I had today. It made me feel that you gave me back my humanity."

In summary, OCD Action's Helpline provides vital support by telephone and email and we will continue to review and develop this essential frontline service in the years to come.

OCD Youth

The Youth Advisory Panel (YAP) continued to be a rock-strong group at the heart of OCD Youth, ensuring that the project has always been and continues to be youth-led. 18 YAP volunteers, between the ages of 15 and 25, carried out a designated role on the panel during the year, in some cases sharing the role with another young person, to give everyone flexibility to take time out during busy periods or times of stress. The YAP worked with each other, as well as in partnership with other organisations to raise awareness of OCD and treatment, and to expand the reach of OCD Youth. Partners included:

- The National Institute for Mental Health Research (NIMHR)
- Universities and colleges across England and Scotland
- The Michael Rutter Centre, South London and Maudsley NHS Trust (National Specialist Child and Adolescent OCD Team)
- The Children & Young People's Mental Health Coalition (CYPMH)

According to Google analytics and other data, during the year:

- 10,584 people engaged with the OCDyouth.org website.
- 1,822 joined the OCD Youth Twitter network.
- 190 people joined the online support forums.

The YAP group worked with staff to organise and deliver three support events during the year, with 34 young people attending and 100% of young people saying they felt less isolated as a result.

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016**

Young people's comments about the events included:

"Lots of fun and a great opportunity to meet others with OCD without feeling stigmatised"

"I met lots of new people my age affected by OCD and enjoyed getting to know each other in a friendly atmosphere on the scavenger hunt"

"...I found the scavenger hunt and the inspirational speakers really worthwhile."

The Youth e-helpline was launched at the end of November 2015. Seven e-helpline volunteer kept the service operational for at least one shift every day, including weekends and bank holidays, from launch to the end of March. In the first three months of operation the service received 122 e-calls (38 instant message and 83 emails). The results of using the service were reported overwhelmingly positively by young people:

- 100% of young people felt less isolated as a result of accessing the e-helpline.
- 100% of young people understood their OCD better as a result.
- 100% of young people felt more confident about managing their OCD.

Advocacy

OCD Action's life-changing Advocacy Service is the only specialist OCD advocacy service in the UK. The Advocacy service comprises seven days per week of paid staff time and worked with 130 clients during the year. The clients came to us with a range of issues associated with their OCD; a large number of clients presented with multiple issues, and made contact with us frequently when the situation had become serious.

The main reason clients contacted us was around difficulties associated with accessing care and treatment (61% of cases concerned this). Of the other main issues which clients had, and which were their reason for contacting OCD Action:

- 15% were about employment.
- 7% concerned housing.
- 7% were about benefits.
- 3% concerned access to goods & services.
- 2% concerned education.
- 5% were 'other'.

Of the clients we worked with:

- 62% were female and 38% were male.
- 89% identified as white Irish/English/Scottish/Welsh and 11% identified with non-white ethnic groups.
- 81% fell between the 25 and 64 age range.
- 68% identified as heterosexual, 5% as lesbian/gay/bisexual, and 27% preferred not to disclose their sexuality.

Following advocacy support:

- 86% of our clients reported that their desired outcome was achieved or partly achieved;
- 84% reported an improvement in their independence;
- 70% reported an improvement in their mental well-being;
- 91% reported an improvement in their confidence;
- 96% reported an increased knowledge of their rights;
- 72% reported an improvement in their relationship with their employer/service provider;
- 59% reported that they have increased coping strategies;
- 83% reported that they felt they would be better able to self-advocate in the future having worked with an advocate.

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2016

During the year, as part of our Advocacy work we also:

- Reviewed and redrafted all our Care & Treatment Advocacy literature.
- Delivered workshops and Q&As on issues relating to accessing treatment.
- Launched a national OCD survey for people with OCD to feed back on their experience of accessing treatment and life with OCD.

All feedback has been collated and will be used to best support people accessing treatment for OCD.

“For the first time in over 35 years of suffering from OCD I know that there are genuine people who want to try to help OCD sufferers. But not only that, they have an understanding of how OCD impacts differently to each individual. I believe this service to be a lifeline to people who suffer from this evil illness.” **An Advocacy client**

Groups network

Our three-year Big Lottery funded project ran from January 2012 to December 2015. The purpose of the project was to support and develop a large network of local groups which are able to offer peer support to their members. The groups are all established as independent groups, but they agree to meet certain criteria in order to be part of the network. Groups are supported by the Better Together project team, led by a Project Manager, a paid role, and supported by a team of active regional and other volunteers. By the end of 2015, 29 new local groups had been established, including online groups, and the network overall had expanded from 45 to 73. Our end-of-project survey demonstrated strong outcomes as a result of people's attendance at support groups. These included:

- 95% of respondents to our survey reported feeling less isolated as a result of attendance at a local group.
- 92% of respondents to our survey reported feeling better able to cope with their OCD as a result of their attendance at an online support group.
- Between 97% of respondents reported feeling more confident in seeking support from others.

The project's success enabled us to achieve continuation funding from the Big Lottery Fund for the Even Better Together project, which has continued to build on and strengthen nationwide peer support to people affected by OCD and related disorders.

Events

Events are another way in which we provide information and improve our support to those affected by OCD.

We held another well-attended National Conference during the year, in Manchester. Speakers included leading OCD clinicians; solicitors specialising in community care, housing and employment; and well-regarded authors on OCD. Two valued OCD Action volunteers were the conference's Inspirational Speakers. As always, feedback from Conference participants was very positive:

“I feel a renewed sense of hope for our future, and do not feel so alone.”

A Stakeholder Day was also held in London during the year. Our regular Stakeholder Days are free events and give us an opportunity to consult our members, supporters and other stakeholders on our future plans. The input we get helps us improve our services, identify potential improvements in clinical provision, and plan how we can best work for the benefit of people affected by OCD.

Raising Awareness

During 15/16 OCD action worked with clinicians, educators, social care providers, employers and others to improve awareness of OCD. There was also regular social media and press output.

A significant amount of communications activity focused on the annual Week of Action in February '16. This was our 3rd annual OCD Week of Action – encouraging people to fight back against their OCD. A bespoke 'Take Action' website encouraged people to create an action plan in areas such as 'get help to fight your OCD' or 'campaign for better services'. During the week we hosted Twitter chats with specialists on OCD and related

TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2016

conditions, where people used the hashtag #OCDwoa to join in. The week attracted press attention and increased our social media following. Most importantly, it inspired positive action amongst people affected by Obsessive Compulsive Disorder. We will be running our 4th OCD Week of Action in February '17.

Supporting Research

The focus has been on enabling people with OCD to take part in research being undertaken by reputable researchers, in order to increase understanding of OCD and its impact and treatments. OCD Action was approached by a number of researchers and institutions during the year and, having satisfied ourselves that the projects were appropriate, we published information about the studies on our website and via social media, in order to inform people with OCD and enable them to take part. We were also a member of the steering group of a research study comparing the efficacies of medication and treatment for OCD.

Improving Statutory Services

During the year OCD Action's Clinical Advisory Group (CAG) met to discuss key issues and to plan activities. In Autumn 2015, with input from the CAG, we developed our Call to Action, a key document which called for everyone with OCD to receive appropriate quality treatment and for this to be provided in accordance with the National Institute for Health and Care Excellence (NICE) Guidelines. Specifically, we asked for:

1. Better understanding of OCD
2. Clear treatment pathways
3. Appropriate diagnosis and reporting

The foreword to the Call to Action was written by the Rt Hon Norman Lamb, Minister of State for care & support at the time, who has been a keen supporter of the charity's work over a number of years.

During the year OCD Action staff contributed expertise to key NHS groups, including groups concerned with Improving Access to Psychological therapies (IAPT) and in particular Cognitive Behavioural Therapy (CBT). We were also part of a series of roundtable discussions on mental health, at the invitation of Luciana Berger, then Shadow Minister for Mental Health. We also worked closely with Monitor to improve clarity and guidance on the expansion of choice to mental health.

Strengthening the Charity

During 2015/16 there was a focus on identifying new sources of income in order to increase sustainability, which will be a continuing theme for the Charity going forwards to 2018. Retaining and growing membership will be a continuing theme into 16/17 and 17/18. In March 2016 Trustees began to have conversations about equality and diversity and how to build capacity in this area. One Trustee with expertise in equalities prepared a report with recommendations - The Equality and Diversity Case for OCD Action – which was accepted by the Board and which will form the basis of work to be completed in 16/17.

Continuing to increase volunteer involvement across the charity was a priority in 15/16, as it has been in previous years and will continue to be so in the future. At the end of March 2016, 95 active volunteers were involved, across all areas of delivery and operations, making a significant and invaluable contribution to the charity's work and impact.

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016**

b. FUNDRAISING ACTIVITIES/INCOME GENERATION

During 15/16 total income was £272,979, of which 57% was restricted funding – allocated to specific projects – and 43% was unrestricted. This healthy amount of unrestricted funding, out of the total, enabled the Charity to support its 'core' infrastructure and staff. Most restricted funding - 88% – came from charitable trusts and the Big Lottery Fund (BLF). BLF funding across three OCD Action projects amounted to almost three-quarters of the charity's restricted income.

The general fundraising strategy going forwards into 16/17 and 17/18 is to diversify the funding streams across a greater range of charitable trusts, and also to seek to increase donations from individuals (currently 22% of unrestricted funding comes from individuals, amounting to only £20,482 overall).

FINANCIAL REVIEW

a. GOING CONCERN

After making appropriate enquiries, OCD Action's Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details of the adoption of the going concern basis can be found in the Accounting Policies.

STRUCTURE, GOVERNANCE AND MANAGEMENT

a. CONSTITUTION

OCD Action is a Charitable Incorporated Organisation. OCD Action's objects, as set out in its Constitution, are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder and related disorders, in particular but not exclusively by:

- (1) providing support and information to people affected by OCD and related disorders;
- (2) advancing education for the public benefit about OCD and related disorders and advancing education among people affected by OCD and related disorders, including but not limited to family members, carers, teachers, health professionals and social workers, to enable them to improve their understanding of OCD and related disorders and available treatments
- (3) promoting and improving access to appropriate and effective treatment for people affected by OCD and related disorders; and
- (4) promoting, supporting and raising funds for research into OCD and related disorders, the useful results of which will be disseminated for the public benefit.

b. METHOD OF APPOINTMENT OR ELECTION OF TRUSTEES

The following is a brief and simplified summary of the provisions of the Charity's Constitution which deal with the method of appointment or election of Trustees. Full details of these provisions are set out in the Constitution.

1. The affairs of the Charity are managed by the trustees.
2. The names of the current trustees are set out on page 1 of this document.
3. There must be at least six trustees. The maximum number of trustees is 12, except as permitted to the extent and in the circumstances summarised in 7 (ii) below.
4. At the first and every subsequent Annual General Meeting ("AGM") of the members of the Charity, one-third of the trustees or the number nearest to one-third shall retire from office. The trustees to retire by rotation shall be those who have been longest in office since their last appointment or reappointment.

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016

5. The vacancies arising may be filled by the decision of the members at the AGM.
6. The members may not appoint any trustee if as a result of such appointment the number of trustees would exceed the maximum of 12.
7. Any vacancies not filled at the AGM may be filled:
 - i. by the members, who may at any time decide to appoint a new trustee, whether in place of a trustee who has retired or been removed in accordance with the Constitution, or as an additional trustee, provided that the limit of 12 trustees would not as a result be exceeded; or
 - ii. by the trustees themselves, who may at any time decide to appoint a new trustee, whether in place of a trustee who has retired or been removed in accordance with the Constitution or as an additional trustee, and in making such appointments the trustees may exceed by 4 the limit of 12 trustees provided that if the limit of 12 trustees is exceeded by such appointments the number of new trustees so appointed must not exceed one-third of the total number of trustees at the time the relevant new trustees are appointed.
8. A person appointed as a trustee by the members shall retire by rotation in accordance with the one third retirement rule summarised in 4 above.
9. A person appointed as a trustee by the trustees themselves shall hold office only until the conclusion of the next AGM after the date of his or her appointment when he/she shall cease to hold office as a trustee and a trustee who is appointed as a trustee by the trustees themselves:
 - i. shall not be counted for the purpose of determining which of the trustees is to retire by rotation at the AGM, unless appointed as a trustee by the members; and
 - ii. shall not be re-appointed by the trustees within the period of 12 months starting on the date of the AGM at which he/she ceased to hold office.

c. POLICIES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES

New Trustees to the Board of OCD Action receive a comprehensive induction which includes:

- An overview of the organisation's work, its projects and services, finances and key relationships
- An induction folder containing key documents about being a Trustee and about the organisation, including the strategic plan, operational plans, organisational chart, Charity Commission booklets covering responsibilities of Trustees, role profile, Board Minutes, budget and finance reports
- Meetings with the Director of OCD Action and key staff
- An induction half-day with key frontline staff at the Charity
- Meetings with the Chair and Treasurer

Governance refresher training will be provided from time to time to ensure all Trustees are up to date with current and emerging practice and are fully equipped to carry out their role.

d. PAY POLICY FOR SENIOR STAFF

OCD Action has a very small staff team (7fte). No member of staff is paid more than £60k.

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016

e. ORGANISATIONAL STRUCTURE AND DECISION MAKING

The affairs and property of OCD Action are managed by its Trustees, who are required to exercise their powers to further the objects of the charity.

OCD Action's Constitution permits the Trustees to employ a senior executive (the "Director") whose role is to manage the day to day operations of the charity in accordance with the strategy, policy and business plans adopted by the Trustees. The Director recruits and manages appropriate staff to deliver services, as agreed with the Trustees, and in line with objectives and finances.

During 2015/16 there were two Directors at OCD Action:

- Joel Rose was employed as Director from the start of the year until May 2015.
- Gareth Crossman was employed as Director from 22 June 2015 to the end of the year.

f. RELATED PARTY RELATIONSHIPS

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. One of the Trustees, Professor David Veale, is a clinician working in the NHS and privately.

The Treasurer of OCD Action in 2015/16, Sidney Baginsky, is a former partner of auditors Baginsky Cohen. Following Mr Baginsky's retirement from the firm, and his appointment to the Board of OCD Action, he has had no control over the firm or its decision to approve these accounts.

g. RISK MANAGEMENT

The Trustees assess the risks faced by the Charity on an ongoing basis and prepare a risk plan covering the key strategic risks around finances, operations, external environmental factors and other risks and mitigations in place to manage these. Trustees are kept informed by the Director, also on an ongoing basis, of any changes in the key risks and mitigations. The risk management plan is updated regularly and Trustees are provided with an electronic copy.

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016**

PLANS FOR FUTURE PERIODS

a. FUTURE DEVELOPMENTS

During 2016/17 OCD Action will continue to support as many people with OCD as we can. There are an estimated 1.3m people in the UK who are affected by OCD but we currently support a small number of these and we know that many more people out there need our support.

OCD Action's strategic plan "Changing Lives Nationwide" sets out an ambitious plan to 2018, which includes:

- Maintaining current services and expanding these, subject to new funding being obtained
- Developing the national advocacy programme to ensure that individual clients are supported across the UK, but also there is an increasing focus on work to influence national policy, practice and better treatment for OCD
- Enhancing peer support and group support for people affected by OCD, by continuing our Even Better Together project, which supports the development of face to face and online support groups across the UK
- Seeking and obtaining funding to ensure continuation of our services for young people, and expansion where this is possible
- Further developing our website and virtual support
- Continuing to ensure a strong focus on volunteer-led services, across the organisation, and to include many people affected by OCD in this programme
- Developing and strengthening the Board of OCD Action to ensure excellent governance
- Diversifying funding streams, where possible, and ensuring a strong focus on unrestricted income, including from an increasing number of individuals supporting the organisation
- Implementing an equality and diversity action plan to ensure the charity is both accessible to the widest range of people with OCD and attracts a diverse staff and volunteer group and Board of Trustees

ACKNOWLEDGEMENTS AND APPRECIATION

OCD Action relies on the dedication and commitment of its team of volunteers who help to ensure that the Charity can continue to provide life changing support and information to people affected by OCD. Trustees and staff would like to take this opportunity to show their appreciation and thanks to this remarkable team.

The Charity would like to acknowledge the generous support that it receives from Charitable Trusts, Organisations and individuals on which it relies.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and

TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2016

Reports) Regulations 2008 and the provisions of the Charity's Constitution. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 9 November 2016 and signed on their behalf by:


JORDAN RAPAPORT
TRUSTEE, OCD ACTION

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF OCD ACTION

We have audited the financial statements of OCD Action for the year ended 31 March 2016 set out on pages 15 to 25. The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective January 2015) (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

This report is made solely to the Charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the Charity's Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity and its Trustees, as a body, for our audit work, for this report, or for the opinion we have formed.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND AUDITORS

As explained more fully in the Trustees' responsibilities statement, the Trustees are responsible for the preparation of financial statements which give a true and fair view.

We have been appointed as auditors under section 145 of the Charities Act 2011 and report to you in accordance with regulations made under section 154 of that Act. Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

SCOPE OF THE AUDIT OF THE FINANCIAL STATEMENTS

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the Charity's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the Trustees; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Trustees' report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

OPINION ON FINANCIAL STATEMENTS

In our opinion the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 March 2016 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF OCD ACTION



BAGINSKY COHEN
CHARTERED ACCOUNTANTS
930 HIGH ROAD
LONDON
N12 0RD
9 November 2016

BAGINSKY COHEN are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2016

	Note	Unrestricted funds 2016 £	Restricted funds 2016 £	Total funds 2016 £	Total funds 2015 £
INCOME FROM:					
Donations & legacies:					
Transfer of funds to CIO	2	-	-	-	170,550
Other donations and legacies	2	118,210	153,769	271,979	178,818
Other income		34	-	34	93
TOTAL INCOME		118,244	153,769	272,013	349,461
EXPENDITURE ON:					
Raising funds		36,650	-	36,650	31,094
Charitable activities	5	110,867	155,975	266,842	242,535
TOTAL EXPENDITURE		147,517	155,975	303,492	273,629
NET INCOME / (EXPENDITURE) BEFORE TRANSFERS					
Transfers between Funds	11	(29,273) 492	(2,206) (492)	(31,479) -	75,832 -
NET INCOME / (EXPENDITURE) BEFORE OTHER RECOGNISED GAINS AND LOSSES					
		(28,781)	(2,698)	(31,479)	75,832
NET MOVEMENT IN FUNDS					
		(28,781)	(2,698)	(31,479)	75,832
RECONCILIATION OF FUNDS:					
Total funds brought forward		54,230	21,602	75,832	-
TOTAL FUNDS CARRIED FORWARD		25,449	18,904	44,353	75,832

The notes on pages 18 to 25 form part of these financial statements.

BALANCE SHEET
AS AT 31 MARCH 2016

	Note	2016		2015	
		£	£	£	£
FIXED ASSETS					
Tangible assets	8		1,021		1,532
CURRENT ASSETS					
Debtors	9	3,610		7,485	
Cash at bank and in hand		50,739		111,478	
		<u>54,349</u>		<u>118,963</u>	
CREDITORS: amounts falling due within one year	10	(11,017)		(44,663)	
NET CURRENT ASSETS			<u>43,332</u>		<u>74,300</u>
NET ASSETS			<u>44,353</u>		<u>75,832</u>
CHARITY FUNDS					
Restricted funds	11		18,904		21,602
Unrestricted funds	11		25,449		54,230
TOTAL FUNDS			<u>44,353</u>		<u>75,832</u>

The financial statements have been prepared in accordance with the provisions applicable to small entities within the Charities Act 2011, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Trustees on 9 November 2016 and signed on their behalf, by:


JORDAN RAPAPORT
CHAIR, OCD ACTION

The notes on pages 18 to 25 form part of these financial statements.

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2016**

	Note	2016 £	2015 £
Cash flows from operating activities			
Net cash (used in)/provided by operating activities	14	(60,739)	111,478
		<hr/>	<hr/>
Change in cash and cash equivalents in the year		(60,739)	111,478
Cash and cash equivalents brought forward		111,478	-
		<hr/>	<hr/>
Cash and cash equivalents carried forward	15	50,739	111,478
		<hr/> <hr/>	<hr/> <hr/>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2016

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities published on 16 July 2014, the Financial Reporting Standard for Smaller Entities (effective January 2015) and the Charities Act 2011 and applicable regulations.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.3 INCOME

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2016

1. ACCOUNTING POLICIES (continued)

1.4 EXPENDITURE

Expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

1.5 TANGIBLE FIXED ASSETS AND DEPRECIATION

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

IT and database software	-	25% reducing balance
--------------------------	---	----------------------

1.6 INTEREST RECEIVABLE

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

1.7 DEBTORS

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.8 CASH AT BANK AND IN HAND

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.9 LIABILITIES AND PROVISIONS

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.10 FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016

2. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2016 £	Restricted funds 2016 £	Total funds 2016 £	Total funds 2015 £
Transfer of funds to CIO	-	-	-	170,550
Subtotal detailed disclosure	-	-	-	170,550
Donations	113,155	153,769	266,924	172,219
Similar incoming resources	5,055	-	5,055	6,599
Subtotal	118,210	153,769	271,979	178,818
Total donations and legacies	118,210	153,769	271,979	349,368

In 2015, of the total income from donations and legacies, £118,209 was to unrestricted funds and £153,769 was to restricted funds

3. INCOME FROM DONATIONS AND LEGACIES

	Unrestricted funds 2016 £	Restricted funds 2016 £	Total funds 2016 £	Total funds 2015 £
Transfer of funds to CIO	-	-	-	170,550
Corporate income	-	-	-	1,095
Membership and small donations	17,739	1,000	18,739	20,545
Trust income	84,099	152,769	236,868	135,646
Conference income	2,743	-	2,743	3,910
Fundraising events	8,573	-	8,573	11,023
Gift aid and other	5,054	-	5,054	6,599
Total	118,208	153,769	271,977	349,368

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016

4. DIRECT COSTS

	Fundraising expenses £	Governance £	Charitable Activities £	Total 2016 £	Total 2015 £
Accountancy fees	-	3,600	-	3,600	3,360
Fundraising costs	36,650	-	-	36,650	31,094
Volunteer expenses	-	-	5,321	5,321	5,677
Repairs and renewals	-	-	135	135	129
IT costs	-	-	9,235	9,235	11,625
OCD Conference	-	-	5,488	5,488	7,472
Recruitment	-	-	487	487	1,972
Travelling expenses	-	-	5,949	5,949	4,995
Office costs	-	-	8,526	8,526	3,694
Telephone costs	-	-	4,543	4,543	4,245
Printing, postage & stationery	-	-	4,939	4,939	8,055
Staff training	-	-	5,258	5,258	641
Insurances	-	-	745	745	637
Sundry	-	-	1,039	1,039	140
Outsourced services	-	-	4,422	4,422	3,773
Rent and rates	-	-	23,655	23,655	23,307
Professional fees	-	-	6,773	6,773	1,796
Depreciation	-	-	511	511	511
Bank charges	-	-	42	42	5
Wages and salaries	-	6,313	158,285	164,598	150,198
National insurance	-	-	11,576	11,576	10,303
	<u>36,650</u>	<u>9,913</u>	<u>256,929</u>	<u>303,492</u>	<u>273,629</u>

5. GOVERNANCE COSTS

	Unrestricted funds 2016 £	Restricted funds 2016 £	Total funds 2016 £	Total funds 2015 £
Auditors' remuneration	3,600	-	3,600	3,360
Allocation of Director's salary towards governance costs	6,313	-	6,313	6,985
	<u>9,913</u>	<u>-</u>	<u>9,913</u>	<u>10,345</u>

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016

6. NET INCOMING RESOURCES/(RESOURCES EXPENDED)

This is stated after charging:

	2016 £	2015 £
Depreciation of tangible fixed assets: - owned by the charity	511	511

During the year, no Trustees received any remuneration (2015 - £NIL).

During the year, no Trustees received any benefits in kind (2015 - £NIL).

During the year, Trustees received £143.10 (2015 - £310.60) reimbursement of expenses.

7. AUDITORS' REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3,600 (2015 - £3,360).

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016

8. TANGIBLE FIXED ASSETS

	Other fixed assets £
COST	
At 1 April 2015 and 31 March 2016	2,043
DEPRECIATION	
At 1 April 2015	511
Charge for the year	511
At 31 March 2016	1,022
NET BOOK VALUE	
At 31 March 2016	1,021
At 31 March 2015	1,532

9. DEBTORS

	2016 £	2015 £
Prepayments and accrued income	3,610	7,485

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2016 £	2015 £
Trade creditors	7,417	1,880
Accruals and deferred income	3,600	42,783

11. SUMMARY OF FUNDS

	Brought Forward £	Income £	Expenditure £	Transfers in/out £	Carried Forward £
General funds	54,230	118,244	(147,517)	492	25,449
Restricted funds	21,602	153,769	(155,975)	(492)	18,904
	75,832	272,013	(303,492)	-	44,353

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016

12. SUMMARY OF RESTRICTED FUND MOVEMENTS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers in/out £	Carried Forward £
D. Tweed (1)	-	1,000	-	-	1,000
The Rayne Foundation (2)	-	13,300	(13,111)	-	189
Big Lottery Fund Advocacy and Development (3)	-	78,238	(75,760)	-	2,478
The Kitty & Daniel Nabarro Charitable Trust (4)	-	5,000	-	-	5,000
The Henry Smith Charity (5)	12,430	20,200	(22,543)	-	10,087
BIG Lottery Fund, Reaching Communities (6)	9,172	27,668	(36,690)	-	150
BIG Lottery Fund, Awards for All (7)	-	6,863	(6,371)	(492)	-
The Kitty & Daniel Nabarro Charitable Trust (8)	-	1,500	(1,500)	-	-
Total	<u>21,602</u>	<u>153,769</u>	<u>(155,975)</u>	<u>(492)</u>	<u>18,904</u>

13. RESTRICTED FUNDS ANALYSIS

1. D. Tweed – for the analysis of service user data
2. The Rayne Foundation – for the OCD Youth project
3. BIG Lottery Fund – Reaching Communities, towards the Advocacy for OCD project and Organisational Development
4. The Kitty & Daniel Nabarro Charitable Trust – towards the hire of additional fundraising personnel
5. The Henty Smith Charity – towards the Step Together Project
6. BIG Lottery Fund – Reaching Communities, towards the Better Together Project
7. BIG Lottery Fund – Awards for All, towards the Youth Line project
8. The Kitty & Daniel Nabarro Charitable Trust – towards the cost of the film project

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2016

14. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW
FROM OPERATING ACTIVITIES

	2016 £	2015 £
Net (expenditure)/income for the year (as per Statement of financial activities)	(31,479)	75,832
Adjustment for:		
Depreciation charges	512	-
Profit on the sale of fixed assets	-	(1,532)
Decrease/(increase) in debtors	3,876	(7,485)
(Decrease)/increase in creditors	(33,648)	44,663
Net cash (used in)/provided by operating activities	<u>(60,739)</u>	<u>111,478</u>

15. ANALYSIS OF CASH AND CASH EQUIVALENTS

	2016 £	2015 £
Cash in hand	50,739	111,478
Total	<u>50,739</u>	<u>111,478</u>

16. FIRST TIME ADOPTION OF FRS 102

It is the first year that the charity has presented its financial statements under SORP 2015 and FRS 102. The following disclosures are required in the year of transition. The last financial statements prepared under previous UK GAAP were for the year ended 31 March 2015 and the date of transition to FRS 102 and SORP 2015 was therefore 1 April 2014. As a consequence of adopting FRS 102 and SORP 2015, a number of accounting policies have changed to comply with those standards.

The policies applied under the charity's previous accounting framework are not materially different to FRS 102 and have not impacted on funds or net income/expenditure.