

OCD ACTION
a charitable incorporated organisation ("CIO")

Registered Charity Number: 1154202

TRUSTEES REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2015

BAGINSKY COHEN
CHARTERED ACCOUNTANTS

**OCD ACTION
(a CIO)**

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**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2015**

Trustees

GILLIAN KNIGHT, Chair
SIDNEY BAGINKSY, Treasurer
JORDAN RAPAPORT, Secretary
RICHARD WILLIAMS, Vice Chair
TRUDY ANGUS
CHRIS BROTHERTON
MICHAEL CARO, Retired Solicitor
LISA DOUGHTY (appointed 4 November 2014)
NEIL ENDICOTT
KITTY NABARRO
DAVID TRUSWELL (appointed 14 March 2015)
DR DAVID VEALE

On 31 March 2014, OCD Action (Charity Number 1035213) (the "old charity") transferred all of its assets and undertaking as a going concern to the newly constituted charitable incorporated organisation also called OCD Action (Charity Number 1154202) (the "new CIO") in consideration for the assumption by the new CIO of all of the liabilities of the old charity. All serving trustees of the old charity at 31 March 2014 became trustees of the new CIO. This transfer was subsequently registered as a charity merger in the Charity Commission's Register of Mergers and the old charity was dissolved and removed from the Charity Commission's Register of Charities leaving the new CIO as the body corporate to continue all of the charitable activities formerly carried on by the old charity.

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

**OCD ACTION
(a CIO)**

**TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2015**

The Trustees present their first annual report together with the first audited financial statements of the charitable incorporated organisation called OCD Action, Registered Charity number 1154202 (the Charity) for the year ended 31 March 2015. The Trustees confirm that the annual report and financial statements of the Charity comply with the current statutory requirements, the requirements of the Charity's Constitution and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005.

STRUCTURE, GOVERNANCE AND MANAGEMENT

a. CONSTITUTION

The Charity is a Charitable Incorporated Organisation constituted and registered as a charity under the Charities Act 2011. Its objectives are the advancement of health and relief and prevention of sickness and suffering among people affected by Obsessive Compulsive Disorder (OCD) and related disorders in particular but not exclusively by:

- a. providing support and information to people affected by OCD and related disorders;
- b. advancing education for the public benefit about OCD and related disorders and advancing education among people affected by OCD and related disorders to enable them to improve their understanding of OCD and related disorders and available treatments;
- c. promoting and improving access to appropriate and effective treatment for people affected by OCD and related disorders; and
- d. 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.
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

**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2015**

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

The Charity continues to improve its trustee induction and training resources to ensure that new trustees are equipped to support the work of OCD Action to their maximum ability.

d. ORGANISATIONAL STRUCTURE AND DECISION MAKING

The affairs and property of the Charity are controlled and managed by its trustees who are required to exercise their powers as trustees to further the purposes of the Charity.

The Constitution permits the trustees to employ a person (the "Director") to manage the day to day operations of the Charity in accordance with the strategy, policies and business plans adopted by the trustees. The Director remains at all times responsible and accountable to the trustees. Throughout the financial year ended 31 March 2015, Joel Rose was employed as the Director and he remained on as the Director until 13 May 2015. Gareth Crossman was engaged as the new Director from 22 June 2015.

e. RELATED PARTY RELATIONSHIPS

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD.

The Charity's treasurer, Sidney Baginsky, is a former partner of auditors Baginsky Cohen. Since his retirement and being appointed to the Charity's board of Trustees, in November 2011, he has no control over the firm or its decision to approve these accounts.

f. RISK MANAGEMENT

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2015

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 quiet the anxiety, they will repeat an action, again and again.

OCD is the fourth most common mental health disorder, with an estimated one million people affected in the UK. It is recognised by the World Health Organisation as one of the most disabling conditions (including physical ailments) in the world.

OCD Action's objectives are to relieve and rehabilitate those affected by obsessive compulsive disorder and to educate and raise awareness of the disorder amongst the general public, so that the condition is better understood.

Despite the number of people affected and the debilitating nature of the disorder, reports have shown that there is often a substantial delay between the onset of OCD and treatment being received. This delay causes pointless misery and isolation, brought about by a disorder that can, in many cases, be successfully managed.

b. STRATEGIES FOR ACHIEVING OBJECTIVES

OCD Action's services are designed to support people before, during and after the treatment process. The Charity's awareness work aims to reduce any unnecessary delay by raising the profile and understanding of OCD amongst healthcare professionals and giving a strong and clear message to the public that OCD is nothing to be ashamed of, that it is not uncommon and that it is treatable.

c. ACTIVITIES FOR ACHIEVING OBJECTIVES

The charity provides a national support and information Helpline, an advocacy service and runs an interactive website and online-forum. It also works to raise awareness of the disorder amongst the public and frontline healthcare workers and engages with Government to secure better treatment quality and availability for people with OCD.

d. VOLUNTEERS

The Charity continues to rely on a large group of volunteers to deliver its services, support its administration and help to spread awareness about OCD. The great majority of volunteers are people who have been affected by OCD.

ACHIEVEMENTS AND PERFORMANCE

a. GOING CONCERN

After making appropriate enquiries, the 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 regarding the adoption of the going concern basis can be found in the Accounting Policies.

b. REVIEW OF ACTIVITIES

In the final Trustees' Report of OCD Action in its unincorporated status, it was stated that, in accordance with its agreed strategic plan, the Charity had the following broad aims for the year 2014-15:

- To increase the work that we do to advocate for large groups of people on a national and local level while at the same time continuing to help individuals with their specific issues.

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2015

- To increase the support that the Charity is able to give to research in OCD and do more to instigate and shape research that has the ultimate aim of improving treatment for OCD and related disorders.
- To increase the number and diversity of individuals involved in the Charity as members, volunteers and service users across all our areas of activity.

The Trustees are pleased to report that a great deal of progress has been made in each of these key areas.

i) Advocating for individuals and nationally

During the year the Charity provided one to one advocacy support to over 120 individuals helping them to, amongst other things, access specialist treatment and protect their rights at work and in education.

The Charity was also successful in advocating for people with OCD nationwide. Following a meeting with the Minister for Care and Support and after working closely with the national Directors of Improving Access to Psychological Therapies (IAPT) services, we were able to change the way these local services reported on their treatment outcomes. This change will make it easier for people with OCD to know how successful their local IAPT service is at treating OCD. It also means that the Charity can map the quality of local services.

The Minister for Care and Support also gave his backing to the Charity's Manifesto that sets out our national campaigning objectives and what we believe needs to be done to improve access to quality treatment for OCD nationwide. A copy of this manifesto is available from the OCD Action website.

Some of the issues that the charity has been advocating also affect individuals with other mental health conditions. For this reason the Charity has worked with other leading mental health charities as part of the "We Need To Talk" coalition and The Mental Health Alliance.

ii) Supporting and shaping research

During the year, the Charity brought together its Clinical Advisory Group to identify research priorities and discuss how the Charity can do more to support OCD specific research. We also recruited a new Trustee, Lisa Doughty, who is an expert in service user involvement in research.

The Charity was also invited to join a Clinical Research Network for OCD to identify research priorities and work with clinicians to design, fund and manage research projects that aim to improve access to quality treatment. The Charity is currently working with this group on a research project that looks at the barriers to accessing specialist treatment and a research project examining transcranial magnetic stimulation.

iii) Increasing diversity and reaching more people

The Charity has seen a large increase in the number of people accessing its services during the year. We were able to directly help around 2,250 people through our project work and over 500,000 people through our website, our forums and our downloadable information resources.

While the Charity has been able to reach more people than ever before, we are still keen to ensure that anyone who needs us knows about our work and can access our service. This means doing more to reach diverse communities. To help us to do this, the Charity has brought on a new Trustee, David Truswell, who is an expert in ensuring diverse communities can access mental health services.

The Charity's strategic plan for the coming three years has priorities in this area of work, as well as the need to increase volunteer and member numbers to help the Charity meet the huge rise in demand for its services and to help make sure that people with OCD, from all communities, are at the heart of what it does.

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2015

iv) Other Activity

As well as the above activity, the Trustees are pleased to highlight significant success in other areas. The Charity's work to support young people has developed during the year. Its Youth Advisory Panel of 12 young people has led the way in organising two "meet up" events and providing content for a newly launched youth website (www.ocdyouth.org).

The national network of local independent support groups continue to grow and thrive thanks to the Charity's "Better Together" project funded by the Big Lottery Fund, that has helped to establish 46 new groups and provides ongoing support and training to a total of 86 groups nationwide and online.

c) Governance, Office and Administration

During the year, Trustees have continued the process of developing new leadership within the OCD community and have brought on-board new members to the trustee team to add additional strengths, skills and experience to the Charity. Trustees continue to believe in maintaining a balance of skills and experience on the trustee board where service users and medical professionals can work together for the good of people affected by OCD. As of April 2015, the Trustee team, both those elected by the Annual General Meeting and those appointed by the trustees, comprise:

- Six people with personal experience of OCD
- Two people with experience of caring for somebody with OCD
- One medical professional
- Three other trustees with professional experience (a retired accountant, a retired solicitor and an expert in reaching communities)

d) FUNDRAISING ACTIVITIES/INCOME GENERATION

2014-15 has been a successful year for income generation and in particular, securing £448K of long-term restricted funding for key projects. The Charity was able to secure funding for its work with young people, secure five years' funding for its advocacy work and three years' funding for its helpline and website services. This was achieved through adhering to the principles of:

Remaining focused

Income raised from charitable Trusts remains the main source of ordinary income for the Charity. During the financial year the Charity continued to make highly selective approaches to Charitable Trusts.

Excellent Reporting

The Charity has maintained its excellent reputation on meeting project objectives and monitoring the impact of funding and this has helped to ensure ongoing support from a number of funders.

Financial management

The Charity has excellent financial management and accounting processes and as such has been able to make full and appropriate use of full cost recovery.

Although the Charity was able to raise more income than ever before, income actually received during the financial year was below that of the previous years. The accounts to 31 March 2014 included a one off legacy of £50,000.

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TRUSTEES' REPORT (continued) FOR THE YEAR ENDED 31 MARCH 2015

FINANCIAL REVIEW

a. RESERVES POLICY

At the end of the financial year the Charity's unrestricted reserve was four months expenditure.

Achieving a strong level of unrestricted reserve has been a long term aim for the Trustees who feel that this is necessary and prudent given the financial challenges that charities face and the need to ensure the continuation of services. The stated aim is for the charity to have six to nine months unrestricted reserve.

As stated above, during the financial year the Charity was able to raise a significant amount of restricted funding for its key project activity. As the Charity is committed to its policy of using full cost recovery, this funding will in turn reduce the Charity's unrestricted costs in the years ahead. The Charity's budget for the year 2015-16 plans for no further reduction in the unrestricted reserves.

PLANS FOR THE FUTURE

a. FUTURE DEVELOPMENTS

For the year 2015-16 the Charity will be, once again, seeking to build on its successes and provide life changing support to people affected by OCD. Our broad aims are to:

1. Expand our current services

We have improved the lives of thousands of people with OCD, yet we are still not reaching all of the estimated 1 million people in the UK who are suffering with the condition. We want to continue to provide a range of high quality services for people affected by OCD, which are designed to make the most impact at key points in a person's life, and be confident that we are reaching people of all ages and backgrounds.

2. Improve access to quality treatment

We believe that we can make a long-term, positive difference for the whole OCD community by working at a national level and securing a better deal for all people affected by OCD. We want to ensure that all people with OCD get access to good quality, OCD specific treatment that is available in a timely fashion. Last year, OCD Action had two meetings with the Minister for Care and Support, and persuaded him to instigate the changes needed to help make it easier for people with OCD to make an informed choice about their treatment. We want to build on this work to ensure all people with OCD get the treatment they need to get better. In particular this means campaigning for improved access to quality treatment and working with researchers to improve our understanding of the disorder.

3. Reduce discrimination faced by people with OCD

The misleading phrase 'a little bit of OCD' is becoming widely used and many seem to believe that OCD is a mild issue or a quirky personality trait. We want to ensure that service providers understand the severity of OCD, that they know how best to support a person with the condition and that they are aware of their obligations under the equality act.

The Charity's strategic plan for 2015-2018 is available via the OCD action website or through the OCD Action office.

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

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**TRUSTEES' REPORT (continued)
FOR THE YEAR ENDED 31 MARCH 2015**

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

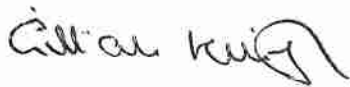
The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- 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 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 8 October 2015 and signed on their behalf by:



**GILLIAN KNIGHT
CHAIR, 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 2015 set out on pages 11 to 18. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 2015 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; 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.

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INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF OCD ACTION



BAGINSKY COHEN
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8 October 2015