



**FINANCIAL STATEMENTS
AND ANNUAL REPORT**
2020 - 2021



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Administrative details of the charity, its trustees and advisers

FOR THE YEAR ENDED 31 MARCH 2021

Trustees

Piers Watson, Chair
Juliet Dearden, Treasurer
Professor David Veale, Trustee
Kath Howell, (Vice Chair)
Aron Bennett, (Secretary)
Alison Thompson, (Vice Chair)
Tom Pollard, Trustee
Chloë Volz, Trustee
Ella Schwartz, Trustee (Resigned 24th January 2021)

Chief Executive

Leigh Wallbank (appointed: 23rd September 2019)

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 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY

Introduction: A Letter from our Chair

2020/21 will be always in our memories. The COVID-19 global pandemic impacted everyone, no one was left untouched by the rapid and life changing restrictions the virus brought to our lives.

The sense of loss and disconnection was palpable for us all, and it was clear from early in the pandemic the huge effect this would have on the nation's mental, as well as physical health. It proved unlikely that any one group of people affected by mental health problems would feel the impact of COVID-19 as deeply as those within the OCD Community.

The nature of the virus and the necessary steps we were asked to follow to protect ourselves and others were an obvious trigger. At the same time, the mental health services, support networks and routines that helped keep us well were rapidly disrupted or removed, with no clarity about their date of return. We foresaw and experienced a rapid increase in the need for our services and a corresponding reduction in our sources of funding.

Staff worked incredibly hard to provide an effective, efficient and rapid response and, having reviewed priorities, we put in place a COVID-19 response plan.

Our Helpline transitioned to home working, ensuring we could continue to offer the same level of quality information and support. Our Youth e-Helpline increased its capacity, enabling us to support many more young people over what proved to be a very difficult year for many of them. Our peer support groups, responding to the increased need, opened new online groups as the number of people wanting to attend continued to grow.

As the year progressed, we also focused on the development and review of our website and online support and information, ensuring that those who needed to find out more about OCD, our services or where to seek support, could do so more easily.

As the year drew to an end, we held our annual OCD Week of Action. This year we ran the week entirely digitally, using the hashtag #MeWithOCD. We wanted to raise awareness of the reality of living with OCD, to share support and spread a message of hope. The week was hugely successful, engaging 400,000 people from across continents.

This has without doubt been an incredibly difficult year for those living with OCD, for their families and friends, as well as for our members, supporters, staff and volunteers. For all the challenges, I am very proud of all that has been achieved together. This year we provided one-to-one and group support to over 5,000 people and reached around 1,000,000 through our online community (support forums, social media and website).

I am also thankful to everyone connected with OCD Action for their effort, commitment, and hard work. The drive and unwavering care of our staff and the great commitment of our volunteers has been fantastic and, this year has shown me, yet again, the true meaning and value of our team.

I am also immensely grateful to all the trusts and individual givers, old and new, who supported us in such difficult times. There was a real understanding among donors of the problems faced by both the charity and those affected by OCD - and the immediacy of the need. We have ended the year on a stable financial footing, and we know this has not been the case for all charities. It is from this stable position that we will enter the year 2021/22. We will continue to deliver on our COVID-19 response plan, in our efforts to best meet the needs of those most in need.

Best wishes

Piers



Piers Watson

Chair of OCD Action

Our Delivery Plan

In light of the COVID-19 pandemic, OCD Action's Trustee Board agreed that it was important to review our strategic priorities to ensure all the organisation's resources were aligned with the rapidly increasing needs we were seeing within the OCD community.

To do this, OCD Action's emergency COVID-19 Response Plan was developed. The plan has three headline priorities:

1. **To enable people impacted by the COVID-19 pandemic to seek treatment and better manage their OCD**
2. **To reduce isolation for people with OCD through a period of reduced social contact and access to support networks**
3. **Fight for access to high quality treatment for people impacted by OCD in a post COVID world**

Below we outline our outcomes and impact.

Our Year in Numbers

Helping people impacted by the COVID-19 pandemic to seek treatment and better manage their OCD

Helping

Our aim was to support **3,500 people** via our Helpline. We supported

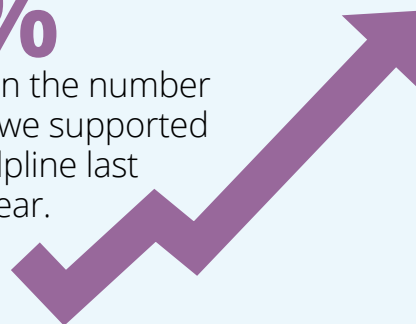
4,120

 **people**

This is a

47%

increase on the number of people we supported via the Helpline last financial year.



Youth e-Helpline

This year through our Youth e-Helpline we sent

82%

more emails offering **support and information** than last year.

Reducing isolation for people with OCD through a period of reduced social contact and access to support networks

Support Groups

During this year we increased the number of online support groups we ran from

28 to **55**



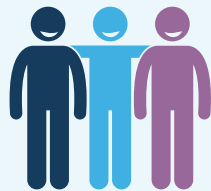
We had **888** active support group members, an increase of **547** compared to last year



Support group members attended

5329

support group sessions. This is a **145%** increase on last year

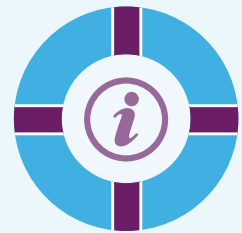


Online Community

Over

600,000 people

received support and information from our website and online peer support forums this year



Fighting for access to high quality treatment for people impacted by OCD in a post COVID world

Week of Action

In February 2021 we ran our annual OCD Week of Action, to raise awareness of the reality of living with OCD and share hope. Our **#MeWithOCD** online campaign reached just under

400,000 people



Working with the media

We worked with the media on over

90 different occasions this year.

We worked with BBC Breakfast, News 24 and the World Service, Channel 4, The Guardian newspaper and other local media outlets, in order to **raise awareness of OCD**, tackle myths and challenge stigma



How We Responded to COVID-19

The COVID-19 pandemic presented the single biggest crisis the world has seen in many decades.

The virus affected everybody across the world. However, we at OCD Action believe that, when considering those with mental health conditions, those with OCD will likely be among the most impacted by the pandemic.

We wanted to ensure we were able to offer support to as many people as possible during a time of great need. We did three key things to achieve this:

- Rapidly adapted the way we worked
- Scaled up our service models
- Adapted our service offer to meet emerging need

Adapting the way we work

Our Helpline rapidly changed their working model to accommodate remote working meaning we could continue providing vital information and support to thousands of people, even when lockdown was at its peak.

Scaling up

Our Helpline, Youth e-Helpline and support groups all worked incredibly hard to recruit, train and support new volunteers. This allowed us to respond to many more calls and emails. We were also able to increase the number of online support groups we ran from 28 to 55 at a time when they were so desperately needed.

With thanks to a Trust grant we were also able to increase the number of hours we moderated our support forums, including our youth forum.

Adapting our services

Increasing support networks

At OCD Action we work closely with our team of staff and volunteers to respond as rapidly as we can to emerging needs. It was clear this year that we needed not only to develop the number of online support groups we offer, but the range as well. We opened additional support groups for people

- Whose OCD is or had become contamination-focused
- Who have OCD without external compulsions
- Who experience intrusive harm thoughts
- Who identify as LGBTQ and have OCD or BDD

(A full list of our support groups can be seen on our website)

In January we launched our new website, including an update to our online forums. Our forums offer a place where people can seek and offer mutual peer support 24 hours a day. Alongside this, our website is a source of information and a gateway to our services. Over 600,000 people received support and information from our website this year, making it a hub for people impacted by OCD.

Making our information more accessible

As the pandemic took hold, we became increasingly aware that many people may be looking for support for OCD or information about the condition for the first time or again after a long while. For this reason, we wanted to ensure our information was as simple to access and navigate as possible. We worked hard ensure the resources section of our website was easy to navigate and updated 10 of our most used resources. We developed the format for these resources ensuring they were as clear and easy to access as possible our resources can be seen here:

ocdaction.org.uk/resources

Our Impact

We measure our impact across our services using self-report feedback surveys and the established monitoring tool, The Warwick Edinburgh Mental Wellbeing Scale (WEMWBS).

The WEMWBS development was led by Professor Sarah Stewart-Brown of the university of Warwick, and supported by Professor Stephen Platt from the University of Edinburgh. This method of measurement is now widely used, including in clinical settings, particularly where the promotion of strengths, assets and recovery are important, highlighting why it is so effective for our work.

"Thank you so much for your kind and helpful response. It is a difficult time and it has been really useful to get your perspective and information as we try to move forward."

Helpline caller

Our key reported outcomes are:

Wellbeing and better management of symptoms

- After contacting the Helpline, **94%** of people with OCD agreed with the statement **"I believe recovery is possible"**.
- After contacting the Helpline, **99%** of the family members and friends felt that they would be able to **support the other person better**.
- After attending Support Groups, **90%** reported **an improvement** in their mental wellbeing and **79%** felt better able to **manage life with OCD**.

Reduced Isolation

- After contacting the Helpline, **94%** of people with OCD **felt less alone**.
- After contacting the Helpline, **96%** of the **family members and friends felt less isolated** in their situation.
- After attending a Support Group, **85%** **felt less isolated**.

Access to treatment

- After contacting the Helpline, **71%** of people with OCD said they would seek, or try to **seek, the recommended treatment**; **93%** of those without a good understanding of OCD beforehand felt the call/email helped them **improve their understanding**; and **85%** felt the call/email improved their **knowledge of available treatments**.
- After contacting the Helpline, **96%** of the family members and friends felt that they were better able to **advocate** on behalf of the person they were calling about.
- After attending a Support Group, **87%** **felt better informed**.

"Thank you for your help and the information, that is great. I have spoken to the GP and CAMHS and they have completed a referral for my son."

Parent Calling our Helpline

This story from Jo, one of the parents who attends our support groups, highlights the impacts the groups can have.

The support from the zoom/skype groups to access the right treatment and support is crucial - there is nothing else like it on offer.

My 17 year old daughter has been diagnosed with BDD and OCD and has been ill for around 3 years; she is housebound and can't attend school. I joined the BDD parents' support group in 2020. I attend second and fourth Mondays each month; I have friends there now. I also attend the Navigating Services group.

Without these groups I would not have been able to access treatment for my daughter. Having a child in the grip of BDD is like the script of a horror story, but there is another mum in my group who has a daughter the same age and she has been to the same clinics as me, she told me who to talk to and what to ask for, I knew so much from her even before my daughter's referral was accepted.

Other parents in the group and the facilitators listened patiently to me talk. Some had seen the same professionals and attended the same clinics as us - BDD/OCD treatment for adolescents is a fairly small world but one that seems like a maze if you don't know who to ask. The professionals involved with my daughter respect and value the advice and support given by the groups. Attending has made me better able to take care of my daughter because before then, I was just doing my best to be supportive.

I can now offer the same support I got to new people joining - to anyone thinking about signing up I would say you will be welcomed into a room where everyone already knows your pain. The group doesn't always offer advice and solutions, sometimes we just talk about ourselves instead of just our child. Of course, your child can be any age, it is a really good mix but we find a lot of common ground. Many say in the groups we can bear witness to what is really happening in our lives without any stigma.

"Thank you, It was nice to talk to someone who understands the complexities of this condition, because there are still so many that don't. Thank you for all the information you sent, it's very useful. Thank you for all you are doing to help those with OCD."

Helpline caller

"I really appreciate you taking the time to explain everything in such detail. I've signed up for one of your zoom support groups too... I'm so pleased these exist."

Helpline caller

Our Plans for Next Year

Our COVID-19 delivery plan will continue to drive our work as we move into the financial year 2021-22.

We will concentrate on the aspects of the plan that need particular focus to ensure their delivery over the coming 12 months. This includes:

Enable people impacted by the COVID-19 pandemic to seek treatment and better manage their OCD

- Growing and strengthening our services for Young People, ensuring we are providing support at the earliest possible point.
- Increasing the support and information we offer for people impacted by OCD and BDD in further and higher education, a time when many develop their first clinical symptoms and can find reaching out for support particularly difficult.
- Growing our services and support for people who we know have been disproportionately affected by the pandemic and can find more barriers are in place when they try to access support and treatment for OCD and BDD.
- Continuing to increase the accessibility of our information on OCD and BDD, developing new and innovative formats for presenting and disseminating information to ensure it reaches new audiences.

To reduce isolation for people with OCD through a period of reduced social contact and access to support networks

- Hold our first online international joint conference with The BDD Foundation. Creating an opportunity for learning, connection and community at a time of significant isolation and difficulty for our community.

Fight for access to high quality treatment for people impacted by OCD in a post COVID world

- Building on the success of the 2020 OCD Week of Action to deliver a successful campaign in 2021.
- Work with our strategic partners to amplify the voice of our members, service users and supporters on important policy matters, particularly this year on the review of the Mental Health Act.
- We will aim to further strengthen our lived experience leadership model, establishing a co-production panel for OCD Action's youth service.

A new strategy

As we move toward the 3rd and 4th quarter, we aim to develop a new strategy for OCD Action that will guide our work for the next three years.

Financial Review

Fundraising and Income Generation

Due to the COVID-19 pandemic, this year started with some real financial challenges for us as an organisation. However, we were incredibly grateful to receive some generous gifts from individual donors, some of whom have supported our work over the years, and some who supported us for the first time. We also were very grateful to have benefited from the Coronavirus Community Support Fund and the Coronavirus Mental Health Recovery Fund which made an enormous difference to our service users. These grants significantly offset the understandable reduction in income we saw from events earlier in the year. This meant that over all this year we secured income of £387,204.

Reserves

Our reserves policy is to maintain a conservative level of unrestricted reserves for at least six months and up to nine months so that there are adequate funds to meet all current and known liabilities.

Due to the impact of the COVID-19 pandemic and the continuing uncertainty we expect this to have on the fundraising landscape, we have retained just over 9 months reserves at March 2021. We anticipate that due to the increased demand we have seen for services, we will need to invest further in service delivery in 2021/22 to meet the growing demand and this reserves position will enable us to make this required investment.

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, the Trustees 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

Constitution

OCD Action is a Charitable Incorporated Organisation (CIO) whose 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.

Method of Appointment or Election of Trustees

The following is a brief and simplified summary of the principal provisions of the CIO's constitution that deal with the method of appointment or election of trustees:

1. There must be at least six trustees, and the maximum number is twelve.
2. At every Annual General Meeting (AGM) of the Members* of the CIO, one-third of the Trustees shall retire from office
3. The vacancies arising may be filled by the decision of the Members at the AGM.
4. Any vacancies not filled at the AGM may be filled by the Members, who may at any time decide to appoint a new trustee, or by the Trustees, who may also decide to appoint a new trustee at any time.
5. A person appointed as a trustee by the Members shall retire by rotation in accordance with the one third retirement rule summarized in point 2 above.
6. A person appointed as a trustee by the Trustees shall hold office until the next AGM after the date of his or her appointment, when he/she shall cease to hold office as a trustee unless appointed as a trustee by the Members.

* Membership of the CIO is open to anyone who is interested in furthering its purposes, and who, by applying for membership, has indicated his, her or their agreement to become a member and acceptance of the duty of members set out in its Constitution

Organisational Structure and Decision Making

The affairs of the CIO are managed by the Trustees, who are required to exercise their powers to further the objects of the CIO. Staff are recruited to manage the day-to-day operations of the CIO and deliver services, in accordance with the strategy, policy and plans adopted by the Trustees.

Pay Policy for Senior Staff

At the end of the year the Charity employed 8 staff; 2 full time and 6 part time. No member of staff was paid more than £42,000.

Related Party Relationships

OCD Action works closely with a number of NHS organisations providing specialist treatment for people with OCD. Two of the Trustees, Professor David Veale and Chloë Volz are clinicians working in the NHS.

Risk Management

We monitor risk through our organisational risk register. This is maintained by the risk and performance subgroup of the Trustee Board who report risk and mitigation quarterly to the Board. Through this approach Trustees have assessed the major risks to which the Charity is exposed, those related to its operations, finances, reputation, health and safety, governance and strategy delivery.

COVID-19 changed the nature of some risks, not least as we moved to homeworking and our income from challenge events was affected by the crisis. Trustees carefully assessed the mitigating factors in place and assessed that considering these all risks are currently within an acceptable tolerance.

Acknowledgements and Appreciation

The Trustees would like to extend a particular thank you to all the charitable trusts, organisations and individuals who supported OCD Action this financial year. The impact of the COVID-19 crisis did, very understandably, impact some of the charitable giving we rely on and in this context the generosity of those who have been able to support us has been particularly humbling and gratefully received.

In the same way we as Trustees are endlessly grateful to every volunteer who has given their time and energy, in what have been difficult circumstances this year, to help us ensure the continuation and growth of vital services for people often in huge need.

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 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, to disclose the financial position of the Charity with reasonable accuracy and 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 8.11.21 and signed on their behalf by:



PIERS WATSON
CHAIR, OCD ACTION

Auditors Report

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2021 set out on the pages below.

The financial reporting framework that has been applied in their preparation is applicable law and the Financial Reporting Standard for Smaller Entities (effective April 2008), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities).

The financial statements have been prepared in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standards applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

This has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 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.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions Relating to going Concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the Trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by Law

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 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.

Responsibilities of Trustees

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, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Auditors Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at:

www.frc.org.uk/auditorsresponsibilities.

This description forms part of our Auditors' report.

Use of Our Report

This report is made solely to the Charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. 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 opinions we have formed.

Baginsky Cohen

BAGINSKY COHEN (0118) 911 4444

CHARTERED ACCOUNTANTS

930 HIGH ROAD

LONDON

N12 9RT

Date: 10/11/2021

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 2021

	Note	Unrestricted Funds 2021	Restricted Funds 2021	Total Funds 2021	Total Funds 2020
INCOME FROM:					
Donations and legacies	2	197,938	189,266	387,204	407,033
Other income				0	335
TOTAL INCOME		197,938	189,266	387,204	407,368
EXPENDITURE ON:					
Raising funds		42,570		42,570	47,753
Charitable activities	3	89,207	176,784	265,991	398,267
TOTAL EXPENDITURE ON		131,777	176,784	308,561	446,020
NET INCOME BEFORE TRANSFERS		66,161	12,482	78,643	(38,652)
Transfers between funds					
NET INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		66,161	12,482	78,643	(38,652)
NET MOVEMENT IN FUNDS		66,161	12,482	78,643	(38,652)
RECONCILIATION OF FUNDS:					
Total funds brought forward		110,906	45,860	156,766	195,418
TOTAL FUNDS CARRIED FORWARD		177,067	58,341	235,409	156,766

BALANCE SHEET

AS AT 31 MARCH 2021

	Note	2021		2020	
		£	£	£	£
CURRENT ASSETS					
Debtors	6	14,032		40,732	
Cash at bank and in hand		<u>239,858</u>		<u>154,211</u>	
		253,890		194,943	
CURRENT LIABILITIES					
Creditors	7	<u>(18,482)</u>		<u>(38,177)</u>	
NET CURRENT ASSETS					
			<u>235,409</u>		<u>156,766</u>
NET ASSETS					
			<u>235,409</u>		<u>156,766</u>
CHARITY FUNDS					
	8				
Restricted funds			58,341		45,860
Unrestricted funds			<u>177,067</u>		<u>110,906</u>
CHARITY FUNDS					
			<u>235,409</u>		<u>156,766</u>

The financial statements were approved by the Trustees on 8.11.21 and signed on their behalf, by:



PIERS WATSON
CHAIR OCD ACTION

STATEMENT OF CASHFLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>85,647</u>	<u>41,755</u>
Change in cash equivalents in the year		85,647	41,755
Cash and cash equivalents brought forward	11	<u>154,211</u>	<u>112,456</u>
Cash and cash equivalents carried forward		<u><u>239,858</u></u>	<u><u>154,211</u></u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted Funds 2021	Restricted Funds 2021	Total Funds 2021	Total Funds 2020
2 INCOME FROM DONATIONS AND LEGACIES				
Membership fees	4,226		4,226	5,031
Donations from individuals	24,768		24,768	24,847
Fundraising events	20,868		20,868	48,850
Gift aid and other miscellaneous	6,747		6,747	10,956
Major donations	50,000	5,000	55,000	30,000
Trust income	73,000	184,266	257,266	195,475
Legacies and Bequests	18,329		18,329	79,980
Conference				11,894
TOTAL INCOME	197,938	189,266	387,204	407,033

	Fundraising Expenses 2021	Governance Expenses 2021	Charitable Activities 2021	Total 2021	Total 2020
3 DIRECT COSTS					
Employment Costs			173,171	173,171	280,609
Fundraising	42,570			42,570	47,753
Insurance			1,484	1,484	1,610
IT & Communications			23,333	23,333	32,470
Professional Fees		3,420	12,558	15,978	14,423
General Office Expenses			2,120	2,120	5,851
Printing, Publicity & Awareness			22,194	22,194	7,817
Property expenses			16,632	16,632	25,017
Travel Training Recruitment			6,514	6,514	10,268
Forum moderation			4,565	4,565	5,462
OCD Conference				0	14,741
	42,570	3,420	262,571	308,561	446,020
Total 2020	48,179	8,751	274,052	330,982	

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

4 NET INCOME/(EXPENDITURE)

	2021	2020
	£	£
This is stated after charging:		
Pension costs	<u>3,797</u>	<u>3,991</u>

During the year, no Trustees received any remuneration (2020 - £Nil).
During the year, no Trustees received any benefits in kind (2020 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3420 (2020 £3420).

6 DEBTORS

	2021	2020
	£	£
Prepayments and accrued income	<u>14,032</u>	<u>40,732</u>

7 CREDITORS

	2021	2020
	£	£
Trade creditors		
Accruals	11,095	31,551
	<u>7,387</u>	<u>6,626</u>
	<u>18,482</u>	<u>38,177</u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

SUMMARY OF FUNDS - CURRENT

8 YEAR

	Balance as at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance as at 31 March 2021 £
General Funds	110,906	197,938	(131,777)		177,067
Restricted funds	45,860	189,266	(176,784)		58,341
	<u>156,766</u>	<u>387,204</u>	<u>(308,561)</u>	<u>0</u>	<u>235,409</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Transfers in/out £	Carried forward £
1 The Schroder Foundation	3,970	15,000	(15,220)		3,750
2 Coronavirus Mental Health Response Fund	-	44,305	(33,587)		10,718
3 Carlton Hayes Mental Health Charity	-	3,955			3,955
4 Various grants towards Peer Groups	2,980				2,980
5 Middlemiss (in memory)	4,625				4,625
6 The James Tudor Foundation		6,835			6,835
7 The Lloyds Bank Foundation	-	7,164	(7,164)		0
8 The Silcock Trust	-	10,000			10,000
9 The Henry Smith Charity	11,936	20,400	(32,336)		0
10 Coronavirus Community Support Fund	-	74,607	(74,607)		0
11 The Tudor Trust - Youth	17,534		(13,870)		3,664
12 The Tudor Trust - Wellbeing Grant	-	2,000			2,000
13 St James Place Foundation	4,393				4,393
14 David Goldstone Film Sponsorship	421				421
15 Wilson E	-	5,000			5,000
	<u>45,859.58</u>	<u>189,266</u>	<u>(176,784)</u>	<u>0</u>	<u>58,341</u>

RESTRICTED FUNDS ANALYSIS

1 The Schroder Foundation	Towards: The Always Better Together Project for peer groups
2 Coronavirus Mental Health Response Fund	Always Better Together (Online) - Increasing Capacity of our online support groups.
3 Carlton Hayes Mental Health Charity	The Always Better Together Project for peer support groups
4 Various grants towards Peer Groups	Mary Potter Hospital and The John James Trust for peer support groups in Bristol and Nottinghamshire
5 Middlemiss (in memory)	The Always Better Together Project for peer groups in Scotland
6 The James Tudor Foundation	Increase the capacity of the OCD Action helpline
7 The Lloyds Bank Foundation	Increase Helpline and Forum Moderating Capacity
8 The Silcock Trust	Support the Operation of Our Helpline
9 The Henry Smith Charity	The Step Forward Project for the OCD Action Helpline
10 Coronavirus Community Support Fund	OCD Action COVID-19 Response Programme & Liquidity Grant
11 The Tudor Trust - Youth	The OCD Youth project
12 The Tudor Trust - Wellbeing Grant	To Support the Wellbeing of Staff
13 St James Place Foundation	The OCD Youth project
14 David Goldstone Film Sponsorship	The production of an OCD Action film
15 Wilson E	Towards Theory of Change project

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

10 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASHFLOW FROM OPERATING ACTIVITIES

	2021	2020
	£	£
Net income/(loss) for the year (as per Statement of Financial Activities)	78,643	(38,652)
Adjustment for:		
Decrease /(increase) in debtors and prepayments	26,700	54,020
(Decrease)/Increase in creditors	<u>(19,696)</u>	<u>26,386</u>
Change in cash equivalents in the year	<u><u>85,647</u></u>	<u><u>41,755</u></u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2021	2020
	£	£
Cash in hand	<u>239,858</u>	<u>154,211</u>
Total	<u><u>239,858</u></u>	<u><u>154,211</u></u>

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

OCD Action constitutes a public benefit entity as defined by FRS 102.

1.2. 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. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

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.

1.3. EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the charity's educational operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1.4. 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.

1.5. 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.

1.6. 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.

1.7. 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.

1.8. 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.

1.9. 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.



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