

ocdaction

# OCD Action 2023 National Conference

## Programme

Logan Hall, Central London

7th October 2023

9:30-17:00

09:30 AM **Doors Open**

10:00 AM **Welcome**  
Kath Howell (Chair) and  
Leigh Wallbank (CEO)

Plenary



10:10 AM **Inspirational Speakers**  
Duke AI and Sam Jones

Plenary



10:30 AM **Can Lifestyle Factors Help  
Prevent Or Treat OCD?**  
Professor David Veale

Plenary



11:00 AM **Psychedelics as a Possible  
New Intervention for OCD**  
Professor David Nutt

Plenary



11:45 AM **Exploring Experiences of  
Accessing Treatment Within  
Black and Asian Communities**  
Dr Gazal Jones and the  
OCD Action DEI Panel

Breakout Session



12:30 PM **Lunch**

1:25 PM **Panel Q&A**  
Professor David Veale, Idyli  
Kamaterou & Dr Rob Willson

Plenary



1:50 PM **Changing the World of Mental  
Health, One Question at a Time**  
Danny Gray, Founder of JAAQ

Plenary



2:15 PM **If At First You Don't Succeed**  
Dr Rob Willson

Breakout Session



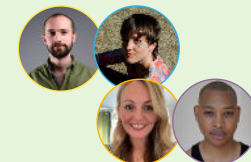
3:10 PM **Finding Community**  
Catherine Benfield, Chrissie Hodges,  
Michael Cooper, Nikita Roberts  
& Dr Sophie Suri

Breakout Session



4:10 PM **The OCD Stories:  
Our Experience of Treatment**  
Stuart Ralph, Mairéad Ruane,  
Olivia Bamber & Shaun Flores

Plenary



4:40 PM **A Live Interview with Bryony Gordon**  
Bryony Gordon and Catherine Benfield

Plenary



5:00 PM **Close**

# JEFFERY HALL

11:45 AM

## (How) Does Brain Research Matter for Understanding OCD?

Professor Tobias Hauser

Breakout Session



2:15 PM

## Treating Young People with OCD

Dr Jonathan Espie  
& Dr Zoe Kindynis

Breakout Session



3:10 PM

## Accessing Treatment Under 18

Dr Zoe Kindynis, Laurene Goldstone and the OCD Action Youth Engagement Panel

Breakout Session



# ELVIN HALL

11:45 AM

## Exploring the Nature and Treatment of Maternal OCD

Diana Wilson, Maria Bavetta  
& Idyli Kamaterou

Breakout Session



2:15 PM

## Using Creativity to Express Your OCD

Duke AI, Georgia Lock  
& Steve Brumwell

Breakout Session



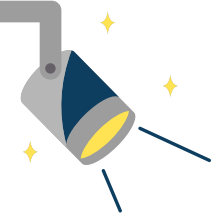
3:10 PM

## Exploring OCD and Autism

Dr Gazal Jones &  
Dr Jonathan Espie

Breakout Session





## THE MAIN STAGE

Join our keynote speakers, including much loved community advocates and globally acclaimed expert clinicians, as they discuss and address OCD and its treatment and answer your questions

## Inspirational speech

Discover a heartfelt and inspiring tale of personal recovery, delving into the nuances of OCD and the twists and turns of a path to wellness. Sam, our genuine and compassionate speaker, imparts relatable hope in an authentic manner.



### Sam Jones

Sam Jones is a neurodivergent actor and certified Mental Health First Aid Instructor who is passionate about raising awareness of OCD. Sam has spoken at prominent events like the Mental Health & Wellbeing Show and OCD Gamechangers, has written blog posts for #itaffectsme, and has been featured on The OCD Stories podcast. Most recently, Sam has been working as a crisis practitioner and support worker for Mind, and as a mental health coach in the National Theatre's production 'The Ocean At The End Of The Lane.'

## Spoken word

Experience the artistry of Duke AI as he weaves the power of spoken word into a narrative of his lived experience with OCD, shedding light on how creativity becomes a guiding force in his ongoing journey with the condition.



### Duke AI

Duke AI is a published poet, rapper, and creative practitioner who finds solace in writing to challenge his OCD. He channels his passion for words and flow to make an impact, one rhyme at a time. He is the author of 'Bittersweet: The Highs, The Lows, Hypers and Hypos of Living with Type 1 Diabetes', and has been featured on BBC Wales, BT Sports, BBC Sesh, and more. His work can be found on Instagram and Twitter at @dukealdurham.

## Can Lifestyle Factors Help Prevent or Treat OCD?

Join Professor Veale, one of the country's leading OCD specialist psychiatrists, to discover how small changes to our daily routines, including dietary choices, sleep hygiene and physical activity, might be able to positively impact OCD.



### Professor David Veale

Professor David Veale is a Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley NHS Trust and the Nightingale Hospital. He is also a Visiting Professor at the Department of Psychology, King's College London. Professor Veale specialises in OCD, BDD, health anxiety and emetophobia. He has been a Trustee of OCD Action since the charity's inception in 1994.

## Psychedelics as a Possible New Intervention for OCD

Professor David Nutt is leading innovative and exciting research into the potential of psychedelics as a treatment for OCD. He will be joining the OCD Action conference to share the latest in his research and the exciting potential this has to change the treatment of OCD in the future.



### Professor David Nutt

Professor David Nutt is a renowned psychiatrist and neuropharmacologist at Imperial College London. He's led multiple prestigious organisations and serves as the Founding Chair of DrugScience.org.uk. With 40 books and 1000 papers, his groundbreaking research spans anxiety, depression, addiction, and the clinical use of psychedelics. One of his current areas of research is the use of psychedelics in the treatment of OCD.

## Clinicians Q&A

Join expert clinicians to answer your pre-submitted questions about OCD and its treatment.



### Professor David Veale

Professor David Veale is a Consultant Psychiatrist in Cognitive Behaviour Therapy at the South London and Maudsley NHS Trust and the Nightingale Hospital. He is also a Visiting Professor at the Department of Psychology, King's College London. Professor Veale specialises in OCD, BDD, health anxiety and emetophobia. He has been a Trustee of OCD Action since the charity's inception in 1994.



### Idyli Kamaterou

Idyli Kamaterou is a CBT therapist at CADAT (Centre for Anxiety Disorders and Trauma), a national service specialising in anxiety disorders. She is a member of the perinatal stream assessing and treating expectant and new parents. She is also an Associated Tutor at the Psychology department of a UK leading University. Her private practice, Therapy For Me, is based in South London and offers online sessions to people around and outside the UK.



### Dr Rob Willson

Dr Rob Willson PhD is a cognitive behaviour Therapist based in North London, with a special interest in OCD, BDD and Health Anxiety. He is the chair of the BDD Foundation. Rob has co-authored several books, including the bestselling 'Cognitive Behavioural Therapy for Dummies' and 'Overcoming Obsessive Compulsive Disorder'.

Questions can be submitted up until 1pm on the day of the conference via [Slido.com](https://www.slido.com). Information on how to use Slido can be found in the 'important information for the day' section of this programme.

## Exploring Experiences of Accessing Treatment within Black and Asian Communities

This session will explore both lived experience and clinical research with the aim of sharing some of the realities of living with OCD as a Black or Asian individual and how therapy can be adapted to take equality and diversity into account.



### Adebiji Desalu

Biya, aged 38, has grappled with OCD for more than three decades. Now on the path to recovery, he uses his personal experience to help others, collaborating with charities such as OCD Action and Orchard OCD. Biya is an active member of OCD Action's DEI Co-production Panel and in his spare time he shares recovery tips and advice on YouTube.



### Pavitt Thatcher

Pavitt Thatcher is a trainee integrative psychotherapist offering treatment for OCD, related disorders, and body-focused repetitive behaviours. She creates a safe, non-judgmental space to foster self-expression and advocates passionately for mental health. As a leading founder of BFRB UK and Ireland, Pavitt raises awareness and provides resources for those affected by BFRBs, serving as an ambassador and leader for both the UK and US BFRB communities. She facilitates peer support groups and has a decade-long collaboration with The TLC Foundation. Pavitt joined the OCD Action DEI Panel in 2023.



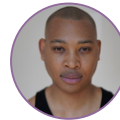
### Dr Gazal Jones

Dr. Gazal Jones, Senior Clinical Psychologist at the National and Specialist CAMHS OCD, BDD, and Related Disorders Service, provides specialised assessment and evidence-based treatment to children and young people nationwide. She delivers specialist teaching and training on child and adolescent OCD, and leads diversity initiatives to improve the experience of families from ethnic minorities and the consideration of aspects of diversity in OCD assessment and treatment.



### Sabrina Phillips

Sabrina Phillips, an OCD Action DEI Co-production Panellist, is a vibrant digital illustrator dedicated to crafting colourful mental health art. Her focus extends to dismantling the stigma and misinformation surrounding OCD. With an impressive range of skills, she's a trained crisis-line volunteer, adept social media content specialist, and a passionate advocate for young women's economic rights. Drawing from her own lifelong battle with OCD and her background as a young black British woman with Jamaican heritage, Sabrina aims to spotlight and address the barriers to mental health help-seeking in the black-British Caribbean community.



### Shaun Flores

Shaun Flores, a powerful voice in OCD advocacy, was diagnosed with OCD at 27, igniting his mission to raise awareness of OCD and break barriers to treatment, particularly within black communities. Shaun's journey from 'survivor to thriver' with OCD has been featured on BBC Sounds, Metro, and Channel 4, where he fearlessly discusses his mental health journey. Passionate about progressive change, he's an inspiring advocate and a member of OCD Action's Diversity, Equity, and Inclusion Co-production Panel for People of Colour.

## Changing the World of Mental Health, One Question at a Time

JAAQ (Just Ask a Question) is a free online platform that provides a safe space where users can ask world-leading doctors, experts and those with lived experiences questions on mental health topics at any time of day, without judgement.

Join JAAQ founder Danny Gray for an introduction to the platform and its most recent developments. Explore the benefits of using the service and develop an insight into how it works.

### Danny Gray

Danny Gray is the Founder of Just Ask A Question (JAAQ), a ground-breaking online platform that transforms the way people seek and access expert health advice. JAAQ provides free answers to 50,000 mental wellbeing questions covering various topics including OCD and BDD. It features renowned medical experts like Professor David Veale, Paul Gilbert OBE, and Dr Janet Treasure. With a global presence in 120 countries and partnerships with industry leaders like Adidas and Bupa, JAAQ is at the forefront of digital health support.



## If At First You Don't Succeed

In this talk, Dr Rob Willson will explore CBT and ERP, the recommended treatment for OCD.

Join Dr Wilson as he considers some of the factors that can help make treatment more effective, the reasons why it is not unusual to need more than one round of treatment, and why he believes so strongly in his motto: *if at first you don't succeed, try, try again*. Dr Willson is an excellent communicator who inspires hope and offers practical advice - this talk is likely to be a must see for many.

### Dr Rob Willson

Dr Rob Willson PhD is a cognitive behaviour Therapist based in North London, with a special interest in OCD, BDD and Health Anxiety. He is the chair of the BDD Foundation. Rob has co-authored several books, including the bestselling 'Cognitive Behavioural Therapy for Dummies' and 'Overcoming Obsessive Compulsive Disorder'.





## Finding community

Being a part of a supportive community can be transformative for those living with OCD. But how do you find your community? How do you know if that space is truly supporting you in a way that is helpful to you? Our panel will share their personal experiences of finding safe and supportive communities at various points in their journeys. Join us for an open and honest conversation about the challenges and rewards of being a part of the OCD Community.



### Catherine Benfield

Catherine Benfield is a writer and teacher from East London. She runs the OCD website TamingOlivia.com and is currently navigating the film festival circuit with Waving, a short film she produced about OCD and intrusive thoughts starring Ralph Ineson. Catherine first experienced OCD at 5 although it took another 30 years to get a diagnosis. She talks openly about her experiences of upsetting intrusive thoughts and recovery. Catherine has been an OCD Action Trustee since 2023.



### Chrissie Hodges

Chrissie Hodges is a Certified Peer & Family Support Specialist and renowned mental health advocate. With Treatment for OCD Consulting, she empowers with peer support and invaluable referrals, and as COO of Peer Recovery Services, she's revolutionising Colorado's mental health institutions. Chrissie is the founder and executive director of the non-profit 'OCD Gamechangers'.



### Nikita Roberts

Nikita (Keets) has lived with OCD since childhood and was officially diagnosed at 18. She started blogging anonymously to cope with her thoughts and later shared her experiences on Channel 5's "My Extreme OCD Life" documentary, aiming to challenge misconceptions about OCD and reduce stigma. Keets joined OCD Action as a volunteer in 2021 and now serves as a Lead Volunteer. In her time outside of OCD Action, Keets runs a successful arts and crafts business, which she set up after receiving treatment for her OCD.



### Michael Cooper

Mike, an OCD Action volunteer and support group facilitator, has lived with OCD for over 30 years. Fortunately, he was able to reclaim his life through effective treatment and support. Mike now lives a happy and fulfilling life no longer dominated by OCD. As a support group facilitator, his focus is on fostering a warm and nurturing atmosphere within the groups, providing a space where members can be heard, valued, and supported wherever they are on their journey. His aspiration is to help to build a brighter future for all affected by OCD and its related conditions.



### Dr Sophie Suri

Dr. Sophie Suri is an esteemed research associate in the dynamic School of Health and Life Sciences at Teesside University. With a fervent dedication to advancing our understanding of OCD, she serves as a research fellow with the prestigious NIHR. Dr. Suri is also an advocate for the International OCD Foundation (IOCDF), championing the voices and experiences of people with OCD. Her current research focuses on the lived experiences of adults with OCD, paving the way for transformative insights.

## The OCD Stories: Our Experiences of OCD and Treatment

Join *The OCD Stories* podcast host Stuart Ralph for an exciting live podcast episode where he is joined by three individuals with lived experience of accessing treatment for OCD. Listen as each member shares their personal account of how they accessed treatment and how it impacted them on their recovery journey. A motivational session on the authentic truth of treatment for OCD and how it can change lives for the better.

the  
OCD  
Stories

Hosted by  
Stuart  
Ralph



### Mairéad Ruane

Mairéad Ruane is a lived experience mental health activist and assistant producer working in arts and health and mental health charities. Mairéad volunteers as an OCD Action Youth Engagement Panellist to co-design and deliver support for young people affected by OCD and related conditions. Mairéad feels driven to involve those with lived experience in service development and media portrayals of the illness to ensure lived experience voices are heard.



### Shaun Flores

Shaun Flores, a powerful voice in OCD advocacy, was diagnosed with OCD at 27, igniting his mission to raise awareness of OCD and break barriers to treatment, particularly within black communities. Shaun's journey from 'survivor to thriver' with OCD has been featured on BBC Sounds, Metro, and Channel 4, where he fearlessly discusses his mental health journey. Passionate about progressive change, he's an inspiring advocate and a member of OCD Action's Diversity, Equity, and Inclusion Co-production Panel for People of Colour.



### Olivia Bamber

Olivia Bamber volunteers on the OCD Action Helpline, having previously been an OCD Action member of staff for several years, working across Media & Comms, the Helpline and Youth services. She's battled OCD since a young age, but with good treatment and support, she is now able to manage the condition well. Olivia is passionate about using her experiences to raise awareness of OCD and to support others to access high quality treatment.



### Stuart Ralph

Stuart Ralph is a child and adolescent counsellor and psychotherapist who has made a lasting impact on the OCD community. As the founder and host of *The OCD Stories* podcast, which has garnered over 6 million downloads, Stuart has provided a platform for enlightening conversations and invaluable support. In 2018, he pioneered the first ever UK camp for people with OCD, situated in the beautiful landscapes of Surrey. Stuart's commitment to fostering support and understanding continues to inspire the OCD community worldwide.

## A Live Interview with Bryony Gordon



Bryony Gordon is a celebrated author, journalist, and mental health campaigner renowned for her candid insights into living with mental health challenges and addiction. She is a successful author of seven books, including "Mad Girl," a book that offers readers a heartrending yet humorous insight into the duality of her existence—being a spirited journalist in the public eye while privately grappling with OCD, depression, bulimia, and drug dependency.

In 2016, inspired by her personal journey and recognising the transformative power of community, Bryony founded "Mental Health Mates." This nationwide initiative empowers people to come together, share their stories, and walk side by side, fostering a judgment-free space of understanding and camaraderie.

Her upcoming book, "Mad Woman," releasing in February 2024, delves into a decade of reflection on mental health, societal expectations, and personal growth. With the backdrop of a post-pandemic world, Bryony navigates complex terrains—from burnout and the challenges of sobriety to fluctuating hormones. The book questions conventional understandings of mental illness and the societal constructs of happiness. With Bryony's signature blend of compassion, honesty, and humour, she underscores the paradox: sometimes, our pursuit of happiness may be the very source of our discontent.

Bryony stands as an indomitable beacon of hope for many in the OCD community. Her fearlessness in confronting her challenges head-on, coupled with her deep empathy, has cemented her place as a treasured role model in the OCD community and beyond.

**Concluding the conference, Bryony Gordon will be in conversation with Catherine Benfield, exploring her personal journey with OCD. This intimate keynote interview promises to be both insightful and deeply resonant for many.**

BREAKOUT  
ROOM

Jeffery Hall



## (How) Does Brain Research Matter for Understanding OCD?

In this session Professor Hauser will share the latest research on the way our brain functions can help us understand OCD. He will explore how brain research is helping to drive forward treatment development for OCD.

Professor Hauser is an inspiring and innovative researcher who is leading his sector in ensuring all research places people with lived experience of OCD at its heart. This session promises to be an engaging and exciting insight into a world that can sometimes feel off limits to many of us.

**Please note: Professor Hauser will join by video link from the of University of Tübingen**



### Professor Tobias Hauser

Tobias Hauser is a Professor of Computational Psychiatry at the University of Tübingen, also holding an Honorary Associate Professor position at the Max Planck UCL Centre for Computational Psychiatry and Ageing Research, and the Wellcome Centre for Human Neuroimaging, University College London. His focus is on understanding neurocomputational processes related to learning, decision-making, and their deviations in developmental psychiatric disorders. With expertise in cognitive biases within OCD, Tobias explores the underlying neurocomputational mechanisms. His work spans neuroimaging, pharmacology, and computational modeling in both youth and adults with and without mental health conditions. He's been recognised with several esteemed awards in psychiatry and is supported by prominent research foundations including Wellcome, European Research Council, and the Max Planck Society.

## Treating OCD in Young People

Join Dr Jonathan Espie and Dr Zoe Kindynis as they share their expert knowledge on the evidence-based treatment for OCD, the components that this involves, and potential pitfalls to look out for. They will also help lead a discussion about what to do if you're not receiving treatment in line with this evidence base.



### Dr Jonathan Espie

Jonathan is a Principal Clinical Psychologist working in the NHS National and Specialist Child and Adolescent Mental Health Service based in Denmark Hill, London, UK. The OCD, BDD and Related Disorders Team works with young people and their families providing treatment and working on research. Jonathan has worked in the NHS for over 20 years and is particularly interested in Cognitive Behavioural Therapy and group work. He has also provided training internationally.



### Dr Zoe Kindynis

Dr Zoe Kindynis is a Senior Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorder Clinic at the Maudsley Hospital. She specialises in Cognitive Behavioural Therapy (with Exposure and Response Prevention) for OCD in children and adolescents. Alongside this work, she has been involved in developing and evaluating Multi-Family Therapy Groups for young people with OCD, she has taught professionals nationally on assessment and treatment of OCD and she has spoken at national and international conferences. She is passionate about Patient and Public Involvement, which has led to several exciting projects including the video 'OCD Is Not Me'.

## Accessing treatment under 18

This session will see Dr Zoe Kindynis join some members of OCD Action's Youth Engagement Panel to discuss the panel's lived experience of OCD and accessing treatment. This will be an honest and open conversation between panel members who will explore the topics and questions you most want to understand.



### India Thomas

India Thomas is a medical student at the University of Leeds and runs an awareness page on Instagram @medicinewithindia where she talks about OCD, medicine and life. She has lived with OCD since the age of 12 or 13 and accessed treatment both through the NHS and privately. India sits on OCD Action's Youth Engagement Panel and is passionate about improving OCD awareness amongst healthcare professionals and students and increasing access to evidence-based treatments for OCD.



### Mia Hill

Mia, a 20-year-old psychology student, runs a mental health-focused blog detailing her journey with OCD, BDD, and anxiety. Diagnosed with OCD at 12, her compulsions revolve around numbers, each corresponding to distinct intrusive thoughts. Mia has struggled with themes like POCD, Harm OCD, ROCD, and Pure O. Mia's motivation for joining the panel is to effect positive change in OCD's perception and treatment. She aspires to use her experiences to provide better understanding and resource accessibility for those facing similar struggles.



### Tabby Podger

Tabby, a 20-year-old medical student, has battled OCD since a young age. Driven by her personal experience, she's dedicated to dispelling stigma and increasing awareness around OCD to support fellow young people navigating life with the condition. Tabby's own journey with specialist level treatment during her teenage years significantly aided her recovery and fuels her passion for advocating for improved mental health support.



### Zachary James

Zachary James, an OCD Action Youth Engagement Panellist, is a lived experience advocate hailing from Cardiff. He spearheads the award-winning platform '@ocdestigmatize' and serves as a volunteer for OCD Action's Youth Engagement Panel. Zack's fervent commitment lies in eradicating stigma, driven by his determination to prevent the recurrence of his challenging encounters in accessing treatment.



### Dr Zoe Kindynis

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BREAKOUT  
ROOM



Elvin Hall

## Exploring the Nature and Treatment of Maternal OCD

During this session, Diana and Maria (Maternal OCD) and Idyli Kamaterou will explore the realities of living with perinatal OCD, consider treatment options and discuss the support that is available to expectant and new parents. This promises to be an engaging and informative session.



### Diana Wilson

Diana Wilson is the Co-founder of Maternal OCD. She is originally from New Zealand and speaks on OCD as a sufferer through experience fearing she might harm her four young daughters, both to the wider community and within the medical community. She has spent many years facilitating support groups in Kent and London for carers and those affected by perinatal OCD. Diana is a fully recovered OCD sufferer who lives in Cornwall with her husband.



### Idyli Kamaterou

Idyli Kamaterou is a CBT therapist at CADAT (Centre for Anxiety Disorders and Trauma), a national service specialising in anxiety disorders. She is a member of the perinatal stream assessing and treating expectant and new parents. She is also an Associated Tutor at the Psychology department of a UK leading University. Her private practice, Therapy For Me, is based in South London and offers online sessions to people around and outside the UK.



### Maria Bavetta

Maria Bavetta is Co-founder of Maternal OCD and works strategically with the Royal Colleges and national bodies to ensure women and families impacted by perinatal OCD are recognised and supported. Using insights from her perinatal OCD recovery, Maria works with the Maternal Mental Health Alliance to campaign for high quality compassionate perinatal mental health care.

## Exploring OCD and Autism

This session will see Dr Espie and Dr Jones explore the overlap between obsessive-compulsive disorder and autism in both adults and children. The session will provide insight into the OCD assessment and recommended treatment for individuals with OCD and autism.

Dr Jonathan Espie and Dr Gazal Jones will also be holding a Q&A, giving you a chance to ask professionals direct questions.



### Dr Gazal Jones

Dr Gazal Jones is a Senior Clinical Psychologist at the National and Specialist CAMHS OCD, BDD and Related Disorders Service at the Maudsley Hospital. Gazal provides specialist assessment and evidence-based treatment to children and young people with OCD across the country, including home-based treatment and intensive treatment. She also delivers specialist teaching and training on child and adolescent OCD. Gazal is the diversity representative and leads on initiatives to help improve the experience of families from ethnic minorities and the consideration of aspects of diversity in OCD assessment and treatment.



### Dr Jonathan Espie

Jonathan is a Principal Clinical Psychologist working in the NHS National and Specialist Child and Adolescent Mental Health Service based in Denmark Hill, London, UK. The OCD, BDD and Related Disorders Team works with young people and their families providing treatment and working on research. Jonathan has worked in the NHS for over 20 years and is particularly interested in Cognitive Behavioural Therapy and group work. He has also provided training internationally.



## Using Creativity to Express Your OCD

Join us for an inspirational discussion on using creativity as a form of expression whilst living with OCD and related conditions. Our three panellists will share their personal experiences of using creativity to convey and explore obsessive-compulsive disorder and related conditions. What is creativity? How can using creativity help during your OCD journey? What if I am not 'creative'? Expect an honest conversation between four people who have found different forms of creativity to be beneficial throughout their OCD journeys.



### Duke Al

Duke Al is a published poet, rapper, and creative practitioner who finds solace in writing to challenge his OCD. He channels his passion for words and flow to make an impact, one rhyme at a time. He is the author of 'Bittersweet: The Highs, The Lows, Hypers and Hypos of Living with Type 1 Diabetes', and has been featured on BBC Wales, BT Sports, BBC Sesh, and more. His work can be found on Instagram and Twitter at @dukealduham.



### Georgia Lock

Georgia Lock is an actor and voiceover artist living in London. She developed OCD at 22, and after learning what it was that she was dealing with became passionate about raising awareness of the condition. A published poet, Georgia has run poetry workshops for OCD UK, and has also worked with Childline to shed light on the disorder. She is currently working on her second poetry book, in which many of the poems are inspired by the struggles of OCD and the resilience of the OCD Community.

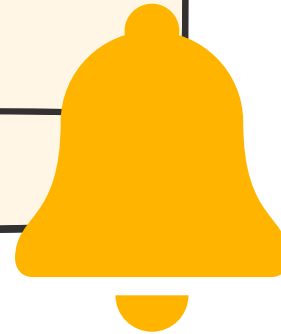


### Steve Brumwell

Steve has been fascinated by the silver screen since being left awestruck by the magnificence of Indiana Jones' heroism at the ABC in Birmingham, 1981. A bit of a polymath (he is very humble as well) he has launched numerous startup enterprises but always returned to the written word. Influenced by Wilder, Lynch, Kurosawa and Lynne Ramsey, he strives to portray broad emotions in interesting ways. His work is continually drawn to the deep well of mental wellbeing by his battles with OCD since early childhood, Waving is his first project to be filmed.

OCD Action would like to thank everybody who has donated their time in preparing for and speaking today. It is only with their generosity and creativity that we have been able to put on today's event.

Important information  
for the day



# OCD Action is excited to welcome:



**& more!**

to host stalls to share information, resources and research at the conference.

All stalls will be available from midday until the end of the day and can be found in the Drama Studio.

## Baby changing and feeding facilities

Baby changing facilities are located on the 4th floor. The first floor changing facilities, located in the Crush Hall, also offer an area where babies can be changed.

Breastfeeding is welcome throughout the venue, including during conference sessions. If you would like a private space to breastfeed, please present at the registration desk for directions on where to go.

## Children under 5

Children under 5 will not need a ticket to the event. There is a designated buggy area in the Logan Hall Lobby.

## Fire safety

In the event of a fire, on-site fire marshals will direct you to your nearest fire exit. Please take a second to familiarise yourself with your nearest fire exit when you enter a room.

## First aid

If you require first aid at any point, please go to the registration desk.

If there is an immediate medical emergency, please call 999 and then approach a conference steward.

## Hearing loops

Hearing loops will be available for all sessions and can be accessed by switching channels on your hearing aid. Please note that in both Jeffery Hall and Elvin Hall, it is advised that you sit at the front of the hall (closest to the stage). Should you require assistance with finding a seat, please talk to one of the event stewards.

## Helpdesk/information point

An OCD Action helpdesk will be located on the 1st floor in the venue lobby. Should you have any questions or queries on the day, please present at this desk or speak to one of the stewards.

## Prayer Space

If you require a private space for prayer, please ask at the registration desk for directions on where to go.

## Safeguarding

If you are concerned about the welfare or safety of yourself or someone else at the conference during the day, you can go to the registration desk and ask for the safeguarding lead. You do not have to give any specific details of your concern to the registration desk.

## Step free accessibility

All halls and rooms at 20 Bedford Way are accessible and a managed evacuation process is available from areas on levels 1 and 3 of the building for persons with mobility impairment.

The conference will be located on the 1st floor, which can be accessed by elevator. Should you require assistance, please approach one of the conference stewards.

## Q&A - Asking a question

Information on how to access Slido (our audience interaction platform) will be provided on the day of the event. You will need a mobile device to submit questions. Downloading the Slido app is not necessary, as the platform can be accessed through a browser.

If you do not have a mobile device, and wish to submit a question, please present at the information desk or approach one of the conference stewards.

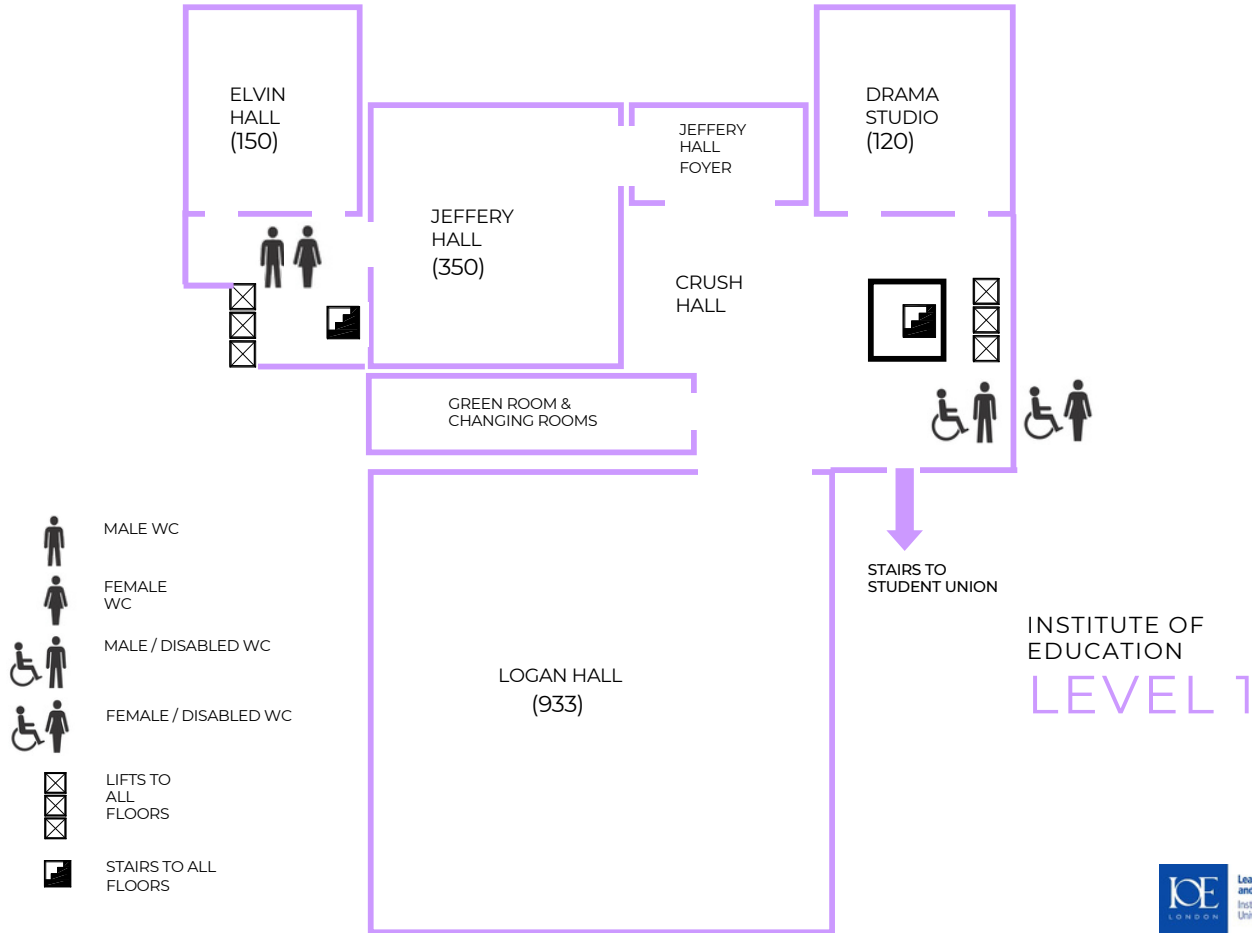
## Quiet space

A designated area to relax, recharge and take a break from the stimulation of the event will be located in the Crush Hall on the 1st floor.

The support space will have volunteers on hand, should you feel overwhelmed or wish to speak with someone.

## WiFi

The venue has a shared WiFi network called 'UCL Guest'. This is a Sky cloud network and attendees will need to use their email address to log in.



## Where is the closest tube station/bus stop/car park?

**Tube:** The closest tube station to us is Russell Square which is just 5 minutes walk away, but there are 6 more within a 5 to 15-minute walk, including: Euston, Euston Square, Goodge Street, Tottenham Court Road, Holborn and Warren Street, providing excellent access to most parts of the city via the Northern, Piccadilly, Victoria, and Central Lines.

**Bus:** Bus stops, within a 5 to 15-minute walk, are located on Euston Road, Gower Street, Tottenham Court Road, Woburn Place and Southampton Row. The closest are on Woburn Place and Southampton Row.

**Parking:** There is unfortunately no car parking available on site. On-street parking in the neighbourhood is available and managed by Camden Council. Private parking is offered within a few minutes' walk by National Car Parks (NCP).

[Click here to view the venue on Google Maps.](#)

