



# FINANCIAL STATEMENTS AND ANNUAL REPORT

2022 - 2023



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# Administrative details of the Charity, its Trustees and Advisors

For the year ended 31st March 2023

## Trustees

**Juliet Dearden**, Treasurer

**Kath Howell**, Chair

**Alison Thompson**, Vice Chair

**Professor David Veale**, Trustee

**Chloe Volz**, Trustee

**Piers Watson**, Trustee

## Chief Executive

**Leigh Wallbank** (appointed: 23rd September 2019)

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## 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

It is a pleasure and a privilege to be introducing OCD Action's Annual Report for the year 2022/2023.



As Trustees we were excited to launch OCD Action's new Three year Strategy in the early part of this financial year. We have a vision of a time when OCD is well understood and everyone is able to access high quality treatment at the time they need it. I am personally passionate about realising this vision and the transformative impact it could have on hundreds of thousands of people's lives.

This year, as an organisation, we have particularly focused on ensuring high quality information is available and accessible to everyone affected by OCD.

We believe that the provision of very high quality information about OCD and the connection that is provided through our helpline can transform individual's experience of OCD. This year we supported 3,904 individuals and 64% of the people we supported through our helpline told us that the information we provided them with gave them the understanding and confidence to believe they could now start the process of accessing treatment. 88% of the people we connected with through our peer support groups told us their well-being had improved and 98% told us they felt less isolated.

Our focus on the strength of information as a tool for change meant that this year we committed to developing new routes to share information. One of our most successful models was our navigating services groups. These are led by one of our helpline team and a lived experience facilitator. They allow members to understand the process of accessing services, but also to share real life based tips, experiences and moral support. Through these groups we have supported 166 people with 36% of parents reporting that they enabled them to access treatment for their child faster.

It is core to our vision and mission, that everything we do is led by the current needs of our community. We have been particularly concerned about the challenges young people and people of colour have been facing in accessing treatment for OCD. To ensure that OCD Action's response to these challenges is meeting the most pressing need we have firmly embedded the role of our young person's co-production team in our service design and have established an a DEI co-production panel.

Our young person's co-production panel have worked with us to reshape and transform our service development strategy. They are now leading the development and delivery of social content for our OCD Youth social channels to ensure we are reaching young people with OCD, providing support and information when it is most needed.

The establishment of support groups and tailored webinars for students have also been a huge success this year, providing a life line for young people who can feel they have nowhere to turn. We were particularly excited to be able to deliver these with Student Minds, as this partnership helped us ensure we were reaching even more students.

In February we held our annual Week of Action. During this week we took a more political stance than previous years and called on the Government to deliver fair access to treatment for everyone affected by OCD. Over 30,000 engaged with our campaign, with 1,500 signing our petition. We also secured support from 15 MPs for our campaign.

As I write we are in the last phase of putting together the agenda for our 2023 Conference. I can't wait to be in the same room as so many of our amazing community and I am incredibly grateful to each of our amazing volunteers, our partners and our co-production panels who have worked so closely with us to shape the agenda and ensure the day will run effectively and bring so much information, support and inspiration to many.

The conference is one of the many things that I am hopeful and excited about in the programme for 2023/24 at OCD Action. I know that real change will happen in many people's lives with OCD because of the work of our dedicated staff and volunteer team I look forward to seeing all that we can achieve as we work together to deliver our collective vision.

A handwritten signature in black ink, appearing to read 'Kath Howell'.

Best wishes  
**Kath Howell**  
Chair, OCD Action

## Our Vision



We have a vision of a time when OCD is well understood, and everyone gets the treatment and support they need, when they need it. With the OCD community, we are fighting for this.

## Our Team



### Trustees

Our Board of Trustees has 6 members. Nearly all have lived experience of OCD, either personally or as a family member of someone with OCD. The Trustees have a wide skill set from being clinical experts in OCD, to finance, fundraising, HR, Third Sector leadership and Service Management and Governance. Our Trustees meet every 10-12 weeks to ensure good governance of OCD Action and that we are maintaining strong progress against our delivery plans.

### Volunteers

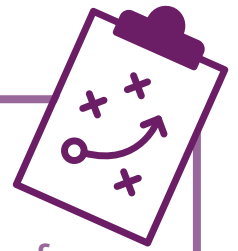
We have a team of over 100 volunteers, each of whom play a vital role in ensuring we are able to deliver our services. From supporting with administration to facilitating support groups and taking helpline calls, our volunteers are key to the work that OCD Action does.

### Staff

Our staff team of 8 people are highly experienced charity professionals, many of whom have personal experience of OCD and related conditions. Our staff team is small, but all team members are highly committed to the work that we do and each member is committed to ensuring we make a significant difference.



# OCD Action's Three Year Strategy



Our strategy defines our vision and five priority focus areas for the next three years. These priorities have been collectively developed to ensure we drive forward our vision of achieving a time when OCD is well understood and everyone is able to access high quality treatment at the time they need it.

We believe that OCD is a serious, debilitating and isolating condition, but it is highly treatable with appropriate treatment (Cognitive Behavioural Therapy with Exposure and Response Prevention and SSRIs).

However, too many are not able to access treatment. OCD is poorly understood and often trivialised, which can exacerbate the shame and stigma that often comes with the condition. Many of those with OCD are never diagnosed and high numbers do not know they can seek treatment. Too many of those who seek and receive treatment will get inappropriate or poor quality treatment (for 'general' mental health). This can lead to many people believing, incorrectly, their mental health can't improve, when with the right treatment they could feel better.

Our work over the next three years is focused on ensuring the awareness, information and support is in place for every person to access the treatment they need at the earliest point. We are particularly focused on developing our support and services for young people and to co-developing and delivering our information and services with people of colour, who we know are under supported by OCD Action and the NHS.

The full strategy can be found [here](#).

## Our five priorities for the next three years are:

- Enabling people to get treatment for OCD at the earliest possible point.
- Reducing isolation and improving wellbeing for people affected by OCD.
- Growing our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.
- Helping professionals to better identify OCD and appropriately refer for treatment.
- Increasing the accessibility of our services for people of colour.

## The principles underpinning our strategy are:

- Partnerships - We will focus on building mission led partnerships to increase our reach and impact over the next three years.
- Amplifying our community's voice - We exist to support and amplify the voice of the OCD community. We will formally bring co-production into our governance structure. We also want to facilitate effective co-production in other organisations in order to ensure lived experience is at the heart of all support, information and innovation in the OCD sphere.
- Growing our income - For us to deliver this ambitious strategy we need to diversify our income streams - to ensure we do this we have a robust fundraising strategy in place.
- Supporting and developing volunteers and staff - We want to continue to invest in, develop and support our team and ensure every staff member and volunteer has the support and training they need to play their part in delivering our vision.

## Our Year in Numbers

OCD Action supported **3,904** people this year



 on a one to one basis or through our support groups.

Over

**154,000** people accessed our information resources and engaged with our online forums and community.



### Enabling people to get treatment for OCD at the earliest possible point

We believe that the provision of high quality information, couple with emotional support can play a key role in empowering people with OCD to start their journey to accessing high quality treatment for OCD.

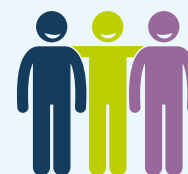
Our team of highly trained and experienced helpline volunteers supported...

**2793** people via phone and email this year.



We embedded a new model of Navigating Services groups, providing high quality information in a peer support setting.

We supported **166** people through navigating services groups this year.



We spoke in the **National Media** on **3** separate occasions about the reality of OCD and its treatability, having a significant impact on the understanding of the public of the condition.



### Reducing isolation and improving wellbeing for People affected by OCD

Through our **50 peer support groups**, we supported **974** people, through **4,861 support group session** experiences, reducing isolation and improving wellbeing for 100's of people.



Over **154,000** people engaged with our **online community** through our online forums and social media channels.

**Growing our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.**

**Through our specialist young people's services we supported over 204 young people** to access the support and treatment that they needed.

**This year we supported 55 students** through our new and targeted support services including support groups, specialist peer support groups to help students navigate the NHS and access treatment and expert webinars.



Our Young People's Co-production Panel designed and led our first young person's focused digital OCD **awareness campaign**, which was focused on myth busting, this reached over **13,000 young people**.

## **Helping professionals to better identify OCD and appropriately refer for treatment**

**Over 30,000 people engaged with our Week of Action campaign**, ensuring they learnt more about the reality of living with OCD.

**1,500 signed our petition calling for change.**

**15 MPs supported our call on the government to ensure fair access to treatment** for everyone affected by OCD.



## **Increasing the accessibility of our services for people of colour**

We held the **inaugural meeting of our DEI panel** in March 2023.

The **4 core members** will be leading the co-development of our strategy to **increase the accessibility** of our services for **people of colour**.



# 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.

## Our key reported outcomes are:

### Access to treatment

- Following contact with OCD Action's Helpline **64%**, of people reported that they will **seek or try and seek, the recommended treatment**.
- Following contact with OCD Action, **96%** of those **without a good understanding of OCD beforehand felt the call/email helped them improve their understanding**.
- **96%** of family members and friends felt that they **were better able to advocate** on behalf of the person they were calling about following contact with OCD Action.
- **87%** of people reported that they had **increased confidence in reaching out** to access help and support after **attending OCD Action's Support Group sessions**.
- Following contact with OCD Action, **84%** of young people without a good understanding of OCD **felt the email support from OCD Action's Youth Helpline helped** improve their understanding of OCD.

### Reduced Isolation

- After contacting the Helpline, **96%** of people with OCD **felt less alone**.
- After contacting the Helpline, **85%** of family members and friends **felt less isolated in their situation**.
- **98%** of people reported that they felt less isolated **after attending** OCD Action's Support Group sessions.
- After their contact with the **Youth Helpline** **84%** of young people **felt less isolated**.

### Improved Wellbeing

- After contacting the Helpline, **96%** of people with OCD **agreed with the statement** "I believe recovery is possible".
- After contacting the Helpline, **85%** of the family members and friends felt that they **would be able to support** the other person better.
- After attending Support Groups, **88%** reported **an improvement in their mental wellbeing** and 88% felt better able to manage their condition day to day.
- After being in touch with the youth helpline **67%** of the young people reported that they **believed recovery was possible**.

# How our services make a difference to those with lived experience of OCD

## Jay's story

*In May of this year, I suffered a recurrence of OCD intrusive thoughts. I had previously experienced them as a young man of 20, and had very light reminders through the years, but this was a mental avalanche of the like I had never thought would happen again.*

*It came at the end of 5 years of intense family stress that I thought I had been handling ok. It turned out my "stress jug" was full to overflowing and my OCD came back with vengeance - almost 30 years after it had first affected me.*

*This time I knew what it was. Google had arrived in the meantime and I at least had the knowledge that I wasn't going insane. But self-knowledge wasn't enough. The anxiety and intensity of the thoughts was such that I was finding it difficult to live my life. The fear was overwhelming.*

*I was lucky enough to be able to start therapy and began some CBT. Also I looked up OCD Action and reached out to them. I was contacted by Erin, one of the volunteers, whose support was to become vital. After some initial improvements with the therapy, I suffered some setbacks. Each time I thought I was getting better, the thoughts would come back with even darker themes and my anxiety would increase again.*

*I ended up taking time off work and my OCD really got worse. I was ruminating for days on end and my sleep started to be affected. My therapist was not using ERP and talking about my OCD only made it worse. I was in a very dark place and began to become depressed. On a day of constant rumination and panic attacks I reached out to my GP. As well as suffering OCD, I am also a recovering alcoholic with 16 years of sobriety, and this had put me off trying medication. But I had no resources left.*

*That was my OCD "rock bottom". I got some medication to help me sleep and on the same day got a very encouraging call from OCD Action. I started to question some of my therapists' techniques and began my own education in the condition. I found two great books on dealing with intrusive thoughts, and also found some very helpful podcasts. I realised I couldn't sit in my house to wait for recovery to happen - I had to live my life and recovery would start there.*

*Almost three months later, I'm in a very different place. A combination of the support from OCD Action, my own education, a new therapist, but most importantly, a new attitude and I feel I have OCD on the run. In that time I've been on holiday, went back to work and got back to my life - facing fears, but doing it anyway!*

*It's not that I no longer have intrusive thoughts. They come and go, but I don't fight them anymore. I know it's a faulty alarm signal from my brain and that I don't have to engage with them. That's not easy at the start, but with practice it gets easier.*

*I couldn't have done it on my own - and you don't have to either. Whatever horrendous thought you have, remember - it's the opposite of who you are as a person. The support of Erin from OCD Action has been fantastic, and I can't thank the charity enough. I hope this story helps someone in some way.*

**Jay, Helpline user**

## Maya's Story

When Maya, a 16-year-old who identifies as autistic, first reached out to OCD Action's Youth e-Helpline, she had been struggling with pervasive, highly distressing intrusive thoughts for six months. These thoughts made her feel incredibly confused, isolated, and misunderstood. She felt like she was a danger to others, so much so that she withdrew from her friends and family. Afraid of being judged, she hadn't confided in anyone about her experiences, and the burden grew heavier each day.

Maya's autism made it difficult for her to verbalise her emotions and experiences, which further intensified her feelings of isolation.

Discovering the Youth e-Helpline was a pivotal moment for Maya. She had stumbled upon OCD Action while scrolling through social media, desperate for answers. Taking a leap of faith, she sent her first email, hesitantly sharing a glimpse into her world.

Over the following months, Maya exchanged numerous emails with trained volunteers on the Youth e-Helpline. Each email was met with understanding, validation, and empathy. For the first time, Maya felt she wasn't alone in her struggles. She felt heard, understood, and most importantly, not judged.

With encouragement and guidance from our team of volunteers, Maya began the challenging journey of opening up to trusted figures in her life. She received support on how to approach her parents and her GP about her experiences. Each step of the way, Maya felt equipped with the information and support she needed to have these difficult conversations and advocate for herself.

After several interactions with the e-Helpline, Maya secured an appointment with her GP and eventually found herself on a waiting list for CAMHS. What had once been a heavy secret began to pave the way towards understanding and support.

## Lara (and her Dad's) Story

My wife and I were so proud when Lara left for Edinburgh University. She was a very bright and sociable person, and we were sure she would get on well.

However, shortly after the second lockdown in early 2021, everything started to go wrong. Lara was calling us more than usual and seemed very unhappy. When we visited to see what was up, she refused to leave her room and was clearly in real distress. She was spending her days with the blinds closed, glued to endless episodes of familiar TV shows. We now recognise that she was trying desperately to distract her mind from the intrusive thoughts of OCD.

Lara dropped out of university, moved home, and stopped seeing all of her friends.

There seemed no hope of her ever getting better. We were unlucky with the NHS in our region, and got very poor advice and waited months between phone calls. When we finally got a referral from the GP, we were told the referral time couldn't be guaranteed. I'm no shrinking violet, but I just couldn't get the answers she needed.

In Autumn 2022, I discovered OCD Action's

website. I attended the Parents of People with OCD Group, and this helped me feel less alone and gave me lots of helpful advice. I'm not all that comfortable talking about emotions, though, so when I joined the Navigating Services group for parents, that was much better for me.

The Navigating Services group gave me the knowledge and confidence to get Lara the help she needed. I knew exactly what Lara was entitled to through the NHS and could advocate better for her to get it. Eventually, we were able to get Lara occupational health time whilst waiting for a psychologist, and having an independent person to talk to helped Lara a lot. We pushed and pushed about when we would get a referral and finally got a timeline for this.

I am still amazed by what happened next.

Having not left the house for two years, Lara decided she wanted to see her favourite band in Glasgow. We took her to see the venue and arranged for her to be in the disabled access area in case she got overwhelmed. But when she spotted her friends, she stepped out into the crowd and danced with them all night.

Lara is now getting treatment, and things are getting easier every day. She is even taking her first steps to living independently again.

# Our Delivery Plans for 2023/24



## OBJECTIVE ONE:

### Enabling people to get treatment for OCD at the earliest possible point

**Our aim for this area of work is to: support anyone affected by OCD to get the treatment they need.**

**We will measure our effectiveness in achieving this using these measures:**

- at least 85% of those who use our services will report feeling better informed about OCD specific treatment.
- at least 70% will report that they will seek the recommended treatment.

**This year we will focus on the following work areas:**

- Ensuring more people get the information and support they need to access treatment.
  - Helpline to increase number of people supported from 2,687 to 3,200.
  - Maintain at least 4 Navigating Services (information focused) peer support groups.
  - Start new programme of webinars, running one each month. (85% of attendees will report that they feel better informed about OCD following the webinar).
- Raising awareness of OCD as a treatable condition.
  - Run Week of Action – Share awareness raising messages. Actively engage at least 30,000 people.
  - Secure at least 5 national media opportunities.

## OBJECTIVE TWO:

### Reducing isolation and improving wellbeing for people affected by OCD

**Our aim for this area of work is to: ensure no one has to face OCD alone. We also recognise that if we want to reach as many people as possible we need to reach out to our community digitally.**

**We will measure our effectiveness in achieving this using these measures:**

- At least 85% of those supported by our services report that it reduces their sense of isolation.
- 90% of those supported by our services report this improved their sense of wellbeing.

**This year we will focus on the following work areas:**

- Facilitate safe spaces for people affected by OCD to connect and share their experience of OCD.
  - We maintain at least 50 support groups.
  - We increase engagement with our website and online forums by 10%.
  - We increase engagement with twitter by 10%, Facebook by 5% and Instagram by 15%.
- We will create and facilitate new and safe spaces for communities who can face more barriers in finding connection and accessing treatment for OCD.
  - We will open at least one support group for men and one for people of colour.

## OBJECTIVE THREE:

### Increasing awareness of OCD amongst young people and growing tailored support for people aged 14-25



**Our aim for this area of work is to: grow our young people's support services, ensuring they are co-produced in partnership with young people who have OCD.**

**We will measure our effectiveness in our provision of our young people's services using these measures:**

- 90% of young people we support will report they will aim to seek treatment.
- 95% of the young people we support will report information we provide left them feeling better informed.
- 70% of young people will report improved well-being following engagement with our services.

**This year we will focus on the following work areas:**

- Ensuring more young people get the information and support they need to access treatment.
  - Support 240 young people in the year 2022/23 via the youth helpline.
  - Maintain the youth and a student navigating services group – support at least 60 young people via these groups.
  - Review at least 2 resources with the YP co-production panel by March 24.
  - Develop at least one new resource for young people / parents.
- Facilitate safe spaces for young people affected by OCD to connect and share their experience of OCD.
  - Maintain the youth and a student peer support group – support at least 60 young people via these groups.
  - Grow Instagram following (OCD Youth) by 20% and establish TikTok for OCD Youth – content led by Young People's Co-production Panel.
- Raising awareness of OCD as a treatable condition among young people .
  - Co-produce and deliver awareness campaign targeting young people, aim to engage 20,000 young people.

## OBJECTIVE FOUR:

### Helping professionals to better identify OCD and appropriately refer for treatment

**Our aim for this area of work is to: support professionals who may be in a position to refer someone with OCD for treatment, to understand that OCD is made up of intrusive thoughts and repeated acts or behaviours, which are linked to anxiety.**

**This year we will focus on the following work areas:**

- Raising awareness of OCD as a treatable condition and improve fair access to treatment
  - Run Week of Action and share awareness raising messages and launch a clear political campaign detailing a plan for system change. Actively engage at least 30,000 people.
  - Hold a Conference (October 2023) providing information for at least 300 attendees on OCD, treatment and accessing treatment.
  - If funding allows, develop a targeted (digital campaign) for teachers, including a short film giving information on OCD, and include a short information and signposting resource for young people.
  - If funding allows develop short information film for GPs with resource links to our website.



**OBJECTIVE FIVE:**

**Increasing the accessibility of our services for people of colour**

**Our vision for this work strand is that people of colour will feel welcomed and supported by our services. Through the partnerships we build, and the development work we do, we want to make our services inclusive and accessible.**

**We will monitor the effectiveness of our programme of work using these measures;**

- Percentage of our service users who identify as people of colour will be 15% or more within 3 years (8% Y1, 10% Y2).
- Outcomes for people of colour will track those of our wider outcomes profile and we will work to address any differentials.

**This year we will focus on the following work areas:**

- **Co-developing a clear needs analysis and strategic plan.**
  - Co-produce and analyse research survey to better understand barriers to our services and how OCD Action can better support people of colour.
- **Increase awareness of the nature and treatability of OCD within Black and Asian communities**
  - Co-develop 3-5 resources which share a lived experience testimony.
  - Co-design a digital awareness campaign led by co-production panel ready for delivery in 2024.
- **Undertake a community outreach programme in order to Increase awareness of the nature and treatability of OCD within Black and Asian communities**
  - Develop five partnerships with existing mental health charities who support people of colour with the aim of establishing bi-directional learning and training.
  - Co-develop training for partnerships established.



## Thank you

We are deeply grateful to our team of dedicated volunteers who have given their time, energy and creativity to ensuring that everyone who contacts OCD Action receives high quality support and information, the impact you have cannot be overestimated.

Our highly committed staff team work with such passion and dedication. As a trustee team we are grateful to each of you, as it is your drive and passion that ensures our work continues to move forward.

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. We know that there are many demands on you and your donations and we are humbled by and grateful for your support.





# Financial Review

## Fundraising and Income Generation

We are incredibly thankful to have received many generous gifts from individual donors. Each of these donations are vital to our work. We also have been very grateful for the grants we have received to support the development and growth of our services. This year we received grants and donations totalling £307,188.

This income was very slightly less than our expenditure, which was £316,991. This required a very small drawdown on our reserves. We do not expect to make a drawdown on our reserves in 2023/24.

## Reserves

### OCD Action's Reserves Policy

OCD Action should maintain, in unrestricted cash reserves, funds to cover:

- Closing Liabilities (to be calculated annually when the budget is set).
- Funds to cover staff notice periods (This should be calculated annually when the budget is set).
- A minimum of two months of unrestricted operating costs not more than four months of unrestricted operating costs (calculated on a rolling average).

OCD Action's reserves level should be calculated at the start of the financial year. It can be presented as both a cash floor and as equivalent months of unrestricted expenses (as calculated on a rolling average basis).

Trustees can vote for a temporary drawdown on reserves below this agreed threshold to support operational continuity. This can be done if known income is expected to replenish reserves, or if liabilities are expected to reduce, within a reasonable timescale. This vote can be taken at a trustee meeting or in writing, as long as the vote is in accordance with the charities' governing documents. It is noted that due to the importance of this decision, 80% of trustees must take part in the vote for the outcome to be valid.

This policy should be reviewed annually.

## 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; 4 full time and 4 part time. No member of staff was paid more than £50,000.

## 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 Chloe 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.

# 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).

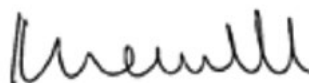
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, 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 1st November 2023 and signed on their behalf by:



**Kath Howell**  
Chair Of Trustees  
OCD Action

# Auditors Report

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2023 set out on pages 20 to 28.

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 2023 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, except to the extent otherwise explicitly stated in our report, 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.

## Opinion on other matters prescribed by the companies ACT 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

## Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' Report and from the requirement to prepare a Strategic Report.

## 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](http://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 Chapter 3 of Part 16 of the Companies Act 2006. 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*

Jerry Michael (Nov 1, 2023, 12:19pm)

Baginsky Cohen  
Chartered Accountants  
930 High Road, London, N12 9RT  
Date: 1st November 2023

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 2023

	Note	Unrestricted Funds 2023	Restricted Funds 2023	<b>Total Funds 2023</b>	<b>Total Funds 2022</b>
<b>INCOME FROM:</b>					
Donations and legacies	2	171,431	135,338	306,769	232,650
Other income		419		419	20
<b>TOTAL INCOME</b>		<b>171,850</b>	<b>135,338</b>	<b>307,188</b>	<b>232,670</b>
<b>EXPENDITURE ON:</b>					
Raising funds		62,967		62,967	51,844
Charitable activities	3	133,441	120,583	254,024	252,269
<b>TOTAL EXPENDITURE ON</b>		<b>196,408</b>	<b>120,583</b>	<b>316,991</b>	<b>304,112</b>
<b>NET INCOME</b>		<b>(24,558)</b>	<b>14,754</b>	<b>(9,803)</b>	<b>(71,442)</b>
<b>RECONCILIATION OF FUNDS:</b>					
Total funds brought forward		127,021	36,946	163,967	235,409
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>102,463</b>	<b>51,700</b>	<b>154,163</b>	<b>163,967</b>

The notes on pages 23 and 27 form part of these financial statements.

# Balance sheet

FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023		2022	
		£	£	£	£
<b>CURRENT ASSETS</b>					
Debtors and Accrued income	6	1,253		19,786	
Cash at bank and in hand		<u>169,718</u>		<u>160,660</u>	
		170,970		180,446	
<b>CURRENT LIABILITIES</b>					
Creditors	7	<u>(16,807)</u>		<u>(16,479)</u>	
<b>NET CURRENT ASSETS</b>			<u>154,163</u>		<u>163,967</u>
<b>NET ASSETS</b>			<u>154,163</u>		<u>163,967</u>
<b>CHARITY FUNDS</b>					
	8				
Restricted funds			51,700		36,946
Unrestricted funds			<u>102,463</u>		<u>127,021</u>
<b>CHARITY FUNDS</b>			<u>154,163</u>		<u>163,967</u>

The financial statements were approved by the Trustees on DD MM YYYY and signed on their behalf, by:



**Kath Howell**  
Chair OCD Action

The notes on pages 23 and 27 form part of these financial statements.

# Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
<b>Cashflows from operating activities</b>			
Net cash provided by operating activities	10	<u>9,058</u>	<u>(79,198)</u>
<b>Change in cash equivalents in the year</b>		9,058	(79,198)
Cash and cash equivalents brought forward	11	<u>160,660</u>	<u>239,858</u>
<b>Cash and cash equivalents carried forward</b>		<u><u>169,718</u></u>	<u><u>160,660</u></u>

The notes on pages 23 and 27 form part of these financial statements.

# Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted Funds 2023	Restricted Funds 2023	<b>Total Funds 2023</b>	<b>Total Funds 2022</b>
<b>2 INCOME FROM DONATIONS AND LEGACIES</b>				
Community Fundraising	56,456		56,456	79,012
Major donations	42,715		42,715	39,925
Trust and Foundations	63,050	131,933	194,983	103,100
Income from Services	9,210	3,405	12,615	10,612
<b>TOTAL INCOME</b>	<b>171,431</b>	<b>135,338</b>	<b>306,769</b>	<b>232,650</b>

	<b>Total 2023</b>	<b>Total 2022</b>
<b>3 EXPENSES</b>		
Employment Costs	186,320	186,701
Fundraising	62,967	51,844
Forum moderation	6,270	6,230
IT & Communications	20,564	18,608
Publicity & Awareness	6,228	11,573
Property expenses	14,510	13,173
Professional Fees	5,843	6,200
Travel, Training & development, Recruitment, Volunteer expenses	11,012	5,376
General Expenses	3,278	4,408
	<b>316,991</b>	<b>304,112</b>

The notes on pages 23 and 27 form part of these financial statements.



# Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

## 4 NET INCOME/(EXPENDITURE)

	<b>2023</b>	<b>2022</b>
	£	£
This is stated after charging:		
Pension costs	<u>3,876</u>	<u>3,758</u>

During the year, no Trustees received any remuneration (2022 - £Nil).  
During the year, no Trustees received any benefits in kind (2022 - £Nil).

## 5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3420 (2022 £3420).

## 6 DEBTORS

	<b>2023</b>	<b>2022</b>
	£	£
Prepayments and accrued income	<u>1,253</u>	<u>19,786</u>

## 7 CREDITORS

	<b>2023</b>	<b>2022</b>
	£	£
Trade creditors	13,387	12,000
Accruals	<u>3,420</u>	<u>4,480</u>
	<u>16,807</u>	<u>16,479</u>

The notes on pages 23 and 27 form part of these financial statements.

# Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

## SUMMARY OF FUNDS - CURRENT YEAR

	Balance as at 1 April 2022 £	Income £	Expenditure £	Balance as at 31 March 2023 £
General Funds	127,021	171,850	(196,408)	102,463
Restricted funds	36,946	135,338	(120,583)	51,700
	<u>163,967</u>	<u>307,188</u>	<u>(316,991)</u>	<u>154,163</u>

## 9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
1 The Schroder Foundation	3,750		(3,750)	0
2 Carlton Hayes Mental Health Chairity	3,955		(3,955)	0
3 Various grants towards Peer Groups	2,980		(2,980)	0
4 Middlemiss (in memory)	4,625		(4,625)	0
5 The Tudor Trust - Youth	4,086	-	(4,086)	0
6 The Drapers' Charitable Fund	10,000	-	(10,000)	0
7 The Lawson Trust	2,500	-	(2,500)	0
8 Various other small grants	5,050	3,405	(8,455)	0
9 CHK Foundation		25,000	(17,129)	7,871
10 The Henry Smith Charity		59,500	(35,225)	24,275
11 The National Lottery: Awards for All		8,551	(6,081)	2,470
12 The National Lottery Community Fund		38,882	(21,797)	17,085
	<u>36,946</u>	<u>135,338</u>	<u>(120,583)</u>	<u>51,700</u>

### RESTRICTED FUNDS ANALYSIS

- The Schroder Foundation
- Carlton Hayes Mental Health Chairity
- Various grants towards Peer Groups
- Middlemiss (in memory)
- The Tudor Trust - Youth
- The Drapers' Charitable Fund
- The Lawson Trust
- Various other small grants
- CHK Foundation
- The Henry Smith Charity
- The National Lottery: Awards for All
- The National Lottery Community Fund

#### Towards:

- The Always Better Together Project for peer groups
- The Always Better Together Project for peer groups
- Mary Potter Hospital and The John James Trust for Groups
- The Always Better Together Project for peer groups in Scotland
- The OCD Youth project
- Building Brighter Futures - helpline
- Brighter Futuers - helpline
- The OCD Youth project
- The OCD Youth project
- The Always Better Together Project for peer groups
- The Always Better Together Project for peer groups
- Building Brighter Futures - helpline

The notes on pages 23 and 27 form part of these financial statements.

# Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

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

	<b>2023</b>	<b>2022</b>
	£	£
Net income/(loss) for the year (as per Statement of Financial Activities)	(9,803)	(71,442)
<b>Adjustment for:</b>		
Decrease /(increase) in debtors and prepayments	18,533	(5,754)
(Decrease)/Increase in creditors	<u>328</u>	<u>(2,002)</u>
<b>Change in cash equivalents in the year</b>	<u><u>9,058</u></u>	<u><u>(79,198)</u></u>

## 11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	<b>2023</b>	<b>2022</b>
	£	£
Cash in hand	<u>169,718</u>	<u>160,660</u>
<b>Total</b>	<u><u>169,718</u></u>	<u><u>160,660</u></u>

The notes on pages 23 and 27 form part of these financial statements.

# Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2023

## 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.

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.

# Notes to the financial statements

## FOR THE YEAR ENDED 31 MARCH 2023

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.

### 1.4. TANGIBLE FIXED ASSETS AND DEPRECIATION

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. Impairment losses are recognised in the Statement of financial activities.

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

### 1.5. 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.

### 1.6. 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.

### 1.7. 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.

### 1.8. 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.

### 1.9. 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.

### 1.10. 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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Date	Action
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