




Financial statements and annual report

2023-2024



**“Since my CBT with ERP,
I now live my life pretty free
from OCD, which is nice”**

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Administrative details of the charity, its trustees, and advisors for the year ended 31 March 2024

Trustees

Alison Thompson (Vice Chair)
Retired 3rd July 2024

Beth Kerr

Chloe Volz

Professor David Veale

Faizal Musa

Jay Dias (Treasurer)

Kath Howell (Chair)

Piers Watson

Sarah Hindley (Vice Chair)

Chief Executive

Leigh Wallbank (appointed: 23 September 2019)

Registered Charity Number

1154202

Principal office

Davina House
Rooms 506-507
137-149 Goswell Road
London, EC1V 7ET

Independent auditors

Baginsky Cohen
930 High Road
London, N12 9RT

Bankers

HSBC
2 Craven Road
Paddington
London, W2 3PY



**“Intrusive thoughts often target
our ethics, or morals, our values,
things that we love most”**

Introduction: A letter from our Chair

Over the past year, we have seen tremendous growth in our services, and I have had the wonderful privilege of seeing the impact of these services through the feedback we've received.



I am continually inspired by the life-changing support our helplines and peer support groups provide, helping people to feel less isolated and more empowered. This year, we supported more than 5,500 people, an increase of over 1,600 people compared to last year. Notably, 75% of those who contacted our helpline said the information we provided helped them begin their journey toward treatment, and 93% of support group attendees reported a reduction in feelings of isolation.

We are particularly proud of the strides we've made in expanding access to our resources and support for underrepresented communities, including young people and those from Global Majority backgrounds. This work has been shaped by our co-production panels, whose insight and lived experiences ensure that our services reflect the needs of the OCD community.

Our commitment to making our services more inclusive is reflected in the work we've done with our Equality, Diversity, and Inclusion (EDI) panel. Their powerful videos, which have reached over 25,000 people, highlight the unique challenges faced by Black and Asian people living with OCD. I am incredibly grateful to Dr Gazal Jones and the EDI panel for joining the main stage at our conference, where they shared their experiences with OCD and seeking treatment. Their openness was inspirational to many, both in the venue and watching online.

While there is still much work to be done, I believe the efforts of our EDI panel and staff team are already starting to make a difference. We have seen a 4% increase in helpline calls

from people from Global Majority groups over the past year, an important indication that our work to make our services more accessible is having an impact.

Our youth co-production panel has also been pivotal in finding new ways to connect with young people, proactively connecting in their spaces rather than waiting for them to reach out. Leveraging the popular platform TikTok, the panel launched a series of film-based social media content, attracting over 50,000 views. This engaging approach has expanded our reach and deepened our impact, with a 24% increase in young people reaching out to our youth e-helpline this year.

This year, we also focused on developing information in new formats, such as our growing library of webinars. These webinars support people at every stage of their OCD journey, providing accessible, valuable resources. Another highlight of the year was our annual conference in October, which brought together leading clinicians, lived experience speakers, and engaging workshops, creating an inspiring day of community and connection.

Our campaigning work has been equally impactful. During our Week of Action, we launched a political campaign focusing on the critical gap in OCD data collection. Our goal was clear: ensure every person with OCD is counted and recognised. This campaign called for essential systemic changes within healthcare data practices, stressing the need for accurate data to effectively understand and address OCD. With robust support, over 1,600 people signed our open letter.

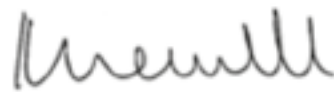
Looking ahead, the upcoming year will be pivotal in our ongoing mission to support people affected by OCD. I am excited to see the work of our youth co-production panel, as they lead powerful new campaigns and resources. We also plan to launch new services to support young people and their families who are waiting for treatment, with the goal of empowering more young people to get the help they need at the earliest possible point.

I look forward to continuing our work with partners, universities, and other stakeholders to reach young people, develop new services, and support those who are often at the highest risk of developing new OCD symptoms. Our EDI panel will also be working closely with the team to open a new support group for people from Global Majority backgrounds, and we will be collaborating with organisations that specialise in supporting the mental health of Black and Asian communities to build better support networks.

As we approach 2025, I am eager to work with our partners and stakeholders to build a new strategy that will guide our work over the next three years. With the support of our staff, volunteers, and co-production panels, I am confident we will continue to make great strides in delivering on our vision and removing the barriers that prevent so many from accessing the support they need.

Thank you for your continued support as we work together to make this vision a reality for everyone affected by OCD.

Best wishes,



Kath Howell
Chair, OCD Action



**“I don’t feel
ashamed
anymore”**

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 is composed of eight dedicated members, each bringing a unique perspective to our governance and strategy. Among them are people with personal experience of OCD, either directly or through family, as well as professionals skilled in clinical practices, governance, financial management, fundraising, human resources, leadership and service management in the third sector. They meet every 10-12 weeks to ensure effective governance and strategic alignment with our organisational goals.

To ensure effective oversight, our Trustee Board includes several sub-committees which focus on key areas such as People and Culture, Finance and Fundraising, and Risk. These sub-committees provide focused oversight and report back to the full board on an exception basis, helping to maintain high standards of governance and strategic focus.

Volunteers

Our work is supported by over 120 dedicated volunteers who play a crucial role in the delivery of our services. From providing administrative support to facilitating support groups and taking calls on our helpline, our committed volunteers are the backbone of the work we do.

Staff

Our staff team consists of nine highly experienced charity professionals, many of whom bring personal insight from their own experiences with OCD and related conditions. While small in number, the team's dedication and commitment are evident in the impactful work they deliver. Their expertise and personal passion drive the quality and effectiveness of our services.

Our Strategy

Our strategy defines our vision and outlines five priority focus areas for the next three years. These priorities have been collectively developed with the aim of ensuring that everyone affected by OCD has access to high-quality treatment at the earliest possible point.

OCD Action recognises that while OCD is a serious and debilitating condition, it is also highly treatable with the clinically recommended, evidence-based treatments (CBT with ERP and SSRI medication). However, too many are unable to access the treatment they need. OCD is poorly misunderstood and often trivialised, which not only heightens the shame and stigma that many experience but also leads to its underdiagnosis. Furthermore, when symptoms of OCD are identified—whether by healthcare professionals or by individuals recognising their own symptoms—the care provided is often inadequate, with people receiving inappropriate or poor-quality treatment geared towards

general mental health issues, not tailored to the specific treatment needs of OCD. This can lead to a damaging misconception that their mental health cannot improve, despite the availability of effective treatments that could make a real difference to their lives.

Over the next three years, our work will focus on raising awareness and providing information to ensure that everyone has access to the right treatment as early as possible. We are particularly committed to expanding our support services for young people and people of colour, who we know are underrepresented in both OCD Action and NHS services.

Our five priorities for the next three years:

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

[The full 2022-25 strategy can be found here](#)



“I first got the intrusive thought of ‘what if I’m a really, really evil person and a monster’”

The principles underpinning our strategy:

- **Partnerships:** Recognising the power of collaboration, we aim to build mission-led partnerships that will expand our reach and amplify our 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 integrate co-production into our governance structure. Additionally, we will facilitate effective co-production practices across other organisations, ensuring that those with lived experience are at the forefront of driving support, information dissemination, and innovation, and making lived experience a cornerstone of development in the OCD sphere.
- **Growing our income:** To realize our ambitious strategy, it is crucial to diversify and strengthen our income streams. We have developed a robust fundraising strategy that seeks to secure the necessary resources to sustain and expand our work, ensuring long-term stability and increased capacity.
- **Supporting and developing volunteers and staff:** We are committed to nurturing our team – both volunteers and staff – by continuing to invest in their development. This involves providing ongoing training and support to ensure everyone is equipped to contribute effectively to our vision.

Our Year in Numbers

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

OCD Action supported over 5,595 people on a one-on-one basis or through our support groups. This is over 1,600 more people than last year.

Over 147,000 people accessed information resources via our website. This is 20,000 more people than in the preceding year.

Misconceptions about OCD pose a significant barrier to treatment—too often, people do not seek help because they are unaware that their distressing intrusive thoughts and behaviours are indicative of a treatable mental health condition. To combat this, our focus is on educating the public and demystifying the disorder. By improving understanding and raising awareness of OCD’s true nature and its treatability, we can empower more people to recognise their symptoms early and seek appropriate treatment.

This year, we ran **three digital campaigns that reached over 342,000 people**. These campaigns significantly increased the number of people who reached out to us for support and information.

Our helpline continues to be a vital first step for many affected by OCD, providing high-quality information and emotional support. In 2023/24, our team of highly trained and experienced volunteers **supported 4,219 people via phone and email**. This is over 1,400 more people supported than in the preceding year.

Having a space to share high-quality information and personal experiences about navigating the NHS and accessing treatment can have a transformative impact on those affected by OCD and their families. This year, our helpline team and lived experience facilitators have **empowered 235 people** with the knowledge needed to **navigate treatment options** effectively through our Navigating Services groups.

Impact

Indicator	2022/23	2023/24
At least 85% of those who use our services will report feeling better informed about OCD specific treatment.	96%	90%
At least 70% will report that they will seek the recommended treatment	64%	75%

Reducing isolation and improving wellbeing for people affected by OCD

The opportunity to connect with others who understand your experience of OCD can radically reduce feelings of isolation. Each month our dedicated lived experience facilitators facilitate **55 peer support groups**, many of which convene twice a month. In 2023/24, **1,228 people attended our groups**.

Impact

Indicator	2022/23	2023/24
At least 85% of those supported by our services report that it reduces their sense of isolation.	98%	93%
90% of those supported by our services report this improved their sense of wellbeing	88%	85%

Expanding support services for young people

Providing a safe, non-judgmental space where young people can discuss their experiences with intrusive thoughts and explore ways to seek help from parents or trusted adults can be a transformative step in a young person's journey towards treatment and recovery. This year, our specialist team of staff and volunteers **supported 148 young people** through our youth e-helpline. This marks a substantial increase of 24% compared to last year.

Young people and students often experience heightened feelings of isolation due to their OCD. Responding to this, we've ramped up our student-focused support groups. This year, we reached **72 students and young people**, offering them specialised support to tackle their unique challenges and build a supportive community.

Impact

Indicator	2022/23	2023/24
90% of young people we support will report they will aim to seek treatment.	N/A	71%
95% of the young people we support will report information we provide left them feeling better informed.	84%	86%
70% of young people will report improved well-being following engagement with our services.	N/A	86%

Note on survey response: In the 2022/23 year, the response to our impact survey was notably low, and not all questions yielded statistically significant responses. While the response rate to our youth e-helpline survey this year has been modest, the feedback we have received via email responses has been overwhelmingly positive. It's important to note that young people often prefer not to engage in post-support surveys, and we are actively exploring new strategies to encourage better engagement with these evaluations.

Helping professionals to better identify OCD and appropriately refer for treatment

Too many people spend years on waiting lists for OCD treatment, and when they finally receive it, the therapy is often not the clinically recommended Cognitive Behavioural Therapy (CBT) and Exposure and Response Prevention (ERP). This is unacceptable and must change.

During our annual campaigning week, Week of Action, we launched **#TakeActionForOCD** to advocate for a healthcare system that recognises and properly supports every person living with OCD—because every person living with OCD matters. The campaign has gained significant momentum, with **over 1,600 signatures on our open letter** urging the government to prioritise people living with OCD.

Additionally, our 2023 National Conference was dedicated to supporting attendees in accessing high-quality treatment for OCD. **439 people**

attended in person, and 90 joined online. Feedback from the event was overwhelmingly positive: **74% of attendees rated the conference as excellent and 24% rated it as good.**

One attendee said:

“I think attending the conference, learning about treatment and hearing other people’s experiences of treatment, particularly young people’s, has informed and equipped her to decide whether treatment could benefit her in the future, and if at any point she finds OCD unmanageable, she will choose to get treatment because, having attended the conference, she knows it’s out there and that it works.”

Another said:


“I did not realise it at the time but feeling part of a community is so powerful.”

Increasing the accessibility of our services for people of colour

In collaboration with our EDI co-production panel, we conducted research to identify and address structural barriers within mental health organisations, including OCD Action, that deter people from Black and Asian communities from accessing services. We prioritised actions we could take to improve accessibility and focused on increasing representation of the lived experiences of Black and Asian communities in our informational resources, across our social media, and on our website.

Specifically, we co-developed **five film resources** that share the lived experiences of individuals from these communities.

As a result of this work, we have seen more people belonging to global majority groups contact our helpline, with a **4% increase** on the preceding year.



“I felt like society was also going to view me as a monster, which I think as a Black man I’m always going up against”

Our Impact

Lived Experience Stories

I have been attending OCD Action's BDD support group for around 17 months. Before I joined, my BDD really affected my everyday life. I mirror check and have intrusive thoughts about my appearance which made it hard at times to even be out in public. At times I felt ashamed to be seen and didn't leave the house, which left me isolated and severely unwell and alone in dealing with it. Sometimes I felt frightened, and I didn't know where to turn. I didn't know anyone with BDD, and other people didn't understand it.

I searched for support online and found OCD Action run support groups. I registered and remember feeling scared before my first session, but I was soon put at ease. I liked that the facilitators let you know you could just listen. They really cared that I was comfortable and not anxious being in the support group for the first time.

When I go to the support group I feel 'held', by which I mean I feel supported and valued, which is something I don't feel from many people in my life. I enjoy the routine and showing up for myself. The other members are great and I feel a bond with them. I remember one session hearing a recovery journey of one member - she has been a defining factor in my own recovery and a source of great inspiration and hope.

The support group has helped me to feel heard and understood. There is so much shame I have related to my BDD, and because I struggle with isolation and loneliness, the groups allow me to connect with others and express myself without fear and shame. That gives me the empowerment and support I need. I feel heard, validated and understood. Life is still difficult with BDD but I have come a long way. I am more active in my community; I go out more. Whilst my BDD still consumes a lot of my thoughts, most days I can still do the things that I want.

Roberta, OCD Action Group Member

Lived Experience Stories

I first rang OCD Action in 2019 after a particularly awful period with my OCD. I'd had treatment for OCD in my mid-twenties and had felt better for a long time, however things started creeping in, and by 2019 (I'm now in my 60's), my symptoms were as bad as they have ever been. I spoke with several different volunteers in 2019; the first volunteer spent a long time listening to what had happened with my OCD in the past and how I was feeling now; they then went on to explain what all my options for treatment would be and sent all of this through in an email afterwards so I could think about it. I decided with the information to ask my GP to make a Patient Choice referral to CADAT. The GP didn't seem completely sure about the process, but was willing to help, and when I rang OCD Action back with some questions from my GP, the next volunteer seemed to be able to pick this up seamlessly and had answers for my questions straight away, and again sent them through in an email.

My treatment at CADAT really helped, but it was finishing just as the pandemic hit us and 6 months later, I also developed a serious health condition. Over the next couple of years my OCD symptoms got worse and worse, and this coupled with my physical health meant that I was no longer able to work, was not able to pay my mortgage (causing me a lot of stress with the bank and the fear of losing my home).

I rang OCD Action again around this time. It was good to speak to someone when I felt so hopeless, and I remember crying on the phone with the volunteer about being so frustrated that I couldn't put into practise what I'd learnt at CADAT. The volunteer took the time to listen to me, we talked about how unfortunately, sometimes symptoms do come back. I feel like after I got all my frustration about the situation out, I was able to focus a bit more on what my next steps could be.

It's been a little bit of time since then and things are still very hard, but I am now waiting for treatment with the Oxford Specialist service and my funding has been approved by my local area. This took a lot of back and forth and the helpline was amazing at helping guide me through the process of getting the referral. Every time I've spoken to someone on the helpline I feel like I've been fully listened to and volunteers have always followed up with a wealth of information about OCD and treatment. OCD Action even signposted me to several other organisations that I hadn't heard of when it came to some of the other problems I was having. Eventually this led to me being able to take a mental health "breathing space" with my mortgage, some debt advice and a care needs assessment that meant I was able to get some help with things that had gotten out of control in my house. The service has made a huge difference to me over the last 5 years and I'm still hopeful for the future.

Anonymous, OCD Action Helpline user

Our Plans for 2024/25

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:

- Reach 700 more people through the helpline (4,200 this year).
- Reach a further 100,000 people with campaigns and online events sharing high quality information about OCD, which is co-developed by professionals and lived experience experts. (250,000 people this year).

Objective Two

Reducing isolation and improving wellbeing for people affected by OCD

Our aim for this area of work is to ensure no one faces 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.
- Maintain at least 55 support groups.

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:

- 80% of young people we support will report they will aim to seek treatment.
- 75% 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:

- Support 300 young people in the year 2024/25 via the youth helpline.
- Maintain the youth and a student navigating services group – supporting at least 60 young people via these groups.
- Create a digital information hub on OCD Action's website, which will be an easily accessible place for young people and students to access the information they need.
- Devise and deliver student ambassador training in at least 5 universities for a minimum of 10 people per university.
- Deliver at least two awareness campaigns co-produced with young people, aiming to engage 40,000 young people.
- Start the first of our new psychoeducation programme for young people and their parents, with the first programme to run before March 2025.

Objective Four

Helping professionals to better identify OCD and appropriately refer for treatment

Our aim for this area of work is to educate professionals on identifying OCD and making appropriate referrals.

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 (actively engage at least 30,000 people).
- Develop a targeted digital campaign for teachers, including information for students (funding dependent).
- Build new partnerships, particularly with universities/research studies, and in coalition with international reach, to increase understanding about the reality of OCD and its treatability.

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:

- Develop an outreach programme in partnership with our EDI panel, building relationships with key community organisations.
- Co-design and deliver a digital awareness campaign led by the co-production panel.
- Review our services and co-develop a service development plan with the EDI co-production panel, including key actions already identified (to open a support group dedicated to supporting Black and Asian people).

Thank You!

We extend our deepest gratitude to our team of dedicated volunteers whose tireless efforts have ensured that everyone who reaches out to OCD Action receives the highest quality of support and information. The impact of your contributions is immeasurable.

Our staff team's passion and dedication are equally noteworthy. We, the trustees, are continually inspired by your drive and commitment, which propel our work forward every day.

A special thanks also goes to all the charitable trusts, organisations, and individuals who have supported OCD Action this financial year. We are acutely aware of the many demands on your resources, and are profoundly grateful for your generosity and ongoing support.

**“Before OCD was
in the passenger
seat, now it’s in
the back seat”**

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 £514,539.

This income was slightly higher than our expenditure which was £386,167.

Our income was notably high this year than in previous years for two reasons, firstly because we held our inaugural Carol Service this year. Following the event OCD Action received support from some very generous Charitable Trusts and individual donors. These generous gifts will enable us to grow and develop our youth services in 2023/24. We also focused on securing income to support our Groups and other services. Just over £55,000 was secured from Trusts towards the end of 2022/23 and will support our services in 2023/24.

This increased fundraising activity required an increased investment in fundraising this year and as a result we have invested just over £40,000 more on fundraising this year.

It is also noted that OCD Action has received notice of a very generous legacy. We have not included this in our accounts as we are not able to accurately estimate the value of the gift OCD Action may receive, however we estimate it maybe between £50,000 and £80,000. OCD Action does not at this time know when the gift may be received by the Charity.

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.

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 £51,000.

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

OCD Action maintain a risk framework which enables the Board to receive risk reports on an exception basis. Risk is monitored closely through an organisational risk register. Quarterly updates are brought to the Board on risk. 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.

* 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.

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).

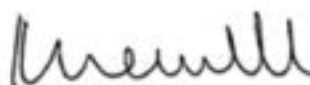
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, 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 **31 October 2024** and signed on their behalf by:



Kath Howell
Chair, OCD Action

Auditors Report

Opinion

We have audited the financial statements of OCD Action (the 'charity') for the year ended 31 March 2024 set out on pages 19 to 27.

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 2024 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. 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

Chartered Accountants

930 High Road

London

N12 9RT

Date: 28th October 2024

Baginsky Cohen

Jerry Michael (Tue, 5th Nov 2024
15:38:17 GMT)

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2024

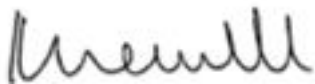
	Note	Unrestricted Funds 2024	Restricted Funds 2024	Total Funds 2024	Total Funds 2023
INCOME FROM:					
Donations and legacies	2	324,386	187,931	512,317	306,769
Other income		2,222		2,222	419
TOTAL INCOME		326,608	187,931	514,539	307,188
EXPENDITURE ON:					
Raising funds		105,834		105,834	62,967
Charitable activities	3	122,638	157,695	280,332	254,024
TOTAL EXPENDITURE ON		228,472	157,695	386,167	316,991
NET INCOME		98,136	30,236	128,372	(9,803)
Transfers between funds					
NET INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		98,136	30,236	128,372	(9,803)
NET MOVEMENT IN FUNDS		98,136	30,236	128,372	(9,803)
RECONCILIATION OF FUNDS:					
Total funds brought forward		102,463	51,700	154,163	163,967
TOTAL FUNDS CARRIED FORWARD		200,599	81,937	282,535	154,163

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024		2023	
		£	£	£	£
CURRENT ASSETS					
Debtors and Accrued income	6	29,621		1,253	
Cash at bank and in hand		<u>271,107</u>		<u>169,718</u>	
		300,728		170,970	
CURRENT LIABILITIES					
Creditors	7	<u>(18,192)</u>		<u>(16,807)</u>	
NET CURRENT ASSETS			<u>282,535</u>		<u>154,163</u>
NET ASSETS			<u>282,535</u>		<u>154,163</u>
CHARITY FUNDS	8				
Restricted funds			81,937		51,700
Unrestricted funds			<u>200,599</u>		<u>102,463</u>
CHARITY FUNDS			<u>282,535</u>		<u>154,163</u>

The financial statements were approved by the Trustees on 31st October 2024 and signed on their behalf, by:



Kath Howell
Chair OCD Action

The notes on pages 27 and 32 form part of these Financial Statements.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>101,389</u>	<u>9,058</u>
Change in cash equivalents in the year		101,389	9,058
Cash and cash equivalents brought forward	11	<u>169,718</u>	<u>160,660</u>
Cash and cash equivalents carried forward		<u><u>271,107</u></u>	<u><u>169,718</u></u>

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	2024	2024	2024	2023
2 INCOME FROM DONATIONS AND LEGACIES				
Community Fundraising	53,102		53,102	56,456
Legacies	33,612		33,612	0
Major donations	16,384		16,384	42,715
Fundraising Events	45,892		45,892	0
Trust and Foundations	172,750	187,931	360,681	194,983
Income from Services	2,645	0	2,645	12,615
TOTAL INCOME	324,386	187,931	512,317	306,769

	Total 2024	Total 2023
3 EXPENSES		
Employment Costs	205,768	186,320
Fundraising	105,834	62,967
Forum moderation	8,806	6,270
IT & Communications	23,279	20,564
Publicity & Awareness	9,277	6,228
Property expenses	14,014	14,510
Professional Fees	6,714	5,843
Travel, Training & development, Recruitment, Volunteer expenses	9,400	11,012
General Expenses	3,075	3,278
	386,167	316,991

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	2024	2023
	£	£
This is stated after charging:		
Pension costs	<u>4,727</u>	<u>3,876</u>

During the year, no Trustees received any remuneration (2023 - £Nil).
During the year, no Trustees received any benefits in kind (2023 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3780 (2023 £3780).

6 DEBTORS

	2024	2023
	£	£
Prepayments, debtors and accrued income	<u>29,621</u>	<u>1,253</u>

7 CREDITORS

2024	2023
£	£

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	2023 £	Income £	Expenditure £	31 March 2024 £
General Funds	102,463	326,608	(228,472)	200,599
Restricted funds	51,700	187,931	(157,695)	81,937
	<u>154,163</u>	<u>514,539</u>	<u>(386,167)</u>	<u>282,535</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
1 The Henry Smith Charity	24,275	59,800	(60,582)	23,493
2 Randal Foundation		12,000	(3,223)	8,777
3 Shanley		5,000	(1,670)	3,330
4 James Tudor		7,500	(2,500)	5,000
5 The National Lottery Awards for All	2,470	-	(2,470)	0
6 The National Lottery Community Fund	17,085	78,663	(71,579)	24,169
7 The National Lottery Awards for All		9,994	(3,000)	6,994
8 The National Lottery Awards for All Wales		9,974	(3,000)	6,974
9 Ridell Foundation		5,000	(1,800)	3,200
10 CHK Foundation	7,871	-	(7,871)	0
	<u>51,700</u>	<u>187,931</u>	<u>(157,695)</u>	<u>81,937</u>

RESTRICTED FUNDS ANALYSIS

- 1 The Henry Smith Charity
- 2 Randal Foundation
- 3 Shanley
- 4 James Tudor
- 5 The National Lottery Awards for All
- 6 The National Lottery Community Fund
- 7 The National Lottery Awards for All
- 8 The National Lottery Awards for All Wales
- 9 Ridell Foundation
- 10 CHK Foundation

Towards:

- The Always Better Together Project for peer groups
- The Always Better Together Project for peer groups
- The Always Better Together Project for peer groups
- The Always Better Together Project for peer groups
- The Always Better Together Project for peer groups
- Building Brighter Futures - helpline
- The OCD Youth project
- The OCD Youth project
- The OCD Youth project
- The OCD Youth project

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

	£	£
Net income/(loss) for the year (as per Statement of Financial Activities)	128,372	(9,803)
Adjustment for:		
Decrease /(increase) in debtors and prepayments	(28,368)	18,533
(Decrease)/Increase in creditors	<u>1,385</u>	<u>328</u>
Change in cash equivalents in the year	<u><u>101,389</u></u>	<u><u>9,058</u></u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024	2023
	£	£
Cash in hand	<u>271,107</u>	<u>169,718</u>
Total	<u><u>271,107</u></u>	<u><u>169,718</u></u>

The notes on pages 27 and 32 form part of these Financial Statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

1.1. BASIS OF PREPARATION OF FINANCIAL STATEMENTS

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

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

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

1.2. INCOME

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution.

Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Donated services or facilities are recognised when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the charity of the item is probable and that economic benefit can be measured reliably. (in accordance with the Charities SORP (FRS 102). General volunteer time is not recognised but more information about their contribution is in the Trustees' report.

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

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

1.3. EXPENDITURE

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

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2024

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.



Issuer Baginsky Cohen

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Tue, 5th Nov 2024 15:38:17 GMT	This envelope has been signed by all parties (81.136.155.225)
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Tue, 5th Nov 2024 15:32:32 GMT	Sent the envelope to Jerry Michael (jerry@baginskycohen.com) for signing (81.136.155.225)
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