



Financial statements and annual report

2024-2025



Contents

Administrative details of the charity, its trustees, and advisors for the year ended 31 March 2025	2
Introduction: A message from our Chair	4
About OCD Action	5
Our Team	5
Our Vision	5
Our Strategy	6
Our Impact in 2024/25	8
Our Impact.....	15
Our Plans for 2025/26	16
Strategy Development.....	18
Thank You	19
Financial Review	20
Structure, Governance and Management	20
Trustees Responsibilities Statement	22
Auditors Report.....	23
Statement of financial activities	26
Balance sheet	27
Statement of financial activities	28
Notes to the financial statements.....	29

Administrative details of the charity, its trustees, and advisors for the year ended 31 March 2025

Trustees

Beth Kerr

Chloe Volz

Professor David Veale
(Retired 21st November 2024)

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

“As a teenager, I would spend every waking moment trying to figure out my thoughts. I felt like I couldn’t cope. If I’d known about OCD Action, it would have been life-changing.”

Introduction: A message from our Chair

Over the past year, OCD Action has reached more people, in more places, in more meaningful ways than ever before.



As Chair, I have seen first-hand how the charity has evolved in response to a changing landscape for people affected by OCD - where the need for clear, specialist information has never been greater, and where many people are navigating treatment pathways that feel increasingly difficult to access.

One of the most significant developments this year has been the transformation of our work with young people. Rather than waiting for young people to find us, we have taken our support and information into the spaces where they already are - online, in education settings and within their own communities. Through large-scale digital campaigns, the Youth Hub, our Student Ambassador Programme and the Youth e-Helpline, we reached and supported many more young people at a much earlier point in their journey. This shift towards proactive outreach and early intervention marks an important step forward in how we approach support for young people.

Alongside this, we strengthened the quality, depth and reach of our information across all services. As NHS waiting times and referral pathways have grown longer and more complex, more people are coming to OCD Action needing highly specific guidance. In response, we have continued to improve the clarity, accuracy and relevance of everything we provide, from the Helpline and Navigating Services sessions to our expanding webinar programme and digital resources. Thousands of people told us this year that after contacting OCD Action, they felt better informed, more confident and more able to take steps towards appropriate treatment.

Community has also remained at the heart of our work. Through our national network of peer support groups, thousands of people found spaces where they could speak openly, feel understood and rebuild confidence alongside

others who truly relate to their experiences. At a time when many people with OCD feel isolated or misunderstood, these groups continue to offer consistency, connection and hope.

This year also marked further progress in making our services more inclusive and culturally grounded. Working closely with our Equity, Diversity and Inclusion (EDI) Panel, we have embedded lived experience from racialised communities into how we design information, shape messaging and reach new audiences. Their leadership has helped us address longstanding gaps in representation and access, and to ensure our work better reflects the full diversity of the OCD community.

None of this would be possible without the extraordinary commitment of our staff, volunteers, panel members and supporters. Their skill, compassion and determination sit behind every milestone in this report.

As we look ahead, we do so with confidence in what we have built and clarity about what still needs to change. Far too many people with OCD continue to face long delays, misrecognition and barriers to specialist care. But this year has shown what is possible when lived experience, evidence-based practice and community come together with purpose. I am proud of what OCD Action has delivered, and excited by what lies ahead as we continue to strengthen early recognition, access to support and connection across the UK.

Thank you to everyone who has played a part in this year's work.

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

Kath Howell
Chair of Trustees, OCD Action

About OCD Action

OCD Action is the largest national UK charity for people affected by Obsessive Compulsive Disorder. We exist to make sure people with OCD are understood, supported, and able to access the treatment they need.

For over 30 years, OCD Action has been delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends.

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

OCD Action's work is made possible by a dedicated community of trustees, volunteers and staff who bring a wide range of skills, insight and lived experience.

Trustees

Our Board of Trustees provides governance, oversight and strategic direction. With backgrounds spanning clinical practice, finance, HR, governance and third-sector leadership - and with several trustees bringing personal or family experience of OCD - the Board ensures that our work remains focused, accountable and aligned with the needs of the OCD community. The Board meets every 10-12 weeks and is supported by sub-committees covering People & Culture, Finance & Fundraising, and Risk.

Volunteers

More than 120 volunteers play a central role across the charity. They run and co-facilitate our support groups, respond to calls and emails through the Helpline, and contribute to projects and co-production work throughout the year. Their commitment and compassion allow us to

reach far more people than would otherwise be possible, and their insight helps shape the development of new resources and services.

Staff

Our staff team includes eleven charity professionals who bring experience in service delivery, communications, engagement, operations and community work. Many also have lived experience of OCD or related conditions, contributing to a culture that is both skilled and grounded in real understanding. Together the team leads on the delivery and continuous improvement of all our services, ensuring they remain accessible, informed and responsive.

This combination of professional expertise, lived experience and volunteer commitment forms the backbone of OCD Action's work and strengthens everything we do.

Our Strategy

OCD Action's current organisational strategy (2022–25) focuses on a simple but important aim: to make it easier for people to recognise OCD, understand what effective treatment looks like and access that treatment as early as possible.

Although OCD is a highly treatable condition, many people still face long delays, are offered support that does not address OCD specifically, or don't know where to turn when symptoms first emerge. Our strategy was developed to respond directly to these barriers.

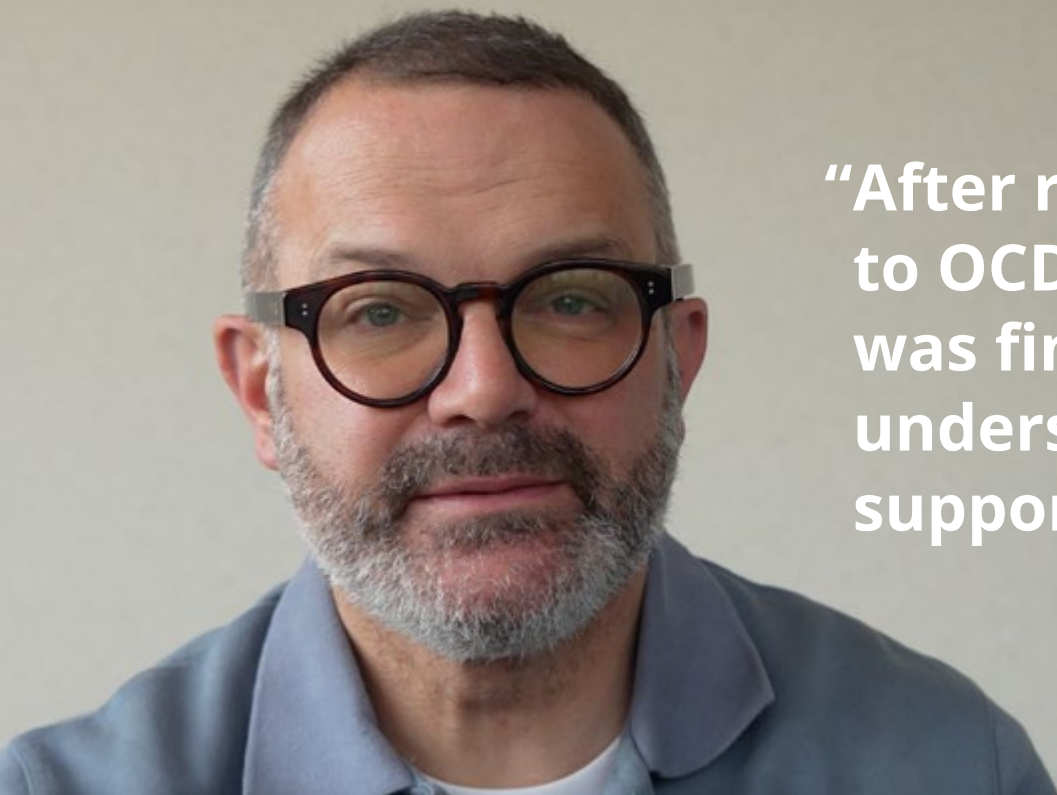
These objectives reflect the core challenges faced by the OCD community and the

ways we can most meaningfully address them. They also reflect the charity's strengths: offering specialist, evidence-based information at the moment people need it most; providing tailored guidance that helps people navigate complex systems; and creating peer-led spaces where people can connect, feel understood and regain confidence.

Across this strategy period, we have prioritised five key areas:

- **Helping** people access treatment at the earliest possible point
- **Reducing** isolation and improving wellbeing
- **Increasing** awareness of OCD among young people and expanding tailored support for ages 14–25
- **Supporting** professionals to recognise OCD sooner and refer appropriately
- **Improving** the accessibility of our services for people of colour

[You can view our strategy here.](#)



“After reaching out to OCD Action, I was finally able to understand the support I could get.”

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.

This year marks the final phase of the current strategy. It has been a period defined by change - in how people search for information, in the complexity of the questions they ask, and in the growing need for digital-first, culturally informed support. Much of our work this year focused on adapting to these shifts: reaching people earlier, strengthening our digital information, expanding co-production and ensuring our

services remain accessible and representative of the communities we support.

The progress made across each strategic objective is captured in the sections that follow. Together, they show not only the scale of our impact this year, but also how the learning from this strategy will shape the next chapter of OCD Action's work.

Our Impact in 2024/25

Supporting more people to access treatment for OCD at the earliest possible point

Growing our Helpline capacity

Accessing evidence-based treatment for OCD remains one of the biggest challenges people with OCD face. Many come to us after long periods of uncertainty, having been misunderstood by professionals or unsure how to navigate the NHS. Over the last three years, we have been focused on developing our helpline capacity to ensure we are able to support more people when they are most in need. **We have increased the number of people our helpline supports by almost 1,000 since 2022** – from 2,700 to 3,628.

Offering information in new formats and forums

As more people reach out to us for support, we are also seeing enquiries become increasingly complex. With NHS referral pathways becoming more drawn out and waiting times increasing, many people now come to us needing more detailed, specialist guidance to help them navigate the system and access appropriate treatment. In response, we have strengthened the quality and specificity of the information we provide.

We have also expanded the ways we share information to ensure that high-quality support is as accessible as possible. This year, we reviewed and updated our digital information and began offering digital information packs that people can request through our website. Our Webinar Programme supported **over 6,000 people** during the year. Alongside this, our Navigating Services programme continued to give adults, students and parents a structured space to ask questions and make sense of a treatment landscape that often feels overwhelming. Many attendees told us it was the first time they truly understood their options or felt able to advocate for appropriate care.


Reach

- **134,000** people accessed OCD Action's online information
- **6,000** supported by our webinars
- **3,626** people were supported through the Helpline
- **219** attended Navigating Services sessions

Impact

Behind these numbers are people who told us they felt “stuck” before contacting OCD Action - unsure whether what they were experiencing was OCD, unsure who to ask, unsure what to do next. This year's work helped more of them reach the point of understanding and action sooner.

Indicator	2023/2024	2024/2025
At least 85% of those who use our services will report feeling better informed about OCD specific treatment.	90%	90%
At least 70% will report that they will seek the recommended treatment	75%	71%



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

Ensuring young people with OCD have access to support, wherever they are on their journey

Young people often face some of the biggest barriers to recognising OCD and accessing appropriate support. Symptoms frequently begin in adolescence or early adulthood, yet they are often minimised, misunderstood or misdiagnosed. This year, we placed young people at the centre of our work - strengthening early support pathways and increasing the visibility of accurate information at the moment many young people are searching for answers alone.

Raising awareness of the reality of OCD among young people

We led a highly successful digital campaign which transformed how OCD is represented online. Co-produced with our Youth Panel and featuring young people with lived experience, the campaign used a combination of relatable storytelling and clear information to challenge misconceptions and help young people recognise their symptoms earlier. It reached **over 1 million** on TikTok, where short-form videos sparked conversations and connected directly with young people seeking clarity.

Reaching out to students

We also piloted the Student Ambassador Programme, a peer-led model that equips students to raise awareness of OCD on their campuses, share accurate information and signpost peers to reliable resources. This programme extends our early intervention reach into environments where OCD symptoms often first emerge.

Supporting professionals to recognise OCD earlier and refer appropriately

Professionals play a decisive role in whether someone with OCD is recognised early or directed towards support that does not meet their needs. Many of the young people, adults and families who come to us describe years of being misunderstood or offered interventions that did not address OCD specifically. Strengthening professional awareness remains essential to improving access to the right treatment.

This year, we focused on creating clearer, more accessible information for professionals - particularly in education and university settings, where OCD symptoms often emerge or become more visible. Alongside the launch of the Youth Hub, we released two new co-produced Student Packs: one for students with OCD, and one for university staff seeking to better understand and support them. These resources address common misconceptions, explain how OCD presents in students, outline recommended treatment pathways and offer practical guidance on creating supportive learning environments.

Through our Student Ambassador Programme, which launched at the end of this year, students have started outreach in their own universities - engaging staff, raising awareness of OCD, and sharing these resources with professionals who work closely with students. This peer-led approach helps to close a longstanding information gap and ensures that clear, OCD-specific guidance reaches the people most likely to influence a young person's access to appropriate support.

**So far, we have trained
15 Student Ambassadors,
who have started engaging staff across a
number of universities, supported by newly
developed OCD-specific resources
for students and university professionals.**

Although this year's work focused heavily on young people, it has created a strong foundation for broader professional engagement across sectors. We now have a more robust digital platform to host tailored resources, clearer messaging shaped by lived experience, increased visibility through our digital campaigns and a scalable co-production model for producing information that professionals trust.

As we move into the next stage of our strategic planning, improving professional awareness will remain central to reducing misdiagnosis, shortening treatment delays and helping more people reach evidence-based care sooner in their journey.

Providing high quality co-produced information for young people

This year we launched our Youth Hub - a co-designed space bringing together information on early signs, treatment pathways, rights in education, university support and wellbeing. The Hub, together with our Student Packs for both students and university professionals, created a more visible and practical entry point for young people navigating school, university and early adulthood.

Reach

- Lived-experience youth campaign reached **over one million people**
- Youth Hub content viewed **almost 2,000** times
- **201** young people supported via the Youth e-Helpline - a **36% increase** on last year
- Student Ambassador Programme introduced across **22** university campuses

Underlying all of our youth-facing work this year was co-production. Our Youth Panel played a defining role - shaping content, influencing tone and challenging us to think differently about how young people seek information. Their involvement ensured that everything we produced felt authentic, accessible and grounded in lived experience.

Impact

Indicator	2023/2024	2024/2025
90% of young people we support will report they will aim to seek treatment	71%	66.7% (33.3% are deciding)
95% of the young people we support will report information we provide left them feeling better informed	86%	100%
70% of young people will report improved well-being following engagement with our services	86%	100%

Working co-productively to improve access to support with Black and Asian communities

Our Equity, Diversity and Inclusion (EDI) Panel is made up of people from racialised communities with lived experience of OCD. The panel exists to ensure that OCD Action's services, information and public messaging reflect a wider range of experiences and address the cultural and structural barriers that prevent many people from accessing support.

Last year, the panel led research into the barriers faced by Black and Asian communities and began co-producing a series of lived-experience films to address gaps in awareness and representation. This year, our focus shifted to embedding that work more deeply across our organisation.

Throughout 2024/25, the EDI Panel guided the development of our public-facing information. They helped us identify wording and examples that unintentionally excluded people, broaden the range of experiences reflected in our resources, and shape content that felt more culturally grounded. This influence is now visible across our digital information, social media activity and service design.

Co-producing a targeted information campaign

Building on last year's films, we delivered a dedicated online campaign amplifying the voices of people of colour with OCD. The campaign addressed cultural stigma, challenged misconceptions and highlighted symptoms that are often overlooked in communities where OCD is rarely discussed openly. **It reached over 27,000 people online** and was accompanied by a measurable increase in engagement with OCD Action's services from people of colour, rising from **7% to 11% over the year**.

Reducing isolation and improving wellbeing for people affected by OCD

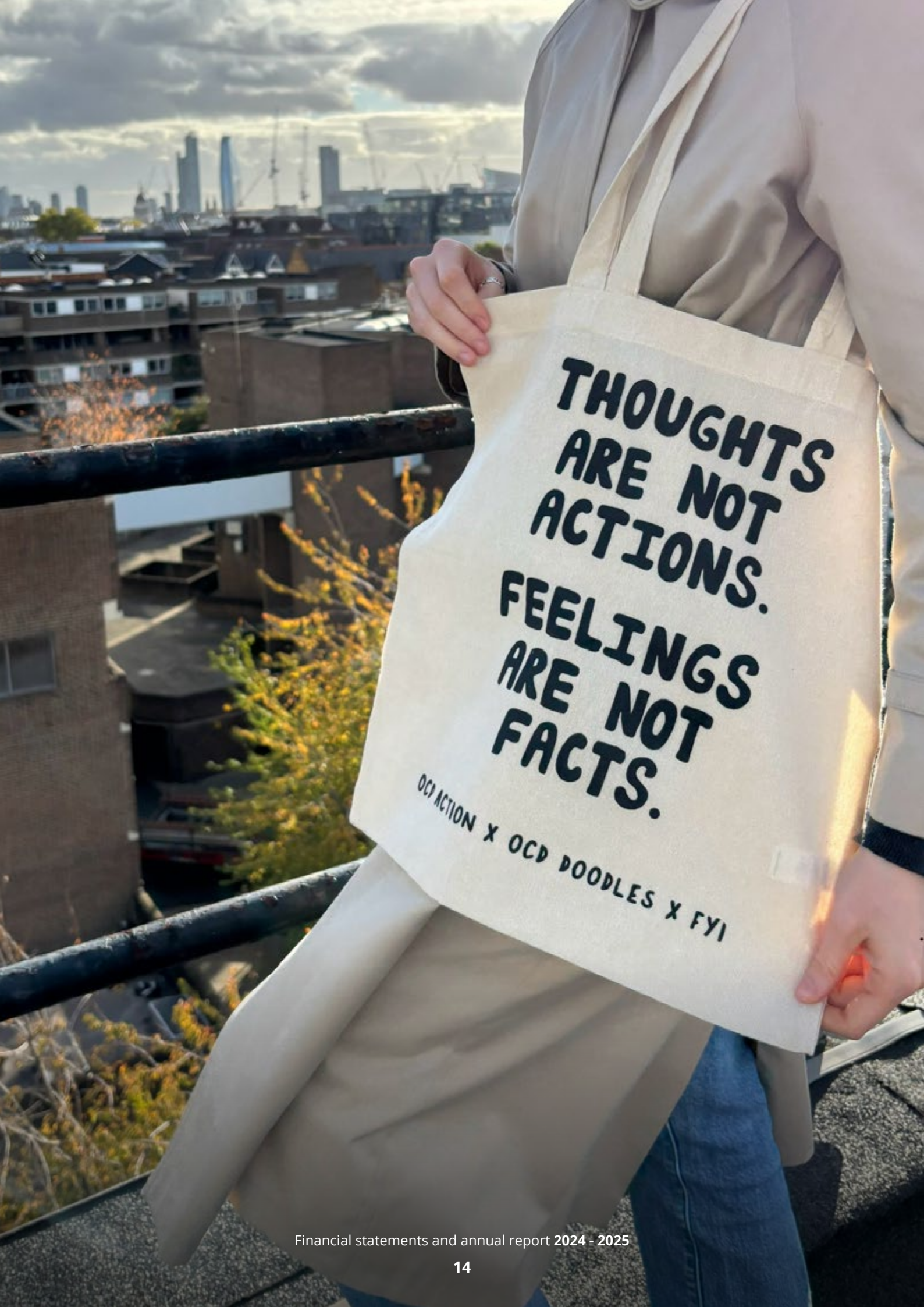
Isolation remains one of the most painful and misunderstood aspects of living with OCD. Many people feel unable to speak openly about their experiences, or worry that others won't understand. This year, our focus was on expanding and strengthening the spaces where people can feel seen, supported and less alone. Our national support group network continued to grow, offering regular, safe spaces for people to share their challenges, hear from others who

relate to their experiences, and gain confidence in managing life alongside OCD. The consistency of these groups - meeting week after week - meant people could build trust, connection and a sense of belonging over time. Each month our dedicated lived experience facilitators facilitate 55 peer support groups, many of which convene twice a month. In 2024/25, 1,342 people attended our groups.

Impact

This year, thousands of people found spaces where they could speak openly, be understood, and rebuild confidence in ways that are difficult to achieve elsewhere.

Indicator	2023/24	2024/25
At least 85% of those supported by our services report that it reduces their sense of isolation.	93%	95%
90% of those supported by our services report this improved their sense of wellbeing	85%	90%



Our Impact

A Lived Experience Story

Living with contamination OCD has deeply affected every part of my life. Intrusive thoughts and compulsions often keep me housebound, and I used to feel incredibly isolated. I avoided burdening my family with constant reassurance-seeking and found it hard to talk to friends without overwhelming them.

A panic attack at work was a turning point - I knew I needed help. While waiting for CBT, I searched online and found OCD Action's support groups. I was nervous at first, but the chat room was warm and welcoming. Hearing others share experiences so similar to mine brought me to tears. It was the first time I truly felt understood.

The group has become a vital part of my recovery. Sharing wins and setbacks with people who "get it" is uplifting. It motivates me to keep going with exposure therapy. I often think, "The group would be proud," and that helps me push through difficult moments.

One major breakthrough was visiting my niece again after avoiding her for months due to a past sickness bug. I did exposure work and saw her several days in a row. The group celebrated with me - it felt like a huge step forward.

Being unemployed and having emetophobia alongside OCD can make things harder, but the support group and my therapist help me manage. I still have ups and downs, but I'm no longer alone.

To anyone considering joining - go for it! I was anxious too, but now I look forward to every session. It's so freeing to know you're part of a supportive community.

Ali

Support Group Member

Our Plans for 2025/26

In the year ahead, OCD Action will focus on delivering the final objectives of our current strategy while beginning the development of a new organisational strategy and five-year delivery plan. This next phase offers the opportunity to build on what has worked, respond to emerging needs, and shape a clearer, more ambitious direction for the future. Across all areas, our priorities remain consistent: helping people recognise OCD earlier, improving access to reliable information, and strengthening the spaces where people feel supported while seeking treatment.

Below we outline the key areas of work for 2025/26, aligned to our five strategic objectives.

Objective One

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

Aim:

To support anyone affected by OCD to access the treatment they need.

How we will measure progress:

- At least **85%** of people using our services will report feeling better informed about OCD-specific treatment
- At least **70%** will say they plan to seek the recommended treatment

Key areas of work for 2025/26:

- Increase Helpline capacity to support at least **4,200** people
- Reach **300,000** people through digital campaigns, online events and high-quality, co-produced information developed with professionals and lived-experience experts

Our focus will be on offering clearer routes into evidence-based care, responding to more complex queries with specialist information, and making our digital resources even more visible at the moment people begin searching for help.

Objective Two

Reducing isolation and improving wellbeing

Aim:

To ensure no one has to face OCD alone, and to strengthen the wellbeing of people affected by the condition.

How we will measure progress:

- At least **85%** of people using our services will report reduced feelings of isolation
- **90%** will say our support improved their wellbeing

Key areas of work for 2025/26:

- Facilitate safe, supportive spaces where people can connect and share their experiences
- Maintain **at least 50** national support groups

The priority this year is to protect and deepen the peer-support model, ensuring it remains accessible, welcoming and grounded in lived experience, whether people attend regularly or are seeking support for the first time.

Objective Three

Increasing awareness of OCD among young people and expanding tailored support for ages 14–25

Aim:

To grow our young people's services and ensure they are co-produced with young people who have OCD.

How we will measure progress:

- **80%** of young people we support will report they plan to seek treatment
- **75%** will feel better informed after receiving support
- **70%** will report improved wellbeing

Key areas of work for 2025/26:

- Support **300** young people via the Youth e-Helpline
- Maintain the youth and student Navigating Services groups, supporting **at least 60** young people
- Grow and embed our digital information hub for young people, increasing visibility through social media, campaigns and partner promotion to ensure more young people can access early information on OCD. (within three years, we aim for 100,000 people annually to use these resources)
- Work with **at least eight universities** through the Student Ambassador Programme and share resources **with at least 500 students**
- Launch The Bridge, our new education and support programme for young people on waiting lists, by **March 2026**

This work will strengthen early recognition, improve access to clear information, and ensure young people feel equipped and supported in environments where OCD often first appears.

Objective Four

Helping professionals better identify OCD and refer appropriately for treatment

Aim:

To support professionals to recognise OCD sooner and understand how to make appropriate referrals.

Key areas of work for 2025/26:

- Raise awareness of OCD as a treatable condition and improve fair access to the right support
- Deliver an annual digital campaign to influence awareness, policy and public understanding of OCD, engaging **at least 30,000** people.
- Build new partnerships - particularly with universities - to increase understanding of OCD and its recommended treatments

This work will build on the foundations laid this year by increasing access to OCD-specific resources and strengthening links between the charity and key professional communities.

Objective Five

Increasing the accessibility of our services for racialised communities

Aim:

To develop culturally sensitive services, co-produced and co-delivered with people from racialised communities, and improve access to early support and treatment for Black and Asian people.

How we will measure progress:

- Increase the proportion of service users who identify as Black or Asian to **15%**
- Ensure outcomes for people from racialised communities align with our wider outcomes profile, addressing any differentials

Key areas of work for 2025/26:

- Develop a targeted outreach programme, in partnership with our EDI Panel, by building relationships with key community organisations
- Review our services and co-develop a service development plan with the EDI Panel - including opening a dedicated support group for Black and Asian people

This work continues our commitment to making services more representative, responsive and accessible, shaped by the people who understand these barriers most intimately.

Strategy Development

Over the next 12 months, we will work with trustees, supporters, volunteers, staff, co-production panels, service users, and our wider online community to co-develop a new 10-year organisational strategy and a 5-year delivery plan. The process will draw on learning from the current strategy, insights from our frontline services and the lived experience of the OCD community. This is an opportunity to shape a clearer and more ambitious future for OCD Action - one that meets emerging needs and strengthens support at the earliest point.

Thank You

The Board of Trustees would like to extend our deepest thanks to everyone who has contributed to OCD Action's work this year. Our volunteers continue to be central to the charity, offering their time, expertise and compassion to ensure that people affected by OCD receive support when they need it most. Your commitment has real and lasting impact, and we are profoundly grateful.

We also want to recognise the dedication of our staff team. Your professionalism, creativity and determination underpin every achievement in this report. As trustees, we see the care and thought you bring to your work, and we remain inspired by your commitment to improving the lives of people affected by OCD.

Finally, we thank the charitable trusts, partners and individual donors who have supported us throughout the year. We appreciate the many demands on your resources and are sincerely grateful that you choose to support OCD Action. Your generosity strengthens our services and allows us to reach people who might otherwise go without help.



Financial Review

Fundraising and Income Generation

We are incredibly thankful for the many generous gifts we received from individual donors, all of which are vital to supporting our work. We are also very grateful for the grants we received to support the development and growth of our services. In total, we received £345,592 in grants and donations this year.

This income was slightly lower than our total expenditure of £419,984. This reflects a planned investment in service development, supported by a generous legacy and several significant grants received from charitable trusts toward the end of the 2023/24 financial year. As a result, we made a planned drawdown on our reserves to support this growth.

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 6 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.

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).

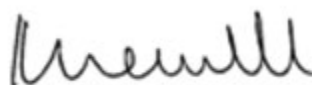
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, 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 **19 December 2025** 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 2025 set out on pages 20 to 33. 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 2025 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: 19th October 2025

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
INCOME FROM:					
Donations and legacies	2	254,691	87,339	342,029	509,672
Sales & Services		150		150	2,645
Interest		3,412		3,412	2,222
TOTAL INCOME		258,253	87,339	345,592	514,539
EXPENDITURE ON:					
Raising funds		71,390		71,390	105,834
Governance		6,802		6,802	5,575
Charitable activities		190,103	151,690	341,793	274,757
TOTAL EXPENDITURE ON	3	268,294	151,690	419,984	386,167
NET INCOME /(LOSS)	4	(10,041)	(64,351)	(74,392)	128,372
Transfers between funds					
NET INCOME (LOSS)# BEFORE OTHER GAINS AND LOSSES		(10,041)	(64,351)	(74,392)	128,372
NET MOVEMENT IN FUNDS		(10,041)	(64,351)	(74,392)	128,372
RECONCILIATION OF FUNDS:					
Total funds brought forward		200,599	81,937	282,535	154,163
TOTAL FUNDS CARRIED FORWARD		190,557	17,586	208,143	282,535

The notes on pages 29 to 34 form part of these financial statements.

Balance sheet

FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025		2024	
		£	£	£	£
CURRENT ASSETS					
Debtors and Accrued income	6	35,007		29,621	
Cash at bank and in hand		<u>187,452</u>		<u>271,107</u>	
		222,459		300,728	
CURRENT LIABILITIES					
Creditors	7	<u>(14,316)</u>		<u>(18,192)</u>	
NET CURRENT ASSETS			<u>208,143</u>		<u>282,535</u>
NET ASSETS			<u><u>208,143</u></u>		<u><u>282,535</u></u>
CHARITY FUNDS	8				
Restricted funds	9		17,586		81,937
Unrestricted funds			<u>190,557</u>		<u>200,599</u>
CHARITY FUNDS			<u><u>208,143</u></u>		<u><u>282,535</u></u>

The financial statements were approved by the Trustees on 18 12 2025 and signed on their behalf, by:



Kath Howell
Chair OCD Action

The notes on pages 29 to 34 form part of these financial statements.

Statement of financial activities

FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £
Cashflows from operating activities			
Net cash provided by operating activities	10	<u>(83,655)</u>	<u>101,389</u>
Change in cash equivalents in the year		(83,655)	101,389
Cash and cash equivalents brought forward	11	<u>271,107</u>	<u>169,718</u>
Cash and cash equivalents carried forward		<u>187,452</u>	<u>271,107</u>

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted Funds 2025	Restricted Funds 2025	Total Funds 2025	Total Funds 2024
2 INCOME FROM DONATIONS AND LEGACIES				
Community Fundraising	87,288		87,288	53,102
Legacies	63,590		63,590	33,612
Major donations	34,000		34,000	16,384
Fundraising Events	25,125		25,125	45,892
Trust and Foundations	44,687.40	87,338.50	132,026	360,681
TOTAL INCOME	254,691	87,339	342,029	509,672

	Total 2025	Total 2024
3 EXPENSES		
Employment Costs	241,030	205,768
Fundraising	71,390	105,834
Forum moderation	10,868	8,806
IT & Communications	22,890	23,279
Publicity & Awareness	6,836	7,717
Property expenses	13,859	14,014
Professional Fees	28,562	2,934
Travel, Training & development, Recruitment, Volunteer expenses	13,109	9,165
Governance	6,802	5,575
General Expenses	4,639	3,075
	419,984	386,167

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

4 NET INCOME/(EXPENDITURE)

	2025	2024
	£	£
This is stated after charging:		
Pension costs	<u>5,223</u>	<u>4,727</u>

During the year, no Trustees received any remuneration (2024 - £Nil).
During the year, no Trustees received any benefits in kind (2024 - £Nil).

5 AUDITOR'S REMUNERATION

The Auditor's remuneration amounts to an Audit fee of £3960 (2024 £3960).

6 DEBTORS

	2025	2024
	£	£
Prepayments, debtors and accrued income	<u>35,007</u>	<u>29,621</u>

7 CREDITORS

	2025	2024
	£	£
Creditors	10,356	14,232
Accrued expenses	<u>3,960</u>	<u>3,960</u>
	<u>14,316</u>	<u>18,192</u>

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

SUMMARY OF FUNDS - CURRENT

8 YEAR

	Balance as at 1 April 2024 £	Income £	Expenditure £	Balance as at 31 March 2025 £
General Funds	200,599	258,253	(268,294)	190,557
Restricted funds	81,937	87,339	(151,690)	17,586
	<u>282,535</u>	<u>345,592</u>	<u>(419,984)</u>	<u>208,143</u>

9 SUMMARY OF RESTRICTED FUNDS - CURRENT YEAR

	Brought Forward £	Incoming resources £	Resources expended £	Carried forward £
1 The Henry Smith Charity	23,493	-	(23,493)	0
2 Randal Foundation	8,777	-	(8,777)	0
3 Shanley	3,330	-	(3,330)	0
4 James Tudor	5,000	-	(5,000)	0
5 The Simon Rivett-Carnac Trust		4,000	(4,000)	
6 Other Small Grants	0	3,000	(3,000)	0
7 The National Lottery Community Fund	24,169	80,339	(86,922)	17,586
8 The National Lottery Awards for All	6,994	-	(6,994)	0
9 The National Lottery Awards for All Wales	6,974	-	(6,974)	0
10 Ridell Foundation	3,200	-	(3,200)	0
	<u>81,937</u>	<u>87,339</u>	<u>(151,690)</u>	<u>17,586</u>

RESTRICTED FUNDS ANALYSIS

- 1 The Henry Smith Charity
- 2 Randal Foundation
- 3 Shanley
- 4 James Tudor
- 5 The Simon Rivett-Carnac Trust
- 6 Other Small Grants
- 7 The National Lottery Community Fund
- 8 The National Lottery Awards for All
- 9 The National Lottery Awards for All Wales
- 10 Ridell 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 OCD Youth project
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 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDED 31 MARCH 2025

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

	2025	2024
	£	£
Net income/(loss) for the year (as per Statement of Financial Activities)	(74,392)	128,372
Adjustment for:		
Decrease /(increase) in debtors and prepayments	(5,386)	(28,368)
(Decrease)/Increase in creditors	<u>(3,876)</u>	<u>1,385</u>
Change in cash equivalents in the year	<u><u>(83,655)</u></u>	<u><u>101,389</u></u>

11 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2025	2024
	£	£
Cash in hand	<u>187,452</u>	<u>271,107</u>
Total	<u><u>187,452</u></u>	<u><u>271,107</u></u>

The notes on pages 29 to 34 form part of these financial statements.

Notes to the financial statements

FOR THE YEAR ENDING 31 MARCH 2025

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.

1. ACCOUNTING POLICIES (continued)

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 ENDING 31 MARCH 2025

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.