



# Newsletter

The newsletter for members of OCD Action with OCD, BDD and other related disorders, and their families, friends and supporters.

Published by OCD Action to advance awareness, research, understanding and treatment of Obsessive Compulsive Disorder (OCD) and associated disorders.

***Inside...***

***Conference & AGM***

***Advocacy***

***Book Review***

***Poetry Corner***

***Support Groups***

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**Articles in this newsletter represent the opinions of the authors.  
Publication does not imply OCD Action endorses them.**

# Message from OCD Action

Dear Friends

Welcome to the latest OCD Action Newsletter, and a belated happy new year.

We are delighted to report that there have been some exciting developments at OCD Action since the last newsletter, and 2009 looks set to be a year of positive change and prosperity for the organisation. Our 2008 conference was a great success and it was with huge pride that we welcomed over 450 delegates. A full report from Cliff Snelling can be found later in this newsletter.

At the end of 2008, we received a significant grant which will allow us to offer a new and much needed advocacy service, which will work to help people to vocalise their needs and to ensure that they receive the benefits and services to which they are entitled. Joel gives a fuller report later in this newsletter, but we are sure you will agree that this is an excellent new step for OCD Action, and will allow us to help even more people.

We have also been busy working to develop our helpline, to allow us to offer an even better service to a larger number of people, and to redesign our website which will go live very soon.

We are all only too aware that living with OCD is a challenge, and for many of us life may well become harder in the current climate; but here at OCD Action, we feel that our organisation is better placed to help more people, and we are truly heartened by the support of our friends, our volunteers and our members.

With warmest wishes

**The OCD Action team**

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### *Help and information:*

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*Office: 0870 360 6232 (national rate) (020 7253 5272)*

*Email: [info@ocdaction.org.uk](mailto:info@ocdaction.org.uk)*

*Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)*

*online donation page on the website:*

*<http://www.ocdaction.org.uk/donate.htm>*

*The office is open 10am to 5pm Monday to Friday.*

*The helpline is open those hours, plus some additional hours based on volunteer availability. The office is also staffed by a core of dedicated volunteers without whose help the services that OCD Action now provides would be very difficult to deliver.*

*If you would like to volunteer some time to help out, please contact Jyothi Unni, OCD Action's Administrator.*

The next edition of the OCD Action Newsletter will be Summer 2009. If you would like to submit any articles or poetry please do so by Friday 29th May.

# Director's Report

Since the last newsletter went out in Summer 08, there has been a huge amount of activity here at the OCD Action office, and a new face too.

In September, Jordan our administrator left to continue his studies and pursue a career in therapy. It was sad to see him go but it is comforting to know that while working here, he was able to build his confidence and gain the skills needed to move his career forward. All of us here thank Jordan for the terrific work he has done and we are glad that he is staying involved as a volunteer. Jyothi joined us as Jordan's replacement in the role and has already done a great job, especially helping to make sure that the OCD Conference ran smoothly.

As you will see elsewhere in this newsletter, Megan left us after four years at the helm. She made a really significant and lasting contribution to the organisation and will be missed by many.

Most of October and November was taken up by planning the OCD Conference. I am sure you agree that with the help of a great team of volunteers and speakers we were able to put together a fantastic event.

We have also been very busy creating a new OCD Action website. The aim of this new site is to ensure that any visitor can find the support and information that they need quickly and simply and that they feel part of an on-line community. We hope to make the site "live" very soon. Do let us know what you think.

In December we received a fantastic Christmas Present in the shape of a large grant from the Lloyds TSB Foundation for England and Wales. We are going to use this money to increase the amount of advocacy work that OCD Action can take on and to offer advocacy training to local support groups.

Advocacy is about helping to make sure that somebody affected by OCD can get the help and support that they are entitled to quickly and easily. All too often people with OCD face unnecessary and unfair obstacles and opposition on the route to treatment and find it difficult to navigate the complex health service. I am sure that with this grant we can help many people get the support they need, deserve and are entitled to.

I have gone into some more detail about our advocacy plans later on in this edition of the Newsletter. Once our advocacy work is underway we will make sure that we share all the news with you on our new website.

Financially, the Charity continues to grow and we have already more than doubled our income from last year, giving us the stability and confidence

to plan ahead. The challenge now is to develop our services to ensure that we are giving the best possible support and information that we can to anybody affected by OCD.

We are starting to do this and recently reviewed our helpline to identify areas that work well and where we can improve. I am confident that we can make these improvements.

At the moment we are busy putting together plans and objectives for the year ahead. 2008 has been a great year for OCD Action and volunteers, trustees and staff here all feel that 2009 will be even better.

Thank you

A handwritten signature in black ink that reads "Joel". The signature is written in a cursive style with a long horizontal stroke at the end.

**Joel**

### ***OCDA Classifieds***

***Got something to buy, rent or sell?  
OCDA has created a new section of our website  
where members can post.  
Contact [info@ocdaction.org.uk](mailto:info@ocdaction.org.uk)***

# Farewell to Megan

Many of you will miss “A note from Megan” in this newsletter. As some of you may know Megan has been working on her degree in Counselling and now plans to pursue this as a career.

When Megan Karnes joined OCD Action in mid 2004 there was just one person running the entire operation. She took the bull by the horns and realised that she had to be a Jack or Jill of all trades. In three days a week and with a modest budget she not only kept OCD Action running but made lots of improvements, developed a fantastic network and spread the word far and wide. Megan told some of us that she wanted to make a difference and she certainly did. She was passionate about helping people who were affected by OCD Spectrum Disorders.

She always had in mind the development and success of the charity and she was totally committed. Through Megan's wide network of contacts she gained a great insight into mental health. She was out there in the field helping to set up support groups and she was very hands on with all her endeavours. Megan worked hard at creating more awareness and at helping people who suffer from the disorder feel that they are not alone and that there are ways to manage one's OCD. She was always approachable and encouraging.

Megan made a huge contribution over the last several years for which, on behalf of all of you, I want to express our sincere gratitude. We wish Megan all good fortune and know that her career in counselling and her commitment to bettering the lives of those who she works with will go from strength to strength.

**Kitty Nabarro**  
Volunteer, OCD Action

# Conference Report

Yet another excellent conference - thanks to everyone who attended and made it possible. Here is a brief note of my day.

A very early 6.00am start for the drive to London. Once there, going miles through the seemingly unending metropolis and finally arriving in South Kensington. So where is the venue? It's here somewhere but the address given on the programme is just Imperial College London, South Kensington Campus, London SW7 2AZ. It must be in a road and the road must have a name. It's around here somewhere, but where? Then, what's that; a giant canary? No it's one of the yellow T shirted volunteers directing people to the venue. Now I believe in miracles!

Once inside and after a welcome coffee and a warm up there was a chance to see and catch up with lots of people I haven't seen since the last conference. Then it's off to the main hall for the business of the day. As ever there were some of the top experts who do so much to support OCD Action and gave very informative presentations and described the progressive work they were doing. This was followed by some inspirational speakers who shared their OCD experiences with us. I always think they are so brave to do that and find it reassuring that whether we are a sufferer or a carer to know that we are not alone.

The next part of the conference was the morning workshops. There were so many to choose from and there was something for everyone. The only problem was that you could only be in one place at the same time. Next time I must bring a Tardis instead of a car!

Lunch time was another opportunity to catch up and chat with people - so many people so little time. After lunch there were more workshops and again they were very varied.

I did a spell staffing the OCD Action stall. This is the place to meet people and chat and exchange views. Again it is good to share experiences and hopefully pass on some good advice and information to the many enquirers. But time rushed by and before I knew it Joel (our new Director) was chasing me to do my Carers' Keynote presentation, "Come on" he said, "you're on in two minutes". Oh bother (or words to similar effect) I thought, there goes my preparation time. But I needn't have worried, nobody was critical and everyone was happy to listen to what I had to say (why can't it be like that at home?). After me there were some more inspirational speakers telling how they overcame their difficulties.

At the end of the conference the AGM was held. The formal business was

# Conference Report

(continued)

done and the Trustees were re-elected and Peter Jennings was formally elected as our new Chairman. Both he and Joel Rose outlined the many advances the organisation has made in the last year and our plans for the future that will enable us to do far more.

Finally it was time to say goodbye and set out on the long journey home. After one hour (yes one hour) to drive the half mile or so along Knightsbridge, thanks to some out of sequence traffic lights, it was through the Monopoly board names such as Park Lane, Hyde Park Corner and Maida Vale finally making it to the relative sanity of the M1 motorway for the journey north. Once through the 50 mph section where motorway widening is being carried out (there were five almost empty lanes, so why a 50 mph speed limit?) I encountered the grit lorries hogging the middle lane and spreading grit across the whole width of the motorway. Passing them was tricky and I am sure the grit that was flying out the back will take the paint off the front of the car. Half an hour later there was the snow that had been forecast. Not really what I wanted towards the end of a demanding journey, but eventually, home at last at the end of a very long, tiring but rewarding day.

But was it worth it and will I go again? ***See you next year.***

**Cliff Snelling**  
November 2008

## A special mention and a huge thank you to all the people who helped us at Conference 2008.

Martin Anson	Alice Hooper	Clint Payne	Cliff Snelling
Linda Atkinson	Lynn Jones	Mar Perez	Blake Stobie
Paul Carter	Megan Karnes	Raj Persaud	Emily Thompson
Fiona Challacombe	Uzma Khokhar	Natasha Peter	Dheeresh Turnball
Suzanne Collins	Yilka Krasnici	Colin Putney	Cynthia Turner
Alan Davidson	Janette Lampert	Jordan Rapaport	Camilla Veale
Becky Daw	Solina Li	Daniel Rau	David Veale
Lynne Drummond	Isaac Marks	Paul Salkovskis	Chloe Volz
Schuyla Van Dyke De Curtis	Carole Murray	Roz Shafran	Joe Wells
Chris George	Rinaani Musutua	Craig Colin Shirley	Daniel Wheeler
Katherine Gilmore	Daniel Nabarro	Satwant Singh	Rob Willson
Kitty Nabarro			
Natalie Hailes	Victoria Oldfield		
Mona Hassaballa	Lucy Oxenham		
India Haylor	Amanda Palin		
Isobel Heyman	Libby Palin		
Kristina Hilton	Radhika Patel		



# AGM Report

Around 30 members joined Trustees and staff for the OCD Action AGM, held immediately after the OCD Conference on Saturday 22nd November. The AGM represents OCD Action's official business. It is an opportunity to meet with the Charity's trustees, ask any questions and make your thoughts and feelings known.

This year at the AGM, Peter Jennings was officially voted in as chairman of OCD Action and went on to present to members some of the highlights of our last financial year (2007-08). These highlights included; helping over 11,5000 people through the OCD Action help and information line, attracting an average of 11,200 website visitors per month, agreeing to an awareness partnership with the Communication Workers Union, securing three year funding for an Administrator and securing funding for a Director.

Peter also reported on the finances for the year 2007-08 stating that total income had increased from £79,000 to £84,000, expenditure had increased from £62,000 to £96,000 and that a total of £16,000 had been carried forward.

After this review of last year's activity, Joel, reported that so far in the current year key achievements include securing a three year partnership with CCBT Ltd, up-grading administrative and financial systems, reviewing the charity's helpline service, organising OCD Conference 2008 and developing a three year strategic plan.

A number of the questions that were asked by members focused on support groups and how this network of groups could be extended and supported. All trustees agreed that this was important and something that OCD Action would be working on in the coming year.

Members were also keen to see OCD Action increase the amount of awareness work that the charity does especially focusing on GPs and teachers. Again, trustees agreed that this is something that the charity should focus on in the future.

If you would like the full minutes of the AGM, please contact the OCD Action office.

# Bulletin boards

"I went to the support group last night. It was fantastic just to talk to other people the same as you. It also made me realise some people suffer very severely with this illness and I feel for them but it has made me see I'm not that severe which I think has helped one poor guy who couldn't even leave the house and I thought gosh he has to sit in his house on his own. I really felt for him. I felt very energised and positive when I left."

"I would just like to say a big thank you to Julia for the first Northampton OCD support group. It was fantastic - very helpful and opened my eyes a lot. And thank you to all the brave OCD sufferers that turned up. You made it a great night. Well done to you all."

"Hi,

Two nights ago I was lying in bed after a very bad picking episode pretty much at rock bottom. Unable to sleep I was browsing the internet and came across this site. It felt incredibly comforting to know that there are people out there with exactly the same thoughts, feelings and problems as me. Thank you so much to everyone here as your understanding and love for each other gave me the strength to keep going. For many years (am now 28 and have been struggling with this since my early teens) I thought I was a disgusting freak and felt unable to talk to my family or friends about my picking despite the fact the evidence of my problem was clear for all to see. I find it incredibly difficult to leave the house when my skin is scratched, sore and infected and missing work is a big problem - my boss knows something is wrong and that I am on anti-depressants but I cannot bring myself to explain any further. Friends I have confided in have been supportive but it is very difficult for them to understand... My boyfriend is a great source of comfort but even he loses patience with me at times as our lives are so restricted as a result of this illness. I am currently doing CBT targeted towards BDD but am worried that my beliefs and habits are so entrenched I will never be free of them. We'll see.

Anyway, thanks again. Will keep visiting the site and stay in touch! Big hugs to everyone affected by this."

**Lindsay**  
Leeds, UK

# Volunteers

OCD Action relies on the dedication of volunteers to make sure that we are there to help people in need and that our message can get out.

Most of our volunteering opportunities are open to people throughout the country. All we ask for is your commitment, enthusiasm and expertise and in return we will give you the training, materials and support that you may need.

***We are now recruiting for new volunteers to help with:***

## **Media**

Sharing your personal story to help inspire others. By working with the national and local media, you can help OCD Action reach hundreds of thousands of people.

## **Help and information line**

Providing support and information to people over the phone. The help and information line is one of OCD Action's key services. Volunteers receive intensive training and supervision and whilst the work can be challenging it is always rewarding. (At present this is only available at our office in London)

## **Fundraising**

Do you have any great fundraising ideas? OCD Action can work with you to help raise much needed income whether it is sitting in a bath of baked beans or running the marathon .

## **Support groups**

Setting up and running a local support group can be an excellent way to help provide support to others. If you are interested in setting up a local group we can help.

## **Distributing materials**

Can you help us to get our materials out there into hospitals, GP surgeries, schools; anywhere they may be needed?

## **Spreading awareness**

Do you think that you would be able to talk to groups, especially local organisations, universities and secondary schools?

**If you are interested in any of the above and would like to find out more please contact Joel Rose, OCD Action's Director on 020 7253 5272**

# Support Groups

OCD Action works with support groups throughout the country and can provide resources and help to promote local groups. If you are a support group facilitator or if you are interested in starting a new group, get in touch with the OCD Action office to find out what we can do for you.

## Latest News

We are very pleased to let you know about three new support groups that have been started up since the last edition of the OCD Action newsletter these are:

**Southport, Merseyside** - A user-led group with no subscription. Small donations towards the cost of the room are welcome but are not obligatory. All are welcome at the group, including sufferers, carers, family or friends of any age.

When: Varying Fridays at 15:30-17:00 each month

Where: Christ Church, Lord Street, PR8 1AA.

Contact: For more information contact OCD Action on 0845 390 6232.

### **Northampton**

When: First Tuesday of the month from 19:00-21:00.

Contact: For more information contact Julia on 077343 149 337 or email [ocd.npton@yahoo.co.uk](mailto:ocd.npton@yahoo.co.uk)

### **North Wales**

When: Every 2nd and 4th Wednesday

Where: Aston House, Deeside Community Hospital, Plough Lane, Deeside, CH5 1XS

Contact: Keir Harding, Occupational Therapist, Tel 01244 834 921

## **Support Group Facilitator Day**

In May this year, OCD Action is planning to run a one day networking and training day for all support group facilitators and individuals interested in establishing a new group. The event will be held in a central location and focus on sharing best practice, developing skills and up-dating knowledge of OCD. Please contact the OCD Action office for more information.

***See page 21 for an up-to-date list of support groups***

*Facilitators - please let us know about any changes to your group*

The Improving Access to Psychological Therapies (IAPT) programme seeks to deliver on the Government's 2005 General Election manifesto commitment to provide improved access to psychological therapies for people who require the help of mental health services. It also responds to service user's requests for more personalised services based around their individual needs.

The programme has one principal aim, to support Primary Care Trusts in implementing National Institute for Health and Clinical Excellence (NICE) guidelines for people suffering from depression and anxiety disorders. At present, only a quarter of the 6 million people in the UK with these conditions are in treatment, with debilitating effects on society.

The programme began in 2006 with Demonstration sites in Doncaster and Newham focusing on improving access to psychological therapies services for adults of working age. In 2007, 11 IAPT Pathfinders began to explore the specific benefits of services to vulnerable groups.

There has been a huge amount of work in this area. However, the key issue is whether there is a noticeable improvement "on the ground".

At OCD Action we are keen to make sure that we have a good understanding of people's actual experiences with services. This way we can build up a better picture of the reality "on the ground" and be able to present our findings back to the IAPT programme and if necessary, push for improvements.

***We need to hear from you....***

***Please get in touch and let us know about your experiences.  
Were you offered CBT? How long did it take for you to get  
your first appointment?***

***info@ocdaction.org.uk***

# Time to Change

Time to Change is England's most ambitious campaign to end discrimination faced by people who experience mental health problems.



It is a collection of 35 projects, led by Mental Health Media, Mind, and Rethink, and is funded by grants of £16m from the Big Lottery Fund and £2m from Comic Relief.

The campaign aims to not only change the public's attitude towards mental health but also public behaviour and specifically want to achieve:

1. A 5% positive shift in public attitudes towards mental health problems
2. A 5% reduction in discrimination by 2012
3. An increase in the ability of 100,000 people with mental health problems to address discrimination.

The campaign sees discrimination as a complex and deep-rooted problem and recognises that challenging it is not a simple task. The campaign organisers have based their actions on the evidence that suggest the best approach is to combine the enforcement of legal rights with work to engage the public and to work alongside grassroots projects that bring people with and without mental health problems together.

The campaign is especially keen to make sure that the thoughts and experiences of people with mental health issues are heard and that their actions are shaped by feedback that they receive.

## ***MAKE SURE THAT THE VOICE OF PEOPLE WITH OCD IS HEARD WHAT YOU CAN DO:***

One of the best things that you can do is to visit the campaign website at <http://www.time-to-change.org.uk/experiences-views>. In this section you can send in your own personal story and access the campaign forums.

You can also join the campaign on-line to receive up dated information and find out about campaign activities in your area.

OCD Action is very glad to see this campaign and we feel that it has the potential to make a real and lasting effect on the attitude and behaviour of the general public.

We do, however, want to make sure that problems faced by people affected by OCD and their experiences are also heard. So if you are able to, do please get involved with the campaign.

# Advocacy

Advocacy is taking action to help somebody say what they want, secure their rights, represent their interests and get the services that they need and are entitled to. As I mentioned in the director's report, OCD Action has just received a grant from The Lloyds TSB Foundation to take on advocacy work.

Over the next few weeks will be starting the recruitment process to secure an Advocacy Manager. This is a new role at OCD Action and the manager will be responsible for:

- 1) Providing training to local support groups so that they can act as advocates for their members.
- 2) Producing support and information material for OCD Action aimed at helping people to act as advocates for somebody affected by OCD. These materials will be available in hard copy and online via the new OCD Action website.
- 3) Training our Helpline Volunteers to be able to give callers more specific advocacy advice.
- 4) Acting as an advocate in cases where there is a significant national interest. This means taking on cases where if a challenge is won, a precedent can be set that would help other people in a similar position.

By focusing our efforts on providing advocacy training and taking on “test cases” we can make sure that we make the greatest impact possible and get the most out of the funding that we have been given.

Do keep checking in with the website for information as this programme progresses.

**Joel**



Lloyds TSB | Foundation for England and Wales

# Harry

HARRY,  
ME & OCD

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NO EXCUSES HARRY, YOU CHECKED THE DOOR TWICE!...



THE DR SAID DISTRACTIONS ARE GOOD FOR YOU!



THATS WHY I WANTED OUR GRANDSONS TO HOLIDAY WITH US

# Book Nook



## **The Thing Inside My Head – A Family's Journey through Mental Illness** by **Lois Chaber** (Foreword by David Veale)

Available on [www.amazon.co.uk](http://www.amazon.co.uk)

"Obsessive Compulsive Disorder is a family illness. Everyone in a family under the influence of OCD is exposed to ongoing, albeit intermittent, traumatising circumstances." (P. 168)

In coming to terms with the devastating effect of OCD, or any serious Mental Health disorder, it can seem simpler to create an 'us and them' situation, coolly distancing ourselves from the person and our own feelings in the interest of survival - both theirs and ours. Lois Chaber has written a heart-wrenching book that explores the impact of her daughter's OCD from all sides.

'What went wrong?' would be a standard place to begin. Ms Chaber then continues on to ask 'How did I contribute to the problem?' This is just one of the unique aspects of this book. How many of us do feel responsible for 'the others' Mental Health? How many of us have the courage to really look at how we may actually, in spite of our best intentions, make things worse?

Struggling to get help within a system, which at the time was significantly less aware about appropriate treatment, is a mother battling her own depression and lack of knowledge about what she needs to do.

The book is written in three parts. The first details the interesting family story of the English-speaking family living in the Middle East. The second weaves Sybil's personal diaries into an often desperate narrative from the mother trying to save her daughter and seemingly succeeding. The third follows the surprising and tragic downturn that Sybil, and the family, experiences.

Lois' personal journey, Sybil's poignant and honest diary and the harrowing journey the family takes through treatment in England, provide valuable insight. While Sybil's innocent honesty can potentially help families to understand suicide ideation and other areas within OCD, it may not be beneficial for those personally struggling with this dynamic. Sybil, for a myriad of reasons, rarely was able to differentiate between OCD and her own experience. For anyone else I would consider this a 'must read'.

**Megan Karnes**

*If you would like to write a book review for the next newsletter or if you would like to submit a book to be reviewed - please contact the OCD Action office.*

## HOARDER

The nineteen  
thousand  
nine hundred  
and ninety  
four pages  
of this old  
tear-off  
calendar  
stashed  
in fifty-four  
dusty  
attics  
are crowding me  
  
out  
  
of  
  
my  
  
life.

## What If?

What if it's wrong?  
What if it's right?  
  
What if I lose?  
What if you win?  
  
What if I fail?  
What if you succeed?  
  
What if I'm staring defeat in the eye?  
What if you lose out because you were too afraid to try?

**F Burns**

This poem was inspired by my family's inability to understand and accept my illness and is mainly to try to let a "normal" person realise how it would feel if they were to suffer from OCD and what they would face on a day-to-day basis.

My crazy world where I'm afraid to tell of my  
obsessions, my compulsions, my private hell.

A world where I'm unable to independently think,  
the Irrational Bully's weakest link

A world where it's possible for two thoughts to  
collide and I find it impossible to be able to divide.

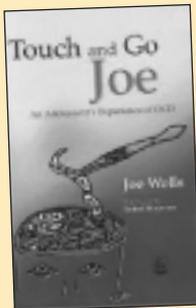
A world where I say "no" with a nod, and accept all  
that's offered with a shake of my head.

A world where I can't let eyes meet, reflections of  
my shame directed at my feet.

A world where the Irrational Bully within is  
dictating, invading and possessing my mind.

A world where I want to be normal and well, to find  
the way out of my private hell.

**F Burns**



Joe Wells, is a young person with OCD who gave an inspirational talk at our recent conference. He spoke about his experiences and his account of them in his book "Touch and Go Joe". At the end of his talk, several people came

to the OCD Action stand to buy copies. However the limited amount available on the day sold out very quickly. You can buy this book through [www.amazon.com](http://www.amazon.com)

# Get involved



OCD Action has teamed up with DO IT For Charity.com to be able to provide fantastic sponsored challenge events. So if you think that you would like to support our work by jumping out of an aeroplane, climbing a mountain or trekking across Peru - get in touch with the OCD Action office.

Of course, if such dare devil feats are not for you, there are still lots of ways in which you can help. By putting on your own fundraising event you can not only raise funds for our work but also raise awareness about OCD amongst your local community. The OCD Action office will be able to help you promote your event and give advice on any issues that arise.

***Not sure what event to put on? Here are just a few ideas to help you get started:***

Auctions	Dinner Dance	Jam Making	Running Events
Assault Course	Disco	James Bond	Stars in Their
Ascot Day	Dawn Walk	Night	Eyes
Baby Picture	Easter Ball	Jumble Sale	Sports Match
Quiz	Easter Egg Hunt	Lawn Mowing	Swear Box
Balloon Race	Exhibition	May Fair	Teddy Bear
Barn Dance	Expedition	Mini Marathon	Raffle
BBQ	Fashion Show	Midsummer	Treasure Hunt
Bingo	Fete	Party	Tom bola
Bike Ride	Fireworks Party	Mastermind	Uniform Free
Blind Date	Football Match	New Years	Day
Book Sale	Fun-run	Party	Valentines Ball
Bungee	Father's Day	Open Garden	Vintage Car Day
Jumping	Feast	Day	Window
Burns Night	Garden Party	Opera Evening	Cleaning
Cake Day	Golf Day	Pancake Race	Washing Cars
Car Boot Sale	Grand National	Pamper	Wine Tasting
Carol Singing	Gym Challenge	Evening	Xmas Party
Children's Party	Halloween	Parachute	Youth Club
Coffee Morning	Party	Jump	Disco
Christmas	Hair Shave	Quiz Evening	Zany zany zany
Cards	Indoor Games	Race Night	Ideas?
Darts evening	It's A Knockout	Raffle	

# Support groups

<i>Location</i>	<i>Type of group</i>	<i>Address</i>	<i>Contact</i>	<i>Meeting</i>
<b>LONDON</b>				
HILLINGDON	OCD Support group for sufferers, carers, family and friends	The Pembroke Centre Community Mental Health Resource Centre, 90 Pembroke Road, Ruislip Manor, Middlesex, HA4 8NQ	Beryl 01895 444804 (10am-7pm only) 07913 464706 OCDSUPPORT4U@aol.com www.ocdsupport.co.uk	1st Thursday of the month 7.30–9.30pm
	Carers Group	As above	Beryl (10am-7pm only) 01895 444804	Last Friday of month, 2-4pm
SOUTHGATE	OCD Support Group for sufferers, carers, family and friends Occasional well-known speakers.	Priory Hospital, The Bourne, Southgate, London, N14 6RA	Alison 020 8958 5332 alison.islin@btconnect.com	1st Sunday of month, 7-9pm
	BDD Support Group for sufferers, carers, family and friends	As above	Martin Anson (clinical psychologist) 020 7848 0387 (please leave a message) m.anson@iop.kcl.ac.uk	3rd Sunday of every month 4-6pm
EDGWARE	OCD support group for sufferers, carers, family and friends	Biru Unit, Edgware Community Hospital, Burnt Oak Broadway, Edgware, Middlesex, HA8 0AD	Suzanne or Judy Call OCD Action or email edgwareocd@yahoo.co.uk	2nd Tuesday of the month 7.30-9pm
CENTRAL LONDON	Obsessive-Compulsive Anonymous (OCA) - Twelve Step Group Carers welcome by arrangement	The Parlour, Hinde Street Methodist Church, 19 Thayer Street, W1U 2QH	Keith 020 8399 6197 Gary 07803 721 598 garylove47@hotmail.com	Every Thursday 7-8.30pm
Bloomsbury	OCD Support Group for sufferers, carers, family and friends	The Poetry Place 22 Betterton Street WC2H 9BX (upstairs room called Poetry Studio - use door to left of cafe)	Call OCD Action 0845 390 6232 for further details	Every other Thursday 7-9.30pm
Marylebone	Lesbian and Gay OCD Support Group	Please contact Jordan for more details	Jordan 07960 526404 gay_ocd@yahoo.co.uk	2nd Saturday of each month 7-8pm
East London	Hoarding Support Group	Graham Practice Wordsworth HC, 19 Wordsworth Avenue, London, E12 6SU	Satwant Singh hoarding.satwant@ gmail.com	Last Wednesday of month 6-7.30pm

# Support groups

(continued)

<b>Location</b>	<b>Type of group</b>	<b>Address</b>	<b>Contact</b>	<b>Meeting</b>
<b>SOUTH EAST ENGLAND</b>				
CANTERBURY	OCD Support Group for sufferers only	Umbrella Centre, St Peter's Place Canterbury, Kent, CT1 2DB	01227 767 660	1st Sat of month 1-2.30pm
DARTFORD North Kent	BDD and OCD Support Group		Sue at MIND 01322 291380 or admin@dgsmind.co.uk	Every other Thurs 12-1.30pm
ILFORD	Ilford Anxiety Care for sufferers, carers, family and friends	The Day Centre, Redbridge Resource Centre, 497/499 Ley Street, Ilford, Essex IG2 7QX	Regina Byrne (co-ordinator) 020 8262 8891 www.anxietycare.org.uk	(Mon & Tue 6.30-8.45pm)
	Confidence building group	1st Floor, Urswick Medical Centre, Dagenham, RM9 6EA	Please contact Regina Byrne about meeting	
MAIDSTONE Kent	Support group	Maidstone Mind, The Bridges, 23 College Rd, Maidstone, ME15 6YH	Merryl/Sally 01622 692 383 andrewhider@blueyonder.co.uk	3rd Thurs of month 11am- 12.30pm
OXFORD	OCD Support group for sufferers, carers, family and friends	Michael Young Building, RESTORE, Manzil Way (off Cowley Road), Oxford, OX4 1YH	Stephen, Richard or David via email ox.ocd. support@hotmail.com	1st Mon of month 6.30pm for 7pm-9.30pm
READING	Support group for sufferers, carers, family and friends	Trinity Church, Chalfont Close, Earley, Reading, RG6 5HZ	Melanie Moore 01189 481 139 Melanie_J_Moore@hotmail.com	Every other Monday at 8pm
SOUTHEND- ON-SEA	OCD Support Group for sufferers and carers	14 Avenue Terrace, Southend-on-Sea Essex, SS0 7PL	Jim Grigg 07876 353547 Jackie St John at Trust Links Breakthrough	2nd Thurs of month, 11am-12.30pm
<b>SOUTHERN ENGLAND</b>				
BASINGSTOKE	OCD Support Group for sufferers, carers, family and friends	The Ark Conference Centre Ltd, Binwoodie Drive, Basingstoke Hampshire, RG24 9NN	Charlotte Underwood 07861 378 883 lottieunderwood@hotmail.com	2nd Weds of month 6.30- 7.30pm
BOSCOMBE, Bournemouth	OCD Support Group for sufferers, carers family and friends	Peerhouse, 9 Shelly Rd, off Ashley Road, Boscombe Bournemouth, BH1 4JQ	07804 282027 01202 392910 ocd@dorsetmind.org.uk	3rd Tues of month 7.30-10pm
BRIGHTON	OCD Support group for sufferers, families and friends	79 Buckingham Road, Brighton, BN1 3RJ	Linda 01403 713123 lin.thornton@btopenworld.com	1st Weds of month 6.30- 8.15pm

<b>Location</b>	<b>Type of group</b>	<b>Address</b>	<b>Contact</b>	<b>Meeting</b>
<b>SOUTHERN ENGLAND (continued)</b>				
BRISTOL	OCD Support	Meeting Rooms, Limbs and Things, Sussex Street, St Philips, Bristol, BS2 0RA	Sharon Davies 0772 984 8675 sagishaz@aol.com	Please ring for more information
	Obsessive-Compulsive Anonymous (OCA) 12-Step Group. Carers welcome by arrangement	The Community Centre, Oaktree Ct, The Ridge, Shirehampton, BS11 0BN	Paul 07903 129753	Every Tues 7.30pm for 8pm
CAMBRIDGE	OCD Support Group for sufferers, carers, family and friends	Cam-Mind, Barrere Hs, 100 Chesterton Road Cambridge CB4 1ER	Ali 01223 311320 Phone Ali for dates admin@cam-mind.org.uk	Every other Mon 5.30-7.30pm
GUILDFORD	Obsessive-Compulsive Anonymous (OCA) - 12-Step Group Carers welcome by arrangement	Guildford Methodist Church (side entrance), Wharf Rd, off Woodbridge Rd, Guildford, GU1 4RP	Rob 07968 196377 Sally 07790 397510 Rob3171@yahoo.co.uk Keith 020 8399 6197	Every Monday 8-9pm
PORTSMOUTH	OCD Support group for sufferers, carers, family and friends	Rm 4, Cosham Community Centre, Wootton Street, Cosham, Portsmouth PO6 3AP	Contact OCD Action on 0845 390 6232	1st Sat of month 11am-1pm
PLYMOUTH	OCD and other related disorders support group	Mind Oasis, 8 Woodside, Greenbank Plymouth, PL4 8QE	Joe Higman 01752 154004 - phone for times joeh@plymouthmind.org.uk	Every other Weds 7-9pm
SOUTH HAMPSHIRE	OCD Support Group for sufferers, family and friends	The Cranbury Centre, Cranbury Road Eastleigh, SO50 5HT	OCD Action 0845 390 6232 www.ocdaction.org.uk	1st or 2nd Sat of month 2.15-4.45pm
SURBITON	OCD Support group for sufferers, carers, family and friends	The South Place Resource Centre, South Place (off Ewell Road) Surbiton, Surrey, KT5 8RX	Les 020 8390 2648 (between 4 and 6pm weekdays only please) ocdhelp@tiscali.co.uk	1st & 3rd Thursdays 8-11pm
WIMBORNE	Obsessions Together Group for sufferers, carers, family and friends	Jessop House, Mill Lane Wimborne, Dorset BH21 1HG	Bailey's Mental Health Resource Centre 01202 496267; Group mobile 07837 179760	3rd Weds of month 7-9pm
WINTON, Bournemouth	Obsessions Together Group for sufferers, carers, family and friends	Winton Resource Centre 528 Wimborne Rd, Winton Bournemouth, BH9 2EX	Bailey's Mental Health Resource Centre 01202 496267; Group mobile 07837 179760	1st Tues of month 7-9pm

# Support groups

(continued)

<b>Location</b>	<b>Type of group</b>	<b>Address</b>	<b>Contact</b>	<b>Meeting</b>
<b>EASTERN ENGLAND</b>				
NORWICH	Central Norwich	MIND Outreach Centre 11 Lower Goat Street, near Market Square Norwich, NR2 1EL	Geraldine Scott 01603 619246	1st Tues of month 7.15-9pm (sufferers and carers); Every Tue excl. 1st (sufferers only - CBT focussed)
<b>NORTH WEST ENGLAND</b>				
ALKRINGTON	OCD Support Group for various types of obsessive activity	Alkrington Community Centre, Kirkway, Hardfield Road, Alkrington, Middleton, Manchester, M24 1TQ	Bernie 0161 643 6729 b.glover77@ntlworld.com Lindsey 0773 822 5320	Monthly, on Mondays - please check with contacts
BOLTON	Sufferers Support Group OCD and related disorders	MHIST, Deajan House, 30 Chorley New Road, Bolton BL1 4AP	Sandra Clarkson 01204 527200 (MHIST) help@mhist.co.uk www.mhist.co.uk/calendar1.htm	1st Weds of month 7.30-9pm
GREATER MANCHESTER	OCD Support Group	Rock Street Day Centre, Rock Street, Oldham OL8 4BD	Mohammed Islam 0161 770 8500	Every other Weds 2.30- 4.30pm
LIVERPOOL	OCD Support Group	McAusland Lounge, Liverpool Guild of Students, 160 Mount Pleasant, Liverpool, L3 5TR	Jim 07505 675 246 ocd.liverpool@yahoo.co.uk	4th Fri every month 6-7pm
RUNCORN	OCD Support Group for sufferers	New venue to be announced	Hugh 0151 423 0363	Not currently running
SOUTHPORT	OCD Support Group	Christ Church, Lord Street, Southport PR8 1AA	Call OCD Action on 0845 390 6232	Varying Fridays 3.30-5pm Call for dates
WARRINGTON	OCD Group for sufferers, carers, family and friends	Allen Street Day Centre 44 Allen Street, Warrington, WA2 7JB	Molly McKay 01925 652204	1st Tues each month 10am-12noon
WIRRAL	OCD Support Group.	Contact group organiser for details	Duncan 0151 632 2017 parkesduncan@hotmail.com Colin 0151 228 6455 colin_s_wilson@yahoo.co.uk	2nd Fri of month 8pm

<b>Location</b>	<b>Type of group</b>	<b>Address</b>	<b>Contact</b>	<b>Meeting</b>
<b>MIDLANDS</b>				
BIRMINGHAM, West Midlands	OCD Support Group and interested professionals	Carr's Lane Church Centre Carr's Lane, Birmingham, B4 7SX	John Hinckes (Chair/ WM OCD) 07977 591081 johnhinckes@blueyonder.co.uk	3rd Sat of month 2.30- 4.30pm
LOUGHBORO'	Charnwood OCD Support Group for people with OCD-like symptoms	John Storer House Wards End, Loughborough, LE11 3HA	Contact OCD Action on 0845 390 6232	1st Tues of month 6-7.30pm
NORTH-HAMPTON	User-led group for sufferers, carers, families and friends	Northampton and District MIND, Anchor House, 6-7 Regents Square, Northampton NN1 2NQ	Julia 07743 149337 ocd.npton@yahoo.co.uk	1st Tues of month 7-9pm
WIGSTON	OCD Sufferers and Carers Group	URC Church Hall, Canal Street, South Wigston, Leicestershire LE18 4PL	Mary 0116 223 9058	1st Mon of month 7-9pm
<b>NORTHERN ENGLAND</b>				
CHESTER-LE-STREET	OCD Self Help Group	Call for location	Kathleen 0191 389 1765	Every other Tues
HALIFAX	OCD Support Group for sufferers, carers, family and friends	Halifax Fire Station, King Cross Halifax	Louisa 07761 384 414	1st Tues of month 6.30- 8.30pm
GATESHEAD TYNE & WEAR, NORTHUMBERLAND	OCD Support Group	SunCo House, Carlil Square, Newcastle upon Tyne, NE1 6UF	07939 543567 Secretary 0191 4778310 gatesheadocdgroup@yahoo.co.uk	
MACCLESFIELD	Support Group for sufferers, family and friends	Wykeham Chase, off Bransdale Way, Macclesfield, SK11 8QU	07876 297 857 realitycheckmacc@aol.com www.realitycheckmacc.co.uk	Last Tues of month 6-9pm
SHEFFIELD	OCD Support Group for sufferers and carers	Knowle House, 4 Norfolk Park Road, Sheffield S2 3QE	Jonathan Clitheroe 0114 279 6777 ocd@cahh.org.uk	By referral. Meet monthly on Mon 7pm, every 4-5 wks
YORK	OCD Support Group for sufferers, carers, family and friends	9 Castlegate, York YO1 9RN	Brian or Dan at York Mind on 01904 647349 or 01904 647014	1st Mon of month, 7.30- 9.30pm

# Support groups

(continued)

<b>Location</b>	<b>Type of group</b>	<b>Address</b>	<b>Contact</b>	<b>Meeting</b>
<b>SCOTLAND</b>				
GLASGOW	OCD Support Group for sufferers, carers, family and friends	Charlie Reid Centre Elmbank Street, Glasgow G2 4PB	Contact OCD Action 0845 390 6232	1st Weds of month 6.30-7.30pm
EDINBURGH	OCD Support Group for sufferers, carers, family and friends	Health in Mind, 40 Shandwick Place, Edinburgh Lothian, EH2 4RT	0131 225 8508 (please call on morning to check meeting takes place that evening) carolinejanetta@health-in-mind.org.uk ocd@health-in-mind.org.uk	3rd Weds of month 6.30-8.30pm
KILMARNOCK, Ayrshire	OCD Support Group for sufferers, carers, family and friends	Bellfield Community Centre, 193B Whatriggs Road, Bellfield, Kilmarnock, KA1 3SZ	Caroline 01563 572176 between 9-10pm only	3rd Thurs of month 6-7pm
<b>WALES</b>				
CARDIFF	OBSESS - OCD Support group for sufferers	Contact for details	Ian Hughes 02920 335555 Jenny McBride 02920 336114 both are NHS Clinical Psychologists	1st Tues of month 6-7.30pm
CLWYD	OCD Support Group	Aston House, Deeside Community Hospital, Plough Lane, Deeside, CH5 1XS	Keir Harding 01244 834921	2nd & 4th Weds of month
<b>IRELAND</b>				
DUBLIN	OCD Support Group	Room A (ask at main reception), St Patrick's Hospital, James Street, Dublin 2	Brian Davis info@ocdireland.org www.ocdireland.org	2nd & 4th Mon of month 8pm / 1st & 3rd Thurs of month 8pm

This form is to be used with the application form overleaf.

Please send this completed instruction to:

OCD Action  
 SUITE 506-507, DAVINA HOUSE  
 137-149 GOSWELL ROAD  
 LONDON EC1V 7ET

**Originator's Identification Number**

FOR CAF OFFICIAL USE ONLY - This is not part of the Instruction to your Bank/Building Society  
 Date of first payment on or after:  
--2000

Name(s) and address of account holder(s)

Mr/Mrs/Miss/Ms .....  
 Address.....  
 .....  
 ..... Postcode .....

**Instruction to your Bank or Building Society**

Please pay CAF/OCD Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with CAF/OCD and if so, details will be passed electronically to my Bank/Building Society.

Bank/Building Society account number

Branch Sort Code

--

Name and full postal address of your Bank/Building Society

To: The Manager ..... Bank  
 Address.....  
 .....  
 ..... Postcode .....

**Signature**

Date

--2000

**Banks and Building Societies may not accept Direct Debit instructions for some types of account.**

This guarantee should be detached and retained by the Payer

**The Direct Debit Guarantee**



- This guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society.
- If the amounts to be paid or the payment dates change, CAF/OCD will notify you at least ten working days in advance of your account being debited or as otherwise agreed.
- If an error is made by CAF/OCD or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to CAF, Administration Services, Kings Hill, West Malling, Kent ME19 4TA.



promoting recovery from  
**Obsessive Compulsive Disorders**

# Application for Membership of OCD Action

Details of member OCD Action Membership ID. \_\_\_\_\_

Title \_\_\_\_\_ Forename(s) \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_ Tel \_\_\_\_\_

OCD Action may want to contact you regarding events and other activities taking place within the organisation, please tick this box if you do not want us to contact you  OCD Action never gives your information out to third parties.

I wish to become a new member  I am renewing my membership

I wish to pay my membership subscription of: *Please note: £17 minimum*

£17    £20    £30    £50    £100    Other £ \_\_\_\_\_

*Amounts of £20 and above are optional and include a donation to OCD Action.*

## Please complete payment method A, B or C

**A BY CHEQUE** and enclose a cheque for the sum of £ \_\_\_\_\_  
*Please make cheque payable to OCD Action.*

**B BY DIRECT DEBIT** annually on \_\_\_\_\_ (date) \_\_\_\_\_ (month)  
*Please complete direct debit mandate overleaf.*

### C BY CREDIT CARD

I authorise you to debit my account with the amount £ \_\_\_\_\_

Card type: MASTERCARD / VISA / DELTA / SWITCH *(please circle)*

Cardholders name \_\_\_\_\_

Card number

Start date  Expiry date  Switch issue no.

### **Please complete this section if you are a UK tax payer**

#### **GIFT AID DECLARATION**

I am a UK tax payer and I wish all donations/subscriptions I make from the date of this declaration until I notify you otherwise to be tax effective under the gift aid scheme. **Higher rate tax payers can claim further tax relief in their self assessment tax return.**

Signature \_\_\_\_\_

Print name \_\_\_\_\_ Date \_\_\_\_\_

*Please remember to notify us if your circumstances change, i.e. you no longer pay Income Tax or Capital Gains Tax equal to the tax the charity reclaims (currently 28p for every £1 you give).*

## **Benefits of joining:**

- Admission to the annual conference at a special rate
- Newsletters
- Being part of a supportive organisation
- Being in touch with others who share similar experiences
- Up-to-date information and advice on OCD and related disorders
- Having a voice through the newsletter, annual conference and AGM
- Supporting the work of OCD Action
- Access to 'Members Only' area of the website

