

# the bowlby centre

*promoting attachment and inclusion*



annual report 12/13



# vision

Our vision for our organisation is:

- Of The Bowlby Centre as a world-class centre for attachment based therapy, research and outreach.
- Of The Bowlby Centre as a welcoming home in London for our work with paid staff in key areas.
- Of The Bowlby Centre with a clear identity which gives legitimacy and recognition.
- Of The Bowlby Centre as a centre for developing thinking.

# mission

In order to achieve that vision, The Bowlby Centre undertakes the following:

- The Bowlby Centre will provide accredited training to those wishing to be attachment-based psychotherapists.
- The Bowlby Centre will provide an attachment-based referral service and clinic especially to the excluded and unattached.
- The Bowlby Centre will develop other training provisions, especially those aimed at giving an attachment orientation to other professionals.
- The Bowlby Centre will develop an outreach provision aimed both at encouraging policy makers to heed attachment issues and at developing general attachment-based emotional literacy.
- The Bowlby Centre will contribute to research from its experience of attachment-based practice.

# values

The Bowlby Centre mission will put into action the following agreed values.

- The Bowlby Centre believes that mental distress has its origin in failed and inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in the real world and impacted upon by poverty, discrimination and social inequality. The impact of the social world will be part of the therapy. Psychotherapy should be available to all, and from an attachment-based psychoanalytic perspective, especially those discriminated against or described as “unsuitable” for therapy.
- Psychotherapy should be provided with respect, appropriate boundaries, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.
- Those who have been silenced about their experiences and survival strategies must have their reality acknowledged and not pathologised.
- The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organisation share the responsibility for anti discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.



# Contents and Introduction

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## AN INTRODUCTION FROM THE ACTING CHAIR OF TRUSTEES

Perhaps the major event of this year has been the Bowlby Centre's move to new premises. The end of the lease on our previous home presented an opportunity which was grasped by the executive to take the centre to a new and more spacious home. The centre moved on 21st September after a great deal of hard work by the chair and the executive team together with administration. An event to celebrate the move will be held in December.

We have also welcomed two new trustees, Janie Harvey-Douglas and Prue Norton who together bring extensive experience in law, social work and psychotherapy - see details of trustees on page 7. Unfortunately, Rebecca Walker who joined us last year has had to withdraw due to other demands on her time. So our group of trustees is growing slowly and I repeat my hope that there might be one or two Bowlby Centre members putting themselves forward before too long. Since I took on the role of chair in the absence of another candidate, I have retained the title 'acting chair' in the hope that someone in a position to make a longer term commitment would be found to take over. This is still my hope.

One of our former trustees, Elaine Arnold, to whom we had sadly to say goodbye when she stood down as a trustee last year, has now joined Sir Richard Bowlby as the second of our Patrons.

While these developments have been taking place in the background, the work of the centre has continued with its annual John Bowlby Memorial Conference, its publications including the journal - 'Attachment: New Directions in Psychotherapy and Relational Psychoanalysis', its clinical forum, its training and courses and its clinical service. In troubled and stressful times, it continues to make a significant contribution to the some of the psycho-social needs of our society.

**Dick Blackwell (Acting Chair)**



## ***This Year at The Bowlby Centre***

### **• ANNUAL REPORT 2013**

This year has been a busy one for us on so many levels and I am delighted with the progress we have made.

We have now successfully relocated to our new home at No.1 Highbury Crescent. This lovely detached building is situated on the corner of Highbury Fields and is just a stone's throw from Highbury & Islington Station. The setting with its peaceful surroundings, larger footprint and disabled access, amongst other attributes, represents our organic growth and heralds a new chapter in our story.

Our administrator Gary Chandler remains as dedicated as ever and, supported by the Company Secretary and Finance Manager, has really pulled out all the stops to keep us functioning during the move from 147 Commercial Street. We are delighted to have the expertise of Quentin Thomas from Solomon's Designs to redevelop, redesign and set up our website and we are excited that it is now 'live'.

This year the referral service has worked well as a self-managed group and we are grateful for their effective and efficient work.

Further to our collaboration regarding developing the scope for the post for the Evaluating and Monitoring Project, we have now successfully interviewed and appointed Mark Linington to the Post. This will enable us to provide a clearer evidence-based picture of the outcomes of long term attachment based psychoanalytical psychotherapy.

I am so pleased that this year we have had a student intake of 8 students. They are, as usual, a lovely group, whom I had the pleasure of meeting at the Welcome Party. I am confident that they will uphold the excellent standards maintained by our previous intakes.

My optimism remains unswerving as does my commitment to the growth and well being of the Bowlby Centre. It was regrettable that we did not have a student intake in October 2011 and, because this is the Centre's largest revenue source, it will continue to impact on our finances for the next two years. To address this shortfall we've continued to make concerted efforts to develop more short courses to add to those we've already set up during 2013. This will not only help with our income but will also improve and further raise our profile in the wider therapeutic world.

It was wonderful to attend our first Clinical Forum in our new 'home', which was presented by the multimedia installation artist Susan Austin. In addition to her talk on the issues surrounding perceptions around disability and use of the wheelchair, Sue treated us to some of her artwork depicting wonderful underwater scenes of herself in her wheelchair. Mark Linington's response was equally as lovely and measured. For me it marked the fulfillment of our long-held desire to be able to offer disabled access to our service users, and visitors, in keeping with our values.

There are further creative aspects to our evolution and another vision of mine is to see us catering more widely for conversion courses. Also in due course we hope to obtain university accreditation for our training which is now within reach, subject to funding, the project having been spearheaded by our Website and Publicity Redevelopment Co-ordinator, Lindsay Hamilton.

Now for some news on the developments of our publications, we are excited that our Journal has been accepted by PEP web and will be available online from January 2014 with all volumes from the start and up to the end of 2010. The more recent volumes will be available as a set of contents and summaries, but people will have to subscribe to the Journal to get the latest detailed material. Publication on PEP web is a very important step in our international presence since it is a major resource used by writers, researchers and clinicians in the psychotherapy field.

We were very pleased to have appointed our newest member to the Journal group, Kate Brown. In her role of "Global Forum" she will be looking at issues within Psychotherapy from an international perspective. We currently have 6 monographs in print with 2 more at Karnac due out in the next few months and a third out by the next Conference in 2014.

We are extremely appreciative for the efforts of Simon Partridge in helping us to acquire recordings of the late John Bowlby which were donated by Robert A. Deason on behalf of Virginia Hunter. We are looking to put together an event to share the viewing of these tapes in the near future.

I would like to thank you all for your patience during our relocation to Highbury Crescent and extend my sincere gratitude to all those who assisted with the move. This is a significant moment in our journey as an organisation and I am excited at what the future holds for us.

Warmest wishes

**Emerald Davis: Chair of The Bowlby Centre**



## The Centre Developing as:

### • A FOCUS FOR REFERRALS

Although the Referrals team maintained similar placement figures to last year, with a less than 1% drop, we feel we would like to expand and provide a better service for our members and students.

With the wealth of information now available on the internet, members of the public are increasingly using it to find their own therapists. We are therefore delighted that our new website is 'live' as we feel this will be a tremendous asset for The Bowlby Centre in general and will facilitate a more efficient and faster process for clients wishing to access attachment based psychoanalytic psychotherapy. We feel it will raise the profile of the Referral service and increase our numbers and we will be able to aim for a faster turn around from application to placement. We will also be putting a chart on the Resource showing with whom clients have been placed.

Catherine Mitson is leaving the referral service and Serena Jenks will be taking over as Co-ordinator. Her team of France Couelle, Andrew Hill, Dorothy Plaskett, and Teresa Warr are all experienced assessors. We are grateful to Catherine Mitson for Co-ordinating the Referrals Service in the interim.

### • A FOCUS FOR FUNDRAISING AND DEVELOPMENT:

This important work is key to the Centre's on-going development. The Trustees and the Executive Team are developing new plans to cover this work which will involve further links with the community, frontline agencies and collaboration with the government to promote and produce applications for support of our work.

### • A FOCUS FOR INFORMATION AND TRAINING FOR PSYCHOTHERAPISTS AND HEALTH PROFESSIONALS

## Publications

### Journal

The Bowlby Centre oversees the publication of the Journal *Attachment: New Directions in Psychotherapy and Relational Psychoanalysis* to promote the attachment-based approach to relational psychotherapy and work in mental health services. This includes leading edge research and clinical practice from contributors working in diverse contexts and with our values both from the UK and from around the world. Kate White was appointed the Editor this year having been in an acting role for some time. Orit Badouk Epstein was appointed Associate Editor during the year and together they are expanding the journal group editorial team. The journal is published by Karnac Books three times a year. A major development has been the acceptance of the journal by Psychoanalytic Electronic Publishing PEP web and will be available on line from January 2014 with all volumes from the beginning up to the end of 2010. The more recent volumes will be available as a set of contents and summaries but people will have to subscribe to the journal to get the latest detailed material. Publication on PEP web is a very important step in our international presence since PEP web is a major resource used by writers, researchers and clinicians in the psychotherapy field.

### John Bowlby Conference Monographs

The Centre also produces a series of monographs based on the papers given at John Bowlby Memorial Conferences, Kate White is the series editor. To date these include six volumes: *Touch, Attachment and the Body; Unmasking Race, Culture and Attachment in the Psychoanalytic Space - What do we see? What do we think? What do we feel?; Sexuality and Attachment; Trauma and Attachment; and Shattered States - Disorganised Attachment and its Repair. Terror Within and Without, Clinical Work on the Edge* has been our most recent publication. All of these are published by Karnac.

### Other publications

We were the guest editors of a special edition of the Journal *Attachment and Human Development* (Vol. 6 no 2) on Attachment-based Psychoanalytic Psychotherapy. Our other publications include, *Telling Stories? Attachment based Approaches to the Treatment of Psychosis* edited by Sarah Benamer and *Ritual Abuse and Mind Control - The Manipulation of Attachment Needs*, co-edited by Orit Badouk Epstein, Rachel Wingfield Schwartz and Joseph Schwartz.



## The Centre Developing as:

### • A FOCUS FOR DEVELOPMENT AND TRAINING

#### Professional Development Courses and Activities

##### Short courses

The Centre continues to develop our programme of short courses aimed at supporting attachment-based practice and aimed to help practising psychotherapists, counsellors and health care professionals to learn and incorporate attachment based understandings in their work. These support both our own members and professionals from other training and related professions.

The courses we run include:

##### Attachment Theory in Clinical Practice

This professional development short course introduces the key concepts of attachment theory as they appear in therapeutic work with adults. The course explores both clinical and personal experience of attachment theory and discusses applications of new attachment research from a relational perspective. There is an opportunity for participants to discuss current clinical dilemmas and explore how these might be understood from an attachment and relational point of view.

##### Working with Dissociation in Clinical Practice

This professional development short course is aimed at professionals who work with severe mental distress. A review of this course said:

“The capacity to separate oneself from a certain aspect of our experience can be an invaluable defence against pain, be it physical, sexual or emotional. At its extreme, however, dissociative disorders (and in particular Dissociative Identity Disorder, DID) presents us practitioners with a highly complex and disturbing clinical picture of trauma, suffering and splits, as well as with the most creative survival and adaptive choices. Extreme defence mechanisms which may resemble schizophrenia at times, personality disorders at other times and an array of complaints, symptoms and somatisations at yet others make therapeutic relationships challenging at the best of times. The course, enriching us with a variety of top-of-the-notch presenters offered a possible way in. Attachment perspectives correlate these painful presentations with disorganised attachment, hence supplying us clinicians with some hope, and scope of working safely with severe dissociation.”

We will be developing an extension module to this in the coming year, to include other aspects of these complex disorders.

##### Clinical Forum

The Clinical Forum is a learning and sharing experience where students, pre-registered members and members of the Centre and invited speakers meet to present and discuss their clinical work. It is a regular monthly meeting where all members of The Bowlby Centre community are able to meet and exchange ideas and discuss good practice. The students need to attend at least three clinical forums annually. It's a two hour forum where the Speaker and Discussant talk, then general discussion takes place. The speakers are chosen with the intention of covering a variety of subjects.

##### Continuing Professional Development

Continuing Professional Development is a requirement for all our Registered Members. This is a way of ensuring standards of practice and of helping all of The Bowlby Centre's circa 100 registered therapists to keep abreast of developments in the theory and practice of attachment-based psychotherapy, and through committee work and involvement, be in touch with the directions that The Bowlby Centre is taking, as we develop our vision in line with our values.



## The Centre Developing as:

### The John Bowlby Memorial Conference 2012

The 20th John Bowlby Memorial Conference was, again, particularly relevant this year as we took as our theme 'Addictions from an Attachment perspective: Do broken bonds and early trauma lead to Addictive behaviours?'

Professor Edward Khantzian gave the John Bowlby Memorial lecture *The Self Medication Hypothesis and Attachment Theory: pathways for understanding and ameliorating addictive suffering*. There were a number of specialist therapists covering drug and alcohol, and sex and gambling, addictions, including Cara Crossan, Richard Gill, Lynn Greenwood, Dr Bob Johnson, Liz Karter, Professor Arlene Vetere and Jason Wright. It was well attended by both professionals and the public alike and made for a lively and stimulating conference. We had excellent feedback from the attendees.

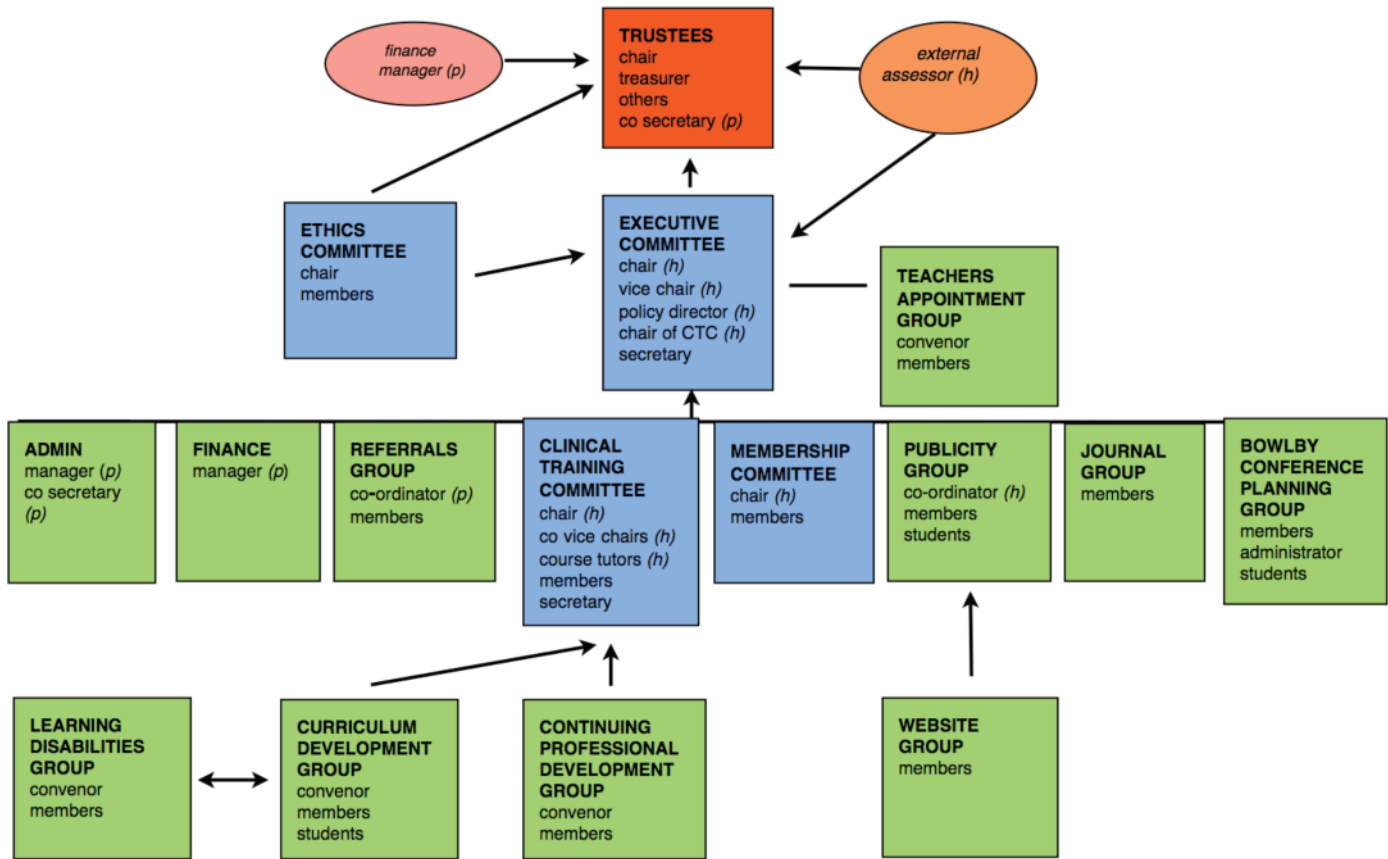
### Clinical Training for Psychotherapists

The Centre continues to offer a 4 year part time taught course as part of the 5 - 7 year, clinical training at post graduate level in attachment-based psychoanalytic psychotherapy leading to registration with the United Kingdom Council for Psychotherapy (UKCP). Our training is reviewed and approved by the UKCP and our graduates are put forward on to its register. We did not have sufficient numbers to run a course in the autumn of 2011. However we have recruited well from 2012. Students come from many different occupations and are attracted to The Centre by our values, the wide range of psychotherapeutic literature, our clearly stated commitment to recognise social causes of distress, our understanding of issues around abuse and trauma, and an openness to students who are gay, lesbian or from different ethnic, culture or class backgrounds, or who may have disabilities. The training gives space for the impact of difference and disadvantage to be explored.

# The Centre's Organisation

The governance of The Centre reflected in this report is carried out in accordance with the Centre's Memorandum and Articles of Association (amended 4 October 1996). These are available in full from the Centre on request.

## GOVERNANCE STRUCTURE OF THE BOWLBY CENTRE



TRUSTEES	EXECUTIVE	ETHICS	The trustees, the executive committee and the chair of the ethics committee are elected by the membership
EXECUTIVE			The chair, vice chair, policy director and chair of the clinical training committee all receive an honorarium (h)
CTC			The chair, co-vice chairs and course tutors (during the four years of the training) receive an honorarium
ETHICS	MEMBERSHIP		The chair of the membership committee receives an honorarium
PUBLICITY			The publicity co-ordinator receives an honorarium
ADMIN	TRUSTEES	FINANCE	The admin manager, company secretary and finance manager are paid (p)
CTC	REFERRALS		The course tutors (for their face to face tutoring time) and the referrals co-ordinator are all paid

All Committees and Groups are accountable to the elected Executive and Trustees of the Centre.





# The Centre's Organisation

## • TRUSTEES

The Trustees are elected annually at the Annual General Meeting by the Registered Membership of the Centre. They underpin and support the work of The Centre. They work in a voluntary and non-executive capacity and have financial and legal responsibilities for which they are accountable under the requirements of the Charities Commission.

Our Trustees devolve operational management to the Chair and The Executive elected by the Membership. They are a source of invaluable support and encouragement and The Executive Committee would like to thank each of them for all that they have contributed over the last year. Supporting our leading edge work and our values is often demanding and done with great personal dedication by each of them. They are Dick Blackwell, Janie Harvey-Douglas, Prue Norton, Jeremy Rutter and Brian Ryerkerk. The Centre is currently seeking further Trustees.

### Dick Blackwell

Dick Blackwell - Group Analyst, Family Therapist and Organisation Consultant who works in private practice, and with a number of voluntary organisations. Graduated in Business Administration 1971 having been a participant in the struggles for 'student power' and 'third world' development. Trained as a teacher, and worked as a researcher on Youth and Community Work with Black Youth in Inner Cities in the early 1970s. Worked in 'suicide prevention' in the voluntary sector, before training as a group analyst and as a family therapist, and leading a community mental health project that provided psychotherapy for a range of psychiatric patients who were not regarded as 'suitable for psychotherapy'. For the last twenty years has worked with torture survivors at the Medical Foundation for the Care of Victims of Torture. Has recently been working with Centrepoin on the needs of homeless young people, and is Consultant in Group and Family Psychotherapy at the Baobab Centre for Young Survivors in Exile, working with child and adolescent refugees. Author of "Counselling and Psychotherapy with Refugees", and numerous articles on psychotherapy, politics and culture.

### Janie Harvey-Douglas

Janie Harvey-Douglas has worked for over 20 years as an Occupational Therapist. For the first ten years she worked with people with acquired brain injury first in a rehabilitation setting and then in the community; she then moved to social services to work with people with a long term disability, taking a lead on housing issues. Prior to working as an Occupational Therapist, Janie trained and qualified as a Solicitor.

### Prue Norton

Prue Norton is an Integrative Psychotherapist and Supervisor. She originally trained as a social worker, working in both the public and voluntary sector. She moved into group work and then into training for a national voluntary social work organisation. After this she was involved in training and consultancy for a company who specialised in the implementation of equal opportunities and organisation development. Having trained as a psychotherapist and qualified in 1996 she has worked in private practice with individuals both working long term and short term contracts. She worked as a staff counsellor with London Fire Brigade for 7 years where supporting firefighters after trauma was an integral part of the work. She run supervision groups at a voluntary counselling agency as well as offering individual supervision. She is currently on the committee of a horticultural project for young adults with learning difficulties.

### Jeremy Rutter

Jeremy Rutter is a retired solicitor who has worked in private practice for 35 years as a civil litigator. He has been on management teams responsible for running the firms for which he has been a partner. He has been and continues to be a trustee for charities whose primary role has been the responsibilities for those with learning disabilities.

### Brian Ryerkerk

Brian Ryerkerk is a financial services professional currently working within an Investment Bank. He holds a BA from Michigan State University, MSc from London Business School and is working towards being a Chartered Financial Analyst. He has served as Treasurer since March 2012 and is focused on, among other things, assuring that the organisation's funds are being used appropriately and contribute to the furthering of The Bowlby Centre's mission.



# The Centre's Organisation

## • COMMITTEES, GROUPS AND DEPARTMENTS

### Clinical Training Committee, CTC

The CTC is responsible for the management of the students' training course and the Continuing Professional Development of members. It sets the clinical standards required of members, training therapists, training supervisors and assessors. It is responsible for the recruitment of students. It also assesses applications for membership from registered psychotherapists wishing to join The Bowlby Centre from other organisations.

The CTC oversees the processes of registration with trainees who apply for registration during the academic year and it monitors and assesses the progress of trainees throughout the four year training. It is responsible for managing the liaison between the training course, the Teachers Appointment Group (TAG) and the Curriculum Development Group (CDG). The CTC approves the CPD requirements for members and monitors their annual CPD returns.

### Ethics Committee (including Complaints Panel)

The Ethics Committee is chaired by Pat Cohen and has 6 members. It has an independent role in investigating and mediating on Complaints, Grievances and Disciplinary Procedures in accordance with the Centre's values and Handbook Policies. However as of 1st October 2013 all Complaints are to be heard by the UKCP's Central Complaints Process.

In the year 2012/2013, the Committee dealt with two Complaints which were eventually withdrawn, two that were resolved by Mediation and one complaint in which sanctions were imposed.

### The Executive Committee

The Executive Committee is the committee responsible for the management of The Bowlby Centre under the oversight of The Trustees. It deals with the strategy for The Centre, including financial, organisational and administrative matters, training, the public interface of the Centre, marketing, organisational development, and Bowlby Centre events. It approves all new initiatives within The Centre.

Some of this work is carried out through the Committees and Groups who are represented on the Executive Committee, other work is delegated to individuals who report to the committee.

### Bowlby Conference Planning Group

This group plans and arranges the annual John Bowlby Memorial Conference. It decides on a theme for the conference and arranges speakers and manages the event.

### Continuing Professional Development Group

The CTC has a group reporting to it responsible for continuing to create and develop Continuing Professional Development policy and practice. The CPD group is responsible for developing policy associated with the requirements for Professional Development of The Bowlby Centre and with creating opportunities for The Bowlby Centre to support and encourage members' CPD activities.

### Curriculum Development Group

This group holds and develops the curriculum for the 4 year Clinical Training Course ensuring that it reflects The Bowlby Centre's values, working with teachers' and students' feedback in its ongoing development of the taught course curriculum.

### Development and Fundraising

This important work is key to The Centre's on-going development. The Trustees and Executive are developing a new plan to cover this work which involves our links with the community and with front line agencies and government to promote and produce applications for support for our work.

### The Journal Group

The Journal Group is responsible to the Executive for the production and promotion jointly with Karnacs of The "Attachment" Journal.



# The Centre's Organisation

## Learning Disabilities Group

This group works to promote awareness within the Centre concerning learning disabilities and psychotherapy. The group's work aims to influence the curriculum and the provision of psychotherapy to people with learning disabilities and their carers. This group has not been as active as we would like, but aims to be more responsive in the new year.

## Referrals Group

This group supports the Referrals Coordinator in processing all the assessments of individuals seeking therapy with therapists from The Centre. It strives to provide the most suitable therapist for the individual seeking help.

## Membership Group

The Membership Committee is in its embryonic phase and has evolved at a time of great change for the Bowlby Centre. Although it is very new it has provided input into thinking around additional membership categories.

Currently, there are options for Full, Retired and Associate Membership. Under Concessions, we have added a Maternity Leave option. Members will be able to check on the website for information regarding each category and in future make their applications online. Looking forward, we would like to develop student membership and the Friends of the Bowlby Centre and look at ways of getting members more involved with their Member Organisation. The level of Membership fees has been a concern for sometime. The Membership Committee is working with the Executive to find a way to reduce fees for Bowlby Centre Members.

## Social Action Group

The Social Action Group is not currently active.

## Teachers' Appointment Group

The Teachers' Appointment Group (TAG) is a sub-group of the Executive, and is responsible for the selection, appointment and review of teaching staff for the 4-year clinical training. TAG is committed to using open, transparent and fair procedures for appointing teaching staff and to providing students with a rich, diverse and satisfying learning experience. The Teachers' Appointment Group works closely with teachers, course tutors and the Curriculum Development Group.

## Administration and Finance

The administration and finance teams of The Centre are based at The Bowlby Centre and support the various officers, committees and groups, members, teachers, trainees and students. They also manage the facilities at The Bowlby Centre.

## Centre Library

The Library is a small reference library housed at The Bowlby Centre. It contains a book collection, sets of journals, tapes, and videos. The books are mostly the gift of members including large donations by Susan Vas Dias and the late Annette Berg-Goodman. The open shelves are available for people to dip into and explore and the Centre would welcome further donations of books or materials.

## Organisational Community Meetings

There are a number of opportunities for The Bowlby Centre community to come together.

These include the monthly Clinical Forum, an Open Forum twice a year where plans for The Centre's future and current issues can be thought about, and the more formal business meetings of the Annual General Meeting and Special General Meetings where people are elected to positions and business matters discussed.

## Publicity

As well as promoting attachment theory further afield, the publicity personnel promote and advertise the centre's training, referrals service, short courses, events and the journal 'Attachment'.

## Website

The Centre's Website has been developed and is maintained by the Web Manager and a small team. There is an internal Resource which is the main way that the organisation communicates with and informs its members.

# The Centre's Finances

## • THE CENTRE'S FINANCES

Extract from the Annual Accounts for the year ended 31 July 2013 prepared by Bulley Davey (Reporting Accountants) to be laid before the Trustees for signature.

### Statement of Financial Activities (including Income and Expenditure Account) for the Year Ended 31 July 2013

	Note	2013	2013	2013	2012
		Unrestricted Funds	Restricted Funds	Total	Total
		£	£	£	£
<b>Incoming resources</b>					
<b>Income resources from generated funds</b>					
Voluntary income		-	-	-	30
Investment Income		120	-	120	115
<b>Income resources from charitable activities</b>					
Memberships		34,991	-	34,991	36,784
Education & Training		125,830	-	125,830	115,340
Clinical Services		13,618	-	13,618	9,321
<b>Total incoming resources</b>		<b>174,559</b>	<b>-</b>	<b>174,559</b>	<b>161,590</b>
<b>Resources expended</b>					
<b>Costs of generating funds</b>					
Costs of generating voluntary income		-	-	-	-
<b>Charitable Activities</b>					
Fundraising		6,023	-	6,023	4,117
Memberships		32,210	-	32,210	26,460
Education & Training		112,508	-	112,508	100,813
Clinical Services		30,050	-	30,050	25,118
<b>Governance costs</b>		<b>18,196</b>	<b>-</b>	<b>18,196</b>	<b>10,237</b>
<b>Total resources expended</b>		<b>198,987</b>	<b>-</b>	<b>198,987</b>	<b>166,745</b>
<b>Net movements in funds</b>		<b>(24,428)</b>	<b>-</b>	<b>(24,428)</b>	<b>(5,155)</b>
<b>Reconciliation of funds</b>					
<b>Total funds brought forward</b>		<b>49,242</b>	<b>25,000</b>	<b>74,242</b>	<b>79,197</b>
<b>Total funds carried forward</b>		<b>24,814</b>	<b>25,000</b>	<b>49,814</b>	<b>74,242</b>

### Continuing operations

All incoming resources and resources expended derive from continuing activities.

### Total recognised gains and losses

The company has no recognised gains or losses for the year other than the results above.

*The notes to the Financial Statements are in the Annual Report and Financial Statements, available on request from the administrator.*

# The Centre's Finances

## Balance Sheet: As at 31 July 2013

	31 July 2013		31 July 2012	
	£	£	£	£
<b>Fixed assets</b>				
Tangible assets		725		1,143
<b>Current assets</b>				
Debtors	28,263		34,806	
Cash at bank and in hand	62,033		63,164	
	<b>90,296</b>		<b>97,970</b>	
<b>Creditors:</b>				
amounts falling due within one year	(29,207)		(24,871)	
<b>Net current assets</b>		<b>61,089</b>		73,099
		<b>61,814</b>		74,242
<b>Provisions for liabilities</b>		(12,000)		-
<b>Net assets</b>		<b>49,814</b>		74,242
<b>The funds of the charity:</b>				
<b>Restricted funds:</b>		25,000		25,000
<b>Unrestricted funds:</b>				
Unrestricted income funds		24,814		49,242
<b>Total charity funds</b>		<b>49,814</b>		74,242

For the financial year ended 31 July 2013, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

## Financial Review 2012 - 2013

### Principal Funding Sources

The Charity received a total income of £174,559 during the year, with the main sources of funding being Clinical Training Fees (54%), Membership Fees (20%), Clinical Services (11%) and Conferences (15%). We are grateful to the members, students, trustees and supporters who have given up so much of their time voluntarily and enabled the organisation to continue to meet its charitable objectives.

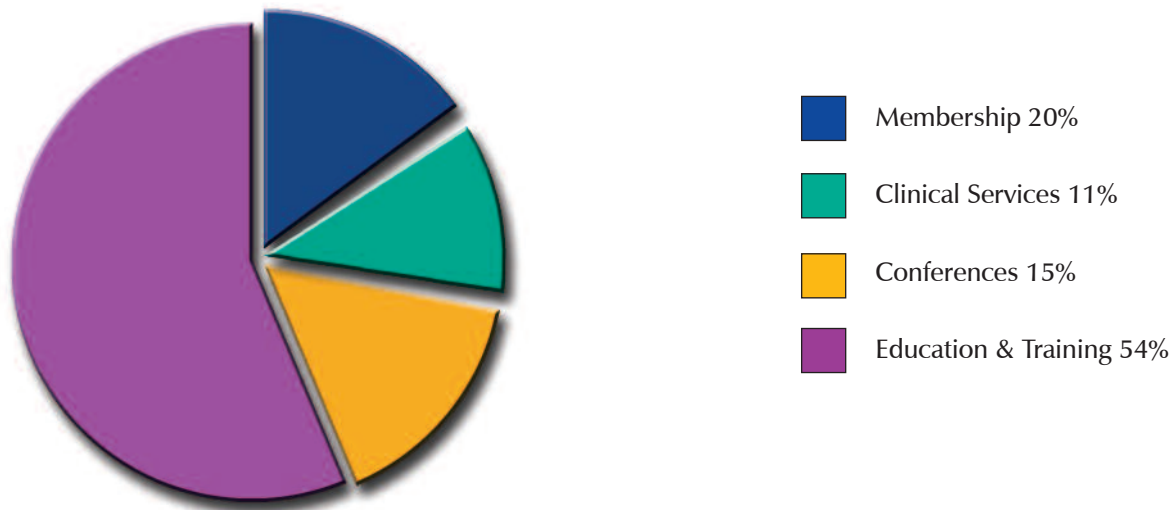
### Reserves

The Charity's unrestricted funds at 31 July 2013 are £24,814, of which £725 represents Fixed Assets held by the organisation.

# The Centre's Finances

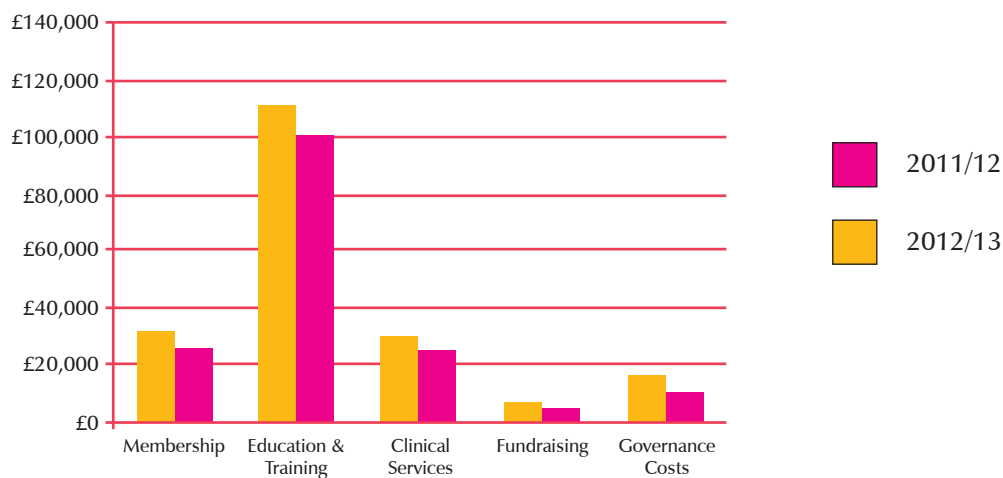
## Incoming Resources

Income for the year was £174,559 which is £12,969 higher than the previous year.



## Resources Expended

Expenditure for the year was £198,987 which is £32,242 higher than the previous year. This total can be broken down as follows:



During the year the Trustees have been looking to optimise the charity's location within London in order that it can benefit from better transport links, using this to its advantage, in order to increase student intake and membership numbers.

In order to facilitate this move, the Trustees have undertaken professional advice to assess the most cost efficient method of moving to new premises and minimising the transition costs.

Professional fees paid of £5,775, to facilitate the move, have been included in the year to 31st July 2013.

Following the year end it has now been confirmed that on leaving the current premises, dilapidation costs of £12,000 will be payable in order to return them to their original condition.

An adjustment for this amount has been included in these accounts. An amount of £5,000 held by the landlord is included in other debtors. This amount will be deducted from the final costs and therefore the net cash flow impact on the charity will be £7,000.

The Bowlby Centre continues to deliver high-quality services and remains well run and financially viable. It is recognised that the economy is still going through a difficult period but we remain confident that the organisation is well placed to weather this storm.

**Emerald Davis**  
Chair of The Bowlby Centre





[www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk)

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Brian Ryerkerk

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