

# the bowlby centre

promoting attachment and inclusion



annual report 16/17



# vision

The vision of the Bowlby Centre is:

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

# mission

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

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

# values

The Bowlby Centre members hold 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 CHAIR OF TRUSTEES

At last year’s Annual General Meeting the Centre adopted revised Articles of Association and the change has ensured that the day to day running of the charity has been made far more manageable. The financial position has continued to strengthen and the Executive Committee is looking to make improvements to the premises which will benefit everyone using the Centre. At the same time the Trustees need to consider the medium term future of our present building and determine whether and when larger premises might be required. Generally an exciting time for the fortunes of the Bowlby Centre.

As always progress would not have been achieved without the excellent efforts of Mark and the Executive Committee, ably assisted by Carol Tobin. Our sincere thanks to all who lent practical help in ensuring the activities of the Centre has run smoothly. I would also like to thank all the Trustees for their support and input over the last year.

**Jeremy Rutter (Chair of Trustees)**

### • ANNUAL REPORT 2016

#### Introduction

This has been a year of continued consolidation and steady development as the Executive Committee has continued with its work in close collaboration with the other parts of the organisation. This work has included: maintaining good financial management, addressing issues that arise with students and members, and improving the effectiveness of different aspects of the organisation, including in the areas of policy and procedure and structurally, as for example, in the forming of the Education Committee. In all of this work we have aimed to ensure that our thinking and practice as a group is guided clearly by our principles of respect, fairness and equal opportunity and informed by our desire to be a progressive attachment-based organisation.

#### Some Key Developments

There have been important developments in the training, such as the introduction of experiential groups, which are based on attachment theory and a model developed by Una McCluskey. This project has been developing, step by step over a long period of time, and will still continue to be developed over the coming year. We are very grateful for the feedback which those students attending the groups have given, which has been very helpful in thinking about how this essential strand of the training can develop in a way which supports students' training as attachment-based psychoanalytic psychotherapists.

We have continued to provide a range of short courses. The excellent work done on short courses has not only helped, in a very important way, to support our continually improving financial stability, but has also raised the profile of our attachment-based work, and brought new people into contact with the organisation. Our promotion of the importance of early life relationships and attachment theory, and an understanding of how to apply this in therapeutic relationships, has continued through the work of many members. This has included members teaching, speaking at a number of international and national conferences – including our very successful Bowlby Centre Memorial Conference on “repetition” and our engagement with other organisations interested in the exploration of attachment-based ways of thinking and working.

This reaching out into the world has also been apparent in our different writing projects, which include Kate White working with Dr Robbie Duschinsky from Cambridge University in the John Bowlby Archive at Wellcome Library to produce an important volume of unpublished work; the appointment of Orit Epstein as the Editor of our journal ATTACHMENT; the continuation of our conference monograph series; and the publishing of several papers and chapters by members. Our Bowlby Centre writing group also hopes to make an important contribution in this area.

Another essential aspect of our work is in the provision of attachment-based psychoanalytic psychotherapy, by our students and members. The Referrals Committee has continued to provide an accessible and secure service to people who are sometimes highly distressed and trying to manage with the impact of attachment traumas. In July 2017, The Bowlby Centre had its third Quinquennial Review with the UKCP. The coherence and integrity of the training was again recognised. There are some areas in which developments in UKCP have to be considered and incorporated into Bowlby Centre policies and procedures. We are currently planning this work out for the coming year. We would like to thank all those members, student, trustees and staff who participated in the work of the review. Your contributions gave us a genuine opportunity to think in a collegial way with the UKCP about how we can continue to progress as an organisation. The UKCP team thanked the Bowlby Centre representatives for their ‘exceptional openness to feedback, lack of defensiveness and honesty,’ which is an important indicator of the culture we have been seeking to build as an attachment-based organisation.

More details about different aspects of our work this year is to be found in the report below.

#### Plan for the Next Year

We did not accomplish everything that we wished to over the year: we still need to pilot a register of our members, develop our website, and further develop the building and integrate the attachment-based group work into the training.

In addition, to these important areas, we also want to continue to increase the number of people working together to develop the organisation. This will help us to continue build our organisation into a supportive and creative community for psychotherapists: involving members and students in the Bowlby Centre is fundamental to this.

Together with these plans, we also have the following objectives for the coming year:

- Address the developments from the Quinquennial Review
- Develop the effectiveness of our online presence.
- Develop our relationships with other organisations
- Develop the quality of our psychotherapy training

I would like to thank the entire Executive team for their hard work over the year: Tori Settle (Clinical Training Committee), Liat Levy (Education Committee), Sue Berger (Policy Director), and Serena Jenks (Referrals Committee) and our Administrative team Carol Tobin and Julie Hopper as well as all the other members and students who have made such important contributions to the life and growth of the organisation. Many thanks to all of you.

**Mark Linington: Chair of the Executive Committee**

### Our Clinical Training

We are delighted to welcome seven new trainees to the taught course this year as our clinical training continues to develop and thrive. The conversion course, which is essentially an ‘opting out’ of seminars that have already been completed in detail on a former training continues to be developed and we hope that more counsellors who wish to deepen their knowledge of the field are attracted to the centre. We plan to explore our options with University links in the coming year. Our short courses, which offer attractive CPD options to both our members and other professionals are performing strongly and our initiative to open up the clinical fora to external participants has been very successful.

Last year we rolled out our new attachment based experiential group for the 4th years and we have done so again this year, with the intention of extending it to other year groups across the training.

### Clinical Training Committee

The CTC, with Tori Settle as Chair, continues to work hard to guide and support our trainees through the training process from application through to registration. The course tutors put in an enormous amount of work both to develop and maintain fair procedures and to address ongoing issues from teachers and students alike. The committee is currently carrying out a major review of the assessment criteria for Psychotherapist in Training having completed their review of the registration criteria and process, and exploring how to better integrate training supervisors into the teaching team.

### Education Committee

This year we brought the Education Committee back into our organisational structure and we are delighted to welcome Liat Levy as its new Chair. The aim of reintroducing this committee was to rationalise and integrate various strands of the organisation; namely the Teachers Appointment Group (TAG) the Curriculum Development Group (CDG) and the strand of the Executive that was exploring the development of links with Universities.

The committee is responsible for the selection, appointment and review of teaching staff for the 4 year clinical taught course. It 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 committee works closely with teachers and the clinical training committee (CTC) upon which all the course tutors sit. The Chair of the Education Committee also sits on the Executive Committee.

In addition to managing the teaching team, The Education Committee is responsible for holding and developing the curriculum for the training course. The committee ensures that the curriculum reflects the Bowlby Centre's values and that it presents a coherent theoretical and clinical model for attachment-based psychoanalytic psychotherapy.

The Education Committee has undertaken the important task of exploring the possibility of further links with universities.

### Referrals Committee

The Referrals Committee responds to enquirers seeking attachment-based therapy with Psychotherapists and Trainees from The Bowlby Centre. The enquirers are a mixture of individual who are self-referring, health professionals referring their patients, and staff from organisations & charities supporting people in distress. The Referrals Team endeavours to consider the specific therapeutic needs of the individual seeking help through a face-to-face Assessment for Psychotherapy, and to provide the most suitable therapist for a long-term psychotherapy. The Committee also supports the Bowlby Centre Trainees in their search for the long-term clients required for their clinical training.

### Research

Our research project was put on hold over the last few years, as we needed to address our financial position. Now that we are in a more secure position financially, we are looking to restart this project this year. The project intends to continue to research two areas: one looking at the impact of outcome measures on the psychotherapeutic process and a second at the impact of attachment-based psychotherapy on the attachment style of clients.

### Administration

The Bowlby Centre has four key people in administration, Yvonne Settle who is the CTC secretary. Carol Tobin, the administration manager, Julie Hopper who works closely with Carol and Loureen Pierce who is the bookkeeper. We are delighted to have such an experienced team working for us at the centre.

## • REFERRALS

This year has once again been the busiest, clinically, for the Referrals Committee, with 214 people approaching us for a face-to-face Assessment for Psychotherapy, and referral to a Bowlby Centre psychotherapist. This is an increase of 7% on last year. We continue to have high demand for individual therapy at all fee levels from Blues Project through to Full Fee. As last year, a few enquirers seek Couples Therapy, Child Therapy, Training Psychotherapy and Clinical Supervision.

Most of our enquirers approach us through our website; some write or telephone and a very few ring the Bowlby Centre doorbell in Highbury Crescent. We think it essential that, even as our service becomes more tech-based, we still can be accessed by those who do not have access to the internet, as these can be the more marginalised members of our community.

We continue in our strategic partnership with the Yellow Heart Trust ([www.yht.org.uk](http://www.yht.org.uk)), who generously part-fund some of our low-income psychotherapy work. We are grateful to those Trainees and senior clinically-experienced Members who make Low-Cost and Blues Project psychotherapy available within their practices.

### Referrals Committee:

Serena Jenks (Chair of the Referrals Committee), Dorothy Plaskett, Teresa Warr and Ian Kennedy with new committee members: Beverley Smith (since Dec 2016), Yvonne Forward (since Jan 2017).

## • PUBLICATIONS

### Journal

In 2017 Kate White who had been Editor since 2011 stepped down. We would like to express our utmost gratitude to Kate White for her leadership and hard work in regularly producing the Journal and maintaining its vision and values to a consistently high standard. Orit Badouk Epstein who was previously the Associate Editor is now the Editor, working together with the Journal team: Gulcan Sutton Purser, Yvonne Forward, Wayne Davis and Kate Brown

In September 2017, Karnac the publishers were bought out by Routledge who then decided to close their Journals department. The Bowlby Centre's aim is to continue to oversee the publication of the Journal "Attachment - New Directions in Psychotherapy and Relational Psychoanalysis". We have now found a new publishing home for the Journal: Phoenix Publishing House. As a result of the increase in production costs, the Journal will be now published twice a year but with more content.

The Journal is unique in promoting an Attachment based approach to relational psychotherapy and work in mental health services. It includes leading edge research and clinical practice from contributors working in diverse contexts within the UK and around the world, working in ways consistent with our values.

Recently, the Journal has been receiving growing attention in the USA and Australia and there has been a steady increase in subscriptions from these countries. The Journal editorial team together with the new publisher are eager to expand our readership and will be spending more time on finding ways to better approach this market.

### John Bowlby Conference Monographs

The Centre also produces a series of monographs based on the papers given at the John Bowlby Memorial Conferences and other conferences put on by The Bowlby Centre. Kate White is the series editor. To date these include eight 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*; *Shattered States - Disorganised Attachment and its Repair*; *Terror Within and Without, Clinical Work on the Edge*; *From Broken Attachments to Earned Security - The Role of Empathy in Therapeutic Change and Talking Bodies: How Do we Integrate Working with the Body in Attachment and Relationally informed Psychotherapy?*; *Addictions from an Attachment Perspective: Do Broken Bonds and Early Trauma Lead to Addictive Behaviours?*

Three other titles are in preparation, namely *The Couple in the Room, the Couple in Mind: Reflections from an Attachment Perspective*; *Dementia: An Attachment Approach and finally Repetition, Repetition, Repetition: Breaking the Cycle of Attachment Trauma*.

The range of articles in these monographs and in the journal provide a rich and unique resource for students, clinicians and researchers working in the world of in the attachment and relational approaches to psychotherapy. All of these are published by Karnac/Routledge.

## Other publications

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.

## • CONTINUING PROFESSIONAL DEVELOPMENT

### Short courses

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

<b>October</b>	<b>Attachment in Clinical Practice short course</b> with Orit Badouk Epstein.	<b>2016</b>
<b>November</b>	<b>"When mummy wants you to die" Unconscious death wishes and the infanticidal Attachment</b> with Professor Brett Kahr	<b>2016</b>
<b>November</b>	<b>Attachment Narrative Therapy: A refresher and further applications</b> with Professor Rudi Dallos.	<b>2016</b>
<b>December</b>	<b>Hold Me Tight – an Experiential Introduction to EFT</b> with Angela Massucco and Helene Igwebuiké	<b>2016</b>
<b>April</b>	<b>Hold Me Tight – an Experiential Introduction to EFT</b> with Angela Massucco and Helene Igwebuiké	<b>2017</b>
<b>June</b>	<b>Attachment Theory in Clinical Practice</b> with Orit Badouk Epstein	<b>2017</b>
<b>June</b>	<b>Undoing Aloneness: Introduction to Accelerated Experiential Dynamic Psychotherapy</b> with Angela Massucco and Fumie Kamitoh	<b>2017</b>

### Clinical Forum

The Clinical Forum is a learning and sharing experience where students, pre-registered trainees, members of the Centre, outside professionals meet. Guest speakers present and discuss their clinical work with the audience. Held every 6 weeks on Saturday, the Clinical Forum enables The Bowlby Centre community to meet and exchange ideas and discuss good practice. The students are asked 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 aim 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 Psychoanalytic Psychotherapy, and, through committee work and involvement, participate in the continuation and development of our organisation.

### The John Bowlby Memorial Conference: 3rd and 4th March 2017

The 24th John Bowlby Memorial Conference was a great success and was fully sold-out. The theme of this year's conference was 'Repetition, Repetition, Repetition: Breaking the Cycle of Attachment Trauma'.

#### 'Repetition, Repetition, Repetition: Breaking the Cycle of Attachment

We explored how themes of repetition, rupture and repair take place in the clinical setting from an Attachment and relational perspective.

The list of the esteemed speakers included Prof. Onno van der Hart, Dr. Karl Heinz Brisch, Dr. Ruth Lanius, Dr. Adrienne Harris, Dr. Susie Orbach, the film director Guy Hibbert, Orit Badouk Epstein and Daniel Shaw.

The Bowlby Centre has started presenting the John Bowlby Award. This year's award was given to Sir Richard Bowlby for his contribution to the continuation of his father's legacy.

The conference vibe was lively and stimulating. We had excellent feedback from the attendees. A monograph of this conference is currently being edited and will be published at the end of 2018.

### 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, and our graduates are registered by the UKCP. We have recruited well for 2016, and we already have a number of potential candidates for 2017. Students come from many different occupations and are attracted to the Centre primarily because they feel aligned to our values and they want to learn more about attachment.

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

Governance and management of the Bowlby Centre is carried out by the Executive Committee overseen by the Trustees. Clinical Training and CPD is overseen, monitored and supported by the Clinical Training Committee which is made up of the Chair, Vice Chair, Course Tutors, Intake Co-ordinator, and Executive Committee Representative. Referrals are managed by the Referrals Committee led by the Chair of the Referrals Committee. Membership pastoral matters and other membership matters are handled by the Membership Chair. Curriculum Development is carried out by the Curriculum Development Group. Ethical issues are managed by the Ethics Committee and Policy Co-ordinator. (Complaints are now handled by the UKCP). Conferences are organised by the Conference Planning Groups.

### • TRUSTEES

#### Benedict Jenks

After studying Chemistry at Oxford University, Benedict trained as a Chartered Accountant and for the last two decades he has specialised in Forensic Accounting, providing Quantification of Loss and Investigation services for lawyers, corporates and insurers. He has considerable experience of working in the United Kingdom, most of continental Europe, South America, the United States, Sub-Saharan Africa and the Middle East. For nearly 10 years he was treasurer of Home -Start International, now Home-Start Worldwide which provides help and support to families with a child under school age. In his spare time, Benedict and his wife, Helen, enjoy travelling in the more remote parts of the world and walking in the British and European countryside with their Bichon Frisé. Benedict is also a keen cook and photographer.

#### Mark Linington

Mark is an attachment based-psychoanalytic psychotherapist and child psychotherapist (UKCP). He trained with The Bowlby Centre, where he is Chair of the Executive Committee, a Training Therapist and Training Supervisor. He was previously a trustee and Chair of the Board at Respond for five years. Respond is a national organisation providing psychotherapy to people with learning disabilities who have been abused. He has held several senior management and committee posts in different organisations, including Yarrow, The Project for Children with Special Needs and The Westminster Society. He worked for 12 years in the NHS as a psychotherapist with people who have experienced trauma and abuse. Currently he works as psychotherapist for the Clinic for Dissociative Studies, at a secondary school for young people with complex special needs, and in private practice with children and adults as a psychotherapist and clinical supervisor.

#### Karen Rowe

Karen is a UKCP Registered Psychotherapist, Clinical Supervisor, Trainer and Consultant in practice for nearly 30 years. She currently works in private practice in Islington, London. She has worked as an academic, recently as Course Leader for the UKCP MA in Psychotherapy at the School of Psychotherapy and Psychology, Regents University, London, she has been Chair of a national mental health charity, WISH, Women In Secure Hospitals, she is a Clinical Supervisor in many different clinical services, HM Prisons, the NHS, the voluntary sector and private practice, she has consulted to organisations in the Media and the voluntary sector and she participates in and presents at professional conferences and publishes and sits on the UKCP Ethics Committee.

#### Jeremy Rutter

Jeremy 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 is a trustee of the David Solomons Charitable Trust which makes grants to charities concentrating on assisting those with learning disabilities. He is also the chairman of the Croydon branch of Cruse which offers bereavement counselling to those in the borough.

#### Tom Stocker

Tom is a member of the Certified Public Accountants Association (CPAA) and has been running his own accountancy practice since 1989 dealing with all the financial matters of limited companies, sole traders and partnerships from various industries.

### • COMMITTEES, GROUPS AND DEPARTMENTS

#### The Executive Committee

The Executive Committee is the committee responsible for the management of the Bowlby Centre in partnership with 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.

#### 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 five + 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

The Ethics Committee is currently reviewing its purpose in the organisation and for members, in the light of the role of the UKCP, and will be making proposals to the organisation in due course.

#### Referrals Committee

This committee supports the Chair of the Referrals Committee in processing all the assessments of individuals seeking therapy with therapists from The Centre. It endeavours to provide the most suitable therapist for the individual seeking help

#### Bowlby Conference Planning Group

This group plans and arranges the annual conferences. They decide on themes for the conferences, arrange speakers and manage 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.

#### The Journal Group

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

#### Administration and Finance

Our extremely hard-working administration and finance staff at 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 housed at the Bowlby Centre and includes notable donations by Susan Vas Dias, Karen Rowe and the late Annette Berg-Goodman. More books have been received in the past year. Items are available for borrowing during term time. The Library would welcome further donations, in particular of the most important texts.

#### 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

We are currently reviewing our website with our developers and are in the process of finalising plans for a more effective and accessible site that better meets our purposes. The development of our website is being considered as part of a more integrated approach to our online presence.

## • THE CENTRE'S FINANCES

Extract from the Annual Accounts for the Year ended 31 July 2017 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 2017

	2017	2017	2017	2016
	Unrestricted Funds	Restricted Funds	Total	Total
	£	£	£	£
<b>Incoming resources</b>				
<b>Income resources from generated funds</b>				
Investment Income	75	-	75	77
<b>Income resources from charitable activities</b>				
Fundraising	-	-	-	385
Memberships	37,403	-	37,403	38,585
Education & Training	195,391	-	195,391	228,891
Clinical Services	20,114	-	20,114	23,104
<b>Total incoming resources</b>	<b>252,983</b>	<b>-</b>	<b>252,983</b>	<b>291,042</b>
<b>Resources expended</b>				
<b>Charitable Activities</b>				
Fundraising	4,104	-	4,104	2,426
Memberships	32,711	-	32,711	26,416
Education & Training	135,248	-	135,248	151,045
Clinical Services	30,290	-	30,290	26,810
Governance costs	11,787	-	11,787	12,214
<b>Total resources expended</b>	<b>214,140</b>	<b>-</b>	<b>214,140</b>	<b>218,911</b>
<b>Net movements in funds</b>	<b>38,843</b>	<b>-</b>	<b>38,843</b>	<b>72,131</b>
<b>Reconciliation of funds</b>				
<b>Total funds brought forward</b>	<b>112,149</b>	<b>14,220</b>	<b>126,369</b>	<b>54,238</b>
<b>Total funds carried forward</b>	<b>150,992</b>	<b>14,220</b>	<b>165,212</b>	<b>126,369</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.*

## Balance Sheet: As at 31 July 2017

	2017	2016
	£	£
<b>Fixed assets</b>		
Tangible assets	10,553	19,014
<b>Current assets</b>		
Debtors	15,301	24,730
Cash at bank and in hand	167,302	102,469
	<b>182,603</b>	<b>127,199</b>
<b>Creditors:</b>		
<b>Amounts falling due within one year</b>	<b>(27,944)</b>	<b>(19,844)</b>
<b>Net current assets</b>	<b>154,659</b>	<b>107,355</b>
<b>Net assets</b>	<b>165,212</b>	<b>126,369</b>
<b>The funds of the charity:</b>		
<b>Restricted funds:</b>	<b>14,220</b>	<b>14,220</b>
<b>Unrestricted funds:</b>		
Tangible assets	150,992	112,149
<b>Total charity funds</b>	<b>165,212</b>	<b>126,369</b>

For the financial year ended 31 July 2017, 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 January 2015).

# The Bowlby Centre's Finances

## Financial Review 2016 - 2017

### Principal Funding sources

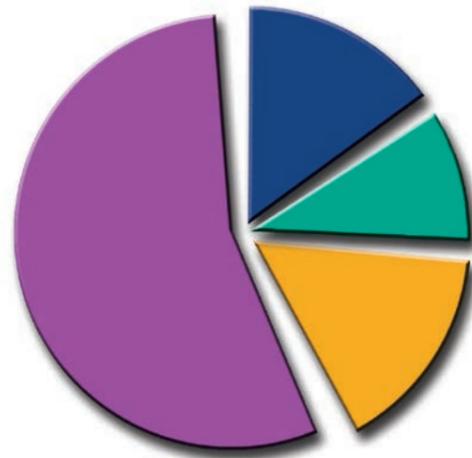
The Charity received a total income of £252,983 during the year, with the main sources of funding being Clinical Training Fees (58%), Membership Fees (15%), Clinical Services (8%), Conferences (19%). We are grateful to the members, students, trustees and supporters who have given up so much of their time voluntarily and enabled the organisation to continue to meet its charitable objectives.

### Reserves

The Charity's funds at 31 July 2017 total £165,212 (2016 £126,369), of which £14,220 (2016 £14,220) are restricted funds.

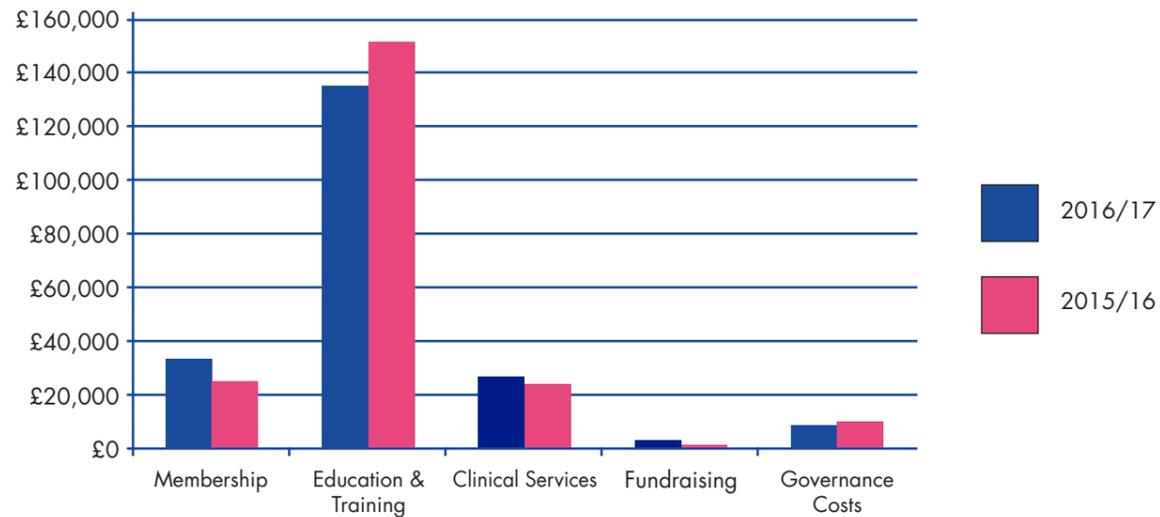
### Incoming Resources

Income for the year was £252,983 which is £38,059 lower than last year



### Resources Expended

Expenditure for the year was £214,140 which is £4,771 lower than the previous year. This total can be broken down as follows:



The Trustees and the Executive Committee have continued to work together to maintain the financial security of the Bowlby Centre and its important work through the careful management of the organisation's resources. We continue to be in a healthy overall financial position and are building towards an appropriate level of reserves, which are an important part of our organisational secure base. As a charity increases in our revenue and reserves are for the benefit of the organisation and its members. We try to anticipate potential future costs for the organisation, and prepare for these where we can. In addition, we are continuing to follow up with people who owe the organisation money, costing projects carefully and using the resources we do have, as efficiently as possible for the benefit of the organisation. We are hoping that some of our planned developments for the coming year will further increase our income and that this will open up new opportunities for our growth as an organisation in line with our mission and values.

**Benedict Jenks, Board of Trustees**

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

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