

the bowlby centre

promoting attachment and inclusion



annual report 11/12



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, 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

Our Vision, Mission and Values	Inside Front Cover
Introduction by acting Chair of Trustees, Dick Blackwell	1
The Bowlby Centre – A review of the year by the Chair, Emerald Davis	2
The Centre Developing as:	
A Focus for Referrals	3
A Focus for Fundraising and Development	3
A Focus for Information and Training for Psychotherapists And Health Professionals	4
A Focus for Development and Training	4
The Centre's Organisation	6
The Centre's Finances	10
Financial Review 2011 – 2012	11-12

AN INTRODUCTION FROM THE ACTING CHAIR OF TRUSTEES

I began my last years report by recalling the Chinese saying, 'May you live in interesting times', as I had only just taken over as chair in an 'interesting period' of transition. I ended that report with another Chinese saying, 'If you want to be wise you must remain a student'.

Well, it has been an interesting twelve months and we have all learned a lot together. The chair of the executive committee, Emerald Davis and her vice chair Catherine Mitson have consolidated and built on the work they had done in the previous year managing the transition that followed a long period of stable leadership under Sir Richard Bowlby as chair of trustees and Rachel Wingfield as chair of the executive committee. Carol Tobin as company secretary has made a considerable contribution to supporting the trustees and facilitating our understanding of the centre and its work and in developing an effective co-operation between the trustees and the executive committee which is an important feature of effective management in any organisation.

This time last year we were only three trustees. We were hoping to increase the number to a little more than our current total of four, but the departure of two of those who were keeping the ship afloat a year ago has meant that even with three new members, we are still needing to recruit more trustees, and we are, as we were last year hoping to see some of our members come forward to take some of those responsibilities. It is my view that it is important in any organisation for its members to be represented on its board.

It is my pleasure to welcome to the board our three new members: Brian Ryerkerk who joined us earlier this year as treasurer has brought his considerable experience in the finance industry to a board that has had to function without a treasurer for some time. He has immediately created a sense of order and confidence for all those involved in the Centre's finances. Rebecca Walker has brought her wide experience of Drug and Alcohol services as both a social worker and manager, and Jeremy Rutter who has only just joined us comes with lengthy experience as trustee of three other charities and professional expertise as a lawyer/solicitor.

We have reluctantly had to say goodbye to Elaine Arnold who has made a distinguished contribution to the centre over the last 9 years and to Heather Geddes who has been a stalwart contributor to our work since 2008.

The centre has continued to be busy and active in providing events for its membership and spreading an understanding of its work and the importance of the attachment perspective in wider fields. It would take up too much space to mention all the activities, but two particularly stand out: The joint presentation with the Centre for Crime and Justice Studies - My Story - Narratives of Deprivation and Crime from an Attachment Perspective in March, and the presentation by Grayson Perry at our clinical forum on the same day. These two distinctive events give some sense of the reach and relevance of the attachment perspective and the contribution it can make not only to psychotherapy but to the wider concerns of our troubled society.

Dick Blackwell (Acting Chair)



This Year at The Bowlby Centre

• ANNUAL REPORT 2012

As I reflect back over the last year, I feel encouraged by the progress we have made within The Bowlby Centre this year.

We now have a group of Trustees who are able to bring differing skills and experience to the position, which will provide us with a resource to strengthen our work. The new Trustees are Brian Ryerkirk, Jeremy Rutter and Rebecca Walker. They will be proposed for election at our AGM in November 2012. Sadly Heather Geddes will be retiring in November 2012 and we thank her for all her work and support over the years. Dr Elaine Arnold is retiring from the Board of Trustees after ten years of unstinting support and we are honoured that she has agreed to become a Patron along side Sir Richard Bowlby.

Our administration staff remain as dedicated and hard working as ever supported by the Company Secretary and Finance Manager. We are delighted that our Intern, Nathaniel Chandler, is making headway with designing and setting up our new website.

The referral service has been working well under the leadership of Christine Blake who sadly resigned from her post as Referrals Coordinator in July this year. I would like to say a big thank you for the brilliant work she has done in helping to develop an effective and efficient service.

Sue Berger, in collaboration with others has been developing the scope for the post for the Evaluating and Monitoring Project. This project aims to provide us with a clearer picture of the outcomes of long term attachment based psychoanalytic psychotherapy.

We did not have a student intake in October 2011 and this was disappointing but we've stayed positive and passionate about the curriculum package we offer to our students. Recruitment for the intake 2012 has gone well and we will have seven students starting in October 2012.

My optimism is unswerving and I remain committed to the growth and wellbeing of The Bowlby Centre. To address the financial short fall we focused on developing new short courses and outreach events. We've now held two such events and they were well attended. The first event was a presentation by Rachel Wingfield Schwartz, Dr. Joseph Schwartz, both members of The Bowlby Centre, with Dr. Roger Grimshaw, a director of the Centre for Crime and Justice Studies on a project called 'My Story'. Working collaboratively, the three were able to assist young people convicted of grave crimes as children to tell the stories of their childhood with a view to publishing the stories as a resource for public education and policy consideration. It was a ground breaking piece of research that The Bowlby Centre was fortunate in being able to provide a platform for these presentations.

The second event called 'Soothing Complex Trauma' was a showcase for another new short course to be held in January 2013. The afternoon addressed the issues of substance abuse, addiction and cycles of homelessness and despair and discussed effective Interventions from an attachment perspective. The programme of six speakers was enthusiastically received by a large audience. From this show case we have been able to put together a ten week short course which will now take place in January 2013.

Our short course on Attachment Theory in Clinical Practice was well attended this year as was the short course on Dissociation from an Attachment Perspective.

On the 12th May we had our Quinquennial Review - which involved a visiting team from the United Kingdom Council for Psychotherapy (UKCP) and our College for Psychoanalysis and Jungian Analysis (CPJA). This generated a lot of dedicated work which was mainly borne by Kate White and her team on the CTC. The Executive Team & the Ethics Committee were collaborators in this venture. We are very grateful to the teachers, supervisors, students and graduates who attended. The visiting team in their feedback said that the documents produced were of an exceptionally high standard and that each area of the training was thoroughly covered and explained. The UKCP have approved our Centre for a further five years with two conditions, one of which is already fulfilled namely the appointment of an external assessor and the second is a revision of part of our Complaints Procedure which will be completed in early 2013.

This year, in discussion with our trustees and members, the Executive resolved to be more pro-active and raise the profile of The Bowlby Centre in the public arena. We hold a John Bowlby Memorial Conference annually and this year 'Talking Bodies: How do we integrate working with the body in attachment/relational therapy?' was one of the most successful and this has provided greater awareness of the work of The Bowlby Centre.

A new cross party Government initiative called Parent - infant Psychotherapy, PiP -UK, is a programme intended to address issues relating to poverty, inequality and social justice. A key element will be about early interventions with disadvantaged families in order to facilitate strong and loving attachments between parents and children.

The Executive will be meeting MP Andrea Leadsom to discuss ways in which we might collaborate with the project. We feel



The Centre Developing as:

this is a very interesting development for The Bowlby Centre to be associated with.

We are also delighted that The Bowlby Centre is now being asked to provide in house training programmes for other professionals working in different settings. For example this year we have a team of three providing training in attachment, trauma and dissociation in the forensic setting of a high security prison and another group focussing on training staff in the youth justice system. We also have a third enquiry that will be processed shortly. We are currently building our training teams and programmes so as to meet more of these requests in the future. This has only come about as more people have come to hear about us so we feel that our strategy to raise our profile is being realised.

Emerald Davis: Chair of The Bowlby Centre

• A FOCUS FOR REFERRALS

The Referrals service has maintained good progress since it was relaunched in 2010.

Sadly Christine Blake is no longer our Co-ordinator and we are currently advertising for a new Co-ordinator. However we continue to follow her guidelines and good practice within the Referral service.

We have revised our assessment form to include areas that we felt on reflection were missing and our new fees structure for doing assessments has been accepted by the Executive Committee.

Other areas of work that we continue to look at include Data Protection and issues around Health and Safety. We are also thinking about our terms of reference for the group, to clarify lines of accountability.

We recently did a major mail out to insure a steady flow of referrals especially for our psychotherapists in training and the Blues Project.

Whilst we are delighted with the progress of the Referral's team, we recognize there is a lot more to do. As part of this we are working with the new Monitoring and Evaluation group who will be carrying out research into long term psychotherapy outcomes for The Bowlby organization as a whole. This will be an exciting piece of work with which we are happy to be collaborating.

• 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 in 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

The Bowlby Centre publishes 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 is currently Acting Editor until a new appointment is made. The journal is edited by a team from the Centre and published by Karnac Books three times a year.

The Centre also produces a series of books and monographs based on the papers given at John Bowlby Memorial Conferences. These include: "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" and "Trauma and Attachment". "Shattered States - Disorganised Attachment and its Repair" Eds Judy Yellin and Kate White has been our most recent publication.

We also were the guest editors of a special edition of the Journal Attachment and Human Development (Vol. 6 no 2) on "Attachment-based Psychoanalytic Psychotherapy".



The Centre Developing as:

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 Joe Schwartz.

• 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 practicing 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 Centre's nearly 100 Registered therapists to keep abreast of developments in the theory and practice of attachment-based psychotherapy, and be in touch with the directions that The Centre is taking, as we develop our vision in line with our values. Our CPD Policy is recognised as being at the leading edge of practice in our profession.



The Centre Developing as:

The John Bowlby Memorial Conference 2012

The Bowlby Centre organised another successful John Bowlby Memorial Conference entitled 'Talking Bodies: How do we integrate working with the body in attachment/relational psychotherapy?'

On the first evening of the conference Roz Carroll gave an illuminating paper 'Four relational modes of attending to the body in psychotherapy', setting the scene for the place of the body in talking psychotherapy. This was followed by Nick Totton's fascinating paper 'Embodiment and the Social Bond' looking at eco-psychology and embodiment.

The 19th John Bowlby Memorial Lecture was given by Pat Ogden. Her presentation was entitled 'Wisdom of the Body, Lost and Found'. It was an inspirational account of how to work with trauma and the body in clinical practice, and included much rich and lively clinical material, with illuminating video footage of how to do this work in practice. She was preceded by Phil Mollon, who spoke very persuasively about energy therapy and trauma in his talk entitled 'Attachment and Energy Psychology – Explorations at the interface of bodily, mental, relational and transpersonal aspects of human experience and behaviour'.

The Bowlby Memorial Lecture was followed by two clinicians from The Bowlby Centre bringing their work on this theme. 'Touching Trauma: Working Relationally and Safely with the Unboundaried Body', speaker: Orit Badouk Epstein; and 'The Body I Want – A Psychotherapy with a Disabled Man', speaker: Mark Linington. Both were excellent clinical papers. Altogether it was a lively and inspiring event of which we can be extremely proud.

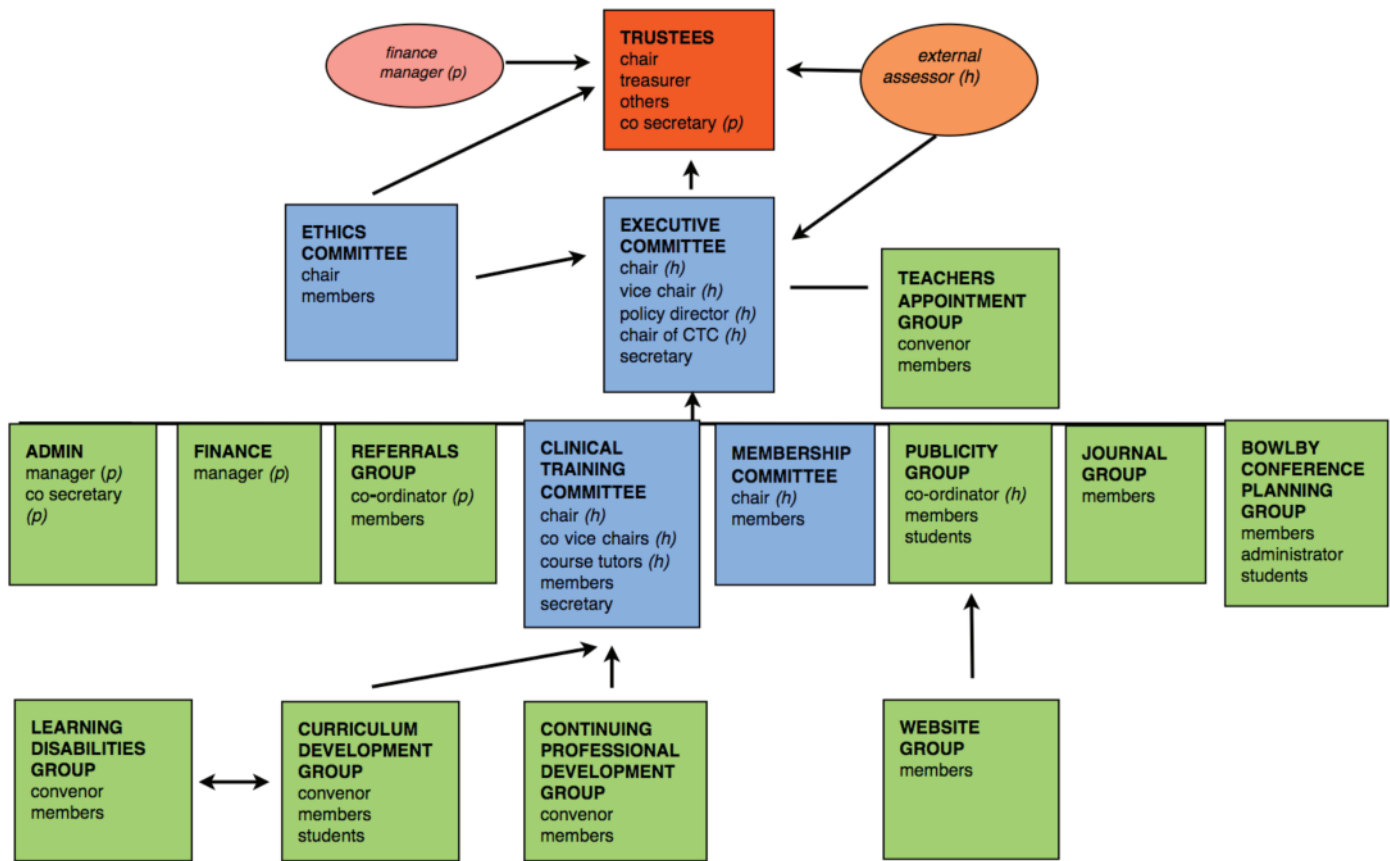
Clinical Training for Psychotherapists

The Centre continues to offer a four year, part time, clinical training at post graduate level in attachment-based psychotherapy leading to Registration as a Member of The Bowlby Centre and Registration with the Council for Psychoanalysis and Jungian Analysis Section of 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 for the forthcoming year. Students come from many different occupations, attracted to The Centre by our values; the wide range of writers drawn upon to critically explore the psychotherapeutic literature; our clearly stated commitment to recognise social causes of distress and our understanding of issues around abuse and trauma; and an openness to students who are gay, lesbian or from different ethnic backgrounds, culture or class or who may have disabilities. The training gives space for the effect 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 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 Elaine Arnold, Dick Blackwell, Heather Geddes, Brian Ryerkerk and Rebecca Walker. The Centre is currently seeking further Trustees.

Dr. Elaine Arnold

Dr. Elaine Arnold has been engaged in researching the effects of broken attachments on mothers and children separated through immigration from the Caribbean to Britain. The emotional scars have remained with children, now grown women some of whom seek therapeutic help. She is very keen to promote the use of attachment theory in helping persons who sometimes fail to make connection between their early life experience of separation and loss and its effect on their present mental health. She accepted the invitation to be a Trustee of the Centre in order to share some of her experience of the research of black women of Caribbean origin and joined forces with the Centre in taking forward our agenda of trying to change the face of psychoanalysis and develop diversity in the profession. Elaine contributes to the research and conferences of the Centre.

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 Centrepoint 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.

Dr Heather Geddes

Dr Heather Geddes is an Educational Psychotherapist and has worked in a variety of settings in education and in Child and Adolescent Mental Health. Her particular interest is the social, emotional and behaviour difficulties that inhibit learning. She has researched and published several articles on the subject of the links between early Attachment experience and behaviour and learning in school and is author of "Attachment in the Classroom: the links between children's early experience, emotional well-being and performance in school". (Worth Publishing 2006).

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 is serving as temporary Treasurer in the interim to the elections at the AGM and is interested in, among other things, assuring that the organisation's funds are being used appropriately and contribute to the furthering of The Bowlby Centre's mission.

Rebecca Walker

Becca has worked in the field of substance misuse, homelessness and adolescence for over 30 years. She has worked as a practitioner and non-operationally in the voluntary and statutory sector. As well as frontline work, Becca has managed services, most recently as Deputy Director of Cri. Her voluntary experience includes working at The London Connection (now The Centre at St. Martin's) and City Roads Drug Crisis Intervention Centre. As a social worker she worked for Lambeth Council and later was the Drug Action Team Coordinator for the Council. Currently she is freelance and works for Southwark NHS trust in the Substance Misuse Commissioning team as the Partnership Coordinator, supervises Social Work students on placement and delivers training.



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, 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 three trainees registering during this year and it monitors and assesses the progress of trainees. It is responsible for managing the liaison between the training course, the Teachers Appointment Group and the Curriculum Development Group. 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 5 members.

It has an independent role in investigating and mediating on Complaints and Grievances in accordance with the Centre's values and Handbook Policies.

In the year 2011 - 2012 the Committee dealt with two outside Complaints which were resolved with Mediation.

Also in 2012 the Chair of Ethics participated in the Quinquennial Review and the Ethics Committee will be making some changes to our Procedures and the Handbook. The Committee also co-ordinated the Centre's response to the consultation of the proposed new UKCP Complaints Procedure to have all Member Organisations transfer to the UKCP Central Complaints Process.

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, the public interface of the Centre, 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 Centre's Organisation

The Journal Group

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

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.

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 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 and Students. They also manage the facilities at The Bowlby Centre.

Centre Library

The Library is a small reference library at The 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 Library is housed at The Bowlby Centre. 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 within The Centre's structures and processes for the 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 and Special General Meetings where people are elected to positions and business matters discussed and agreed.

Publicity

As well as promoting attachment theory further afield, the publicity coordinator and publicity group 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 2012 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 2012

	Note	2012	2012	2012	2011
		Unrestricted Funds	Restricted Funds	Total	Total
		£	£	£	£
Incoming resources					
Income resources from generated funds					
Voluntary income		30	-	30	2,062
Investment Income		115	-	115	123
Income resources from charitable activities					
Memberships		36,784	-	36,784	39,008
Education & Training		115,340	-	115,340	146,358
Clinical Services		9,321	-	9,321	15,959
Total incoming resources		161,590	-	161,590	203,510
Resources expended					
Costs of generating funds					
Costs of generating voluntary income		-	-	-	-
Charitable Activities					
Fundraising		4,117	-	4,117	7,561
Memberships		26,460	-	26,460	36,985
Education & Training		100,813	-	100,813	117,611
Clinical Services		25,118	-	25,118	25,526
Governance costs		10,237	-	10,237	11,070
Total resources expended		166,745	-	166,745	198,753
Net movements in funds		(5,155)	-	(5,155)	4,757
Reconciliation of funds					
Total funds brought forward		54,397	25,000	79,397	74,640
Total funds carried forward		49,242	25,000	74,242	79,397

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 2012

	31 July 2012		31 July 2011	
	£	£	£	£
Fixed assets				
Tangible assets		1,143		547
Current assets				
Debtors	34,806		48,208	
Cash at bank and in hand	63,164		52,818	
	97,970		101,026	
Creditors:				
amounts falling due within one year	(24,871)		(22,176)	
Net current assets		73,099		78,850
Net assets		74,242		79,397
The funds of the charity:				
Restricted funds:		25,000		25,000
Unrestricted funds:				
Unrestricted income funds		49,242		54,397
Total charity funds		74,242		79,397

For the financial year ended 31 July 2012, 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 2011 - 2012

Principal Funding Sources

The Charity received a total income of £161,590 during the year, with the main sources of funding being Clinical Training Fees (55%), Membership Fees (23%), Clinical Services (6%) and Conferences (16%). 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.

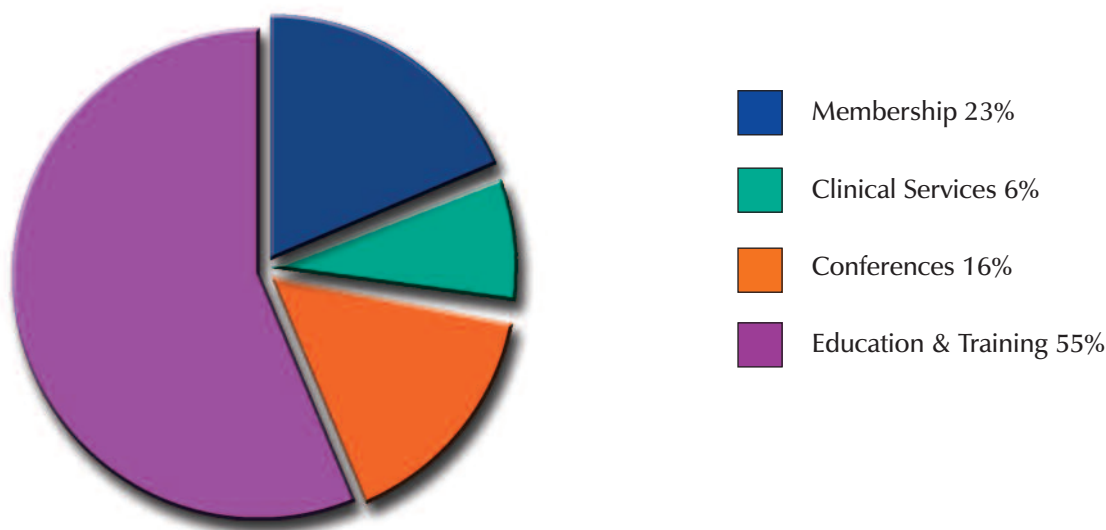
Reserves

The Charity's unrestricted funds at 31 July 2012 are £49,242, of which £1,143 represents Fixed Assets held by the organisation. It was reported in the 2010/11 Annual Report that the organisation would build up the General Reserves to the equivalent level of three student income fees over four years which amounts to £45,000 (£3,750 x3) x 4 years. This target has now been achieved and the trustees will aim to maintain this reserve in future years.

The Centre's Finances

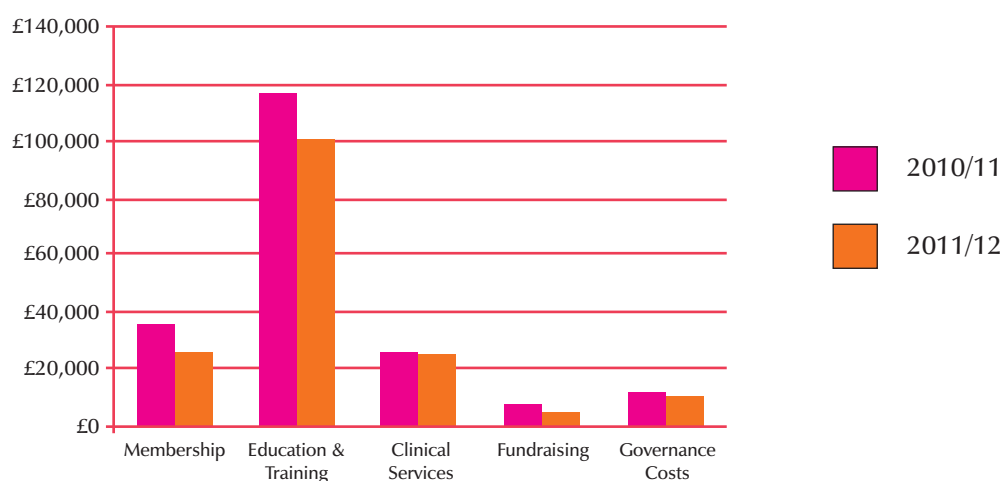
Incoming Resources

Income for the year was £161,590 which is £41,920 lower than the previous year.



Resources Expended

Expenditure for the year was £166,745 which is £32,008 lower than the previous year. This reduction can be broken down as follows:



The organisation continues to implement efficiencies wherever possible in an attempt to bring down costs. 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

The Bowlby Centre

147 Commercial Street

London E1 6BJ

Telephone: 020 7247 9101

Email: admin@thebowlbycentre.org.uk

www.thebowlbycentre.org.uk

Trustees

Dr. Elaine Arnold

Dick Blackwell

Dr. Heather Geddes

Brian Ryerkerk

Rebecca Walker

Patron

Sir Richard Bowlby

Registered Office

4 Cyrus Way, Cygnet Park

Hampton, Peterborough PE7 8HP

A Company Limited by Guarantee

Registered No. 3272512

Registered Charity No. 1064780/0