

Charity registration number 1064780

Company registration number 03272512 (England and Wales)

THE BOWLBY CENTRE

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2025

THE BOWLBY CENTRE

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees E Blackley [Director] - Appointed Chair in July 2025
S Y Berger [Director] - Resigned as Chair in July 2025
R M Cross [Director]
S Zeedyk [Director]
C Cielo [Director]
S G Berry [Director] (Appointed 4 July 2025)
H J C Eastwood [Director] (Appointed 4 July 2025)
C Philipsborn [Director] (Resigned 9 December 2024)

CEO J Matthews

Patrons Dr Elaine Arnold
Sir Richard Bowlby
Professor Susie Orbach
Dr Janina Fisher

Charity number 1064780

Company number 03272512

Registered office The Old Town Hall
Market Place
Oundle
Peterborough
PE8 4BA

Accountants TC Group
4 Office Village, Forder Way
Cygnet Park
Hampton
Peterborough
Cambridgeshire
United Kingdom
PE7 8GX

THE BOWLBY CENTRE

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THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 JULY 2025

The trustees present their annual report and financial statements for the year ended 31 July 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

The year 2024-2025 has finished with an improved financial position, as we run courses that continue to be profitable and build back our reserves. Most importantly this has allowed us to explore and plan expenditure on future projects that will support and promote our core charitable activities.

Time was taken throughout the year to review the work of the Blues Project and the Attachment Journal – two core strands of the Bowlby Centre's mission. In this way the Executive and Board were able to gain insight as to how we might best invest in the future of the Centre, now that we are in a position to do so.

During our July AGM Sue Berger announced her plan to step down as Chair of Trustees. Fortunately, Sue has agreed to stay on as a Board Member until her retirement, so we gratefully continue to benefit from her experience and wisdom. Emma Blackley was agreed as the new Chair by the Board at the subsequent July 2025 Board Meeting.

Bertie Witt announced that they were stepping down from their role as Chair of the Clinical Training Committee. Vice Chair Caroline Adewole also stepped down. As Chair, Bertie has played a huge role in the life of the Bowlby Centre and will be greatly missed. We were able to thank both Caroline and Bertie and express our gratitude for all their hard work at our summer graduation event. The Bowlby Centre has grown much since the current structure was devised so we will use these personnel changes as an opportunity to think about how the structure might also need to adapt for the future.

Our 10-month Certificate course: *An Introduction to Attachment Theory and Skills* ran for its first year with a full complement of students.

We also worked alongside Member Sarah Jack to develop and market an Attachment-Based Supervision training course. This exciting course already has applicants and will start in October 2025.

Leaving behind our building has not been easy and whilst the financial benefits are clear, and the school we are now using has modern purpose-built, light and airy spaces for our learning, we have experienced some practical teething problems, which we continue to do our best to resolve. The long-term goal is to return to a physical site that we can call our own, but this will not happen until the Board is sure that we can do so sustainably within our means. The Board will review business plans that forecast the income we will need to generate in order to comfortably commit to the additional cost of a new premises.

To all of you who donate time and energy to the Bowlby Centre please know that you are very much appreciated. Although we will always need Members who do things for us on a voluntary basis and those opportunities will continue to be available, we do recognise that your time is a precious commodity. Now that our finances are on a firmer footing, we plan to recognise more of these contributions with paid honorariums and fees, whenever this is financially possible.

THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Charitable Objectives and Activities

As defined in our Founding Memorandum of Understanding, the primary task of the Bowlby Centre is:

The relief of mental distress through the provision of training and services in psychotherapy.

This has been defined and further developed in the following ways:

Vision

To be the home for the training, research, development and dissemination of both clinical and generalist knowledge and understanding in the field of attachment-based psychoanalytic psychotherapy.

This is underpinned by our belief that attachment based psychoanalytic psychotherapy is a positive and valuable contribution to society. Because of the impact and influence of our early relationships with caregivers, **all** can benefit from some insight and learning in relation to attachment theory.

Mission

- To train future generations of attachment based psychoanalytical psychotherapists by offering high-quality education and an excellent learning experience in attachment theory.
- To explore, disseminate and engage the latest development and research related to Attachment Theory to a range of audiences from specialist clinical practitioners through to interested members of public.
- To offer low-cost long-term attachment based psychotherapy to those for whom therapy would otherwise be unaffordable.

Values

Our offer and services are informed by our values of:

- **Compassion**
- **Attunement**
- **Inclusion**
- **Curiosity**
- **Courage**
- **Transparency**

Core Charitable Activities

i) Qualification courses

Our professional training courses sit at the very core of our offer as a central component of our charitable aims.

We currently teach two courses aimed at training Attachment based Psychotherapists:

- The 4-year Attachment based Psychoanalytical Psychotherapy (ABPP) which trains therapists with little previous experience and prepares them for registration with UKCP.
- The 2-year Accredited Prior Learning (APL) course which trains qualified therapists who want to train and specialise in Attachment based Therapy.

The work of these taught courses is overseen by the Clinical Training Committee (CTC) which is led by Chair Bertie Witt and Vice Chair Caroline Adewole.

Number of students taught during the academic year 2024-25: 36

Number of students who registered with UKCP in academic year 2024-2025:

- 5 for student membership
- 8 for trainee membership
- 1 for registered membership

ii) Certificate in Attachment Theory and Skills

Although not leading to accreditation this new course, which started in 2024-25, earns participants CPD points. Roberta Aversa is course tutor and manager, theory is taught by Sarah Devereux and skills by Caroline Adewole.

The new course is taught on-line, one weekend per month for 10 months of the year. It is aimed at participants who are not already practising therapists but are curious about the impact of Attachment Theory in their own personal and professional life. As such we hope that this course will develop a pipeline of students for our ABPP course.

Income across all training courses for 2024-2025: £208,275 +27% on previous FY

Looking forward:

A new attachment-based supervision course was developed during 2024-25 by Sarah Jack. The line up of teachers and the course content that Sarah has assembled is impressive. The course has already been marketed, and we have applicants ready to start in October 2025. This course is an organic extension to our training offer and will develop the next generation of training supervisors for our ABPP and APL students.

ii) Short Courses and Conference

The Centre continues to offer a range of Short Courses aimed at supporting attachment based psychoanalytic practice. Many are designed to support our Trainees and Members and earn attendees Continuing Professional Development (CPD) credits. They are also central to our charitable aim to disseminate information and learning concerning Attachment theory, beyond the therapeutic community, to anyone working in a professional role that would benefit from a deeper understanding of Attachment theory and the curious layperson.

In 2024-2025 we ran the following CPD/short courses:

- Safeguarding Awareness Training for Counsellors and Therapists – Lynn Findlay x 2
- Specialised Safeguarding Training for Counsellors and Therapists – Lynn Findlay x 2
- Specialised Safeguarding Training for Counsellors and Therapists: case studies and discussion
- Attachment within a couple relationship - 5 Weeks – Anne Power x 2
- Avoidant Attachment – How to work with clients with this strategy – Annie Power
- Anxious preoccupied Attachment - How to work with clients with this strategy – Annie Power
- Therapist to Therapists: the unique role of working with psychotherapy trainees – Lawrence Kilshaw

Total Attendees: 140

In May 2025 Board Member Suzanne Zeedyk organised for Orwell prize winning author Darren McGarvey to discuss his newly launched book *Trauma Industrial Complex*. He was interviewed by Suzanne and spoke passionately about the book's central thesis that lived experience has been commodified as content in a digital world that constantly drives a demand for new material.

We did not charge for this event but invited donations to the Bowlby Centre.

220 people signed up for this on-line event and we took just under £600 in donations. As important as the donations was the opportunity for the Bowlby Centre to engage with a new audience.

THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Clinical Forums

This series, now coordinated by Elly MacDonald, features a Member's Clinical Practice, and is offered free to our students and members, and at a low cost of £10 per session to students from other training organisations and modalities. All students are expected to attend a certain number per year as part of their training.

In 2024-2025 our programme featured the following Clinical Forums:

- Boarding School Syndrome: Broken Attachments a Hidden Trauma by Professor Joy Schaverin PhD
- Nuts and Bolts: Our emotional availability and the impact of this on clinical outcomes by Tori Settle
- Transforming Core Wounding: Utilising Deep Brain Reorienting in Pre-Attachment Trauma by Dr Catherine Holland
- An exploration of the five components of dissociation by Mark Linnington
- Searching for diversity by Helga St Blaize
- Reflections on normativity when working with GSRD clients
- How to Fail...at Psychotherapy by Rosalind Grainger
- An Exploration of how different attachment styles intersect with trauma by Philippa Smethurst Linnington

Total Attendees: 523

We have found it increasingly hard to secure speakers for Clinical Forums. During the the year the Exec, CTC and Clinical Forum Coordinator met to explore the reasons underlying this trend and discovered the following:

1. We charge for the events to outsiders but we don't pay the speakers so it is harder to find volunteers, especially when we are paying speakers to deliver our other short CPD courses.
2. We have opened up the Clinical Forums to outside attendance, but this is a hindrance for some recently registered Members who do not feel ready to present their work to a wider audience.

Over the next year we will examine how to move forward with Clinical Forums in ways that deal with these underlying issues. The aim will be that all registering students present their work at a Clinical Forum, as was done in the past.

Elly informed us that she plans to step down as Clinical Forum coordinator as of December 2025, so the plan is to advertise the role to the Membership and Student community. Many thanks to Elly for all her sterling work assembling speakers for this valuable programme and chairing the forums.

Total Short Courses Income for 2024-2025: £26,610 -32% on previous FY

The 28th John Bowlby Memorial Conference 2025

The conference was not held in this academic year but was instead moved to October 2025. Our original date in Spring 25 clashed with another event which many of our Members were likely to attend. This delay also gave us more time to identify speakers on our chosen conference topic of Attachment and Autism.

Looking forward

We have experimented with various formats and business models for short courses over the year. Although we get good sign up from our Membership base, we need to continue to experiment with new formats and subjects that will appeal to a wider therapeutic community, in order to grow this revenue stream, whilst ensuring that the content continues to fit the Bowlby mission. To this end, our Events and Marketing Manager surveyed our mailing list to get feedback on the content and formats that are of interest.

iii) Blues Project

This low-cost therapy service provides a dual purpose:

- a. provides low cost and accessible therapy to those who most require this service and would otherwise find it extremely difficult, even impossible, to access psychotherapy for financial reasons, and/or because of their presenting issues and accompanying diagnoses
- b. provides opportunity for our students to build up their hours of client work – a requirement for professional registration.

During this period the service was managed by Rosalind Grainger. When Rosalind signalled her departure to leave the role, Members, the CTC and the Executive worked alongside her to understand how the Blues Project might in future serve the Blues clients and the community who require our services even better; and in turn be better supported by and integrated within the wider organisation. Recruitment for the next Blues Project Manager will start in September 2025.

24 new clients were taken on in 2024-2025

Looking forward:

With the departure of the Chair of the CTC, we have decided to restructure the Clinical leadership roles, with the Blues project being an integral part of this restructure so that the Blues Project Manager is fully supported by the wider CTC.

Based on the findings from our consultative discussions, the Board decided to allocate a sum of money from the Charity Reserves to support the Blues Project in whatever way is felt to be most effective by the new Manager once appointed.

iv) Membership

The Bowlby Centre is a professional membership organisation.

Following an interview, any Psychotherapist who is registered with the Council for Psychoanalysis and Jungian Analysis of the UKCP, or other Psychoanalytical registration body, can apply to be a Member.

The membership fee for 2024-25 was £425 per annum with discounts for retired Members and non-clinical Members.

Benefits of Membership:

- able to apply for UKCP registration with us as their membership organisation (as attachment based psychoanalytic psychotherapists).
- Access to PEP-web (on-line academic journals).
- Subscription to the Attachment Journal (2 issues per annum).
- Free access to Clinical Forums. · discounted rates to the Bowlby Centre Conferences and short courses.
- access to Members' mailing lists and a professional community which includes opportunities for tutoring, supervision and information sharing.

THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Member statistics for 2024-25:

124 members consisting of:

100 registered members

4 retired members

3 non-clinical members

17 post grad pre-reg members

Looking forward:

The Board will explore ways to actively engage with Membership and seek more two-way conversations. We will appoint a Board Member to lead this activity.

Members Income for 2024-2025 £49,004 +19% on previous FY

v) Publications

Journal: - Attachment – New Directions in Psychotherapy and Relational Psychoanalysis

We publish the Attachment Journal twice a year in collaboration with our publishing partner Karnac Books. The range of articles in this publication provides a rich and unique resource for students, clinicians and researchers working in the world of attachment and relational approaches to psychotherapy.

The first edition of 2024-25 was edited by Wayne Davies who stepped up from Assistant Editor, once Aysha Begum, former editor, had left. He was supported by Kate Brown. Many thanks to both Kate and Wayne for overseeing the December 2024 edition whilst we worked on a longer-term solution for the Journal.

Following a recruitment process, Kate Brown took on the permanent role of Editor and started work on building a strong editorial team. This now includes:

- Deputy Editor: Sally Rose
- Poetry Editor: Sue Wright
- Book Review Editor: Christian Howes

Kate's first edition for June 2025 was a celebration of 18 years of the Attachment Journal. Thanks to Kate Brown and her team for their passion and commitment to the Journal.

We continue to have a strong relationship with Phoenix Publishing House, providing invaluable support and guidance. We would like to thank Kate Pearce and all staff at Phoenix for their work producing and promoting the Journal.

THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Journal subscription totals for 2024

151 The Bowlby Centre
66 Individual (not Bowlby Members)
Institutional: 9

University of Greenwich
Tasmanian Health Service
IT Carlow Libraries

Université	du	Québec	à	Montréal
Whiteleaf				Library
Universita'	Studi		di	Torino
Regents		University		London
Academic	College		Tel	Aviv-Yaffo
Kinder- und Jugendpsychiatrische Dienste				

During 2024-25 we received £374 in royalties income from Karnac for sales of Attachment.

The Bowlby Centre Monograph Series

The Bowlby Centre produces a series of monographs based on the papers given at the John Bowlby Memorial Conferences and other conferences put on by The Centre. Kate White is the series editor. The monograph of the Dissociative Identity Disorder conference, delivered in partnership with the Clinic of Dissociative Studies UK, edited by Sue Richardson, was published in June 2025.

Linda Cundy is in the process of editing the Monograph of the 2024 conference on Attachment and Climate, due to be published in 2025-26.

These important titles are published by Taylor & Francis, and the Bowlby Centre receives royalties on all sales of these titles.

During 2024-25 we received just over £2,000 in royalty income for these publications.

Looking Forward:

Our focus will be on collaborating with Karnac and Taylor & Francis to better promote our Journal and the Monographs series. We are planning joint social media posts and improving the profile of these publications on our website, including links to on-line purchase. Our Marketing Manager is planning a campaign to market the Journal specifically to the acquisition librarians of appropriate training organisations and university departments. We feel strongly that our publications, including the Journal deserve to be better known.

Organisational Activity

i) Financial

- The Finance Committee continues to oversee our financial governance, which in future will focus its efforts on issues identified via new, more effective monthly reporting of our Management Accounts.
- As the primary source of income at the core of our organisation, we continue to cost our courses rigorously, taking into account factors such as student drop-out and increasing costs. These costs are approved by the Board at the end of each academic year in time for the following academic year.
- Now that we have reserves, we also need to ensure that our assets are deposited in the most appropriate accounts that balance ease of access with higher interest rates. We aim to regularly review and distribute our working capital and reserves across various accounts so we do not exceed the current FSCA guarantee of £120,000 per account.

ii) People

- Kate Brown was appointed as Journal Editor
- Two new Board Members were appointed at our last AGM in July 2025: Harry Eastwood and Glenn Berry. Sue Berger stepped down as Chair at the same AGM and Emma Blackley was appointed as her successor by the Board.

iii) Organisational Committees that support and oversee our work are as follows

- Finance
- Conference & Events
- People
- Executive
- Clinical Training
- Ethics

THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Financial Summary

Our accounts are independently examined by TC Group Ltd. The Statement of Financial Activities for the year shows another much-needed year-on-year growth in both income and surplus.

The full set of accounts are available at the Charity Commission and Companies House.

We are grateful to the members, students, trustees, and supporters who have given up valuable time or contributed with financial donations and enabled the organisation to continue to meet its charitable objectives and equally importantly start to make plans for the future.

Income

The Charity received income (excluding interest) of £287,106 (2024: £270,177) during the year. The main sources of income were:

- Clinical Training fees of £208,275 (2024: £162,871)
- Membership £49,004 (2024: £40,853)
- Short Courses £26,610 with no conference held in this financial year (2024: £44,566 which includes conference income)

Expenditure

Expenditure for the year was £225,753 (2024: £264,629) which is £38,876 less than the previous year. This main areas of expenditure are as follows:

- Membership: £34,293
- Education and Training (covers Clinical Training and short courses): £141,621
- Governance costs: £20,545

Reserves

The Charity's funds at 31 July 2025 stood at £142,851 (2024: £78,585).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use are held in a separate account to be used if there was a significant decrease in funding or increased costs.

The Board have designated 6 months towards running costs to be held in reserve. Amounts above this will be allocated to projects that support the Bowlby Centre's charitable aims.

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major known risks.

THE BOWLBY CENTRE

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

Structure, governance and management

The charity is a company limited by guarantee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements are named above under Legal and Administrative Information.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees, who are also the directors of The Bowlby Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resource and application of resources, including the income and expenditure of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going-concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees' report was approved by the Board of Trustees on 27 April 2026 and signed on its behalf by.

E Blackley [Director] - Chair
Trustee

THE BOWLBY CENTRE

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 JULY 2025

The trustees, who are also the directors of The Bowlby Centre for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 27 April 2026 and signed on its behalf by:

E Blackley [Director] - Chair
Trustee

THE BOWLBY CENTRE

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE BOWLBY CENTRE

I report to the trustees on my examination of the financial statements of The Bowlby Centre (the charity) for the year ended 31 July 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCA, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

G Darbourne FCA
for and on behalf of

TC Group
4 Office Village, Forder Way
Cygnet Park
Hampton
Peterborough
Cambridgeshire
PE7 8GX
United Kingdom

Dated: 28 April 2026

THE BOWLBY CENTRE

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income from:			
Donations and legacies	3	1,173	4,897
Charitable activities	4	287,106	264,775
Investments	5	1,720	1,930
Total income		289,999	271,602
Expenditure on:			
Charitable activities	6	225,733	264,129
Total expenditure		225,733	264,129
Net income and movement in funds		64,266	7,473
Reconciliation of funds:			
Fund balances at 1 August 2024		78,585	71,112
Fund balances at 31 July 2025		142,851	78,585

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE BOWLBY CENTRE

BALANCE SHEET

AS AT 31 JULY 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	9	3,369		24,336	
Cash at bank and in hand		198,167		75,463	
		<u>201,536</u>		<u>99,799</u>	
Creditors: amounts falling due within one year	10	(58,685)		(21,214)	
		<u>142,851</u>		<u>78,585</u>	
Net current assets			142,851		78,585
Net assets excluding pension liability			<u>142,851</u>		<u>78,585</u>
			=====		=====
The funds of the charity					
Unrestricted funds			142,851		78,585
			<u>142,851</u>		<u>78,585</u>
			=====		=====

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 July 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 27 April 2026

E Blackley [Director] - Appointed Chair in July 2025
Trustee

Company registration number 03272512 (England and Wales)

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JULY 2025

1 Accounting policies

Charity information

The Bowlby Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is The Old Town Hall, Market Place, Oundle, Peterborough, PE8 4BA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	1,173	4,897
	<u> </u>	<u> </u>

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

4 Charitable activities

	2025 Unrestricted funds 2025 £	2025 Total 2025 £	Total Total 2023 £
Membership - Membership and registration fees	49,004	49,004	40,853
Education and training - clinical training for psychotherapists	208,275	208,275	162,871
Education and training - short courses and seminars	25,330	25,330	38,990
Education and training - conferences	1,280	1,280	5,576
Education and training - miscellaneous income	3,217	3,217	3,430
Clinical services - room rental and therapy services	-	-	13,055
	<u>287,106</u>	<u>287,106</u>	<u>264,775</u>

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	1,720	1,930
	<u>1,720</u>	<u>1,930</u>

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

6 Charitable activities

	Fundraising Membership		Ed./Training	Clinical	Governance	Total 2025	Total 2024
	£	£	£	£	£	£	£
Membership and registration costs (Membership)	-	5,695	1,424	-	-	7,119	9,315
Seminars and conferences (Application)	-	-	6,780	-	-	6,780	6,300
Interview and assessment fees (Application)	-	-	8,253	-	-	8,253	5,545
Attachment journal subscription (Application)	-	-	5,899	-	-	5,899	5,500
Teaching and tutorial fees (Application)	-	-	79,488	-	-	79,488	63,134
Experiential group expenses (Application)	-	-	-	-	-	-	6,570
Referrals Service (Application)	-	-	-	-	-	-	-
Insurance (Building use)	19	442	733	907	40	2,141	1,938
Building costs (Building use)	2	24	76	94	4	200	31,269
Office costs (Building use)	25	728	1,440	231	25	2,449	1,719
Computer costs (Administration)	76	2,262	4,374	754	76	7,542	9,216
Operating lease rentals (Building use)	178	2,139	6,772	8,376	357	17,822	36,649
General expenses (Administration)	2	20	5,881	80	3	5,986	7,046
Accountancy fees (Workload)	43	648	1,253	216	11,880	14,040	13,392
Administration record-keeping and clerical fees (Hours)	214	6,417	12,406	2,139	214	21,390	20,589
Administration and Secretarial services (Hours)	9,096	15,918	6,822	6,822	6,822	45,480	37,357
CTC and Executive Committee administration (Hours)	-	-	-	-	-	-	410
Legal and professional fees (Specific)	-	-	-	-	-	-	-
Bank charges	-	-	-	-	-	-	-
Paypal charges	-	-	-	-	1,124	1,124	917
Bad debts written off	-	-	20	-	-	20	4,270
Amortisation of property lease improvements (Building use)	-	-	-	-	-	-	-
Depreciation (Building use)	-	-	-	-	-	-	-
Loss on disposal of tangible fixed assets	-	-	-	-	-	-	2,993
	9,655	34,293	141,621	19,619	20,545	225,733	264,129

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Taxation

No provision for taxation has been made in these accounts as the company is a registered charity and all surplus funds are applied for charitable purposes.

9 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	868	1,979
Other debtors	-	9,000
Prepayments and accrued income	2,501	13,357
	<u>3,369</u>	<u>24,336</u>

10 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	34,583	12,802
Other creditors	1,987	-
Accruals and deferred income	22,115	8,412
	<u>58,685</u>	<u>21,214</u>

11 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 August 2024	Incoming resources	Resources expended	At 31 July 2025
	£	£	£	£
General funds	78,585	289,999	(225,733)	142,851
	<u>78,585</u>	<u>289,999</u>	<u>(225,733)</u>	<u>142,851</u>

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2025

11 Unrestricted funds

(Continued)

Previous year:	At 1 August 2023	Incoming resources	Resources expended	At 31 July 2024
	£	£	£	£
General funds	71,112	271,602	(264,129)	78,585

12 Related party transactions

C. Holland, a Trustee for part of the year, provides teaching services to the charity, invoiced on an arms-length basis. Payments during the year while serving as a Trustee were £nil (2024 - £700).

S. Berger, a Trustee, provided services to the charity, invoiced on an arms-length basis. Payments during the year were £150 (2024 - £150).

C Cielo, a Trustee, provided services to the charity, invoiced on an arms-length basis. Payments during the year were £410 (2024 - £nil).

R Cross, a Trustee, provided made donations during the year totalling £40 (2024 - £nil).

There were no other disclosable related party transactions during the year (2024 - none).