

Company registration number: 03272512

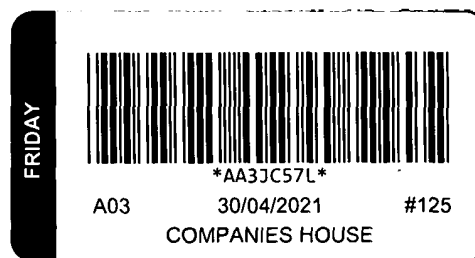
Charity registration number: 1064780

The Bowlby Centre

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 July 2020



The Bowlby Centre

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 13
Statement of Trustees' Responsibilities	14
Independent Examiner's Report	15
Statement of Financial Activities	16
Balance Sheet	17
Notes to the Financial Statements	18 to 26

The Bowlby Centre

Reference and Administrative Details

Trustees	S Y Berger [Director] J M Parkinson [Director] R M Cross [Director] C A Holland [Director] C E Mayne-Constantinou [Director] - Honorary treasurer S J Vine [Director] M R Wotton [Director] - Chair of trustees
Principal Office	1 Highbury Crescent London N5 1RN
Registered Office	4 Cyrus Way Cygnet Park Hampton Peterborough PE7 8HP
	The charity is incorporated in England & Wales.
Company Registration Number	03272512
Charity Registration Number	1064780
Accountant	Bulley Davey Limited 4 Cyrus Way Cygnet Park Hampton Peterborough PE7 8HP

The Bowlby Centre

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 July 2020.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, 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 2015).

VISION

The vision of the Bowlby Centre:

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:

to provide accredited training to those wishing to be attachment-based psychotherapists.

to provide an attachment-based referral service and clinic especially to the excluded and unattached.

to develop other training provisions, especially those aimed at giving an attachment orientation to other professionals.

to develop an outreach provision aimed both at encouraging policy makers to heed attachment issues and at developing general attachment-based emotional literacy.

to 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, 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, sex, sexuality, age, (dis)ability, religion, class, educational and learning style.

The Bowlby Centre

Trustees' Report

Introduction from the Chair of Trustees

By any definition, it's been a tumultuous year. I took over as Chair in March 2020, just a few weeks before the government announced the first national lockdown. One of my first actions, alongside the new Board of Trustees and the Executive Team, was to agree to the immediate closure of the Centre. But while the building has remained largely closed since that date, the work of the Centre has very much continued.

The Executive Team took on the task of moving all the services we provide - training for students, CPD for members, and provision of psychotherapy to the public - online. That was no small feat, and they have done so with great care and skill. It is an important moment to formally pay tribute to what they have achieved, under the most difficult circumstances.

While many charities have sadly already collapsed, and many more are estimated to face bankruptcy this year, The Bowlby Centre remains in good health. It is our priority as a Board of Trustees that this position continues, particularly at a time when there is a soaring demand for our services, and as charities are increasingly acting as a safety net in society.

In fact, the position of The Bowlby Centre is as strong as ever. Training has continued, with a full intake of students this year. We continue to provide low cost therapy to those who otherwise couldn't afford it. Our CPD and annual conference have moved online. Our journal continues to grow in readership, and we have another important monograph due for publication later this year - the 11th in our series. Our clinical forums now reach three times the number they previously did. And we have a new series of online workshops, introducing the ideas of attachment theory. Not only are we further disseminating important ideas, we're generating substantial, additional revenue for the Centre.

It's this additional activity that has allowed the Trustees to appoint and properly compensate a Chief Executive, for the first time in the history of the Centre. In time, moving to payment for key roles will allow us to begin to realise our ambitions to increase further the influence and reach of the Centre. Together, the Trustees and the Executive, with input from members, are beginning to develop a strategy for increased growth. We will of course pursue those plans with care; prudence, stewardship and good governance being the watchwords.

In addition, we have begun doing some hard thinking on the issue of race: how do we make the Bowlby Centre a genuinely diverse and inclusive place to train and practice. The series of conversations on race, which began in 2020, will continue into 2021 - there is more to be said in this area and, importantly, more to be done.

I've taken more space than usual in the Chair's comments, in order to reflect on the extraordinary events of the year - marked by loss and personal tragedy for some of us - as well as to pay tribute to the tremendous collective effort to remain resilient in that context. That will be our continued challenge in 2021, as we continue to support each other through perhaps the most difficult time in our living memory, and certainly in the Centre's history.

Thank you to our Executive Team for all they do, to my fellow Trustees for the support and time they give to the Centre, and to our members and patrons, for all they contribute.

Matt Wotton
Chair of Trustees

The Bowlby Centre

Trustees' Report

Annual Report 2019-2020

This financial year has seen two chairs of the Executive: Michaela Chamberlain was in the post from September 2019 to February 2020 and I have been in the role from February 2020 to the present day. We have also, in this time, had three Chairs of the Clinical Training Committee as I handed the role over to Debbie Zimmerman and Debbie subsequently handed it over to Jane Parkinson. As Matt has said in his report above, a completely new board of trustees took over in March 2020 as well. It must be evident, from this alone, that the centre has been going through a great deal of transition these last few months and I am delighted to say that, having spent some time managing this, the Executive are now in a strong position to focus on developing the Centre in some important ways.

The most important task of the year has been responding as quickly and flexibly as we could to the ever-changing circumstances that Covid has thrown up – and I am acutely aware of the losses that some of you have suffered as a result of this virus. I know that some of you have lost family and partners and that others have caught the virus and been really ill with it. I am also conscious that some of you have been dealing with other very serious health conditions which have been extremely difficult and stressful against the backdrop of this pandemic.

This year has seen many of you making changes to your lifestyle and your working practices - as a long period of reflection has necessarily taken place in response to the situation we all now find ourselves in - and it has been important for the Executive to adjust to the differing needs of our members. Having been an organisation that conducted nearly all of its business in person in the past, we are unlikely to return to that as a model in the future. The benefits of conducting seminars, committee meetings, conferences and clinical forums on-line and accessing those of you who live outside London has been significant - and we would anticipate developing a hybrid model of face to face and remote working from here on in.

One of the most important changes that we have made this year, in consultation with members from the CTC and the teaching team, has been the re-introduction of the experiential group which is a reflective group space for our students on the training. We are still committed to the weekend Attachment groups run by Jane, Joanna and Michael, but they have been suspended for the duration of this pandemic and we have understood the importance of having access to groupwork on a more regular basis during term time, which is not something that they have been able to offer.

The other significant cultural shift that the Executive has instigated has been around the Centre's approach to thinking about Race. There are several areas that will need to be addressed in relation to this – thinking about the curriculum content, accessibility to the training, deeper and more effective ways to address white privilege to name but a few – and we have started the process off by introducing an experiential group run by our new race Consultant Anthea Benjamin and her colleague Chris Scanlon. Anthea and Chris are trained group analysts and the aim of the group is to explore the ways in which racism is experienced by and perpetuated by members at the Centre. The intention is to address the deeply personal and painful aspects of racism before rushing into policy change - so that we can create a sea change in the culture rather than a set of rules that will potentially fail to actually address what needs to be addressed. In addition to this there will need to be a thorough process of creating policy changes alongside the group work, and one of the key areas will be in our review of the curriculum in 2021. In February 2021 The Executive and the CTC will be holding the first of a series of awaydays to work on this curriculum review.

The final thing to mention in terms of what we have been working on (in collaboration with the trustees) has been the development of a digital library/shop in which we can store lectures and talks both for our members (for reduced fees or for free) and for colleagues external to the Bowlby Centre. The introduction of Graham's webinars on Attachment has been very successful and the plan is to encourage members to come forward with their own ideas on what they might like to deliver for us. We hope that it will be a good way to spread our knowledge of Attachment to a wider audience and to generate income for members and the Centre.

Tori Settle
CEO of the Bowlby Centre

The Bowlby Centre

Trustees' Report

Our Clinical Training

We are delighted to have welcomed five new trainees to the taught course this year as our clinical training continues to develop and thrive. The APL (Accrediting Prior Learning) course, which is essentially an 'opting out' of seminars that have already been completed in detail on a former training is now in its third year and we hope that more counsellors who wish to deepen their knowledge of the field are attracted to the centre. Having piloted this course over three years we have conducted a thorough review, in consultation with those students going through it, and we plan to develop and deliver an APL training in its own right as opposed to the opt in opt out system recommended to us by the UKCP. 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.

We have now rolled out our new attachment based experiential group for all four intakes and this initiative is proving to be successful. The groups have now become an integral part of the training. We have recently introduced placements for all students, which are a requirement of all psychoanalytic trainings under the UKCP.

Clinical Training Committee

The CTC, currently with Jane Parkinson as Chair and Karen Witt as Vice Chair, continue 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 has implemented a review of the role of the training supervisor with a view to better integrating them into the teaching team and the meetings between the training supervisors and the CTC have been productive and stimulating. Two consultant psychiatrists have been appointed to the training as has an attachment consultant, Linda Cundy. We say goodbye to our external assessor, Prof Clulow, in March 2020 and welcome our new one, Prof Jeremy Holmes in October 2020. In line with the CPJA quinquennial requirements the committee have also put together a comprehensive Student handbook.

Education Committee

The Education Committee, with Dr Liat Levy as Chair, is responsible for the main areas of work as specified below.

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.

This year the focus was on updating our curriculum, changes that have been made include, for example, our new group facilitation seminars and the introduction of more attachmentbased readings into the training. Also, we are in the process of reorganizing the curriculum which will include a greater emphasis on aspects such as, race, gender, class and diversity. I would like to take this opportunity to thank again all our teachers for their hard work, involvement and contribution to the clinical training specifically during this year where the training has been conducted online due to Covid.

Ethics Committee

Sue Berger and Wayne Davis have managed ethical matters through the year and a number of ethical concerns arose which we are working on resolving.

The Codes and Procedures have been kept under review and a number of improvements are being developed. As the Bowlby Centre looks again at refining it's Core Values, Ethics and Conduct Codes will be similarly re-examined. We are thinking about how we can help and support members to raise sensitive issues around unacknowledged offence through a more relational, meditative process than the Complaints Procedure. That Procedure will remain, of course, as a further stage in the process, if needed.

Sue has sat on the Executive Committee this year as Ethics Chair and she and Wayne have found it useful to be more aware of what is happening in the organisation as a whole. The Executive Committee decided it was a useful link and should carry on.

The Bowlby Centre

Trustees' Report

Policy

This year, we have:

Finalised a placements policy to ensure we are aligned with UKCP policies for our students undertaking placements during the training

Developed a contemporary policy on DBS checks

Continued to update and improved our student handbook, so that all students have a clear and chronological guide to the training, all in one place

Referrals Committee

The Bowlby Centre's Referrals Committee was disbanded in 2020 and we currently offer no formal referrals or assessment service for low-fee or full-fee clients. Post-taught and registered members now advertise themselves via our Find a Therapist section of the website, and potential new clients are directed there, unless they have a very specific request (eg needing a therapist who speaks a particular language).

Rosalind Grainger was appointed Blues Project Coordinator in September 2020. This role involves assessing, then matching potential Blues clients with available therapists via their tutors and supervisors. Unfortunately, it also involves telling approximately seven to 10 wouldbe clients a week that we can't help them. Demand for the service massively outstrips supply of therapists, and for most of the year, the Blues Project is closed to new applicants.

Rosalind considers the work of the Blues Project to be a vital and tangible component of attachment theory in action, offering a secure base to vulnerable, marginalised and financially compromised people unlikely to access psychotherapy elsewhere.

A remarkable store of knowledge has built up within our Centre about assessing and working with Blues clients and yet it is almost unknown for registered members to volunteer to take on additional Blues clients. This means (a) that clients deemed by supervisors/tutors to be too 'complex' for a student cannot be offered placement; (b) that the Blues Project is currently funded by a workforce of students on a near-voluntary basis, yet paying market rates for supervision and psychotherapy.

The time is surely right for a Bowlby community debate (with input from all, especially students) to celebrate the wonderful work of our Blues therapists and talk together about the future funding of the Blues Project and the role of an assessment and referral service in 2021.

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. The courses support both our own members and professionals from other training and related professions.

Oct/Nov 2019 Attachment Theory in Clinical Practice with Orit Badouk-Epstein

Nov 2019 AEDP with Angela Massucco

Feb/March 2020 Attachment Narrative Therapy with Dr Arlene Vetere and Rudi Dallos

June 2020 Attachment Theory in Clinical Practice with Tori Settle

The Bowlby Centre

Trustees' Report

Publications

Journal: Attachment - New Directions in Psychotherapy and Relational Psychoanalysis

The biannual Journal “Attachment - New Directions in Psychotherapy and Relational Psychoanalysis”, is now in its 15th year of publication. According to the publishers, Phoenix Publishing House, the Journal has been well received and has been given compliments for the vibrant and radical quality of its content which is unique and appealing to a large audience of clinicians, social workers and others working in wellbeing services. Despite the global pandemic, the number of subscribers is steadily increasing, particularly in the USA and Australia and a new stream of contributors have been submitting papers. The journal, however, could benefit from greater publicity and a bigger presence on social media to increase the number of subscribers. The editor, Orit Badouk Epstein, together with the editorial team, Wayne Davis, Gulcan Sutton Purser and Yvonne Forward are looking to continue to develop and maintain the values and vision of the Bowlby Centre and Attachment theory. This year’s special issue (14/2), which was dedicated to the themes of Attachment in the time of the Pandemic, is particularly relevant and is receiving very good reviews from the readership and colleagues from around the world who found it to be a timely and moving issue.

We currently have in total 262 subscribers for the journal, 137 of whom are Bowlby Centre members and students, 125 are external. Phoenix publishers predict that this should increase over the next year.

Journal subscription

Total 2020

272 Subscriptions

145 The Bowlby Centre

11 The Relational School

111 Individual

5 Institutions:

Richmond Wellbeing Service

Kinder und Jugendpsychiatrische Dienste

Institute of Technology Carlow

University of Greenwich

University Studi di Torino

The Bowlby Centre

Trustees' Report

Total 2019

265 subscriptions:

137 The Bowlby Centre

14 The Relational School

98 Individual

8 Student

8 Institutional:

University of South California

University of Greenwich

Kinder- und Jugendpsychiatrische Dienste

NHS Oxford Health - Whiteleaf Library

Northbrook Metropolitan College

Universita' Studi di Torino

Academic College Tel Aviv-Yaffo

The Tavistock and Portman NHS Foundation Trust

The Bowlby Centre Monograph Series

The Bowlby 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 Centre. Kate White is the series editor. To date these include ten volumes all now published by Routledge. *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?, and

Addictions from an Attachment Perspective: Do Broken Bonds and Early Trauma Lead to Addictive Behaviours?

Dementia: An Attachment Approach.

The newest volume in the series, *Shame Matters: Attachment and Relational Perspectives for Psychotherapists*, is edited by Orit Badou Epstein and is due to be published in 2021.

Two other titles are in preparation, namely *The Couple in the Room, the Couple in Mind: Reflections from an Attachment Perspective* and *Repetition, Repetition, Repetition: Breaking the Cycle of Attachment Trauma*.

The Bowlby Centre

Trustees' Report

Other publications

Trauma and Loss: Key Texts from the John Bowlby Archive, has received much praise from many highly regarded attachment researchers and clinicians. This volume, published in October 2019, is comprised of a selection from John Bowlby's unpublished works edited by Robbie Duschinsky and Kate White, with editorial assistance from Gareth Prosser.

Others books include *Telling Stories? Attachment based Approaches to the Treatment of Psychosis* edited by Sarah Benamer and *Ritual Abuse and Mind Control - The Manipulation of Attachment Needs*, co-edited by Orit Badouk Epstein, Rachel Wingfield Schwartz and Joseph Schwartz.

The range of articles in these publications provide a rich and unique resource for students, clinicians and researchers working in the world of attachment and relational approaches to psychotherapy.

Honoraria

Chair of The Executive Committee - £6,000

Vice Chair of the Executive Committee - £500

Chair of the CTC - £3,000

Vice Chair of the CTC- £500

Chair of Education Committee - £3,000

Director of Policy - £500

Chair of Ethics Committee - £0

Blues Project Coordinator - £500 (assessment fee £70 funded half from client and half from Bowlby Centre)

Chair of Membership Committee - £500

Chair of Conference Planning - £500

Journal Editor - £500

The Bowlby Centre

Trustees' Report

THE CENTRE'S FINANCE

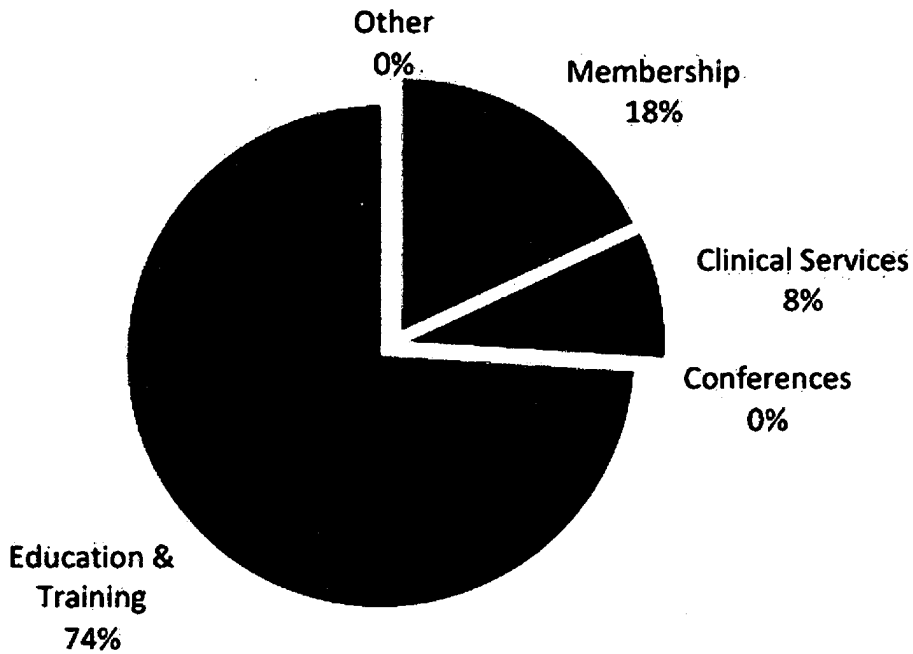
Financial Review 2019-2020

Principle Funding Sources

The Charity received income (excluding interest) of £215,182 (2019 £243,273) during the year. The main source of funding being Clinical Training fees of £159,924 (2019 £132,313), Membership £38,959 (2019 £37,688), Clinical Services £16,254 (£2019 29,698) and Conference £45 (2019 £43,172). We are grateful to the members, students, trustees, and supporters who have given up so much of their valuable time voluntarily and enabled the organisation to continue to meet its charitable objectives.

Incoming Resources

Total income (including interest) for the year was £216,066 (2019 244,115), which is £28,049 lower than the previous year. A conference was not held in this year.



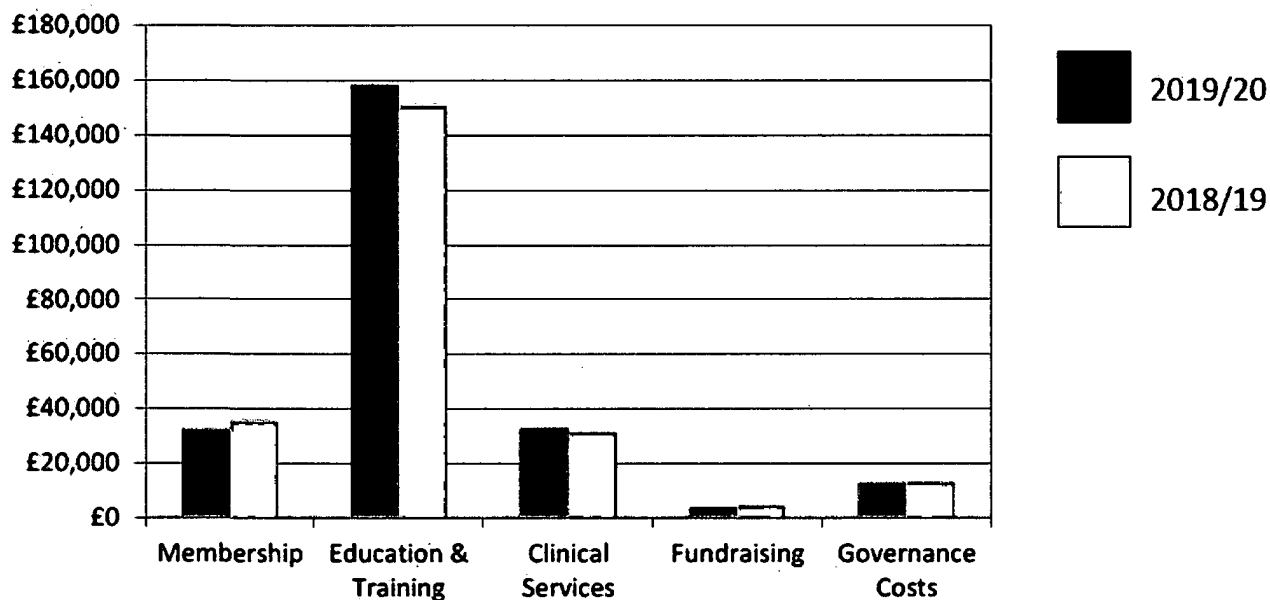
The Bowlby Centre

Trustees' Report

Financial Review 2019-2020 (cont'd)

Resources expended

Expenditure for the year was £240,790 (2019 £235,724) which is £5,066 higher than the previous year. This can be broken down as follows.



Reserves

The Charity's funds at 31 July 2020 stood at £155,697 (2019 £180,421).

The Trustees have continued to work with the Executive Committee lead by the newly appointed CEO, to ensure a near balanced position in consideration of reduced income relating to COVID-19. The financial situation remains as planned and the budget for the following financial year is well-balanced and designed to generate a near balanced position.

Claire Mayne
Treasurer

The Bowlby Centre

Trustees' Report

TRUSTEES

Sue Berger

I worked as a community worker in a Law Centre in the early 70s and then in housing before doing a counselling training at the Institute of Education. As I started the Bowlby Centre training in 1993, the first year of the UKCP registered course, I also started to develop a counselling and psychotherapy service in a women's health centre in Camden Town. I ran the service for 20 years and had a small private practice and am now semi-retired, just providing supervision on a monthly basis, mostly for sexual and domestic violence services.

I have worked in collectives, been a trustee for other voluntary organisations and briefly worked part time for Islington Social Services, setting up a counselling service in a mental health day centre. With that range of experience, I was pleased to be able to step into the breach, when there was a governance crisis at the Bowlby Centre, and become a trustee temporarily while we were developing a new Board of Trustees.

Richard Cross

Richard Cross has worked with children and young people with complex needs for over 30 years and in senior roles such as CEO & Director for over 19 years. He is a UKCP Psychotherapist & Child Psychotherapist. He is Head of Assessment & Therapy Team of a national organisation supporting children, young people and carers. He collaborates with UCL & AFC, London on multiple research projects which are focusing on attachment, trauma and dissociation. He is also a trustee for the Institute of Recovery from Childhood trauma (IRCT) and a member of the faculty at the International Society for the study of Trauma and Dissociation.

Catherine Holland

Catherine is an attachment based psychoanalytic psychotherapist (UKCP) and an Organisational Consultant (BPC). She trained at a variety of organisations but primarily The Bowlby Centre, the Tavistock and Portman NHS Foundation Trust and the Sensorimotor Psychotherapy Institute.

She has a long career in health and social care working as a practitioner with looked after children, adolescents, family work, Young Offenders, CAMHS, migration/refugees, addiction, domestic violence etc. A road traffic accident disrupted her career where she was invited to develop and lead children's commissioning. This led to various roles as policy maker, advisor to the government, OECD and Europe where she led various National and International programs that enhanced standards and qualifications. Returning to the front line, she works with students, parents, couples and individuals, providing supervision and therapy and working across borders. Catherine has an interest in organisational health, attachment focused EMDR, early infant trauma and forensic issues originating from developmental distress.

Catherine is also a Trustee of OPUS (Organisations promoting understanding of Society), as well as being an active member of IPSO (International Society of Psychoanalytic Study of Organisations), APPCIOS, and a variety of other organisational networks

Lawrence Kilshaw

Lawrence is an attachment-based psychoanalytic psychotherapist. His principal training was at the Bowlby Centre, where he teaches trainee psychotherapists and serves as Course Tutor.

Working mostly in private practice in the City of London, he is trustee of a number of charities. Lawrence has numerous languages and is very active in his community.

Claire Mayne

Claire is an accountant with extensive experience in Charity Finance, Governance and Operational Functions.

She has previously worked with charities that provide services such as child and adult therapy, post graduate courses, professional membership and contractual service to HM Prisons.

In 2019 Claire changed her engagement within the charity sector by resigning from her role as a Chief Operating Officer and transitioned into the commercial aviation finance sector.

Claire is currently the Bowlby Centre's Honorary Treasurer and a primary school governor.

The Bowlby Centre

Trustees' Report

Jane Parkinson

Jane is an attachment based psychoanalytic psychotherapist (UKCP). She trained with The Bowlby Centre in 1988 where she has been a course tutor, training supervisor and member of the Clinical Training Committee since 2012. She is currently Chair of the CTC.

She has a background in nursing, midwifery and health visiting, she worked in the NHS until 2012, mainly in the field of safeguarding, supervising and managing child protection work for health visitors. She also had a lead in domestic violence for the NHS Children's trust in Brighton, producing working guidelines and providing training and supervision for staff working with Domestic abuse.

After retiring from the NHS in 2012 she was invited to become a Trustee with a lead in clinical governance for RISE, the domestic abuse charity in Brighton.

Since 2005 she has a growing interest in attachment and stress-related illness. Most of her practice is working from an attachment perspective with people who have chronic pain and medically unexplained symptoms. She is a member of the Psychophysiological Disorders Association.

Sarah Vine

Sarah is a criminal barrister, specializing in cases involving serious allegations of physical and sexual violence. She was involved in the establishment of the Wellbeing At The Bar initiative, in particular in her practice area. She trains legal professionals in dealing with vulnerable witnesses in criminal trials and has worked on the national roll-out of pre-recorded cross-examination for complainants in sensitive cases. She led the working group for the largest empirical study into the application of legal restrictions on evidence of the sexual history of complainants in cases of sexual offending. She appears in national media as an occasional commentator on legal matters.

Matt Wotton

Matt has over two decades of experience in forensic mental health. He spent the first decade at the frontline of the criminal justice system, in a series of operational roles, and the last decade coaching senior leaders, and advising ministers.

Most recently he led a review of Race in the Criminal Justice System (The Lammy Review), commissioned by the Prime Minister. Before then, he was Head of the Race Unit and a member of the Prison and Probation Board.

Matt has a master's degree from Warwick Business School and has also studied at the London Business School and Cranfield University.

He is now a psychotherapist in private practice and is currently editing a peer-reviewed journal on the topic of mental health and early attachment.

Small company provisions

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

The annual report was approved by the trustees of the charity on ~~28/4/21~~ 28/4/21 and signed on its behalf by:



.....
M R Wotton [Director] - Chair of trustees
Trustee

The Bowlby Centre

Statement of Trustees' Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and 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 charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees of the charity on 28/4/21 and signed on its behalf by:



.....
M R Wotton [Director] - Chair of trustees
Trustee

The Bowlby Centre

Independent Examiner's Report to the trustees of The Bowlby Centre

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 July 2020 which are set out on pages 16 to 26.

Respective responsibilities of trustees and examiner

As the charity's trustees of The Bowlby Centre (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of The Bowlby Centre 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 your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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:

1. accounting records were not kept in respect of The Bowlby Centre as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached.

M A Burden FCA

Bulley Davey Limited
4 Cyrus Way
Cygnet Park
Hampton
Peterborough
PE7 8HP

29 April 2021

The Bowlby Centre

Statement of Financial Activities for the Year Ended 31 July 2020 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £	Total 2019 £
Income and Endowments from:					
Charitable activities	3	215,182	-	215,182	243,273
Investment income	4	884	-	884	842
Total Income		<u>216,066</u>	<u>-</u>	<u>216,066</u>	<u>244,115</u>
Expenditure on:					
Charitable activities	5	(240,790)	-	(240,790)	(235,724)
Total Expenditure		<u>(240,790)</u>	<u>-</u>	<u>(240,790)</u>	<u>(235,724)</u>
Net (expenditure)/income		(24,724)	-	(24,724)	8,391
Transfers between funds		14,220	(14,220)	-	-
Net movement in funds		(10,504)	(14,220)	(24,724)	8,391
Reconciliation of funds					
Total funds brought forward		<u>166,201</u>	<u>14,220</u>	<u>180,421</u>	<u>172,030</u>
Total funds carried forward	13	<u><u>155,697</u></u>	<u><u>-</u></u>	<u><u>155,697</u></u>	<u><u>180,421</u></u>

All income and expenditure derives from continuing activities.

The funds breakdown for 2019 is shown in note 13.

The Bowlby Centre

**(Registration number: 03272512)
Balance Sheet as at 31 July 2020**

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	9	2,496	1,157
Current assets			
Debtors	10	21,716	40,100
Cash at bank and in hand		<u>157,587</u>	<u>182,894</u>
		179,303	222,994
Creditors: Amounts falling due within one year	11	<u>(26,102)</u>	<u>(43,730)</u>
Net current assets		<u>153,201</u>	<u>179,264</u>
Net assets		<u>155,697</u>	<u>180,421</u>
Funds of the charity:			
Restricted income funds			
Restricted funds		-	14,220
Unrestricted income funds			
Unrestricted funds		<u>155,697</u>	<u>166,201</u>
Total funds	13	<u>155,697</u>	<u>180,421</u>

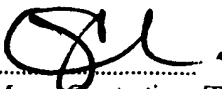
For the financial year ending 31 July 2020 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

The financial statements on pages 16 to 25 were approved by the trustees, and authorised for issue on 27/02/21 and signed on their behalf by:



.....
C E Mayne-Constantinou [Director] - Honorary treasurer
Trustee

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

1 Charity status

The charity is limited by guarantee, incorporated in England & Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £10 towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). They also comply with the Companies Act 2006 and Charities Act 2011.

Basis of preparation

The Bowlby Centre meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

On 11 March 2020, the World Health Organisation officially declared COVID-19, the disease caused by the novel coronavirus, a pandemic. The Directors and the CEO are closely monitoring the evolution of this pandemic, including how it may affect the economy and the Charity.

At the time of signing the financial statement, the pandemic is still ongoing, and the Directors are monitoring its developments. The Directors do not believe the financial statements for the period 31 July 2020 need to include any adjustments for this post period-end event.

The Directors will continue to monitor the effects of the virus on the activities of the Charity. There have been no other significant events since the balance sheet date which require disclosure in these financial statements.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is accounted for when the Charity has entitlement, there is certainty of receipt and the amount is measurable.

Income from investments is included in the year in which it is receivable.

Income from charitable activities includes income recognised as earned (as the related goods or services are provided) under contract.

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees's meetings and reimbursed expenses.

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.

Tangible fixed assets

Individual fixed assets costing £0.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees's discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

3 Income from charitable activities

	Unrestricted funds	Total 2020	Total 2019
	General £	£	£
Fundraising - Gift Aid tax reclaimed	-	-	402
Membership - Membership and registration fees	38,959	38,959	37,688
Education and training - clinical training for psychotherapists	93,836	93,836	107,292
Education and training - short courses and seminars	64,828	64,828	24,959
Education and training - conferences	45	45	43,172
Education and training - miscellaneous income	1,260	1,260	62
Clinical services - contractual referrals fees	330	330	3,432
Clinical services - room rental and therapy services	15,924	15,924	26,266
	215,182	215,182	243,273

4 Investment income

	Unrestricted funds	Total 2020	Total 2019
	General £	£	£
Interest receivable and similar income;			
Interest receivable on bank deposits	884	884	842
	884	884	842

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

5 Expenditure on charitable activities

	Fundraising Membership		Education and training	Clinical services	Governance	Total 2020	Total 2019
	£	£	£	£	£	£	£
Direct costs							
Website and publicity (Application)	-	-	-	-	-	-	4,579
Membership and registration costs (Membership)	-	5,588	1,397	-	-	6,985	6,472
Seminars and conferences (Application)	-	-	44,425	-	-	44,425	33,727
Interview and assessment fees (Application)	-	-	5,547	-	-	5,547	3,540
Attachment journal subscription (Application)	-	-	4,500	-	-	4,500	4,986
Teaching and tutorial fees (Application)	-	-	42,862	-	-	42,862	42,446
Experiential group expenses (Application)	-	-	7,341	-	-	7,341	10,643
Referrals Service (Application)	-	-	591	-	-	591	780
Insurance (Building use)	10	423	382	472	741	2,028	1,852
Building costs (Building use)	180	2,156	6,825	8,443	359	17,963	17,179
Office costs (Building use)	30	676	1,521	726	30	2,983	6,165
Computer costs (Administration)	105	3,135	6,062	1,044	105	10,451	5,981
Operating lease rentals (Building use)	360	4,320	13,680	16,920	720	36,000	32,344
General expenses (Administration)	6	70	4,605	273	12	4,966	3,579
Accountancy fees (Workload)	56	833	1,610	278	5,717	8,494	8,496
Administration record-keeping and clerical fees (Hours)	237	7,098	13,722	2,366	237	23,660	26,037
Administration and Secretarial services (Hours)	2,950	5,158	2,214	2,214	2,214	14,750	17,934
CTC and Executive Committee administration (Hours)	14	410	790	137	14	1,365	626
Legal and professional fees (Specific)	-	2,152	-	-	-	2,152	5,384

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

Bank charges	-	-	-	-	-	-	20
Paypal charges	-	-	-	-	2,768	2,768	2,456
Amortisation of property lease improvements (Building use)	4	107	206	36	4	357	-
Depreciation (Building use)	6	178	346	59	6	595	497
(Profit)/loss on sale of charity assets held for own use	-	2	4	1	-	7	1
	3,958	32,306	158,630	32,969	12,927	240,790	235,724

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

6 Net incoming/outgoing resources

Net (outgoing)/incoming resources for the year include:

	2020 £	2019 £
Loss on disposal of fixed assets held for the charity's own use	7	1

7 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration 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 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 August 2019	42,664	5,953	48,617
Additions	1,788	510	2,298
Disposals	(42,664)	(4,401)	(47,065)
At 31 July 2020	1,788	2,062	3,850
Depreciation			
At 1 August 2019	42,664	4,796	47,460
Charge for the year	357	595	952
Eliminated on disposals	(42,663)	(4,395)	(47,058)
At 31 July 2020	358	996	1,354
Net book value			
At 31 July 2020	1,430	1,066	2,496
At 31 July 2019	-	1,157	1,157

10 Debtors

	2020 £	2019 £
Trade debtors	1,137	14,088
Prepayments	11,160	10,233
Other debtors	9,419	15,779
	21,716	40,100

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

11 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	90	1,228
Accruals	26,012	42,502
	26,102	43,730

12 Commitments

Capital commitments

The total amount contracted for but not provided in the financial statements was £132,000 (2019 - £168,000).

13 Funds

	Balance at 1 August 2019 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 July 2020 £
Unrestricted funds					
General	166,201	216,066	(240,790)	14,220	155,697
Restricted funds	14,220	-	-	(14,220)	-
Total funds	180,421	216,066	(240,790)	-	155,697
		Balance at 1 August 2018 £	Incoming resources £	Resources expended £	Balance at 31 July 2019 £
Unrestricted funds					
General		157,810	244,115	(235,724)	166,201
Restricted funds		14,220	-	-	14,220
Total funds		172,030	244,115	(235,724)	180,421

Purpose of restricted funds

Grants and Donations - Outcome monitoring

Donations were received during the year ending 31 July 2009 to provide for the research and development of this technique within the charity. While some of the funds have been utilised in earlier years, there has been no movement in this or the comparative year.

While it was previously anticipated that the remaining amount would be utilised as appropriate in future years the Trustees have taken the decision this year to transfer the remaining funds of £14,220 to unrestricted funds.

Correspondence in 2015 between The Bowlby Centre and the donor agreed that these funds could be transferred for general use. The Trustees have now decided to provide for this.

The Bowlby Centre

Notes to the Financial Statements for the Year Ended 31 July 2020

14 Analysis of net assets between funds

	Unrestricted funds General £	Total funds £
Tangible fixed assets	2,496	2,496
Current assets	179,303	179,303
Current liabilities	<u>(26,102)</u>	<u>(26,102)</u>
Total net assets	<u><u>155,697</u></u>	<u><u>155,697</u></u>