

**Charity Registration No. 1064780**

**Company Registration No. 03272512 (England and Wales)**

**THE BOWLBY CENTRE**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 JULY 2022**

## THE BOWLBY CENTRE

### LEGAL AND ADMINISTRATIVE INFORMATION

---

<b>Trustees</b>	S Y Berger [Director] R M Cross [Director] C A Holland [Director] S Zeedyk [Director] (Appointed 15 October 2021) C Philipsborn [Director] (Appointed 15 October 2021) S Swinscoe [Director] - Chair of trustees (Appointed 15 October 2021)
<b>Patrons</b>	Dr Elaine Arnold Sir Richard Bowlby Professor Susie Orbach
<b>Charity number</b>	1064780
<b>Company number</b>	03272512
<b>Principal address</b>	1 Highbury Crescent London N5 1RN
<b>Registered office</b>	6 North Street Oundle Peterborough PE8 4AL
<b>Accountants</b>	TC Group Brightfield Business Hub Bakewell Road Orton Southgate Peterborough Cambridgeshire PE2 6XU

---

# THE BOWLBY CENTRE

## CONTENTS

---

	<b>Page</b>
Trustees' report	1 - 13
Statement of trustees' responsibilities	14
Independent examiner's report	15
Statement of financial activities	16
Balance sheet	17 - 18
Notes to the financial statements	19 - 26

---

## **THE BOWLBY CENTRE**

### **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)**

***FOR THE YEAR ENDED 31 JULY 2022***

---

The trustees present their report and financial statements for the year ended 31 July 2022.

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)".

#### **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.

**Introduction from the Chair of Trustees**

We are all aware the past few years have been globally challenging and have affected individuals and communities in different ways, from COVID-19 and lockdowns, the Russian attack on Ukraine and the cost-of-living crisis to name a few. We believe Attachment patterns in relationships are shaped by the world around us. This societal context is related to our work at The Bowlby Centre, where we engage in three key activities: 1) we teach and support the next generation of attachment psychotherapists; 2) we provide clinical professionals with the continuous professional development and the professional home they need; and 3) we deliver support to communities through therapeutic programmes like the Blues Project. I am honoured to be the Chair of the Board of Trustees for The Bowlby Centre. During uncertain times, psychotherapeutic skills become even more valuable, and the Centre's mission to provide training, practice and promotion of attachment needs is able to help individuals in need of support. The work of therapeutic professionals and researchers should never be underestimated for the value contributed to our society.

The period of 2021/22 has been busy with development and people changes as we emerged from the pandemic and look towards new opportunities.

In October 2021, three new Trustees from outside The Bowlby Centre joined the Board of Trustees: Dr Suzanne Zeedyk, Chris Philipsborn and myself, bringing on board diverse skills and experiences outside of clinical practice. During 2021/22 the Board was chaired by Matt Wotton, who stepped down as Chair and Trustee in April 2022. Claire Mayne-Constantinou also stepped down as Trustee and Honorary Treasurer in April 2022, to embark on new opportunities. I was voted in as Chair, taking up the role in June 2022. Sarah Vine KC also stepped down as Trustee in June 2022 and has become a legal consultant to the Trustees. A special thank you to Matt Wotton, Claire Mayne-Constantinou and Sarah Vine for their service, as well as new and continuing Trustees: Sue Berger, Richard Cross, Catherine Holland, Jane Parkinson, Chris Philipsborn and Dr. Suzanne Zeedyk for their expert contributions and oversight. The Board's composition is rich, balancing clinical practice, academia, commercial, regulatory skills, and a promotional outlook. I would like to thank the whole Board for their navigation during the pandemic and in welcoming newer Trustees, who are breathing a new dynamic of possibility for The Bowlby Centre's future.

With a new Board in place, the Trustees prepared for a transition in CEO leadership given that, Tori Settle our CEO from 2020, planned to step down at the end of 2022. Tori will continue as an active figure within the organisation. In December 2022 we welcomed Elizabeth Balgobin as our new CEO, bringing to the Centre best practices in charities, promotion and skills to increase accessibility.

The overriding theme of 2021/22 was the need to review our operating models and to take advantage of opportunities arising from the different ways in which individuals engage with The Bowlby Centre following the rise in remote working. During this period there have been many successes and a number of discoveries we are addressing.

Key successes this year have included adapting to the needs of a wider geographical membership, continued demand and oversubscription for places on our excellent 4 year UKCP accredited psychotherapy training, the launch and high demand for a new 2-year course designed for Accredited Prior Learning (APL) of counsellors and therapists who wish to become Attachment Based Psychotherapists also accredited by UKCP, and supporting and increasing our Blues Clients as well as the preparation for the UKCP 5 year reaccreditation in October 2022, which we have passed.

## THE BOWLBY CENTRE

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

#### FOR THE YEAR ENDED 31 JULY 2022

---

The above successes have been tremendous for our organisation. However, the past few years have borne a financial impact on the Centre, as has been the case across the educational and charity sectors. During the pandemic we successfully pivoted online delivery and brought along our students, members and teachers in this change, however transitioning out of this has had mixed results financially with unexpected costs incurred. During 2021/22 we had to pivot between in-person conferences to virtual, from online teaching to be in-person and to invest in more administrative support to manage in person and online curriculums and digital skills. Income has suffered with fee paying online conferences and short courses becoming saturated and individuals showing online fatigue. To support the above, costs to operate increased which has meant our operating costs outweigh income for the first time. Funds carried forward from previous years have been used to protect our long-term teaching excellence, talents and professional nurture, whilst we focus on controlling costs over the coming years.

Looking ahead, we will focus on our costs and how we operate in a post-pandemic world. We will increase incomes through a variety of courses, such as 4-year training, 2-year APL, and Continuous Professional Development (CPD) courses required for psychotherapists, whilst keeping in mind affordability, representation, and access. We are analysing our strengths and planning for long term sustainability, supporting our members and our outreach work with the Blues Project.

The past few years have confirmed there is a strong demand for the Attachment clinical expertise, training, and the professional home we offer. How we best serve these demands and take opportunity against rising costs of utilities, rents and living costs remains a priority for the Board of Trustees and CEO.

As a preview into 2022/23, we have reached another milestone in being reaccredited with the UK Council for Psychotherapy (UKCP) in October 2022 for another 5 years. In September 2022 our first students started on the 2-year APL UKCP accredited course and in December 2022 we welcomed our new CEO, Elizabeth Balgobin onboard and we now look forward to sharing future developments.

All of the above would not have been possible without the support and the exceptional membership community of The Bowlby Centre. I would like to thank our students and members, the committed teachers, the executive committees, the CEOs Tori Settle and Elizabeth Balgobin, all those involved in running the Centre, the Board of Trustees and our patrons Dr Elaine Arnold, Sir Richard Bowlby and Professor Susie Orbach for ensuring psychotherapists have a grounded and nurturing home.

On behalf of The Bowlby Centre, I would like to welcome all who are curious about Attachment.

**Siobhan Swinscoe**

**Chair of the Trustees from June 2022**

#### **CEO's Annual Report 2021-2022**

This has been a challenging financial year for The Bowlby Centre in the middle and later stages of Covid and we have had to be flexible in our planning to continue to find creative ways to flourish. It has been difficult to predict just how everything was going to pan out, and whether we would be returning to business as usual or retaining some of the changes brought about by the pandemic. Some of the budgeting has had to be based on estimates that we have had no precedent for. The return of our members and students to physically working from the Centre has been lower than anticipated, as has the turn out for the conference. These constitute our biggest drift from our anticipated budget.

I have been in the role throughout this period, working alongside my supportive colleagues on the Executive, Sue Berger (Chair of Ethics and trustee) Bertie Witt (Chair of the Clinical Training Committee) and Jane Parkinson (trustee and Membership Chair).

## THE BOWLBY CENTRE

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

#### FOR THE YEAR ENDED 31 JULY 2022

---

The most important task of the year has been to stay afloat in the rather unpredictable economic conditions and to continue to offer a high standard of training for our students. Our teachers and our students have had to adapt to working on-line in ways that they hadn't signed up for when they started their roles, and we appreciate both their flexibility and their commitment to the training. It was a particularly difficult challenge to move the infant observation on-line and we are indebted to Catherine Holland for developing our digital model of observations. You will see from the budget that we have significantly increased the teachers' pay and this is partly because they have had no pay rise for many years and partly to reflect the amount of extra time that they all put in to prepare for the seminars.

The re-introduction of the experiential groups to the 3<sup>rd</sup> and 4<sup>th</sup> years in 2019 has been such a valuable addition to the training that we are intending to roll them out to the 2<sup>nd</sup> years as well. I am very grateful to the group task force Mark Linington, Sarah Devereux, Tom Higgins and Bertie Witt for all the work and thought that they have put into developing this important initiative. They will be joined by Leslie Brisset, who is the Director of the Group Relations Programme at the Tavistock, when we expand our programme.

I would like to extend thanks and congratulations to Kate White and Orit Badouk Epstein for their respective roles in the publishing of a new book called "Shame Matters: Attachment and Relational Perspectives for Psychotherapists", edited by Orit Badouk Epstein, Routledge, 2021. As part of the Bowlby Centre monographs series, this book is the outcome of a collaboration between some of the most esteemed authors from around the world who have deepened our understanding of the etiology and impact of shame on children and adults. Judith Solomon, Colwyn Trevarthen, Richard Chefetz, Aileen Alleyne, Ulrich Schultz, Adriano Schimmenti, Elaine Arnold and Orit Badouk Epstein have written about shame from attachment, developmental, relational, philosophical, trauma and cultural perspectives.

Orit also steps down from being editor of our Journal this year and the role has been taken over by Aysha Begum. Orit has contributed much over a period of 10 years and the Journal would not have survived without her commitment, energy and generosity.

The other significant cultural shift that the Executive has developed has been around the Centre's approach to thinking about how we all talk and think about our racial differences. We have doubled the seminar time that we give to our students in this important area, and we continue to run an experiential group for key members of staff with our race Consultant Anthea Benjamin and her colleague Chris Scanlon. Anthea and Chris are trained group analysts.

Finally, and perhaps the biggest change that we have made this year, is to the training that we offer our students. As flagged up in the last annual report, we undertook a comprehensive review of the curriculum and made some fundamental changes. The centrality of the importance of how we work towards being more inclusive has been revisited, and we have therefore doubled seminar time on Race, Disability and Gender, Sexuality and Relationship diversity (GSRD). We have reintroduced the experiential groups, as reported above, and reabsorbed some of the Professional Development seminar material into other areas to make room for the groups without losing valuable content. We also now run a specific Attachment strand through all four years with two years of pre-clinical theory and two years of attachment-based clinical seminars, thus ensuring that our students are more deeply embedded in Attachment at the point of registration. Finally, we have updated our trauma material to reflect the contemporary developments in this rapidly growing field and to put us back at the cutting edge. We would particularly like to thank Debbie Zimmerman for putting together the revised Attachment strand, Ana Caroline Minozzo for developing a more contemporary take on the Freud seminars, and Catherine Holland for bringing our Trauma material up to date.

We had our organisational review with the UKCP in October 2022, which was passed thanks to the efforts of the team and member colleagues participating in the review.

## **THE BOWLBY CENTRE**

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

**FOR THE YEAR ENDED 31 JULY 2022**

---

I would like to end this with a personal thanks to the trustee board for their unfailing support and their deep passion for the work we do at the Centre. They have been a complete pleasure to work with and a tremendous resource for me. We have an outstanding board of trustees currently and the Bowlby Centre is very fortunate to have their combined expertise.

The Centre relies on so many of you supporting the work that we do, and for all of you mentioned above and all of you who I haven't spoken about too – the Executive are hugely appreciative of you all.

#### **Tori Settle**

**CEO of the Bowlby Centre (to December 2022)**

#### **Introducing our new CEO**

I join the Bowlby Centre at an interesting juncture; you have already been through much change and I bring more. My goals are simple:

- Stabilise the Bowlby Centre
- Engage and energise members and students to identify changes you want to see
- Increase our reach so that more people can learn about and understand Attachment
- Ensure low-cost therapy continues to be available through the Blues Project

I have been warmly welcomed and supported by Siobhan as chair and the rest of the board, Tori through the transition to being the chief executive, and the core team of Sarah Devereux and Carol Tobin. I am already benefitting from the wisdom of members and teachers, and the ideas from students and look forward to meeting more of you.

#### **Elizabeth Balgobin**

**Chief Executive (from December 2022)**

#### **Our Clinical Training**

*There are many good things about the Bowlby Centre's clinical training. The Centre provides an intimate learning environment: small intakes give students a lot of space to participate and explore together with a good deal of depth. Important questions of power and difference, e.g. around race, class, gender, sexuality and disability are given more emphasis than many psychotherapy trainings. Attachment and trauma are at the core of the training and this provides a solid foundation for development as a relational psychoanalytic clinician.*

#### **Year 4 Student**

## **THE BOWLBY CENTRE**

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

**FOR THE YEAR ENDED 31 JULY 2022**

---

#### **Clinical Training Committee**

The CTC, currently with Bertie Witt as Chair and Caroline Adewole 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. We welcome our new external assessor Annie Power, who has already written one report for us, based on looking at students Pit and RAPP portfolios. Annie's role is to assess us as assessors and ensure that we are rigorous and robust in our assessment process. In October 2022, we had a very successful organisational review conducted by the UKCP, looking at the five years to July 2022. This identified areas of strength and areas for development. A big thank you to the students who volunteered to speak to the team from the UKCP. We are currently working on the areas for development and have a timeline in place, with a working party to review the curriculum and recognise the research elements of our training programme. The centre is now open for our students and the seminars are now a mixture of in-person and online, with appropriate technology in each of the teaching rooms. We have introduced personal reflective group seminars into years 2, 3 and 4.

#### **Ethics Committee**

Ethical matters have been managed through the year by this small committee, Sue Berger and Wayne Davis. They have dealt with a number of ethical concerns, some of which were resolved and a few of which are ongoing.

One which was resolved began in early 2020 when the Ethics Committee made a third-party complaint to the UKCP on behalf of a client of a Bowlby member. In summer 2021 the UKCP, after a full hearing, removed the member from the Professional Register on the grounds of serious misconduct.

There is a discussion happening between the UKCP and the Bowlby Centre as the UKCP maintains that all complaints, even those between members, should first be scrutinised by the UKCP and then referred back to the Bowlby Centre if they regard them as minor or not breaching their Codes. There is concern that this level of formality could put people off raising concerns but some members may prefer the separation and independence of outside scrutiny - the issue needs discussion within our community.

The Codes and Procedure have been kept under review and work has progressed on preparing a more rigorous mediated approach to internal complaints.

Sue continues to sit on the Executive Committee as Chair of Ethics and it proves to be a useful link with the wider organisation.

#### **The Blues Project and Referrals**

For nearly 30 years the Bowlby Centre has run the Blues Project which provides low cost therapy (£10 per session) for people struggling to access therapy and everybody training at the Centre has to work with 2 Blues Project clients for at least 2 years.

Everyone remembers their first Blues client. For many of our current student body, a Blues client is also a first ever client, so the matching together of client and therapist is particularly important - we want the experience to be as comfortable as possible for both people in the consulting room.

Rosalind Grainger is Blues Project Co-ordinator which means that she answers queries from potential clients, arranges and undertakes assessments and facilitates introductions between clients and their therapist once the therapists' supervisor and Course Tutors have agreed to the match.

## **THE BOWLBY CENTRE**

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

#### ***FOR THE YEAR ENDED 31 JULY 2022***

---

The Project has been invaluable for the clients with whom it has worked and for the trainees and we now need to think about its future. It needs funding to increase its scope and to explore what further assessment and therapy services are needed. A Working Party is being established with input from Rosalind, Course Tutors, supervisors and the wider membership, nearly all of whom have been - and maybe still are - Blues therapists themselves, to think together about its future role.

Everyone who has trained at the Centre therefore has valuable insight to offer about the important work they have done with people who would probably not otherwise have had the opportunity to access attachment based psychotherapy.

#### **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.

#### ***October 2021***

Infanticidal Attachment – Prof Brett Kahr

Attachment and Complex Trauma – Orit Badouk Epstein

#### ***February 2022***

Safeguarding Awareness Training – Lynn Findlay

#### ***March 2022***

Attachment Theory in Clinical Practice - Orit Badouk Epstein

#### ***April 2022***

Specialised Safeguarding Training – Lynn Findlay

#### ***June 2022***

Safeguarding Awareness Training – Lynn Findlay

Specialised Safeguarding Training – Lynn Findlay

Building Therapeutic Presence and Attachment in Online Therapy – Emma Cameron

#### **Publications**

#### **Journal: Attachment – New Directions in Psychotherapy and Relational Psychoanalysis**

Our Journal, Attachment: New Directions in Psychotherapy and Relational Psychoanalysis, has been a staple offer to members, it is an important resource for our students and part of our offer to the wider psychotherapy community. After 10 years in the role Orit Badouk Epstein stood down as editor, leading the discussion and seeking out new contributors and contributions to our thinking on Attachment. Her last edition in December 2021 was wide-ranging including shame, perinatal interventions, menopause and hysterectomy, boarding school syndrome, and a tribute to and celebration of John Southgate.

The second edition of the year was a special issue guest edited by Linda Cundy on Attachment, Community, Identity and Food brought together those elements of life and connection that everyone can recognise.

## **THE BOWLBY CENTRE**

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

#### ***FOR THE YEAR ENDED 31 JULY 2022***

---

We were excited to appoint Dr. Aysha Begum as Editor-in-Chief in December 2021. Aysha is a Bowlby Centre member and UKCP-registered psychoanalytic psychotherapist with a private practice and is also the clinical psychology lead in a large inner-city Child and Adolescent Mental Health Service (CAMHS). Her 20 years' clinical, teaching and academic experience, specialising in Psychiatric Epidemiology, combined with her clinical interests in motherhood, fatherhood and parental mental health created a very special first edition on 'Fathers'. Aysha is interested in creating a journal space that is both inclusive and diverse. Having completed multiple clinical trainings, she welcomes both classical more analytical thinking alongside more attachment-based relational and systemic thinking. One particular vision she has for the journal, is to implement a formal peer review process whereby a selection of original data studies and psychology research may also be included. We welcome her passionate leadership, rigour and academic acumen to her role as our Journal Editor-in-Chief.

The journal also includes the long-standing support of Mr. Wayne Davis as assistant editor. His overall generosity and commitment to the journal, and his direct support to Aysha is greatly appreciated by her and the Bowlby Centre.

We have maintained a strong relationship with Phoenix Publishing House, providing invaluable support and guidance. We would like to thank Mrs. Kate Pearce and Mrs. Anita Mason at Phoenix for their work producing and promoting the Journal to new audiences.

#### **Journal subscription totals for 2022**

259 Subscriptions:

146 The Bowlby Centre  
11 The Relational School  
76 Individual  
21 Student

5 Institutions:

- Kinder und Jugendpsychiatrische Dienste
- Institute of Technology Carlow
- Regents University London
- University of Greenwich
- University Studi di Torino

## THE BOWLBY CENTRE

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

FOR THE YEAR ENDED 31 JULY 2022

---

#### 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 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.*

#### 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.

Other 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 Badou 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.

## THE BOWLBY CENTRE

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

FOR THE YEAR ENDED 31 JULY 2022

---

#### **THE CENTRE'S FINANCES**

##### **Financial review (2021-22)**

##### **Principle Funding Sources**

Our accounts are independently examined by the TC Bulley Davey. The Statement of Financial Activities for the year, shows the deficit incurred as a result of the challenge and changes described in the Chair and CEO reports. The full accounts are available at the Charity Commission and Companies House.

The Charity received income (excluding interest) of £189,597 (2021 £201,924) during the year. The main being Clinical Training fees of £132,000 (2021 £153,216), Membership of £41,425 (2021 £40,373), Clinical Services £9,542 (2021 £101) and Conference £6,086 (2021 £16,941). Expenditure was £246,932 (2021 £207,938) leaving fund balances at £101,358, £57,335 lower than the previous year (2021 £158,693).

We are grateful to the members, students, trustees and supporters who have given their valuable time voluntarily, enabling the organisation to continue to meet its charitable objectives.

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, this money would be used whilst considering appropriate actions and raising funds.

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 risks.

##### **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 were:

S Y Berger [Director]

J M Parknson [Director]

*Resigned 28 October 2022*

R M Cross [Director]

C A Holland [Director]

C E Mayne-Constantinou [Director] - Honorary treasurer

*Resigned 24 April 2022*

S J Vine [Director]

*Resigned 24 June 2022*

M R Wotton [Director] - Chair of trustees

*Resigned 22 April 2022*

S Zeedyk [Director]

*Appointed 15 October 2021*

C Philipsborn [Director]

*Appointed 15 October 2021*

S Swinscoe [Director] - Chair of trustees

*Appointed 15 October 2021*

*R Cuming [Director]*

*Appointed 15 October 2021*

*Resigned 25 March 2022*

---

## THE BOWLBY CENTRE

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

**FOR THE YEAR ENDED 31 JULY 2022**

---

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.

#### **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. I was chair of the BC CTC for 5 years and served on the Executive Committee so I was pleased to be able to join the Board of Trustees when an opportunity arose.

##### ***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 a trauma informed 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, DBR, 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 ISPSO (International Society of Psychoanalytic Study of Organisations), APPCIOS, and a variety of other organisational networks. She is a Fellow at the RSA.

## THE BOWLBY CENTRE

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

#### FOR THE YEAR ENDED 31 JULY 2022

---

##### **Jane Parkinson (to October 2022)**

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 was 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.*

##### **Chris Philipsborn**

Chris is Executive Vice President and London Managing Partner at Kreab Worldwide, a global strategic communications consultancy. He also manages Kreab's Hong Kong office. A graduate of the LSE, Chris has been a director on three further management boards including Sellafeld Ltd, Europe's largest nuclear site, foreign policy think tank The Salzburg Global Seminar and a UK outsourcer. Previously Head of European Corporate Affairs at BT Group, he began his career as a journalist, writing/broadcasting for The Financial Times, BBC World Service and The Economist. He chairs the Ad Hoc Council, a membership organisation founded in 1975 to bring senior corporate, commercial and industrial representatives together with key European policy makers. He additionally chairs national charity Meningitis Now; is a trustee of London care provider Providence Link and a former Trustee of The Disabilities Trust and NED of the Nuclear Industries Association. A crisis communications and reputation management specialist, Chris' clients include governments, global and mid-sized companies, financial institutions, law firms, NGOs and high profile individuals.

##### **Mark Wooton (Chair and trustee to May 2022)**

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. 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.

##### **Siobhan Swinscoe – Chair (from June 2022)**

Siobhan has extensive senior management and leadership experience within the energy sector, focused on consumer affairs, large business sales/partnerships and operations, implementing large scale IT and operating models, public affairs and regulatory compliance. Siobhan is completing her third Master's in Psychology (Arden, 2023). She holds a First Class BA in Politics (2004), a Merit MA in Middle East Politics and Arabic (2006) both degrees from Exeter University, a Certificate in Oriental Studies from Aleppo University, Syria (2004), and attained a Distinction MSc in Neuroscience and Psychology in Mental Health from King's College London (2021). Siobhan's earlier career spans being a Foreign Affairs Researcher, Parliamentary Aid, consultancy roles for Arab Ambassadors, and 12 years in senior roles with EDF Energy. Siobhan intends to pursue an interdisciplinary PhD in neuroscience-psychology focused on trust in Artificial Intelligence.

## THE BOWLBY CENTRE

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

FOR THE YEAR ENDED 31 JULY 2022

---

#### **Suzanne Zeedyk**

Suzanne Zeedyk is by training a research scientist, with a specialty in infant development. After being based for nearly 20 years at the University of Dundee, she stepped away from a full-time academic career in 2011 to establish an independent consultancy. Her goal was to disseminate what she calls 'the science of connection' to the public. She now works with organisations across the UK and beyond to deepen their understanding of attachment, intersubjectivity and trauma, with the ultimate message being that relationships shape children's developing biology. She works with a wide variety of sectors, including health, education, social work, criminal justice, and family support, with 120,000 people having attended events live over the past decade and many more watching online content. She is delighted to be an ambassador for the Bowlby Centre, as she believes that the knowledge it holds at its core matters for human thriving everywhere.

#### **Legal adviser:**

##### **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.

#### **Payment of trade creditor's policy**

The company's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The company's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the company's contractual and other legal obligations.

Trade creditors of the company at the year end were equivalent to 6.3 day's purchases, based on the average daily amount paid to suppliers during the year.

The trustees' report was approved by the Board of Trustees.

#### **S Swinscoe [Director] - Chair of trustees**

Trustee

Dated: 27 April 2023

## THE BOWLBY CENTRE

### STATEMENT OF TRUSTEES' RESPONSIBILITIES

**FOR THE YEAR ENDED 31 JULY 2022**

---

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; 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 2023 and signed on its behalf by:

**S Swinscoe [Director]**  
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 2022.

#### **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**

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  
Brightfield Business Hub  
Bakewell Road  
Orton Southgate  
Peterborough  
Cambridgeshire  
PE2 6XU

Dated: 28 April 2023

THE BOWLBY CENTRE

STATEMENT OF FINANCIAL ACTIVITIES  
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JULY 2022

---

	Notes	Unrestricted funds 2022 £	Unrestricted funds 2021 £
<b>Income from:</b>			
Donations and legacies	3	200	-
Charitable activities	4	189,053	210,631
Investments	5	344	293
		<hr/>	<hr/>
<b>Total income</b>		189,597	210,924
		<hr/>	<hr/>
<b>Expenditure on:</b>			
Charitable activities	6	246,932	207,928
		<hr/>	<hr/>
<b>Net (expenditure)/income for the year/ Net movement in funds</b>		(57,335)	2,996
Fund balances at 1 August 2021		158,693	155,697
		<hr/>	<hr/>
<b>Fund balances at 31 July 2022</b>		101,358	158,693
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

THE BOWLBY CENTRE

BALANCE SHEET

AS AT 31 JULY 2022

---

	Notes	2022 £	£	2021 £	£
<b>Fixed assets</b>					
Tangible assets	9		3,855		1,725
<b>Current assets</b>					
Debtors	10	24,696		22,061	
Cash at bank and in hand		119,321		163,010	
		<u>144,017</u>		<u>185,071</u>	
<b>Creditors: amounts falling due within one year</b>	11	<u>(46,514)</u>		<u>(28,103)</u>	
Net current assets			97,503		156,968
<b>Total assets less current liabilities</b>			<u>101,358</u>		<u>158,693</u>
<b>Income funds</b>					
Unrestricted funds			101,358		158,693
			<u>101,358</u>		<u>158,693</u>

---

**THE BOWLBY CENTRE**

**BALANCE SHEET (CONTINUED)**

***AS AT 31 JULY 2022***

---

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 2022.

The directors acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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 2023

S Swinscoe [Director] - Chair of trustees  
**Trustee**

**Company Registration No. 03272512**

## THE BOWLBY CENTRE

### NOTES TO THE FINANCIAL STATEMENTS

**FOR THE YEAR ENDED 31 JULY 2022**

---

#### **1 Accounting policies**

##### **Charity information**

The Bowlby Centre is a private company limited by guarantee incorporated in England and Wales. The registered office is 6 North Street, Oundle, Peterborough, PE8 4AL.

##### **1.1 Accounting convention**

The financial statements have been prepared in accordance 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 charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 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 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**

Income and expenses are included in the financial statements as they become receivable or due.

Expenses include VAT where applicable as the company cannot reclaim it.

**1.6 Tangible fixed assets**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	20% straight line per annum
Furniture and fittings	20% straight line per annum
Computer equipment	20% straight line per annum

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

**1.7 Impairment of fixed assets**

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

**1.8 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.

**1.9 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.

**1 Accounting policies**

**(Continued)**

***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.

***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.

**1.10 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.

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2022

**3 Donations and legacies**

	<b>Unrestricted funds</b>	Total
	<b>2022</b>	2021
	<b>£</b>	<b>£</b>
Donations and gifts	200	-
	<u>200</u>	<u>-</u>

**4 Charitable activities**

	<b>Unrestricted funds</b>	<b>Total</b>	<b>Total</b>
	<b>2022</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Membership - Membership and registration fees	41,425	41,425	40,373
Education and training - clinical training for psychotherapists	115,495	115,495	107,946
Education and training - short courses and seminars	14,699	14,699	43,201
Education and training - conferences	6,086	6,086	16,941
Education and training - miscellaneous income	1,806	1,806	2,069
Clinical services - room rental and therapy services	9,542	9,542	101
	<u>189,053</u>	<u>189,053</u>	<u>210,631</u>

**5 Investments**

	<b>Unrestricted funds</b>	Unrestricted funds
	<b>2022</b>	2021
	<b>£</b>	<b>£</b>
Interest receivable	344	293
	<u>344</u>	<u>293</u>

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2022

	Fundraising Membership		Education and training	Clinical services	Governance	Total 2022	Total 2021
	£	£					
<b>6 Charitable activities</b>							
Membership and registration costs (Membership)	-	5,917	1,479	-	-	7,396	7,287
Seminars and conferences (Application)	-	-	9,746	-	-	9,746	17,558
Interview and assessment fees (Application)	-	-	3,950	-	-	3,950	3,150
Attachment journal subscription (Application)	-	-	4,966	-	-	4,966	4,960
Teaching and tutorial fees (Application)	-	-	59,643	-	-	59,643	42,016
Experiential group expenses (Application)	-	-	9,542	-	-	9,542	2,300
Referrals Service (Application)	-	-	1,240	-	-	1,240	830
Insurance (Building use)	8	349	323	400	4,461	5,541	2,943
Building costs (Building use)	161	1,912	6,055	7,490	318	15,936	11,925
Office costs (Building use)	45	1,173	2,432	832	44	4,526	4,404
Computer costs (Administration)	95	2,818	5,447	939	92	9,391	9,138
Operating lease rentals (Building use)	360	4,320	13,680	16,920	720	36,000	36,000
General expenses (Administration)	3	32	7,243	126	5	7,409	6,891
Accountancy fees (Workload)	60	900	1,739	300	6,055	9,054	6,809
Administration record-keeping and clerical fees (Hours)	285	8,558	16,545	2,853	286	28,527	23,060
Administration and Secretarial services (Hours)	5,643	9,876	4,233	4,233	4,231	28,216	23,022
CTC and Executive Committee administration (Hours)	13	429	830	143	15	1,430	2,635
Legal and professional fees (Specific)	-	833	-	-	-	833	108
Bank charges	-	-	-	-	20	20	10
Paypal charges	-	-	-	-	2,595	2,595	2,111
Amortisation of property lease improvements (Building use)	4	107	208	36	3	358	358
Depreciation (Building use)	6	185	355	61	6	613	413

THE BOWLBY CENTRE  
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)  
FOR THE YEAR ENDED 31 JULY 2022

---

							(Continued)
6	Charitable activities	6,683	37,409	149,656	34,333	18,851	246,932
							207,928

---

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2022

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 Tangible fixed assets

	Leasehold improvements	Furniture and fittings	Total
	£	£	£
<b>Cost</b>			
At 1 August 2021	1,788	2,062	3,850
Additions	-	3,101	3,101
	<hr/>	<hr/>	<hr/>
At 31 July 2022	1,788	5,163	6,951
	<hr/>	<hr/>	<hr/>
<b>Depreciation and impairment</b>			
At 1 August 2021	716	1,409	2,125
Depreciation charged in the year	358	613	971
	<hr/>	<hr/>	<hr/>
At 31 July 2022	1,074	2,022	3,096
	<hr/>	<hr/>	<hr/>
<b>Carrying amount</b>			
At 31 July 2022	714	3,141	3,855
	<hr/>	<hr/>	<hr/>
At 31 July 2021	1,072	653	1,725
	<hr/>	<hr/>	<hr/>

10 Debtors

	2022	2021
	£	£
<b>Amounts falling due within one year:</b>		
Trade debtors	350	990
Other debtors	10,981	9,601
Prepayments and accrued income	13,365	11,470
	<hr/>	<hr/>
	24,696	22,061
	<hr/>	<hr/>

THE BOWLBY CENTRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 JULY 2022

---

**11 Creditors: amounts falling due within one year**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade creditors	4,008	17
Accruals and deferred income	42,506	28,086
	<u>46,514</u>	<u>28,103</u>

**12 Operating lease commitments**

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Within one year	36,000	36,000
Between two and five years	24,000	60,000
	<u>60,000</u>	<u>96,000</u>

**13 Related party transactions**

C. Holland, a Trustee, provides teaching services to the charity, invoiced on an arms-length basis. Payments during the year were £5,058 (2021: £3,235).

There were no other disclosable related party transactions during the year (2021 - none).