

## Key developments

### New clients

- Eating Disorders (ED) services using Ground Floor Front room and new room (Room7) 9 - 5
- ED bi-weekly staff meetings taking place in the events space on Wednesdays 13.00 - 14.00 which is paid for on top of room contracts.
- New general room enquiries coming in through people who have attended Borderlines, Film events and word of mouth

### Facilities

- Former bathroom now completed
- Outdoor storage shed to be purchased for Toddler Group
- Shower room to be converted later in 2020

### Operations

- Staffing: GF has reviewed cash projections. Current model brings roughly 14k monthly income. With grants and donations and gradual room hire increase, 10WW have 50K to spend on PAYE and freelance staffing

### Fundraising

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### Outreach and events

- Film club continues to sell out. Bringing £250 - £300 in monthly
- Public program ideas in development (Innovations). More scope for project coordination once 10WW has full time administration in place.

### CIC Development

- 10WW renegotiating long term lease with Maudsley Charity. Plans to purchase 10WW on hold.
- £19k allocated to freelancers including fundraiser and marketing roles for income generating projects in 2020
- Kathy Adcock meeting Toddler Group to discuss funding options
- Emmanuelle Chambon happy to meet board to give pro bono funding and partnerships advice

### Licences/Permits

- N/A



**Total room occupancy per month based on a 5 day week**

	Sept 19	Oct 19	Nov 19	Dec 19	Jan 20	Feb 20
R1	31.43%	35.71%	38.57%	40.00%	22.86%	22.86%
R2	4.29%	4.29%	4.29%	4.29%	57.14%	57.14%
R3	7.14%	7.14%	7.14%	7.14%	7.14%	7.14%
R4	0.00%	2.86%	2.86%	1.43%	10.00%	10.00%
R5	57.14%	57.14%	57.14%	57.14%	57.14%	57.14%
R6	0%	0%	0%	0%	47.14%	47.14%
R7	0%	0%	0%	0%	0%	57.14%
Family	20.00%	20.00%	20.00%	30.00%	34.29%	35.71%
Group	4.29%	10.00%	14.29%	10.00%	10.00%	58.57%
LG	30.00%	17.14%	71.43%	50.00%	51.43%	21.43%
<b>AVG</b>	<b>17%</b>	<b>17%</b>	<b>24%</b>	<b>22%</b>	<b>27%</b>	<b>42%</b>

**Charged room occupancy per month based on a 5 day week**

	Sept 19	Oct 19	Nov 19	Dec 19	Jan 20	Feb 20
R1	31.43%	35.71%	38.57%	40.00%	22.86%	22.86%
R2	4.29%	4.29%	4.29%	4.29%	0%	0%
R3	7.14%	7.14%	7.14%	7.14%	7.14%	7.14%
R4	0%	2.86%	2.86%	0%	10.00%	10.00%
R5	0%	0%	0%	0%	0%	0%
R6	0%	0%	0%	0%	47.14%	47.14%
R7	0%	0%	0%	0%	0%	57.14%
Family	20.00%	20.00%	20.00%	30.00%	34.29%	35.71%
Group	4.29%	10.00%	14.29%	10.00%	10.00%	58.57%
LG	20.00%	5.71%	0%	0%	0%	1.43%
<b>AVG</b>	<b>10%</b>	<b>10%</b>	<b>10%</b>	<b>10%</b>	<b>15%</b>	<b>15%</b>

## Cash flow

	Sep-19	Oct-19	Nov-19	Dec-19	Jan-20	Feb-20
<b>Income</b>						
Trust donations	0.00	0.00	0.00	0.00	0.00	0.00
Fees for services	450.00	736.00	720.00	11,032.59	7,268.54	1,716.86
Awarded funding	0.00	0.00	0.00	0.00	0.00	0.00
Other general	494.12	179.68	1.00	0.00	0.00	0.00
<b>Total in</b>	<b>944.12</b>	<b>915.68</b>	<b>721.00</b>	<b>11,032.69</b>	<b>7,268.54</b>	<b>1,716.86</b>
<b>Expenditure</b>						
Capital	4,857.77	23.48	1,413.78	4,205.70	368.90	0.00
Equipment	0.00	0.00	0.00	0.00	0.00	
Utilities	421.50	419.40	419.40	1,146.79	413.20	240.00
Operations	2,169.73	539.81	4,143.24	2,423.72	1,335.79	0.00
Finance	0.00	0.00	0.00	0.00	0.00	0.00
<b>Total out</b>	<b>7,449.00</b>	<b>982.69</b>	<b>5,976.42</b>	<b>7,776.21</b>	<b>2,117.89</b>	<b>9101.90</b>
<b>Net cash flow</b>	<b>-6,504.88</b>	<b>-67.01</b>	<b>-5,255.42</b>	<b>3,256.48</b>	<b>5,150.65</b>	<b>-7385.04</b>
Bank B/F	19,130.21	12,625.33	12,558.32	7,302.90	10,559.38	15,710.49
<b>Bank C/F</b>	<b>12,625.33</b>	<b>12,558.32</b>	<b>7,302.90</b>	<b>10,559.38</b>	<b>15,710.49</b>	<b>8325.45</b>

**The Centre for Psychoanalysis @ 10 WINDSOR WALK:**  
**The South London IoPA satellite site**

*Report for the Melanie Klein Trust Annual meeting 27.7.20*

The Board of the Centre for Psychoanalysis @ 10 Windsor Walk is grateful for the generous contribution of the Melanie Klein Trust – which has made this venture possible. Our mission is to provide accessible psychoanalysis and intensive psychoanalytic work to those in need in South London, to enable more people to have access to training in psychoanalysis by providing physical space and a nucleus for scholarship, and to run psychoanalytic events to promote psychoanalysis on the Maudsley campus. South London comprises ethnically and culturally diverse communities and we hope to reflect this diversity through accessibility for those seeking analytic help and those interested in participating in events and training.

After three well-attended years of the Maudsley Lectures in Psychoanalysis and recognition that there was an appetite for analytic thinking on the Maudsley campus, and a need for clinical rooms for candidates, we leased a four-storey Victorian house, 10 WW, from the Maudsley Charity in October 2018. In order to maximise our fund-raising capability a social enterprise (10 Windsor Walk Community Interest Company) was established. The CIC has a

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Board (see below) and a part-time paid administrator. The lease was initially for one year with the expectation by the freeholder that we would purchase the property at the end of that time. We have since negotiated a five-year lease and have now been offered a 15-20-year lease starting in October 2021. The view of the Board and advisory group was that outright purchase of the property would (because of the cost of interest repayments) limit our ability to pursue certain core activities (for example providing low cost accommodation for candidate to see patients) and we have opted instead for a longer lease. Our long-term goal is to purchase the property.

The site offers an exciting opportunity to have a more extensive collaboration with the NHS. The South London and Maudsley NHS Foundation Trust (SLaM) is the largest provider of mental healthcare in Europe. SLaM and the Institute of Psychiatry, Psychology and Neuroscience provide major training programmes for mental health professionals including the largest training centre for psychiatrists in the UK. We hope to promote psychoanalytic thinking and be considered a pilot for future initiatives involving partnership between professional bodies promoting psychoanalysis and NHS providers. The Maudsley Eating Disorder Service and Self Harm Outpatient Service and Kings' Diabetes Psychotherapy Project are currently using some of our space for therapy, training events and clinical meetings. This brings in income as well as the potential to nurture interest in psychoanalysis.

Funding from the MKT enabled us to carry out necessary extensive refurbishments to 10 WW over the Summer and Christmas breaks in 2019 creating new configurations of sound-proofed consulting rooms. MKT funding has also supported the provision of couches and other furniture in the consulting rooms. We now have a lecture theatre with large screen and seating for 40 people, and 9 consulting rooms. There are 7 individual rooms with couches, a dedicated child analysis and child and family therapy room, and a large group room. The consulting rooms have been approved by the London Clinic of Psychoanalysis and 5 candidates have been using rooms for their training cases and other psychoanalytic work. There are two more candidates who are due to start and other expressions of interest. In addition to candidates there are also adult and child psychoanalysts and psychoanalytic psychotherapists using clinical rooms. The location has been a great asset: with our rear garden door opening directly onto the Maudsley campus including the Institute of Psychiatry, Psychology and Neuroscience and being adjacent to Kings College Hospital. This has been particularly helpful for candidates who work at the Maudsley and otherwise would have had to use rooms in Maida Vale. Many candidates are not in a position to be able to afford their own consulting rooms at home, due to high property prices, and so having rooms that can be used in South London has been appreciated by current candidates. Also, the knowledge of this setting has had an impact on those working or living in South London considering training.

10 Windsor Walk has helped develop a closer community of practitioners and others interested in psychoanalytic thought. It has been the location for the Maudsley Lectures in Psychoanalysis since Spring Term 2019 and the IoPA Foundation course will be starting there from Autumn 2020. Scientific meetings of the IoPA have been broadcast using Zoom since May 2019. This enables South London analysts and candidates to meet as a group to listen to these meetings and have further discussion and feel more part of the Society than we would joining alone from home. It has attracted people to join meetings that they otherwise would not have participated in. It had not been possible to join the discussion earlier but improved

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equipment at the IoPA means that we hope this will be possible next term. We anticipate that it will provide a forum for other IoPA events.

### ***The Maudsley Lectures in Psychoanalysis sub-committee***

**Chair:** Emma Staples Hotopf

**Sub-committee members:** Maxine Dennis, Antje Netzer-Stein, Anne Patterson, Rupert Nieboer, Anne Ward, Kate Pugh

**The Maudsley Lectures in Psychoanalysis** are in their fourth year and continue to attract an engaged group of participants. The Maudsley Lectures in Psychoanalysis are a rolling programme of lectures that cover both core concepts in psychoanalysis and their applications. The lecture is followed by small discussion groups lead by Maxine Dennis, Antje Netzer-Stein and Emma Hotopf. Giovanna di Ceglie helped curate the Spring term series. Clinical work has been central to the presentations. The series is orientated to particularly appeal to clinicians: psychiatrists, psychologists, psychotherapists, mental health nurses and allied professionals working in mental health. However, it is open to anyone interested in psychoanalytic ideas. They are attracting both local mental health professionals from the South London and Maudsley NHS Trust and psychotherapists, psychoanalysts, academics and other professionals from elsewhere. The content of the lectures has covered all schools of thought. South London comprises ethnically and culturally diverse communities and we hope to reflect this diversity both within the audience and the lecturers. We attracted a diverse audience in this series. All 40 places were sold in advance for both terms. Special thanks to all the lecturers who gave their time for free, so that we could present such a rich programme. This resulted in an engaged and appreciative audience. This autumn the Maudsley Lectures will address the theme – A Psychoanalytic Understanding of the Pandemic.

### ***Autumn Term 2019: The Unconscious and Dreaming***

***What is psychoanalysis: the discovery of the unconscious and its implications:*** David Bell

***Dream as Transitional Space:*** Tamar Schonfeld

***Idealization and Illusion: Denial of Loss and the Evasion of Psychic Reality:*** Sharon Numa:

***The Suicidal Mind: From Inner Torment to Emotional Freedom:*** Narendra Keval

***Access to our inner world through dreams: overcoming inhibition:*** Gigliola Fornari Spoto

***‘Where shall the word be found, where will the word resound?’ Absence of resonance and the struggle to find the right register.*** Francesca Hume

***Psychoanalytic approaches to dreaming: The Royal Road:*** Rob Tandy

***“Freud says Aristotle states that a dream is the way the mind works in sleep: I say it is the way it works when awake” (Bion Cogitations) - Bion, alpha function and the unconscious mind:*** Nicola Abel-Hirsch

*Tension at the Border: is phantasy a reality?* Tomasz Fortuna

*Considering the nature of psychoanalysis: the persistence of a paradoxical discourse:*  
Gregorio Kohon

**Spring Term 2020: A Psychoanalytic Understanding of our Identities**

*Orientation, Disorientation and The Infantile Roots of Identity:* Giovanna Di Ceglie

*Brain, Mind and Self:* Ron Britton

*Identity: culture, 'race' and language in the consulting room:* Kannan Navaratnem

*Beyond the Superego: Allegorical and religious objects as psychic organisers:* David Black

*Under the skin: a psychoanalytic approach to body modification practices:* Alessandra  
Lemma

*'We are all born naked' – is the rest drag? Some thoughts on gender identity development  
and psychoanalysis:* Beate Schumacher

*Masculinity:* Stephen Blumenthal

*Indulgence and its impact on the identity of the developing child:* Judith Jackson

*The search for a good-enough self: from fragmentation towards cohesion in a young  
adult:* Marianne Parsons

*Superego and Ego Ideal in Adolescent Identity Development:* Dennis Flynn

**Other Courses, Events and Clinical Activities at 10 Windsor Walk:**

*Therapeutic Relations:* Psychoanalytic course for nurses: 30 nurses from the South London Partnership have attended a series of 20 afternoons of lectures and clinical discussion groups lead by Marcus and Sue Evans. This was supported by a grant from the Maudsley Charity and the South London and Maudsley NHS Trust. Feedback was very enthusiastic with the series having a positive effect on their work with patients and followed by a significant number of nurses gaining promotion.

*The Borderline Workshop:* organised and chaired by Giovanni Polizzi. Theoretical and clinical course of seminars on psychoanalytically informed clinical work with complex patients. These workshops aim to bridge the gap between psychoanalysis and applied psychotherapies with respect to work with people with personality disorders in mental health

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services. Psychoanalysts from different traditions who are familiar with psychoanalytically informed applied models of treatment such as Mentalisation Based Therapy and Transference Focussed Psychotherapy lead seminars and offer supervision. There are links with the MBT service in Lambeth Integrated Psychological Therapies Team.

*Therapeutic Parent and Infant Playgroup:* supervised by Fatima Martinez Del Solar.

A Psychoanalytic Parent/toddler group has been running for a year. Following the Anna Freud Centre model, we aim to offer parents with babies and toddlers, a safe, friendly space providing professional support to the local community, initially with twelve families. We are currently applying for grants to enable the project to be rolled out on a permanent basis.

*The TIDE Project:* A pilot project integrating medical care, psychotherapy and psychiatry for patients with type 1 diabetes. This is run by King's College Hospital Diabetes Service. A small team, who working closely together, are pioneering new ways of joint working to support these patients. Diane Turner (candidate) is part of the team and links the project with 10 Windsor Walk, where the patients are seen for psychotherapy.

*Reflective practice group for newly qualified clinical psychologists* in South London: led by James Easton (candidate). This Reflective Practice Group aims to provide a consistent space for members to understand their interactions both in the room and in their relationships with colleagues, to explore the roles and tasks taken up as a practitioner and to deepen clinical and consultation skills.

### ***10 WW Film Club Report: 2019-20***

Psychoanalytic Film Club: Anne Patterson, Katalin Lanczi, Fatima Martinez Del Solar

There are 40 places in the film club and nearly every event has been sold out. Guests include trainee and consultant psychiatrists from all over London, psychologists, psychotherapists and artists.

#### *Autumn Term: Mourning*

Truly, Madly, Deeply (Dir: A Minghella) : Introduced by Dominic Minghella

The Skin I Live In (Dir: P Almodovar): Introduced by Domenico Di Ceglie

Manchester By the Sea (Dir: K Lonnergan): Introduced by Peter Mark

#### *Spring Term: Love in A Hostile World*

Cold War – Introduced by Andrea Sabbadini

On Body and Soul – Introduced by Katalin Lanczi,

Fear Eats the Soul – Introduced by Marion Schoenfeld, Member, British Psychoanalytical Association



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*This was postponed until 17/4/20 because of the COVID crisis and the film club was relaunched online*

### *Summer Term 2020: Migrants*

The Other Side of Hope - Introduced by Anne Patterson

Fire at Sea (Fuocoammare) – Documentary: Introduced by Pina Antinucci

Dirty Pretty Things - Dir. Stephen Frears: Introduced by Andrea Sabbadini

### **Forth-coming events and courses at 10WW:**

**Melanie Klein Trust Conference 2020 – now 2021-** discussion groups.

**The Foundation Course:** discussion group will be run at 10WW from Autumn '20.

**Maudsley Lectures 20/21: A Psychoanalytic understanding of the pandemic**

Collaboration with IoPA Online Education series.

IoPA Introductory Lectures

### **The Impact of COVID 19:**

From March 2020 analysts and candidates at 10WW moved to working remotely. The last three Maudsley Lectures in Psychoanalysis were successfully broadcast using Zoom. In June a COVID risk assessment was undertaken. Necessary precautions were undertaken to enable a safe setting for clinicians and patients who needed to be seen in the room while other clinical work continues remotely. Use of our large rooms, which can be well-ventilated, and staggered appointments, has meant that it has been possible to resume some clinical work at 10WW. There are hand washing facilities, hand sanitiser available at multiple points, regular cleaning between patients, signage and information for patients and clinicians has been distributed. Socially distancing of at least two metres is possible in all our rooms. We have instigated all this in line with advice from government, NHS and our public liability insurer.

**Acknowledgements:** This project has been possible though generous donations from the Melanie Klein Trust, Maudsley Charity, Winnicott Trust, Institute of Psychoanalysis and a number of individuals. We are grateful to colleagues at SLAM, Oxleas and St George's who continue to create an appetite locally for psychoanalytic thinking. We are grateful to all of those who have come to give talks, helped promote activities and encouraged supervisees and colleagues to participate.

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Ten Windsor Walk Report  
September 2019 - February 2020



**10WWCIC Board**

Emma Hotopf (chair), Maxine Dennis, Fatima Martinez Del Solar, Robert Harland, Kate Pugh, John Lawrence (finance) and Guy Forrester (business and facilities).

July 20