



## **10 Windsor Walk Annual Report - for the year ended 31st March 2022**

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### **About us**

10 Windsor Walk (10WW) is an independent Community Interest Company (Not-for Profit) established by South London members of the British Psychoanalytical Society in 2018. The aim of 10WW is to offer psychoanalytic psychotherapy and psychoanalysis and provide a home for trainees and psychoanalysts in South London and to facilitate the development of interest in psychoanalytic ideas through links with NHS settings and the local community. The centre sits on the periphery of the South London & Maudsley NHS Foundation Trust (Maudsley) campus and is adjacent to the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) and King's College Hospital. In 2018, the board and clinical director refurbished the four-storey Georgian house into a centre with sound-proofed consulting rooms and an integrated intercom system. As of 2022, there are nine consultation rooms, a dedicated child analysis and child and family therapy room, and a group room. We also



have a lecture theatre which is used for internal events and a space that can be hired out by similar organisations.

**Our Mission**

Our mission is to provide accessible intensive psychoanalytic treatment to those in need locally, to enable more people to have access to training in psychoanalysis and to run psychoanalytic events. South London is comprised of 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.

**Strategic Aims**

- Provide low-fee, affordable therapy to those in need in the local community
- Establish ourselves as a space for creative thinking around the applications of psychoanalytic ideas
- Develop extensive collaboration with the NHS

**Activities during 2021-22**

The main activities undertaken at 10 Windsor Walk during the past year can be broken down into three categories: clinical work, events and training, and outreach work.

Clinical work

Day-to-day clinical activity and room occupancy Is this necessary to include? Why?

Room #	Occupancy level	Notes
Room 1	44%	
Room 2	100%	Full time lease to MPC
Room 3	38%	
Room 4	42%	
Room 5	100%	Full time use by 10WW clinical director
Room 6	100%	Full time lease to T1DE/individual therapist
Room 8	100%	Full time lease to MPC
Room 9	57%	
Room 10	20%	
Room 11	30%	

Note: As of March 2022. With the exception of rooms 2, 5, 6 and 8, 100% room occupancy is not realistic for clinical work. The maximum operating capacity of these rooms is aprox. 80%

**Current building users**

- 08 x trainee psychoanalysts
- 13 x highly qualified psychoanalysts and psychotherapists
- 06 x reflective practice supervision groups
- 02 x South London Health Trust services ??

#### Current service users

- 24 individuals attending the refugee families group
- 65 individuals visiting therapists
- 15 diabetes therapeutic support recipients

10WW operates as a satellite site for the Institute of Psychoanalysis, providing consulting rooms to candidates training with the London Clinic of Psychoanalysis and wishing to use the rooms for their training cases and other psychoanalytic work.

Our location has been a great asset: our rear garden door opens directly onto the Maudsley campus including the Institute of Psychiatry, Psychology and Neuroscience and we are 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 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.

In addition to candidates, there are also adult and child psychoanalysts and psychoanalytic psychotherapists using clinical rooms.

#### Infant Observation Seminars: Antje Netzer-Stein

Since October 2021 Antje Netzer-Stein has run Infant Observation Seminars at 10WW. In the group, there are three candidates and one member who is already an adult analyst and plans to train as a child analyst. The benefits of having the Infant Observation Seminars on site at 10WW were reported: whilst one of the group members who is based outside of London joined online, the rest were “pleased to be in a comfortable and spacious room together for sharing and thinking about the intimate observations. It saved commuting for two candidates and the seminar leader who is based in South London and one of the group members who work in South London.”

#### Clinic Consultation Workshop: Kate Pugh

A new London Clinic of Psychoanalysis consultation workshop was started at 10WW in 2021 as a fortnightly hybrid meeting. Consultations undertaken by psychoanalysts working as consultants for the London Clinic of Psychoanalysis are discussed. An important element of this is the link with the training needs of the growing number of candidates in South London, many of whom are seeing their training patients at 10WW.

#### The T1DE Project: Diane Turner

The initial 18 months of the Type 1 Diabetes Disordered Eating Project (T1DE) has been completed, and it has successfully received further funding from NHS

England to enable a bid for a permanent team. It is a 'hub and spoke' model, linking with diabetes services across the Pan-London catchment area. The project sees patients with diabulimia (Type 1 diabetes and disordered eating) and have pioneered a fully integrated model with diabetologists, psychiatrists, a psychoanalyst (Diane Turner), a CBT Therapist and Diabetes specialist nurses providing consultation, assessment and treatment for this high-risk group of patients. Collaboration with 10WW is ongoing and provides the therapeutic home for the service.

#### Psychosomatics Workshop: Simon Harrison and Kate Pugh

The Psychosomatics Workshop (PW) continues to meet monthly, as it has done since October 2020, using the 10WW events space for hybrid meetings for those attending both in person and online. PW has continued with its links with analysts trained with IPSO in Paris, with the Maudsley Borderline Workshop, and increasingly with clinicians working in and with departments in our neighbouring mental health trust (South London and Maudsley) and acute hospital (King's). Typically 10 - 20 participants and a core group of regular attendees have enabled a sense of continuity, as well as inclusivity in a developing project. In addition to more formal presentations on psychosomatics there have been presentations from colleagues working with the Diabetes team in King's (Diana Turner and the T1DE project) and the Epilepsy Service (Floralba Hague) as well as Neuropsychiatry (Clare Grey). PW has also been able to develop space for 'open' clinical seminars where participants have brought clinical material (including from Paediatric Haematology at King's). There have also been seminars structured around theoretical texts (including that produced by the European Psychoanalytic Federation's Working Party (Press et al. 2019). Moving forward, the PW will also be involved in the events at 10WW, the Autumn 2022 Maudsley Lectures will focus on the theme of psychosomatics.

#### *Events and training*

##### The Maudsley Lectures in Psychoanalysis

The Maudsley Lectures are an ongoing series of lectures and discussions that address the application of psychoanalytic ideas to clinical work and beyond. The series has been orientated to appeal to clinicians: psychiatrists, psychologists, psychotherapists, psychoanalysts, mental health nurses and allied professionals working in mental health. However they are open to anyone interested in psychoanalytic ideas and participants have come from a wide range of professional backgrounds. The content of the lectures has covered a wide range of clinical areas and there has been diversity within the audience as well as in the lecturers and themes. Tickets are available to attend the entire series or for individual lectures.

##### Autumn 2021 - Clinical Work with Children and Adolescents

Due to covid social distancing restrictions, this programme of lectures was held on Zoom in Autumn 2021. What was lost by not being in the room was gained by

being able to attract a wider audience. We attracted participants from a wide range of locations including Australia, China, Taiwan, Peru, Saudi Arabia, Russia and across Europe.

The Autumn series focused on the application of psychoanalytic concepts to clinical work with children and adolescents and was led by Fatima Martinez Del Solar and Kate Pugh.

Individual tickets sold: 259

Full series tickets sold: 115

#### Programme:

- 28th September - Parent-Infant Psychotherapy - Anne Ward
- 5th October - Parent Infant case presentation - Alejandra Perez
- 12th October - Layers of psychic and physical space in "remote" and "in-person" therapeutic work with children - Angela Joyce
- 19th October - Psychoanalytic contributions to the treatment of children with Autism Spectrum Disorder - Shirley Hiscock
- 2nd November - Toddler Challenges and Case Presentation (part 1) - Inge Pretorius
- 9th November - Toddler Challenges and Case Presentation (part 2) - Inge Pretorius
- 16th November - Anna Freud Developmental lines case presentation (part 1) - Luis Rodriguez de la Sierra
- 23rd November - Anna Freud Developmental lines case presentation (part 2) - Luis Rodriguez de la Sierra
- 30th November - Psychic Challenges of Puberty - Catalina Bronstein
- 7th December - Work Discussion Seminar - Kate Pugh & Antje Netzer-Stein
- 14th December - Work Discussion Seminar - Gianna Williams

Feedback was generally positive:

“...simply excellent... Very interesting to think about cultural implications beyond UK.”

“Very thankful and looking forward for the further clinical seminars!”

“I really enjoyed the seminars from all lecturers - very informative, good psychoanalytical knowledge and a lot to reflect on.”

#### Spring 2022 - Child Analysis Seminars

The Spring 2022 programme comprised a series of Child Analysis Clinical Seminars led by Fatima Martinez Del Solar and Kate Pugh. These clinical seminars were held monthly, from January to July, and attended by 20-25 clinicians, and will continue until the end of 2022. The presentation settings have varied from a service for children with Sickle Cell Anaemia to a therapeutic play group for refugees held at 10WW and a case of four times a week intensive

psychoanalysis with a four-year-old child. The attendees are from across the UK and the world and feedback has been generally positive.

### Summer 2022 - Psychoanalysis and the Arts

Once more the summer term of Maudsley lectures has been curated by Anne Patterson. Focused on Psychoanalysis and the Arts they were hybrid events with 30 in-person tickets available each week. The speakers were in dialogue with psychoanalysts Anne Patterson and Emma Staples Hotopf.

#### Programme:

- 9th May - Hope and its vicissitudes: a dialogue between film and psychoanalysis - Anne Patterson and Katalin Lanczi
- 16th May - The Singing Detective: A place in the mind - David Bell
- 23rd May - Women in the shadows of psychoanalysis: Lou Andreas-Salomé, Sabina Spielrein, and Joan Riviere - Catherine Humble
- 6th June - Picturing Oedipus: Ingres, Bacon, Freud - Adele Tutter
- 13th June - 'Mourning terminable and interminable: Loss, mourning and creativity in Virginia Woolf's work' - Liz Allison
- 20th June - How many children had Lady Macbeth?: Putting the documentary-film protagonist on the analytic couch - Bruce Eadie
- 27th June - Mourning processes and the theme of loyalty and infidelity in The Divine Comedy and in a clinical illustration - Giovanna Di Ceglie
- 4th July - Dante's Allegorical Vision and the Structure of Ethics - David Black
- 11th July - The poetic dynamics of the enactment of trauma in the work of Charles Simic: Non-linear temporality and conceptual enactment - Susanne Lansman
- 18th July - Composition at a critical time: Debussy, Chopin and Rachmaninov piano and cello recital - with psychoanalytic perspectives - Ann Sloboda

Special thanks to all the lecturers who so generously give their time for free so that we can present such a rich programme. This has resulted in an engaged audience and appreciative feedback.

Our next series during Autumn 2022 will be 'Dialogues between Body and Mind' and chaired by Simon Harrison and Emma Hotopf.

### The Foundation and Post-Foundation Course

The IoPA South London Foundation course of 2020-2021 developed into a South London Post-Foundation group led by Kate Pugh. The pandemic meant that the course was run online in Autumn 2021. Participants appreciated the lectures and used the clinical discussion seminar to bring their varied experiences of relevant work. There were lively discussions and the settings participants came from included; a volunteer counselling service for people who have attempted suicide, a homeless persons project, an Art College and a counselling group in France.

The understanding of psychoanalytic concepts developed as the group progressed. Although the group missed not being together in the 10 Windsor Walk building, they bonded over their shared sense of community in South London. Alongside the Foundation Course, the Post-Foundation moved into in-person meetings at 10WW in Spring 2022, led by Anne Patterson.

#### 10WW Psychoanalytic Film Club: Katalin Lanczi & Anne Patterson

Due to the pandemic, the film club continued remotely throughout 2021. Despite the obvious deprivations of being online it has allowed people from outside London to join and we have been pleased to welcome film enthusiasts from other European countries as well as other parts of the UK such as Bristol, Leeds and Newcastle. There has been regular attendance of participants eager to take part in the discussion after an introduction from an invited guest presenter. As a response to the enthusiasm from the London members to return to the room, a hybrid model was adapted for the Summer 2022 term.

#### 10WW Weekend Film Festival 17-18 September 2021

In addition to the monthly events, we also ran an online weekend film festival on Totalitarianism on 17th and 18th September 2021 to celebrate the work of Agnieszka Holland, the new Honorary President of the next European Psychoanalytic Film Festival (EPFF) due to take place 4th-6th November 2022. (The co-organisers of the 10WW Film club, Katalin Lanczi and Anne Patterson are also co-directors of the EPFF).

#### Programme:

- 17th September - Introduction to the social and political context of the work of Agnieszka Holland: Katalin Lanczi. This was followed by a discussion of the Netflix series 1983
  - Panel 1: Gearoid Fitzgerald, psychoanalyst and Oliver Veysey, filmmaker and honorary psychotherapist
- 18th September - Europa, Europa (1990)
  - Panel 2: Prof Rosine Perelberg, President of the British Psychoanalytic Society; Andrea Sabbadini, psychoanalyst, creator and director of epff 2000-2020, Donald Campbell, past President of the British Psychoanalytical Society.
- 18th September - Chartalan (2020)
  - Panel 3: Katya Golynkina, psychoanalyst, Tomasz Fortuna, psychoanalyst

Following on from the weekend festival we continued to explore East European cinema which was the theme of the Autumn Term as shown below.

#### Autumn Term 2021 - East European Cinema

#### Programme:

- 8th October - Man of Marble directed by Andrzej Wajda (1977). Introduced by Sasha Zhuravlyov, journalist, BBC Russian service.



- 12th November - Hanussen directed by Istvan Szabo (1988). Introduced by Katalin Lanczi, psychoanalyst, co-director of 10WW film club and of the European Psychoanalytic Film Festival.
- 10th December - When Father Was Away On Business directed by Emir Kusturica (1985). Introduced by Zora Goodland, psychoanalyst.

### Spring Term 2022 - Climate Change

#### Programme:

- 14th January - Woman at War directed by Benedict Erlingsson (2018). Introduced by Antje Netzer-Stein, psychoanalyst, child psychotherapist.
- 11th February - Snowpiercer directed by Bong Joon-ho (2013). Introduced by Dr Anas Khalid, psychiatrist.
- 11th March - Don't Look Up directed by Adam McKay (2021). Introduced by Dr Anietie Akpan, psychiatrist.

### Summer Term 2022 - Identity

#### Programme:

- 10th June - Mogul Mowgli (2020) directed by Bassam Tariq. Introduced by Anne Patterson.
- 8th July - The Worst Person in the World (2021) directed by Joachim Trier. Introduced by Susan Cockett, psychoanalyst.

### Marooned: a new play about suicide

*'Four souls of different ages, from different walks of life are Marooned in a waiting room in the afterlife. They have no connection other than they have all tried to take their own lives. What drove them to take this drastic measure? Have they succeeded? Do they wish they hadn't?'*

*Marooned* is a play on the theme of suicide written by Michael Gray Griffith. It originated in Australia following the death by suicide of a friend of the playwright. It has been performed for the Australian Army and will be made mandatory viewing.

In a collaboration between 10WW, IoPA Outreach, the National Institute for Health Research (NIHR) Biomedical Research Centre at the Maudsley and the South London and Maudsley NHS Foundation Trust, a filmed reading of the play was produced to be used in discussions and training.

Starring Laurence Belcher, Niamh Cusack, Robert Glenister, Nigel Lindsay.  
Directed by Lindsay Posner  
Produced by Natasha Harvey  
Associate producers Emma Hotopf and Kate Pugh

Filming took place in a local school and was attended by a small audience. The premiere was held at the Ortus, Maudsley campus on 7<sup>th</sup> May 2022 which included a panel discussion with Dr Rachel Gibbons, psychoanalyst, group



analyst and psychiatrist, Chair of the Working Group on the Effect of Suicide and Homicide on Clinicians, at the Royal College of Psychiatrists; Dr Gearóid Fitzgerald, psychoanalyst, a psychiatrist in psychotherapy (Yorkshire) and past president of the Balint Society; Dr Shubulade Smith CBE, psychiatrist, Clinical Director Forensic Services, South London and Maudsley NHS Trust and Clinical Senior Lecturer, Institute of Psychiatry, Psychology and Neuroscience and Prof David Mosse, father bereaved by suicide and Chair of Haringey Suicide prevention group.

### Conversations with authors

Monica Ali, a well-known British novelist of Bangladeshi and English heritage whose best-known novel was Brick Lane had published her fifth book Love Marriage. She was in dialogue at 10 Windsor Walk on 1<sup>st</sup> April 2022 with Anuradha Menon, and the event was chaired by Kathryn Pugh. There was a fascinating dialogue and discussion.

### Outreach work

#### Asylum Seeking and Refugee's Psychoanalytic Playgroup: Fatima Martinez Del Solar

In September 2021 we opened the Asylum Seeking and Refugee's Psychoanalytic Playgroup. The group is based on the Anna Freud Model which has been successfully rolled out with a variety of groups of parents and children under three years of age. Its aims are to promote healthy development, relationships between parents and children, children's socialisation, and parents making bonds with each other.

This group has reached out to 14 parents and 16 children. They come from Ivory Coast (4), Nigeria (2), Albania (2), Eritrea (2), Afghanistan (1), Pakistan (1), Iran (2). Two of the families have children with disabilities: Downs Syndrome, Profound Hearing Loss and Speech delay.

The reasons for referrals included the effects of temporary permission to stay in the UK, temporary housing, social isolation and maternal mental health following traumatic experiences of becoming refugees or seeking asylum. Some mothers had been sex trafficked, some saw family members murdered and others fled abusive relationships and thus became homeless.

Some mothers had mental health issues including depression, PTSD and anxiety. Most of the mothers have had questions and concerns about their children's development and how to manage the usual stages of life such as weaning, encouraging increased independence, speech and walking. They have found the ideas and experience of being in the group helpful and supportive, seeing other children start to walk, talk, eat and interact with others as informative and reassuring. We have also been part of discussions with mothers

about their hopes and ambitions around work and study and have been able to signpost them to relevant services and information.

We have become more aware of the difficulties experienced by many refugees, asylum seeking and 'no recourse to public funds' families in the area. Living in temporary accommodation, often unsuitable, means many pressures, including the potential to be suddenly uprooted and moved out of the area where their older children may have settled in schools. Having no settled status can impact hugely on the financial and social stability of families. The isolation and sense of responsibility on the lone or dual parent/s can feel overwhelming at times. Parents' own physical and emotional health can be neglected in the pressures to feed, educate and look after their children.

Through our outreach work in the local boroughs of Lambeth, Southwark and Lewisham we have made positive and strong connections with various services also meeting the needs of this target population, and they are supportive and helpful in referring to us. We in turn have been asked to contribute to some of the organisations in the locality. We now attend a Spanish-speaking playgroup where we provide workshops with parents and are on course to provide psychological support to Albanian women victims of trafficking. We also offer thinking space and discussion to the SLAM Southwark Parental Mental Health Team and Local Children's Centres in the area as and when requested.

#### Therapeutic Relations in Mental Health: Marcus Evans and Wilhelm Skogstad

The Therapeutic Relations in Mental Health Course was developed and initially run on-site at 10 Windsor Walk. It is aimed at nurses and allied healthcare professionals working within a mental health setting. It was adapted to become a successful live webinar IoPA series that has been reaching a large and international audience.

#### Adoptive Parents Intervention: devised by Harriet Lane and Alex Volovisky (child psychotherapists) with Christine English, Kate Wright and Kate Pugh.

This provision was a lockdown initiative with government funding aimed at preventing the breakdown of families in the pandemic when ordinary supportive structures were lost. The intervention was widely appreciated and there are plans to expand this model.

## Financial Report

As the table below illustrates, since the inception of 10 Windsor Walk in 2018, our net operating result has reached a state of steady increase. During this time, 10WW has introduced several new ventures and programmes. In turn, this has seen an increase in our operating expenses including salaried staff.

10WW Cash Flow since launch				
Operating Account	2018/19	2019/20	2020/21	2021/22
	£	£	£	£
<b>Income</b>				
. Independent Therapists	465.00	16,836.40	12,610.00	52,682.25
. IoPA	31,700.00	17,806.67	39,500.01	41,888.90
. Kings Diabetes	-	-	12,610.00	19,435.00
. SLAM	-	8,460.00	10,000.00	13,500.00
. Maudsley Nurse Training	43,900.00			
. Sundry	117.50	4,787.43	15,661.00	4,727.03
<b>Total Operating Income</b>	<b>76,182.50</b>	<b>47,890.50</b>	<b>90,381.01</b>	<b>132,233.18</b>
<b>Opex</b>				
. Rent	6,560.29	15,000.00	31,857.90	57,437.20
. Rates and utilities	1,528.54	5,144.86	11,905.18	7,129.40
. Salaries and PAYE	-	-	23,776.00	23,199.30
. Freelance	1,684.48	25,397.15	6,761.59	17,771.92
. Sundry	7,550.14	2,484.90	3,472.33	8,945.38
<b>Total Operating Expense</b>	<b>17,323.45</b>	<b>48,026.91</b>	<b>77,773.00</b>	<b>114,483.20</b>
<b>Net Operating Result</b>	<b>58,859.05</b>	<b>- 136.41</b>	<b>12,608.01</b>	<b>17,749.98</b>
<b>Capital Account</b>				
<b>Grants</b>				
. Winnicott Trust	10000.00			5000.00
. MKT		35,000.00	10,000.00	
. Anna Freud (US)				3,519.57
. Paul Hamlyn (reserved for R&AS palygroup)				20,000.00
. Private Donations		5,995.00		
<b>Total Grants</b>	<b>10,000.00</b>	<b>40,995.00</b>	<b>10,000.00</b>	<b>28,519.57</b>
<b>Capex</b>				
. Building	8,607.67	73,285.15	19,354.00	2,287.06
. Equipment	-	3,372.00	1,971.77	1,208.06
<b>Total Capex</b>	<b>8,607.67</b>	<b>76,657.15</b>	<b>21,325.77</b>	<b>3,495.12</b>
<b>Net Capital Result</b>	<b>1,392.33</b>	<b>-35,662.15</b>	<b>-11,325.77</b>	<b>25,024.45</b>
<b>Net Cash Flow</b>	<b>60,251.38</b>	<b>-35,798.56</b>	<b>1,282.24</b>	<b>42,774.43</b>
<b>Assets (Cash)</b>				
Opening Balance	-	60,251.38	24,452.82	25,735.06
Closing Balance	60,251.38	24,452.82	25,735.06	68,509.49
Reserve policy - 6 months revenues: £80k				

## Future Plans

An MSc in Clinical Psychotherapy, at the Institute of Psychiatry, Psychology and Neuroscience, King's College London has now been approved and will start in September 2024. The MSc programme will deliver a clinically based approach to psychoanalytic theory, bringing together the clinical application of theory to common mental disorders and to the interface between mental and physical health. The programme will provide a foundation in psychoanalytic theory, with an emphasis on clinical applications. It will include evidence-based research in psychotherapy and the application of psychoanalytic approaches in psychiatry and medicine. The clinical component of the Master's programme will enable us to increase our offer of low-fee psychotherapy to the local community in conjunction with psychotherapy services of the South London and Maudsley



NHS Trust. The British Psychoanalytic Council has been helping with the accreditation process.

In the year 2022-2023, we hope to build two level-access consulting rooms in our garden (an essential addition to our facilities). We will also continue to develop our outreach and partnership programmes with a focus on local groups in South London and our neighbours the Maudsley Hospital, Kings College London, King's College Hospital, Ronald MacDonald House Charities and the Pears Maudsley Centre for Children and Young People (opening in 2023).

### **Acknowledgements**

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We are grateful to all of those who have come to give talks, helped promote activities and encouraged supervisees and colleagues to participate. Thanks to the members of the 10WWCIC Board, finance sub-committee and Advisory Group of South London analysts. Special thanks to the administrative team at 10WW: Centre Manager Rebecca Thomson has made a tremendous contribution since joining (Jan '22) alongside invaluable input from Aymie Backler and Matthew Kolakowski.