



**BOARDING SCHOOL SURVIVORS – SUPPORT NEWSLETTER**  
**SEPTEMBER 2023**

*Greetings to all!*

*This time last year we were all, in different ways, getting ourselves out of Covid and its shadow which had changed our routines, habits and activities in so many ways. It was a weird time of isolation, and now many are getting back to normal, holidays, travelling again and seeing friends after about a two year break.*

*BSS-support did get together for last November's Conference, and we are now looking forwards to this year's Conference when we can meet as a group of people who all have, and want to share, the common experience of boarding school.*

*We have known some of you for many years and others we are greatly looking forwards to meeting for the first time...*

**BSS-Support Conference 2023**

Here are details of the Conference, which should not change, although last-minute alterations cannot be ruled out at this stage.

**Programme**

**Conference – Saturday, 11 November 2023**

**The Wesley Centre, 81-103 Euston Street, London NW1 2EZ**

## Morning session

- 09.45**      **Kings Cross Room**  
**Arrival and Registration**  
Refreshments, Meetings and Greetings
- 10.20**      **All move to Porter Hall**
- 10.30**      **Welcome – Allison Ujejski**, Chair and a Director of Boarding School Survivors – Support  
**Meeting the Boarding School Survivors – Support Directors:**  
Sam Barber, Jane Barclay, Mike Dickins, Paul Fray and Margaret Laughton
- 10.45**      **Guest speaker: Joy Schaverien**  
*Boarding School Syndrome: Separations and the Repetition of Trauma in Adult Life*  
Professor Joy Schaverien PhD  
Jungian Psychoanalyst/Psychotherapist  
Training Analyst, Society of Analytical Psychology  
**Author of *Boarding School Syndrome: The Psychological Trauma of the 'Privileged' Child***
- 11.30**      **Q and A**
- 11.50**      **Guest speaker: Tom Greaves**  
*Title to follow*  
Tom, a poet and writer will talk about his work for which he was recently awarded a top prize at the Edinburgh Fringe. This prize is "given to shows that deal with unique subject matter in a unique way" ... and *that subject* for Tom was his Boarding School experiences...
- 12.35**      **Q and A**
- 12.55**      **Lunch**
- 13.20**      **Coffee and Tea in Kings Cross Room**

## Afternoon Session

13.55 All return to **Porter Hall**

14.00 **Founder Speaker: Nick Duffell**

*BSS Update and Reflections on a Violent Britain*

Nick Duffell, the **Founder of Boarding School Survivors**, is a psychotherapist and trainer. His revolutionary therapeutic work with Boarding School Survivors has been the subject of a BBC documentary and he has written several books and articles for newspapers and psychological journals on his work. He is a Director of Centre for Gender Psychology, Lone Arrow Press, Boarding School Survivors, and Creative Couplework.

**Author of *The Making of Them: The British Attitude to Children and the Boarding School System***

14.30 Q and A

14.40 **Divide into Porter Hall, Kings Cross Room and 2 break-out rooms**

Discussions looking at the trauma of your boarding school years and the move into healing. There is a choice of four topics, and discussions will be facilitated by therapists:

**1. Abandonment**

*The trauma of separation from home and family*

**2. Your legacy from your years at boarding school**

*The sadness, habits and patterns you have taken into adult life*

**3. Learning and Healing**

*What started your recognition of BSS trauma? How did you find help and healing?*

**4. The harsh world out there...**

*How you feel and respond in situations that lack kindness and empathy*

- 15.55** All return to **Porter Hall**
- 16.00** **Jane and Margaret**  
Feedback from the four discussion groups  
De-briefing and round-up of the day  
Where and how to find help and support after the conference
- 16.55** **Thanks and Close**
- 17.00** **Tea and Coffee in Kings Cross Room**  
For those who'd like it: a chance to decompress before travelling home

## Registration for the Conference

**Boarding School Survivors – Support Conference**  
**11th November 2023, 10.00 am to 5.00 pm**  
**at**  
**The Wesley Hotel and Conference Centre**  
**81–103 Euston Street, London NW1 2EZ**

### **To Register for the Conference:**

Please complete the online [registration form here](#).

The conference fee is **£85.00**. Payment by:

### **Bank transfer:**

- Account name Boarding School Survivors – Support
- Account number 63019381
- Sort-code 20-57-76
- Reference CONFERENCE 2023

### **Cheque:**

Payable to Boarding School Survivors – Support, posted to:  
51 Oaks Drive, Colchester CO3 3PS.

The fee includes the Conference with the ever-popular Wesley lunch and tea

and coffee. As with everything, the costs of the Centre have increased but we are keeping the fee the same as last year.

*We have to confirm our numbers one month in advance:* so, to help us with this, *please* register as soon as you know you will be attending.

If you have any queries, just write to us at: [info@bss-support.org.uk](mailto:info@bss-support.org.uk).

For those who would find it financially impossible to attend, we are able to give some help with the cost of the Conference. To discuss this please write to [margaret.laughton@bss-support.org.uk](mailto:margaret.laughton@bss-support.org.uk).

## **And other things...**

### **Special diets**

Please tell us [on the registration form](#) if you want special diets and the Wesley will provide what you need:

- Gluten and dairy free
- Gluten free
- Vegetarian
- Low carbohydrates (protein + salad )
- Vegan

### **Tea and Coffee breaks**

The following will be provided:

- Almond and Soya milk
- Gluten free biscuits

Please tell us if you have other special requirements.

### **Extras**

We would like some contributions to the conference this year so that those who wish to join in, can do so...

We will have a **Poetry Corner** as before and this is a request for childhood or boarding school poems to be sent now please to: [margaret.laughton@bss-support.org.uk](mailto:margaret.laughton@bss-support.org.uk), so that they can be added to our collection and be displayed on the day.

We would also like to have an **Art Corner**. So, if you have any artwork that is easily carried or can be rolled up, please bring it with you – a title and name attached (unless you want it to be anonymous)!

### **The Book Table**

We will have our book table as usual where you can buy books published by Nick Duffell, Joy Schaverien and Thurstine Basset and the BSS Men's and Women's books we published, and others.

We know many of you write, so please bring along some of your books: poetry and/or prose. We have found having 6-10 such books works well. Please attach a price to each book if they are for sale. You can also bring some "flyers" of books for the table so that people can contact you if they are interested.

All we ask is that if some books you bring are not sold, you will take them home with you: storage is a major problem for us!

### **And finally...**

We hope this newsletter will give you all you need to know about the Conference and that we will see many of you there. Please do write back to us for any more information or if we can help you in any way

Very soon we will be sending you a newsletter with our 'general' news and contributions. If you would like to send us thoughts, ideas or your story, please send contributions to [info@bss-support.org.uk](mailto:info@bss-support.org.uk).