

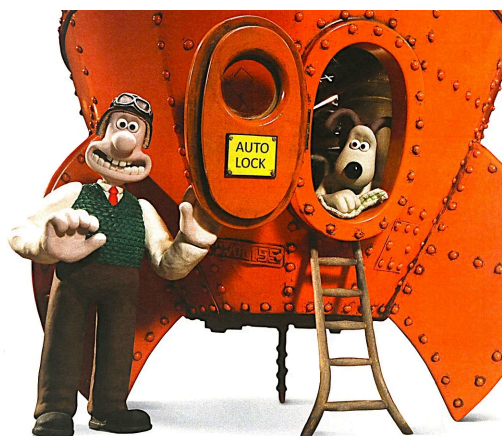


A safe haven & support
for all former boarders

Boarding School Concern CONFERENCE 2026

FULL DETAILS

BOOK NOW!



Dear

Conference 2026 has launched!

It will be bigger and better than ever, and certainly a 'Grand Day Out' (although quantities of cheese may be limited)!

All the details and how to book can be found below.

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[Conference 2026](#)

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Conference 2026



Conference 2026 is on Saturday, 7th November

All speakers and groups have now been confirmed:

- **Nick Duffell**, the 'father' of the Boarding School Survivors sector, will talk on *Managing the Shadows*, how John Le Carré's *The Night Manager* (the original broadcast in 2016 and the recently-screened sequel) reveals the strategic survival personality.
- **John Shirley** and **Rachel Godfrey** from *Out of Bounds* will talk on the importance of the individual stories of all former boarders to be told and witnessed: that there is healing in the telling and witnessing as well as in the experience of vulnerability in a safely-held group. They will facilitate an afternoon group on creative writing (see below).
- **John Stanley**, a director of *Boarding School Concern*, will talk about his experience of *Lost Voices Heard*, a group of former boarders challenging their alma mater.
- **Helena Thomas**, a psychotherapist specialising in former boarders and relationships will speak on relationship dynamics between ex-boarders and their partners. She will facilitate an afternoon group on the same topic (see below).

After last year's record attendance, we have outgrown Friends House, and we have found what looks to be an ideal new venue at **20 Cavendish Square**. It is the headquarters of the Royal College of

Nursing, just behind John Lewis on Oxford Street. It has a spacious main hall and the beautiful, adjacent Council Room for catering. Best of all, there are more breakout rooms in a range of sizes. This means that we can offer a greater range of groups for the afternoon session, and it gives us more flexibility on group size. **Group selection is now on the registration form**, so early registration will give you the best chance of securing the group you want.

Discussion Groups

- *Help! I'm Living With An Ex-Boarder* – the person you fell in love seems to have turned out differently – with **Helena Thomas**
- *Third Culture Kids* – who we are, and what are the effects? – with **Nicky Moxey**
- *The Ex-Boarder as Offspring and Parent* – the cross-generational effect of boarding – with **Rosemary Lamaison**
- *Non-Boarders Affected by Boarding* – ** Group for non-boarders ** – the impact of the boarding experience on non-boarders – with **Sara Warner**

Creativity as a help to healing

- *Creative Writing Workshop* with the Out of Bounds team, **John Shirley** and **Rachel Godfrey**
- *Returning Home to Self* – Movement Medicine Session – with **Carolyn Wood** – back by popular demand
- *Readings from **SENT AWAY*** (our new poetry book) with **Paul Fray** and some of the authors
- *Sculpture as a Means of Self-Expression* with **Tristram Thirkell**
including exhibition

As former boarders ourselves, we are all too aware that the conference can trigger reactions that have the capacity to re-traumatise. Please be reassured that there will be plenty of informed support in place, and the opportunity to take time out and receive help.

!!Booking is now OPEN!!

FULL DETAILS

BOOK NOW!

And finally...

Please remember that you can always **[contact us](#)** if you're in need, whether it be emotional distress or just for signposting. We will always answer promptly and in confidence.

This message comes with the very best wishes of all at **[Boarding School Concern](#)**: Caroline, Charlotte, John, Mike, Paul, Sam and Tim

Boarding School Concern

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All our directors give their time as volunteers, without remuneration.

Any income, whether from events, sale of books or donations, is used for the sole purpose of staging our annual conference, providing individual bursaries for therapy and participation, or providing financial support to organisations or endeavours that share our aims and objectives.

Therapy and Counselling: BSConcern believes that therapy and counselling should be delivered only by those who are members of professional bodies such as UKCP and BACP. We suggest working with counsellors and psychotherapists who have had specialist training in work with former boarders, e.g. [UMOT training run by Nick Duffell](#).

Research: From time to time, BSConcern publicises details of opportunities to take part in boarding research. This is done in good faith, but we are unable to attest to the quality, ethics or aims of any research programme.
Please proceed only if it feels right for you.

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