

The Southmead Project

165 Greystoke Avenue, Southmead,
Bristol, BS10 6AS

Tel: 0117 9506022

Email: Southmead_project@yahoo.co.uk

Touchstone specialist abuse counselling service

Tel: 0117 9594809

Email: info@touchstone165.com

Web: www.touchstone165.com

Opening times

Mon-Thurs 9am to 5pm, Fri 9am to 4pm

**If you feel there are ways in
which you can personally
contribute to the work this
charity does, please contact us**

All donations are gratefully received
and cheques can be made payable to
Southmead Project

Businesses – if you would like to
find out how your company can
support this charity, please contact
Mike Peirce (CEO).

**“Counselling at Touchstone
turned her life around”**

Local GP



Southmead Project Annual Report 2007/8

Trustees Report // 2007/8 Financial Statement // The Cycle of Harm

"No-one ever asked me why I started taking drugs. Why? Why did no-one ever ask why? It was just that you were taking drugs and you were evil and you were a bad person. No-one ever asked me why I'd got into that situation."

Research participant



Supported by
The National Lottery
through the Big Lottery Fund



Welcome to our latest Annual Report...

Our mission is to tackle recurring problematic drug/alcohol misuse by addressing correlated causal factors such as historic trauma

Trustees report

Consolidation

This last year has very much led to a consolidation of services despite a background of loss of funding and all the uncertainty this brings. We have a clear focus on where the charity needs to go and the priorities it needs to concentrate upon.

Future

The charity's work will, in many respects, be guided by the considerable research it has been involved with in conjunction with Professor Kim Etherington and the University of Bristol. Southmead Project's development team are working closely with Barnardos, the Police, Social Services and others in a collaborative funding bid which will see the focus of prevention being better than cure at the forefront of future strategy. Particular emphasis will be placed on domestic abuse in all its forms.

Commitment

During the course of all the recent uncertainty surrounding funding for this charity and the apparent indifference shown by others towards its potential plight, the commitment demonstrated by all staff has been exemplary and has proved to be the backbone of its own resurgence.

Achievements

- Consolidation of the abuse counselling service
- Successful implementation of the fundraising and marketing strategy
- Development of charity's website
- Enlisting the support of major corporate partners, in particular Axa Sunlife
- Publication of a book sponsored by this charity, "Trauma, Drug Misuse and Transforming Identities" by Professor Kim Etherington
- Completed the design of training programmes to be delivered in 2008 and beyond

Risks

- Lack of long-term core finance
- The CEO is the pivotal figure and the charity needs to find a management structure suited to support the CEO in meeting the challenges that lie ahead

Key objectives

- Increase revenue streams
- Delegate operational work carried out by the CEO by seeking funding to secure addition personnel

Balance Sheet as at 31 March 2008

		2008 (£)
FIXED ASSETS		
Tangible assets		27,197
CURRENT ASSETS		
Debtors	31,391	
Cash at bank	81,871	
	113,262	
CURRENT LIABILITIES		
Creditors: Amounts falling due within one year	450	
Net current Assets		112,812
Total assets less current liabilities		140,009
RECONCILIATION OF FUNDS		
Unrestricted funds		
General fund		130,379
Designated fund		9,631
Restricted funds		0
Total funds		140,009

Statement of financial activities for the year ended 31 March 2008

	Unrestricted Fund 2008 (£)	Restricted Fund 2008 (£)	Total 2008 (£)
Incoming resources from generated funds;			
Activities for generating funds			
Donations and Gifts	11,540	0	11,540
Investment income	3,165	0	3,165
<i>Incoming resources from charitable activities;</i>			
Grants receivable - Revenue	0	206,737	206,737
Grants receivable -	0	0	0
Capital	1,039	0	1,039
Income from Charitable trading activities	15,744	206,737	222,481
Total incoming resources			
RESOURCES EXPENDED			
Costs of generating funds	3,994	41,135	45,129
Charitable activities	1,958	165,492	167,450
Governance costs	4,393	47,502	51,895
Total resources expended	10,345	254,129	264,474
	5,399	(47,392)	(41,993)
Net incoming/(outgoing) resources for the year			
Transfers	(47,392)	47,392	0
Net movement in funds	(41,993)	0	(41,993)
Total funds brought forward	182,002	0	182,002
Total funds carried forward	140,009	0	140,009

The Southmead Project aims to...

tackle recurring problematic drug/alcohol use highlighted in the Cycle of Harm

identify appropriate support services for parents and carers of clients in this category

train generic drug workers in addressing the disclosure of abuse and associated trauma

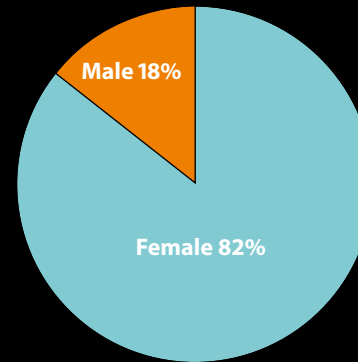
continue to be proactive in gathering evidenced-based material on the impact of childhood trauma

In addition to the information right, the charity worked closely with Knowle West Alcohol and Drugs Service (KWADS) and the Bristol Drug Strategy Team (DST) offering an open access service to drug users and a parents and carers' service. The funding for this initiative was for a limited time and ended in March 2008. KWADS were the senior administration organisation for this service. Statistical information specifically relating to this service and its outputs can be obtained from either KWADS (telephone 0117 9533870) or the DST (telephone 0117 9142222).

visit us at www.touchstone165.com

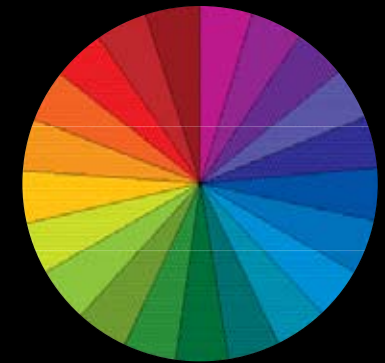
Touchstone Statistics 2007/8

Percentage of clients by gender



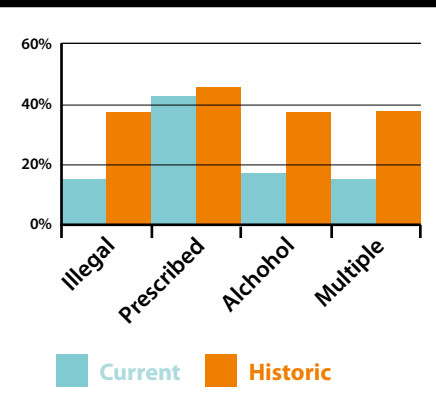
114 clients were seen with an age range of 18-68 years and an attendance rate of 75%

Referral Sources

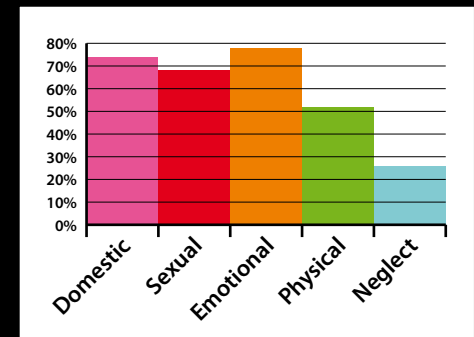


Client referrals came from 21 sources. Of these sources, 10 were from the statutory sector and accounted for 48% of all referrals

Percentage of clients by drug use at assessment



Percentage of clients by abuse issues at assessment



77% of clients presented with between 2 and 4 of these abuse issues

stage 1

Human capacity for love,
emotion and choice

stage 2

This capacity can be
frustrated and frozen in
childhood by trauma

stage 9

Recovery or relapse

stage 8

Specialist abuse/
trauma counselling
to address causal
factors

The Cycle of Harm

the revolving door

Unless the underlying causal factors of
addiction are truly addressed through
specialist counselling the chances of
relapse are greatly increased

stage 3

Dysfunctional behaviour
e.g. violence, silence,
self-harm etc.

stage 4

Substance misuse in
order to suppress
emotional pain

stage 7

Access treatment
services to address
the presenting problem
i.e. dependency

stage 5

The situation becomes
compounded by dependency

stage 6

Acquisitive crime
becomes necessary to
fund dependency

