

2013/14

ANNUAL REPORT

SOUTHMEAD PROJECT

“The people involved in the project are amazingly skilled, friendly, committed, helpful and appreciative of the support we give and by forging a close relationship with Southmead Project *What’s Right* unites business and charity with ethical corporate social responsibility in a very real way.”

John Tiley, *What’s Right*



Our mission is to tackle the issue of self-harm by addressing correlated causal factors such as historic trauma

We aim to provide:

- Counselling services for those who have experienced abuse and trauma
- Support for parents and carers of substance misusers
- Training to generic drug workers and other practitioners in addressing the disclosure of abuse and associated trauma
- Strategic development of preventative services specific to domestic and personal abuse
- Evidenced based material on the impact of childhood trauma and its correlation with later problematic drug use and other forms of self-harm

The Southmead Project

165 Greystoke Avenue, Southmead, Bristol, BS10 6AS
Tel: 0117 9506022, email: southmead_project@yahoo.co.uk,
website: www.southmeadproject.org.uk
Registered charity number (1076617)

Bankers NatWest Bristol City Office, Corn St. Bristol BS99 7UG

Solicitors Bennetts High St, Wrington, Bristol BS40 5QB

Auditors Roger C Oaten & Co. 1st Floor, 23 Westfield Park, Redland, Bristol BS6 6LT

Patron Geoff Gollop OBE

Trustees Peter Welch; Jon Treen (co-chair); Heather Weston; Dawn O'Neill; Rebecca Cotton; Trevor Arnott (co-chair)

Co-optee Lee Paterson (Avon and Somerset Police)

Paid staff Dr Mike Peirce MBE (CEO); Gerry Monaghan (project co-ordinator); Celena Lewis (senior abuse counsellor); Freddy Weaver (abuse counsellor); Lisa Armstrong (project development worker); Emma Summerill (parent and carer group facilitator); Pete Wraith (finance & fundraising)

Volunteers Mike Graney; Angela Briggs; Kate Deeble; Kate Williams; Sophie Bayley; Claire Robertson; Dr Tony Smeeton; Sue Smeeton; Richard Reynolds, Susanne Hart

Corporate Liaison Jon Treen (Brewin Dolphin); Trevor Arnott (Choice Security Systems); John Tiley (What's right);

Jason Silcox (BPMG); Gary Mills (BPMG); Simon Craker (Craker Capital LLP)

Working Partners Next Link; Avon and Somerset Police; Southmead Development Trust; local GP practices; Bristol Drug Project; Addiction Recovery Agency; Bristol Training Exchange; The Group of Seven; Southmead Youth Centre; Bristol City Council; What's Right; Bristol Property Management Group; Kbase connect; Three Cherries; Oasis-Talk

COLLABORATION

Southmead Project and its working partnership with Oasis Talk continued to consolidate with more referrals taking place. As an affiliate organisation the charity especially welcomes the income growth from this initiative and looks forward to continuing to make new ground over the next year. As stated last year counselling in the NHS has been through many changes and maybe more to come but we are looking forward with hope for more joint initiatives with Oasis Talk that could generate future income.

CORPORATE SECTOR SUPPORT

The charity has also made enormous inroads into building essential working relationships with the corporate sector and securing much-needed mentoring and crucially, funding. The WhatsRight team ably led by John Tiley has again been at the fore this year and its acceptance and acknowledgement of what this charity is about is a huge credit to its aims and objectives.

We are enormously pleased to report that joining the list of charity supporters who provide hands-on as well as financial support is Craker Capital and the following extract has been kindly provided by Simon Craker who has joined us corporate ambassador: 'I decided to become involved with the Southmead Project principally as a personal decision having met the fantastic staff and on hearing the tremendous difference they make to people's lives who have been disadvantaged from a young age. I have been very lucky in my life and felt that by becoming involved and utilising my contacts in the corporate world I might assist the charity. Having run several businesses there is always 'pressure' to help charities and of course, many of these do so much good. To me, therefore, to be able to support, as a business, such a worthwhile local charity, means that I have regular involvement and that my staff have the opportunity to become involved as well. I feel that it is more meaningful than supporting a national charity, however worthy their cause may be.'

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THE IMPACT OF TRAUMA

“I feel so strongly that all professionals working to support people who have experienced any form of abuse or trauma **NEED** this training, money must be found.”

Senior representative from the NHS

Of special significance is the further consolidation of the income-generating training element of the charity's work. Participants across a wide spectrum of skills took part in the training programmes which were delivered in England and Wales during the year. Feedback was exceptional with major breakthroughs having been made in HM Prison, NHS based and in university establishments.

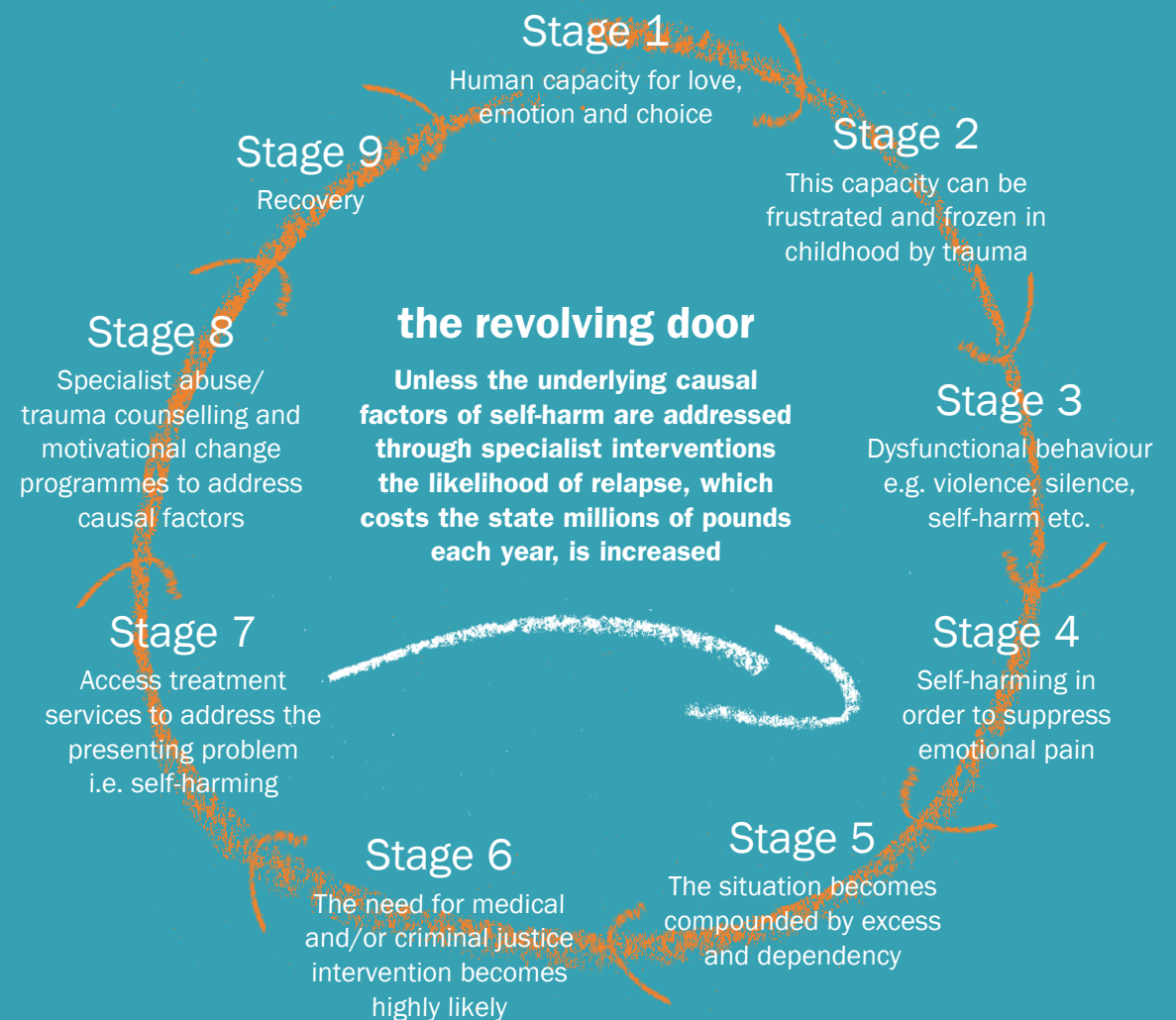
A lesson learned and heeded was where initially the training programme developers had settled on a two-day delivery design but it became increasingly clear that whilst organisations were battling against major financial cuts in training and general expenditure together with huge demands on already restricted staff time, two days were not acceptable.

Following a general re-think this led to the development and delivery of one day programmes and whilst the clear preference is for the longer period, restricted time, finance and sheer work pressure does not permit this. Mandatory feedback and evaluation carried out following each session delivered shows the necessity for continuation of this work.

The Cycle of Harm

A major achievement is the interest being shown in the Cycle of Harm working model produced by the charity which has been developed over the years and is being increasingly recognised for its efficacy. This interest extends from senior academics and senior practitioners, health, drug and alcohol-related professionals in Devon and Cornwall, North Somerset, South Gloucestershire and Wiltshire into Wales. Southmead Project will be working closely with representatives from these areas in order to advance prospects of joint working and training.

CYCLE OF HARM



TRUSTEE REPORT

The bedrock which charity trustees mentioned in the Annual Report of 2012-2013 upon which consolidation and new foundations could be put in place has certainly proved to be an achievable aim.

A solid, stable base now permits the charity to widen its scope where new and additional interventions is concerned – aided greatly by service user in-put and new funding sources.

Again trustees can reflect upon a job enormously well done and crucially the charity whilst turning the corner on virtual wipe-out due to enormous financial cuts across the board has managed to attract the much-needed funding from a variety of sources and making a little (cash) go a very long way. In the main this has been managed by prudent use of sparse resources and in the main through utilising the skills and willingness of its service users and volunteers. All the while extremely high levels of professionalism, skills, determination and sheer durability has ensured the quality of the services provided has not been compromised. Trustees suggest that given the complexities of the work and constant demand from service users it is no mean feat and applauds the charity paid staff, volunteers and supporters for the enormous effort that has brought this about.

This all means of course that a particularly marginalised section of society will continue to get the support they sorely need and so truly deserve.

The charity long recognised that to even contemplate a lone approach to achieving its aims and objectives was always going to be a non-starter and over the years has cultivated and nurtured working partnerships. This vital and essential mode of operation has proven and continues to prove so effective. This is particularly so where the corporate and business sector is concerned. Meanwhile the charity still works very closely with over twenty referral sources, has managed to encourage excellent and consistent contributions from prominent experts in their own field including Police, Next Link, Southmead Development Trust, WhatsRight, Brewin Dolphin, Choice Security, Oasis-Talk, Southmead Youth Trust and local GPs. Trustees are again delighted to say these excellent working partnerships have continued to flourish. The charity remains on course to build further working partnerships and whilst still very much in its infancy the seeds of vital positive change have been sown across all sectors and the resulting signs of growth are an encouraging aspect.

The charity has historically been able to attract high-level staff and volunteers and it is testament to the content of the message it sends out across this city and beyond. A particularly strong team is with us at this time made up of six part time paid staff, high numbers of volunteers, has an excellent management structure, a continually widening group of corporate sector ambassadors, business partners, donors and as ever the essential support of the community. In more ways than one it is safe for trustees to suggest the charity is stronger now than it has ever been and with the road ahead looking exceedingly clear the charity is ready to embrace the years ahead with great optimism.

The charity and all concerned with its running, alongside all those people who come through our doors seeking help remain indebted to the wisdom, empathy, vision and trust continually being demonstrated by the Big Lottery Fund.

The trustees wish to extend their thanks for the admirable commitment of Mike and his staff, those who advise and support the charity and the volunteers who offer and give so much. We cannot predict the future but firmly believe that with such display of spirit and commitment that an even more certain future lay ahead for this charity and we can all look forward to 2013/2014 with great optimism.



Business in the Community

Business in the Community through their community liaison and development worker Steve Melanophy and linking in with **Lloyds Banking** provided finance and made a fantastic job of refurbishing the group room and garden area at the charity's HQ in Southmead illustrating the genuine will that is there for charities like this one to tap into. You would do well indeed if you were to be provided with some lovely cakes courtesy of **Greggs** whilst all this was going on but that is exactly what happened! Add to this a charity that is chaired by Jon Treen of **Brewin Dolphin** and Trevor Arnott of **Choice Security** and it is clear our efforts to attract support are being realised in many ways. The epitome of working together is perhaps best summed up by the Pathway to Recovery working plans we are developing with the Southmead Development Trust aimed at getting survivors of abuse into employment where participants might well access all the above in one way or another.

Pictured above: Steve Melanophy of Business in the Community, Lucy and Anne of Greggs Bakers, Mike Peirce

ABUSE COUNSELLING SERVICE

“How on earth can I express my gratitude for the gift you have given me? You have given me new wings!”

Service User

It has been a challenging but remarkable year for the progression of public awareness of sexual abuse; multiple investigations into high profile figures have exploded into public consciousness. Our counselling service has been as active as ever, increasing our capacity for weekly counselling slots to match the growing demand.

The individual person-centred counselling we offer remains vastly professionally rewarding to us and we continue to receive positive feedback about the impact on clients. The outcome data that we gather from each client reflects the significant progress that the majority of clients make in terms of mood, trauma symptoms, self-worth and relationships with important others.

In addition to meeting the needs of those who have accessed the Southmead Project through direct referrals, we have been receiving a steady stream of shorter-term clients from Lift Psychology via Oasis Talk, which enables people who have no knowledge of the specialist abuse counselling service we offer to still access the service through their GPs and the NHS.

Perhaps most exciting for us has been the introduction of a year-long weekly therapy group for abuse survivors. Group therapy is not for everyone, but for those who have engaged it has proved very powerful. It incorporates a rich mixture of Trauma Psycho-education, Mindfulness, Art Therapy, Narrative Therapy and Interpersonal Skills. To witness the growth of the group has been a privilege indeed.

To keep the service going we take care to give ourselves and our volunteers as much support as we can. Our daily morning meditations help us to maintain emotional equilibrium and to try to practice what we preach!

COLLABORATION

“By forging a close relationship with Southmead Project *What’s Right* unites business and charity with ethical corporate social responsibility in a very real way.”

John Tiley, *What’s Right*

‘What’s Right made the decision to help the Southmead Project over 6 years ago because we believe that the concept “prevention is better than cure” is very wise. The people involved in the project are amazingly skilled, friendly, committed, helpful and appreciative of the support we give. This rewards us on so many levels and by forging a close relationship with Southmead Project What’s Right unites business and charity with ethical corporate social responsibility in a very real way.

We absolutely advocate from personal experience that having the counselling tools to deal with trauma is vital if you want to stop the cycle of harm continuing, so much so that one of our trusted partners is now on the Southmead Project charity board and over the years both parties have benefited directly and indirectly from our involvement.

Our continued support is a given whilst there is breath in our bodies’.



John Tiley (What’s Right), the Lord Mayor, Dr Mike Pierce (Southmead Project) and Jim Heal (What’s Right)

RESEARCH AND EVALUATION

This particular area of the charity's work has not transpired as well as had been hoped.

Whilst a great many of the charity outputs, outcomes and general statistics have accumulated over preceding years and been sought for reference by many other organisations for help with their funding bids and general information sharing, the hoped-for evaluation of the efficacy of the charity's interventions from a GP perspective has still not materialised. This

may well be very much due to costs involved – albeit likely to be under £10000. However, given the mounting evidence which suggests investment in prevention services – very much at the forefront of the charity's working model 'cycle of harm' – is far more likely in the long term to reap dividends we remain hopeful that funding will eventually be found for this most essential item.

Service User Representative

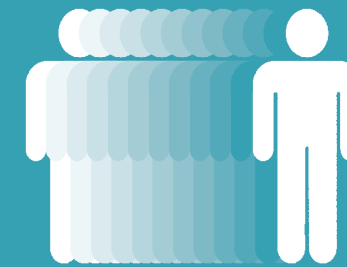
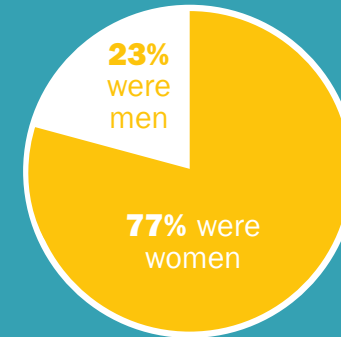
The positive changes seen following one-to-one counselling is so apparent to me I have to remind myself not everyone, and this will include potential funders, will immediately be able to appreciate the value of the counselling to overcome trauma. Being able to show in a simple way some of the positive outcomes is of huge importance when getting the message across about what we do.

We came up with a service user questionnaire of seven questions relating to the counselling service covering waiting times, physical

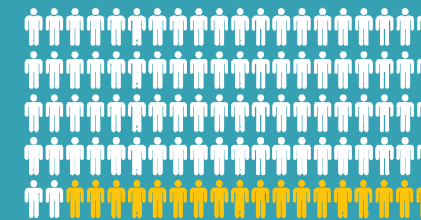
environment and how the service met their needs. As well as scoring different aspects of the service from 1-5 service users also had the opportunity to give written suggestions. The feedback was overwhelmingly positive both in terms of scores and written comments with 90% of returned forms scoring 4 or 5 to all questions. It was suggested room for improvement could be made with regard to waiting times and the length of intervention offered. Both are being addressed with the development of both pre- and post-counselling programmes.

STATISTICS

One-to-one counselling



17-69
Age range of our clients



82% client attendance rate

90

The total number of clients seen

Groupwork

Trauma Recovery Group
up to 8 people for a year

Survival Revival
6 participants on a weekly rolling programme

Parents and carers group
8 people a week

Drug problems

Clients with current problem

Illegal drugs: 7%
Prescribed: 37%
Alcohol: 19%

Clients with historic problem

Illegal drugs: 40%
Prescribed: 36%
Alcohol: 49%

Clients' abuse issues at assessment

83% said they have suffered emotional abuse

77% have experienced physical abuse

70% have endured domestic abuse

77% have suffered sexual abuse

40% have experienced neglect

3% perpetrator

74% of all clients presented with between three and five of these issues

Total number of referral sources: 20

Number of statutory sector referral sources: 11

Percentage of clients from statutory sources: 48%



FAMILY GROUP

“I was devastated to discover my son was addicted to heroin and frightened of the consequences for him, myself and my family. The Southmead Project showed me how to care for myself without feelings of guilt”

Service User

The lives of parents, carers and concerned others, as well as the life of the addict, may have been turned upside down with guilt, shame and bewilderment together with not knowing what to do or which way to turn.

At first, on learning that a member of one's family has an addiction “let's get it sorted” or “it must be just a question of finding the right treatment” might be natural responses. It soon becomes clear however that it is not as easy as that. Once a person becomes addicted they are no longer a special son, daughter, husband, wife, partner, father, mother, or whatever; they are an addict and may well behave like other addicts.

It may take time to realise this, but it is often a most painful and inescapable fact. Drug addiction does not only happen in other peoples families, it is something we hear all the time being widely broadcast.

The Southmead Project initiative for Parents and Carers aims to help those affected in these ways by delivering group programmes and meetings on a regular basis, where experiences, anxieties and concerns can be exchanged and shared with others with similar problems in a safe, confidential and non-judgemental setting and atmosphere.

Meetings are led by trained facilitators and are immensely helpful in many ways; topics may be of a factual nature, such as “what is addiction?” or “what is a drug?” whilst especially helpful are those meetings where the aim is to help people cope with their feelings of shame or blame. Co-dependency may be explained, new coping skills learned and ways to avoid enabling the addict also learned. The family group programmes have been running for many years and have helped hundreds of people and is an integral part of the charity's aim of promoting community safety.

FINANCE

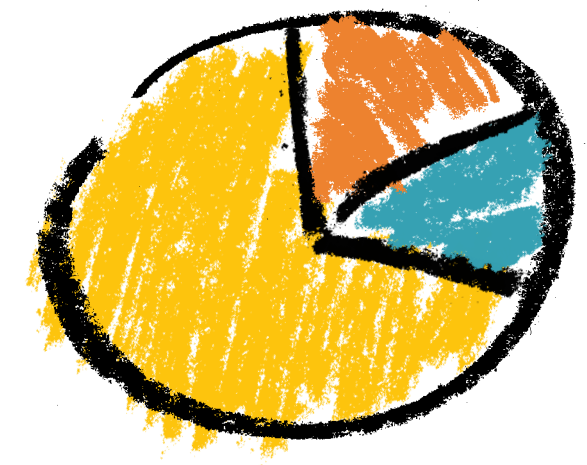
Accounts to March 2014

Income	2013/14		2012/13	
Donations & gifts	12,891	11%	10,607	6%
Grants			97,035	81%
Big Lottery	98,976	86%		
Others	1,250	1%	20,700	
Trading activities	1,726	2%	3,140	13%
Total income	114,843		131,482	
Expenditure	2013/14		2012/13	
Staff costs	90,212	75%	100,116	72%
Direct costs	16,336	14%	18,191	14%
Support costs	13,445	11%	12,038	14%
Total expenditure	119,993		130,345	
Net income/exp	(5,150)		1,137	
Funds brought forward	40,679		39,542	
Funds carried forward	35,529		40,679	

Expenditure 2013/14

£119,993

Staff costs: 75%
Direct costs: 14%
Support costs: 11%



A copy of our full audited accounts is available on request

LOOKING AHEAD

The Southmead Project is engaged in a number of initiatives locally in Southmead and throughout the city in order to develop and sustain the service and to respond to perceived need, these include:

Setting up of a preparation group to enable potential service users to access on-going counselling by offering a gradual introduction and dealing with issues related to health and wellbeing.

Exploring the possibility of offering complementary therapy sessions to clients in conjunction with a local college.

Working with a number of local organisations to address issues related to the high level of reported domestic Abuse in Southmead, and to provide services to those affected. These organisations include the police, the NSPCC, Northern Arc and the Southmead Youth Centre.

Working with a women's criminal justice day service; providing a joint group re drugs, alcohol and related issues. This will hopefully have the added benefit of enabling clients to access our service and help build a strategic alliance to support future service development and funding potential – either through the Ministry of Justice Transforming Rehabilitation programme or the Police and Crime Commissioners office.

Joining a consortium with Sexual Abuse Services in Bristol to bid for funding from Bristol City Council with a view to providing services on a spot purchase for victims of sexual abuse in the northern part of the city.

Collaborate with services in Southmead through "The Plan for Southmead" - helping to identify and address local issues in relation to health and wellbeing, employment etc

Collaborate with the Southmead Development Trust to develop a pathway from abuse, trauma and self-harm through to recovery, training and employment. This would form the basis for future joint working of the business and corporate sector and agencies in the area with a common purpose and encourage other interested parties to "buy into" the benefits of enhanced employment opportunities, partnership working, consortia bidding and far greater cohesion across the spectrum.

All these potential projects will be considered in our ongoing funding strategy or will be provided by working jointly with other services.





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

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

The Southmead Project

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website: www.southmeadproject.org.uk

Abuse Counselling service

Tel: 0117 9594809

Design: thegroupofseven.co.uk



BREWIN DOLPHIN
Investment Management and Financial Planning



The co-operative membership

bud.
our community
is your business

