

A pocket guide to Southmead Project

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What we do...

Southmead Project is a registered charity providing free therapeutic and practical support to adults who were abused as children and may have turned to drugs, alcohol and other ways of self-harming as a consequence of that trauma. The charity is active in research, runs very successful group programmes for parents, carers and concerned others of those affected by addiction, and delivers training programmes in abuse, addiction and disclosure across the UK.

Every ten minutes, the police handle a call directly related to child sexual abuse

NSPCC, 2017

* source: www.nspcc.org.uk



More than
58,000
children in the UK
were identified
as needing
protection from
abuse in 2016*

Why we do it...

Drugs, alcohol misuse and other forms of self-harming are ways in which some people who were abused have managed to cope and somehow get on with their lives. Family members are often affected too. By getting help and support from the charity, these 'coping skills' can be replaced by others that are just as helpful but far less harmful.

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

* source: www.nspcc.org.uk



More than
90%
of children who
have been sexually
abused were abused
by someone
they knew*

The impact of trauma

Abuse or neglect in childhood can lead to complex consequences for adults. Drug or alcohol misuse or other ways of self-harming, as a means of coping makes sense when we hear the stories survivors tell of the pain and distress they have experienced.

Parents, carers and concerned others The charity offers full support to those who are affected by the behaviour of their offspring. Weekly peer-led group sessions are overseen by a skilled facilitator with outstanding results.

Research *Trauma, Drug Misuse and Transforming Identities* by Professor Kim Etherington looks at the lives of drug misusers in their own words. It was produced by Southmead Project with funding from European Social Funding and Big Lottery.

The revolving door

Unless the underlying causal factors of self-harm are addressed through specialist interventions, the likelihood of relapse, which costs the state millions of pounds each year, is increased.

Find out more about the cycle of harm: southmeadproject.org.uk/how-we-do-it

