



Southmead Project

Specialist counselling, group work
& community-based projects for
survivors of abuse



Trustee Report

Simon Craker, Chairman of the Trustees



This year our founder, Dr Mike Peirce MBE, retired from the charity. Mike gave a tremendous service to the charity sector in Bristol, not least in setting up and running the Southmead Project for the last 25 years. We all wish Mike well in his retirement and success with the consultancy work that he takes on in the future. The charity's Leadership Team has since concentrated its efforts on managing the operations and strategic direction of the organisation, with the full support of the Board.

The trustees would also like to thank Lee Paterson, who was a co-opted

trustee on the Board for many years. We wish him well with his new role in Avon and Somerset Police and thank him for all the efforts he made on behalf of the charity. We are delighted that Chief Inspector Mark Runacres has since joined, which will retain the connection with Avon and Somerset Police after their long-standing support of the Southmead Project.

Over the next year, the Board of trustees will focus on diversifying its membership so that it can better serve the charity's therapeutic work and its clients, as well as enhance its collective skillset.

COVID-19

In March 2020 we closed our office as a result of the COVID-19 pandemic. We transitioned our services to remote working and have provided counselling online and by phone since April 2020. In September 2020 we returned to the office for a limited number of face-to-face sessions with clients who paused counselling in March and who couldn't be supported remotely. We offer over 70 clients counselling sessions each week and will continue with a combination of remote and face-to-face counselling, subject to changes in the government guidelines.

Please see the 'news' page of our website for further updates: www.southmeadproject.org.uk/news



Read the full report at www.southmeadproject.org.uk



Who are we?

“I’m proud that I’ve turned my life around. I am more in control.”

The Southmead Project is a registered charity that provides free specialist counselling and support for survivors of abuse and addiction across Bristol and its surrounding areas. We support survivors who have experienced any form of abuse, including sexual, physical and emotional abuse, domestic violence and neglect. Some survivors may have developed an addiction to drugs or alcohol as a way of coping with their trauma and can be supported by our unique Nexus counselling service.

We support survivors of all genders aged 16 years and above. Our small team of counsellors are committed to providing a safe and confidential space to enable recovery from past experiences of abuse, whether recent or non-recent.

Southmead Project staff, volunteers and trustees - Christmas 2019



What support do we offer?

“I don't feel lost anymore; I'm finding my way.”

Long-term counselling

We believe in giving survivors a meaningful chance of recovery from past abuse and so we increased the amount of counselling sessions that we offer to up to a year in January 2020. We work to a three-stage trauma recovery model, starting with safety and stabilisation before moving onto trauma processing and integration, where appropriate. The focus and pace of the counselling will be individual and dependent on each client's needs.

Community-based projects

Our Active Recovery Project offers community-based activities every fortnight for clients of the Southmead Project and Kinergy. The aim is to give survivors the opportunity to build their self-esteem, confidence and peer support networks, and help reduce feelings of loneliness and isolation.

Nexus counselling

We provide unique counselling for survivors of abuse who currently have an addiction to drugs or alcohol. The focus is on becoming more stable and reducing drug or alcohol intake, whilst providing practical strategies to deal with anxiety, depression and flashbacks and better understand post-traumatic stress disorder symptoms. We hold sessions at the Southmead Project and outreach locations, such as One25, BDP, DHI and Wick House.

Group work

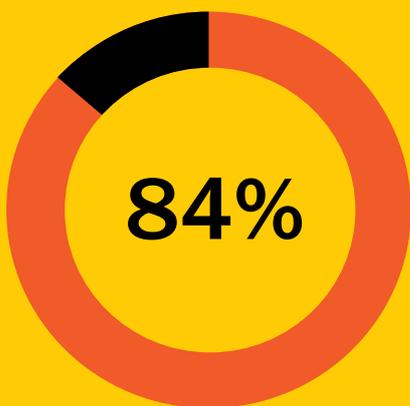
We offer pre-counselling and post-counselling groups to support our clients both on our waiting list and after they have finished counselling.

Our Family Support Group runs every week of the year for those who support someone with drug or alcohol addiction or for anyone who is affected by someone else's addiction.

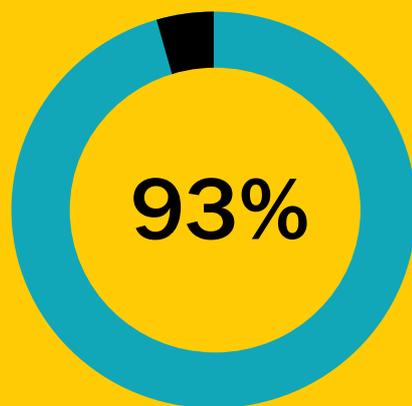


Client impact

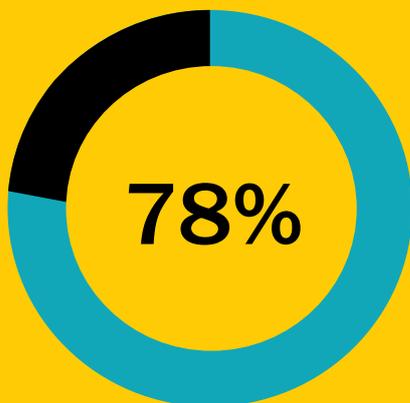
In 2019-20, our clients reported that as a result of counselling...



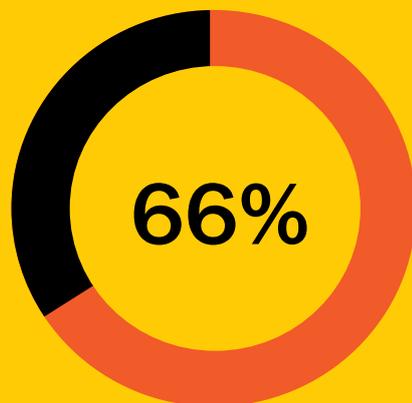
Felt better able to cope with aspects of everyday life



Felt better informed about the effects of trauma and abuse



Had improved coping mechanisms to respond effectively to their emotional needs



Saw a reduction in their trauma symptoms

Our clients

“I have achieved more than I had expected in the given time and more than I ever wished for. “

The main reason that brought clients to counselling:

| | |
|-------------------|-----|
| Sexual abuse | 37% |
| Emotional abuse | 25% |
| Physical abuse | 19% |
| Domestic violence | 11% |
| Neglect | 8% |

Location of our clients

| | |
|-----------------------|-----|
| Wider Bristol | 86% |
| Southmead | 9% |
| South Gloucestershire | 3% |
| BANES | 1% |
| North Somerset | 1% |

Gender

| | |
|--------|-----|
| Female | 68% |
| Male | 32% |

In 2019-20 we supported:

161

Clients with specialist counselling

1,838

Counselling sessions were offered

14

Clients in two pre-counselling groups

20

Family members in 39 Family Support Group sessions



Southmead Project Accounts 2019-20

Income

| | |
|---------------------|----------------|
| Donations | 24,414 |
| Grants | 266,324 |
| Sale of services | 16,832 |
| Total income | 307,570 |

Expenditure

| | |
|--------------------------|----------------|
| Staff costs | 188,508 |
| Overheads | 67,357 |
| Total expenditure | 255,865 |

Surplus /deficit **51,705**

Funds brought forward **73,826**

Consisting of:

| | |
|--------------------|--------|
| Unrestricted funds | 16,924 |
| Restricted funds | 56,902 |

Funds carried forward **125,531**

A copy of our full audited accounts is available on request

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**A heartfelt thank you to all our supporters
who help make our work possible.**

To read more about them and what they do, please visit southmeadproject.org.uk/supporters