

# Southmead Project 2017

**“At this time in my life and that of Southmead Project, I am pleased to say that not only have we both survived but also, in many ways, we have thrived”**

Dr Mike Peirce MBE FRSA



## CEO's report

When I look back over the 24 years since I first responded to my good friend Jonner Dunn's call for help in setting up a service to tackle huge drug- and abuse-related problems in Southmead, I am quietly content that the charity is not only keeping its head above water, but continues to respond to challenge in typical fashion and remains at the forefront of addressing trauma-related problems.

We are all aware of the swathing cuts in funding that have compounded an already difficult task and with the upsurge in demand across the whole spectrum of our services, without question 2016-17 has been the toughest I have faced since our inception. Despite this, the quality of face-to-face work with beneficiaries has been sustained, which is a credit to the Southmead Project staff.

As you may know, my focus will now move to the strategic development of the charity and I intend to utilise the knowledge and experience gained over my lifetime here at conferences and seminars in order to bolster the argument for funding.

It really is very special to know that I have been a part of something that has been of help and solace to those who have come through our doors seeking help with their plight.



Dr Mike Peirce MBE FRSA

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Registered charity number (1076617). The statistics throughout this report refer only to those clients seen for one-to-one counselling and do not include groups.



## Trustees' report

Financial matters have been at the forefront of the Trustees' efforts this year. Careful management of our finances has been very important and, with the excellent help of Peter Wraith, we have managed to get through the year better than expected.

To consolidate and maintain our position and aid our future progress, we introduced a Leadership Team. Our Head of Therapy, Celena, has taken on a management role and is joined by Peter, who together will have greater liaison with the Trustees.

From an awareness raising perspective, the Paddle to Parliament will hopefully encourage members of parliament to work together to identify appropriate levels of funding for our client group. The Wall of Silence exhibition

has also been exceptionally successful and will continue to tour around the country.

The regular Friends of Southmead Project corporate lunches have also been successful in attracting financial support and much-needed in-kind support.

We are looking to expand the Trustee Board in order to widen the skillset available to the Leadership Team and support the additional pioneering services we will be developing in the future.

I would like to thank my co-Trustees for their efforts and Mike and the staff for their hard work and expertise which keeps Southmead Project at the forefront of trauma-informed facilities in this region.

**Simon Craker**  
Chairman of Trustees

### We raised...

Henbury Golf Day	£4,700
Bristol 10K	£500
Paddle to Parliament	£1,326

Read the full report at [southmeadproject.org.uk](http://southmeadproject.org.uk)

## Southmead Project Counselling Service

I am proud and pleased to have been a part of Southmead Project for the last 12 years and continue to both bring and receive knowledge within a committed and focused atmosphere. The creativity within the team is greatly valued.

We have 10 staff on our counselling team, both paid and voluntary. There is a wide breadth of knowledge and experience within this structure, which I feel gives a great deal of depth to the therapeutic work provided at Southmead Project.

Theoretical knowledge within our team includes sensorimotor psychotherapy, art therapy, body psychotherapy, narrative therapy and drama therapy, all integrated into a humanistic baseline. In real terms, this means we see

people as human beings first, with the knowledge that there are myriad world views from which life is understood: one size does not fit all. Clients tell us about what has been working for them, such as being able to see different perspectives on life and who they are as people.

As always, a great deal of trust is afforded to us as counsellors working in this field and I feel privileged to experience some amazing outcomes in clients' lives.

Being able to offer our therapeutic services to young people and more across cultures and ethnicities is a dream I have.

**Celena Lewis**  
Senior Counsellor, Southmead Project Counselling Service

### One to one counselling statistics 2016/17

Total clients seen	107
Number of females	74
Number of males	33
Age range	18 to 67 years
Disabled	29

It is noticeable that there has been an overall drop in counselling statistics. This is entirely due to the ever-growing complex nature of issues being experienced by people accessing the counselling service.

Read the full report at [southmeadproject.org.uk](http://southmeadproject.org.uk)

## Cost analysis

Worldwide, the cost of child abuse and subsequent trauma has been estimated to be in the billions of pounds. In the UK, a recent study estimated a cost of £3.2bn in terms of health and social care costs, criminal justice system costs and loss in productivity. The cost in human, emotional terms, however, cannot be estimated.

These estimated costs echo similar costs deduced from other countries such as the USA and Australia, while also echoing the staggering costs implicated by Professor Sylvia Walby and her innovative work in the economic costs of domestic violence and abuse (DVA).

Walby's work demonstrates how analysing and articulating such costs can be used to

influence policy-making decisions and impact directly on what services are made available. This work has now formed the basis of recent NICE guidelines and the recommendation of services available to victims of DVA.

In line with the charity's policy of swimming upstream and challenging the status quo where abuse is concerned, we intend to gather the necessary information and present findings in due course at a proposed conference: The Economics of Child Abuse and Neglect 2018.

**Melissa L. J. Rees (MSc)**  
Volunteer Researcher - Economics of Child abuse in Adult Survivors

### We know...

1 in 20 children in the UK have experienced sexual abuse

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

1 in 3 children who were sexually abused did not tell anyone at the time

58,000 children in the UK are at risk of abuse right now

Police handle a call directly related to child sexual abuse every 10 minutes

Read the full report at [southmeadproject.org.uk](http://southmeadproject.org.uk)

# NEXUS programme

The charity's NEXUS programme sees us working alongside and complementing other organisations within the city who engage with hard-to-reach people who have a history of child abuse, trauma and correlated substance misuse.

The NEXUS worker links with others to identify and contact clients who are finding it hard to achieve recovery due to their traumatic past experience. The service provides a vital link between trauma and substance misuse based services.

Up to 12 sessions of full support are provided and clients are helped to build an understanding of trauma, the possible reasons for such and, crucially, to manage symptoms that are a direct result of that trauma.

This takes place alongside addressing problematic substance use. When this has been achieved, and where appropriate, clients are then signposted onto longer term counselling at Southmead Project where they can fully address any underlying trauma.

**Angela Briggs**

## The NEXUS programme supports clients to:

- Express their feelings and needs and to encourage building self-confidence and assertiveness
- Address stress, overwhelming emotions and related PTSD
- Learn self-nurturing and self-care skills
- Address any 'unsafe' boundaries and build a solid therapeutic relationship
- Understand trauma and trauma symptoms through psychological education
- Build more structure in their life through engagement with volunteer work, other recovery services and employment enhancement programmes

# Family Support Group Programme

As we head towards the 10th year of running the Family Support Group Programme, I can still say how grateful I am to be the facilitator of something very rare and so special.

To be faced with the awful, most painful reality that somebody you love so much is destroying themselves and the lives of others through their misuse of substances is truly heartbreaking. This is when the Family Support Group comes into its own.

Group members talk about the good and not so good things that have been happening in their lives from week to week. It is through the identification and acknowledgement of their plight, total honesty and the fact that each member can wholly understand what the other is going

through that we see significant positive change come about: group members start to live their lives again without feeling guilty or ashamed.

Members also say that the group has been a lifeline for them and they feel very little would have changed in their circumstances if they hadn't had gained the knowledge, courage and strength to fully acknowledge and address the issues that they are faced with every day.

Their own constantly improving physical and mental wellbeing along with increased self-esteem and higher levels of confidence equip them to do so, and the benefits are felt accordingly.

**Emma Summerhill**

## Our group in a nutshell

Organic, flexible structure

No mandatory topics of conversation

Group members gain knowledge, courage and strength

Family issues acknowledged and addressed

Members begin to live their lives free from guilt or shame

 **Read the full report at** [southmeadproject.org.uk](http://southmeadproject.org.uk)

# Caring Dads: Safer Children

Southmead Project worked in partnership with the NSPCC and Next Link to deliver the Caring Fathers: Safer Children programme. This 17-week group programme ran from September 2015 until February 2016.

Aims of the group were to:

- Increase men's awareness and responsibility for abusive behaviour within the family and its impact on women and children in order to reduce the negative consequences of their actions
- Increase men's awareness of child centred, non-abusive fathering through the recognition of children's needs and key developmental stages

have 12 children who will now have a very different experience of being parented as a result of the work the men did in the group. All men have current or ex-partners and relationships have improved with them all. Relationships with the wider family also improved.

As facilitators of the programme, we witnessed first hand the changes in the men over the weeks. Through providing a safe, supportive and non-judgemental environment, positive changes in confidence and self-esteem were evident.

**Lisa Armstrong**

## Achievements this year

3 of the dads referred themselves for one-to-one abuse counselling

1 of the dads secured paid employment for the first time

2 of the dads had their children removed from the child protection register

1 of the dads secured employment for another group member

Several of the children displayed improved behaviour at school

 **Read the full report at** [southmeadproject.org.uk](http://southmeadproject.org.uk)

# Friends of Southmead Project

While some progress has been made by Friends of Southmead Project (FOSP) in generating both in-kind and financial income from the corporate sector, this has not yet really reflected in total donations.

My experience tells me that getting people to part with money in the light of austerity measures and fierce competition is a process which requires a great deal of time effort. It is here I suggest our current structure needs review and we will be carrying this out at year end.

The regular monthly lunches we hold are a useful tool in first meeting members of the business community and establishing dialogue aimed at potential sponsorship. We are going to look at ways in which we can encourage

an increase in attendance in the pending review.

Without question, this last year has been very successful with the corporate golf days and our excellent connection with Filton Golf Club contributing considerably to revenue. We have also made good connections with Bristol Sport Foundation, Bristol Rugby and Veale Wasbrough Vizards.

These and other positive signs indicate that the FOSP concept adopted a little over a year ago is well worth investing more time in. Finally, I am so pleased to report that Southmead Project will be the Filton Golf Club Captains' chosen charity next year – a hugely positive start to the year.

**Terry Peirce**


## Key objectives

Review current FOSP structure

Increase attendance at monthly lunches with business community

Continue our work with Filton Golf Club and host more corporate golf days

Foster connections with Bristol Sport Foundation, Bristol Rugby and Veale Wasbrough Vizards

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# Wall of Silence

"So sad, so unfair, but out of all the darkness, having a ray of hope that allows people to speak out and most of all be able to experience this beautiful but heartfelt exhibition."

The above sentiment is one of hundreds we have received from visitors to the Wall of Silence exhibition, which launch at Colston Hall in 2015.

The exhibition, produced by Southmead Project, has been shown at venues across the UK and helps highlight the impact of child abuse and celebrate the determination of those affected in reclaiming their lives.

Following the success of the original Wall of Silence, Southmead Project curated The Secret, Hidden World. This challenging and inspirational collection of artwork, sculpture, poetry and film was created by survivors to express their feelings and speak the unspeakable.

Both exhibits offer hope to other victims and those currently being abused, telling them that they have a future, they are being heard and there is a way out.

**Dr Mike Peirce MBE FRSA**

[www.southmeadproject.org.uk/wall-of-silence](http://www.southmeadproject.org.uk/wall-of-silence)



## We've exhibited at...

**Colston Hall, Bristol**

**City Hall London**

**Avon & Somerset Police HQ, Portishead**

**University of Northampton**

**Bournemouth University**

# Accounts to 2016/17

	2015/16	2016/17
<b>Income</b>		
Donations	23,365	16,112
Charitable activities	100,320	228,608
Others	109,272	9,112
<b>Total income</b>	<b>251,247</b>	<b>253,832</b>
<b>Expenditure</b>		
Charitable activities		283,212
Raising funds		7,550
<b>Total expenditure</b>	<b>218,078</b>	<b>290,762</b>
<b>Net income/exp</b>	<b>33,169</b>	<b>36,930</b>
<b>Total funds brought forward</b>	<b>37,730</b>	<b>70,899</b>
<b>Total funds carried forward</b>	<b>70,899</b>	<b>33,969</b>