

[www.southmeadproject.org.uk](http://www.southmeadproject.org.uk)

# Southmead Project

## *Annual Report 2009/10*

*“She taught me that however much you think that somebody else is going to fix your life, is going to do something for you, it’s not actually them that does it, you do it yourself.”*

Touchstone client



**southmeadproject**

helping to rebuild lives fragmented by addiction and trauma

# The Southmead Project

2009/10 overview

## ACHIEVEMENTS

A considerable achievement in the last year has been the success of the research carried out by Professor Kim Etherington of the University of Bristol which culminated in the book; Trauma, Drug Misuse and Transforming Identities. This was sponsored by the charity using secured funds from European Union with more indirect support from Big Lottery. Acknowledgment and recognition of what the book has to offer has come from far a-field with the leading drug agency in Greece having requested the book be translated into that language and the author travelling to that country to deliver specialist training based upon the findings in the book. This clearly demonstrates our ability to find ways of influencing future drug service provision.

The charity is pleased to announce the award to its chief executive officer, Mike Peirce MBE, of an honorary Doctorate from the University of Bristol in recognition of the work that has been carried out in relation to historic abuse, trauma and addiction.

## TRAINING

The duo of training consultant Pat Johnson and chief executive officer Mike Peirce has continued to deliver high level training; Abuse, Addiction and Disclosure which has met with enormous success. Feedback from participants has been exceptional and with further courses planned for delivery later in 2010 we will build upon this excellent income generating opportunity safe in the knowledge that those who attend the training are getting exactly what they need.

*"It's dispelled the myth for me that sexual abuse can only be dealt with in a residential setting. I've always questioned this but now I have the confidence to go ahead and put my case."* Training participant

## THE FUTURE

On-going discussions with Bristol City Council have led to the possibility of mainstream funding

for the charity's work. Aiding this process will be the outcome of an evaluation of our work currently being conducted by representatives from the NHS.

Further potential for mainstream funding lay in the charity's progress in links made with organisations who deliver domestic abuse services across the city of Bristol.

Vast inroads have been made in consolidating our connection to the corporate sector and we are confident that ongoing discussions with a number of small to medium sized companies will prove to be a further source of financial and crucially in-kind support.

The trustees are confident that given the commitment of the team – paid staff and volunteers, their exceptional skills levels, a proud track record of excellence, reliability and consistency of service delivery, the next 12 months will see the Southmead Project consolidate and, with good fortune secure a more certain future.

---

*"Touchstone should realise how much it touches people's lives. She really gave me hope, you know, she changed my life; she changed my life."*





*“She taught me that however much you think that somebody else is going to fix your life, is going to do something for you, it’s not actually them that does it, you do it yourself.”*

---

## **THANKS**

The trustees would like to thank all those people who have helped over the years for their continued support. May we look forward to carry on with faith, optimism and the incredible “stickability” so often demonstrated by the service users who find their way to us.

The trustees would also like to take this opportunity to thank all staff – paid and voluntary – for their continued support, however great or small.

## **STRATEGIC DEVELOPMENT**

*Crisis or prevention?*

In many respects it could be argued that all too often care services, particularly those dealing with sexual and physical abuse and domestic violence, are more geared to crisis intervention rather than preventative measures. We suggest the merits of prevention being far better and more cost effective than cure.

As an example, we can call upon a recent event where a service user, desperate to get help and continually turned away by a list of “experts”, took drastic action culminating in a court appearance. By amazingly circuitous routes, the person eventually ended up here where, with the appropriate support, they are coming to terms with their historic abuse. The whole episode will have cost the taxpayer an unacceptable sum of money and we cannot estimate the needless suffering involved.

So, by way of strategic development, this charity will continue to remain at the forefront of delivery with prevention being the primary motive.

## **A CALL FOR ADDITIONAL TRUSTEES**

People often don’t think that they have anything to offer but what we are looking for at Southmead is diversity and people with all kinds of backgrounds are desperately needed as trustees. Skills such as finance, legal, IT, HR and general business are all useful but we also need young people with lots of common sense who perhaps haven’t yet acquired these skills.

As a trustee you can have a real influence on the success of the charity and at the same time develop a wide range of useful skills.

If you are passionate about making a difference and have the ability to operate in a multicultural environment, we need you. We ask you to:

- attend meetings and approve monthly minutes;
- answer emails and phone calls in between meetings;
- raise awareness and network in the community;
- participate in events.

## **THE VALUE OF VOLUNTEERS**

Southmead Project is about reclaiming lives affected by abuse and addiction and we want to be able to support children and families who are affected by domestic abuse and drug and alcohol related issues.

We need volunteers with skills and enthusiasm to help us to start a fund raising group so that we can continue this vital work in our community.

We ask that you promote a good neighbour spirit that cares for our community and in return we can offer you a chance to meet new people and make new friends, a sense of camaraderie, learning new skills and having some fun. Some people who volunteer have this to say:

*“It enriches my life so much – I get satisfaction and purpose in life – it’s a two way contribution.”*

*“I struggle to put into words how is it has enriched my life.”*

*“Volunteering provides me with some amazing experiences and encounters with new people and situations.”*

The Southmead Project is now known in Australasia, Canada, Greece and the USA in addition to the UK through considerable sales of the book it sponsored, *“Trauma, Drug Misuse and Transforming Identities.”*



*“I just feel like she gave me back my life, guided me into having a life, because I do.”*

---

We want to set up a new fundraising group which will involve you in:

- planning your calendar of events;
- making a difference in you local community;
- organising and promoting events with other members;
- attending group meetings;
- building community networks and talking enthusiastically about our work;
- inspiring others to get involved.

If you are passionate about making a difference and being involved in this vital work please come and join us.

### **OPERATIONS**

Southmead Project delivers in four key areas:

- specialist abuse counselling for adult survivors of child abuse who have turned to drugs, alcohol or other ways of self-harming in order to suppress the emotions that follow such trauma (domestic abuse figures highly within this);
- support for parents and carers of those dependant upon drugs, alcohol or other ways of self-harming;

- design and delivery of training in dealing with abuse, addiction and disclosure;
- emaining at the forefront of evaluation and research into the impact of abuse on the individual, the family and the wider community.

### **TOUCHSTONE**

Our Touchstone sevice is a free professional counselling service run by Southmead Project offering confidential counselling to clients over the age of 16 who have a history of drug/ alcohol misuse and wish to deal with past experiences of emotional, physical or sexual abuse. Both long and short term counselling is offered based on individual client needs.

The Touchstone team consists of 3 paid counsellors and 3 volunteers and clients are seen either at Southmead Project’s premises or at one of the charity’s outposts which include Baddocks Wood School, Greenway GP Practice and Bristol Drugs Project.

Five clients attended the Moving On group over a 12-week period and four completed the programme. Subjects covered included assertiveness, relationships and basic life skills. Four clients completed the group work and there are ongoing conversations about creating a self-help group.

Client feedback suggests that until they accessed this service, it was difficult to find longer term psychological therapy because their problems were not deemed severe enough to access mental health services but still too complex to be addressed/dealt within six sessions of counselling/therapy.

Touchstone counsellors have skills to work with those who present with issues such as self-harm, trauma and addiction and clients have appreciated the person-centred approach to their presenting issues, the levels of communication and the warm environment offered by this charity.

# The Southmead Project

2009/10 overview

## Parent & Carer Family Support Group

Words: *Tony Smeeton*

The Group, which is specifically for those in families who are affected by another's addiction to drugs or alcohol, (whether they are a son or daughter, parent, grandparent or sibling), is going from strength to strength. We hold weekly meetings on Thursday evenings, facilitated by Emma Summerill, where we exchange experiences with others with similar problems, in a safe and confidential setting, always learning more about the process of addiction and the behaviour which surrounds it. We thereby gradually come to accept that we need to look after ourselves and get our own lives back, as so often all our attention is directed only towards our addicted loved one as we desperately try to stop them from destroying themselves. We learn that only they can do this and that some of our well-meaning support may be enabling them to continue in their addiction.



So each of us gradually in our own way and on our own time can make changes which may help our loved ones to seek help for themselves. We are all of us truly grateful to all those who have donated money to The Project for use in the Family Group and we ourselves are raising money by way of a recent sponsored buggy walk and other fund-raising events. We are determined to keep our group going!

---

## Why join the Southmead Project?

Trustee *Dawn O'Neil* tells us her reasons.

### **What helped you decide to join the charity?**

I wanted to support an organisation who could make a positive contribution to individuals and the community and who understands what the local needs are.

### **What is your particular background/experience?**

Child protection and safeguarding.

### **What's in it for you as a trustee?**

Being around supportive and passionate

people, believing in what they do. It is uplifting.

### **What do you like best about the SP?**

The important role they have to play in making a difference in people's lives.

### **What do you least like?**

That the above does not get recognised by way of long-term funding.

### **Would you recommend It?**

Yes. Just a little bit of support goes a long way.

# The figures

## Financial activity

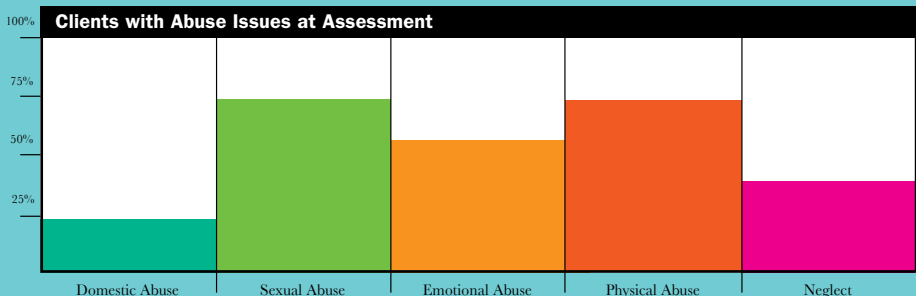
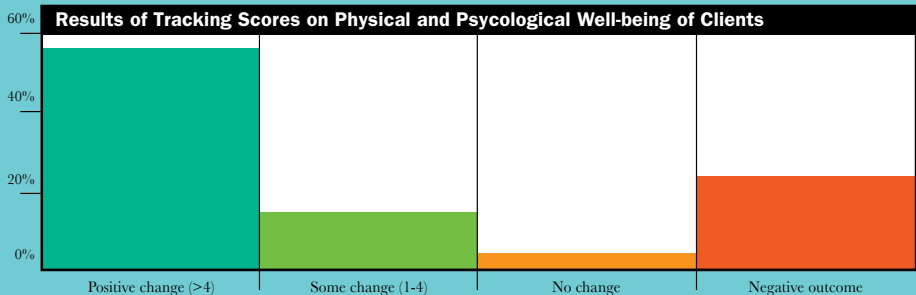
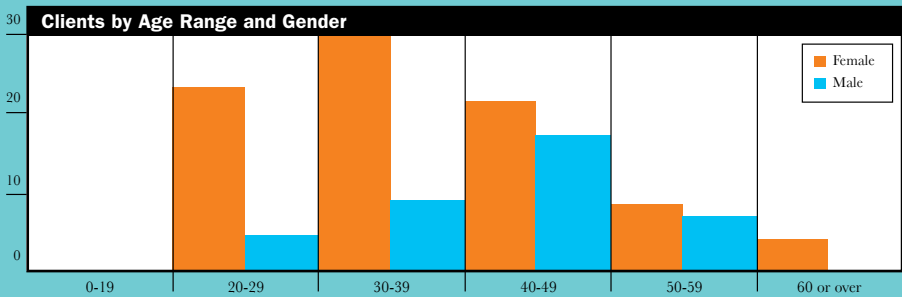
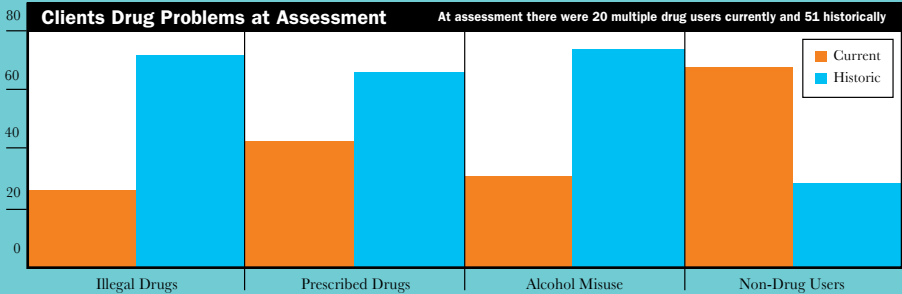
*for the year ended 31st March 2010*

	Unrestricted 2010	Restricted 2010	Total 2010	Total 2009
<b>Income</b>				
Donations and gifts	5,077	0	5,077	11,351
Investments	0	245,953	245,953	133,607
Grants	2,767	0	2,767	2,733
Trading activity	2,733	0	2,733	1,039
<b>Total income</b>	<b>7,844</b>	<b>245,953</b>	<b>253,797</b>	<b>147,691</b>
<b>Expenditure</b>				
Generating funds	4,072	41,404	45,476	45,616
Charitable activities	1,759	114,842	116,601	98,233
Governance	4,532	45,456	49,988	49,942
<b>Total expenditure</b>	<b>10,364</b>	<b>201,701</b>	<b>212,065</b>	<b>193,791</b>
<b>Net income/exp</b>	<b>(2,520)</b>	<b>44,252</b>	<b>41,732</b>	<b>(46,100)</b>
Total funds brought forward			93,909	140,009
<b>Total funds carried forward</b>			<b>135,641</b>	<b>93,909</b>

The charity's major supporters for the period were the Big Lottery Fund, Lloyds TSB foundation, the AB charitable trust and the Clothworkers Foundation. Additional contributions came from the Spielman trust, Ashworth charitable trust, Bramble charitable trust, JM Britton, Beatrice Laing and the Pye charitable trust and over £5,000 was received in other smaller donations.

# The charts

Total Touchstone clients seen: 121, 85 females and 36 males. There were 28 Referral Sources in addition to self referral. Of these 6 were from the statutory sector and accounted for 35 of the 121 clients. The attendance rate for booked sessions was 80%. In addition, the charity sees hundreds of people through its other support and training services.



## The Southmead Project

Our mission is to tackle recurring problematic drug/alcohol misuse and other ways of self harming by addressing correlated causal factors such as historic trauma

### The Southmead Project

165 Greystoke Avenue, Southmead, Bristol, BS10 6AS

Tel: 0117 9506022

Email: [southmead\\_project@yahoo.co.uk](mailto:southmead_project@yahoo.co.uk)

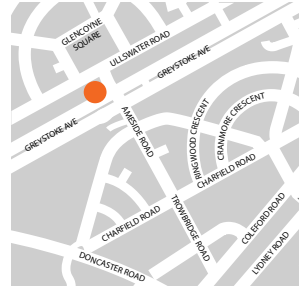
### Touchstone specialist abuse counselling service

Tel: 0117 9594809

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**



Supported by  
**The National Lottery**<sup>®</sup>  
through the Big Lottery Fund

