

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 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.

— *“Counselling has enabled me to get my life back, to finally be able to look to the future with optimism and hope instead of fear and dread”* **Service user**



Approximately
50,500
children in the
UK are known
to be at risk
of abuse right
now

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**



More than
90%
of children who
experienced sexual
abuse 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.

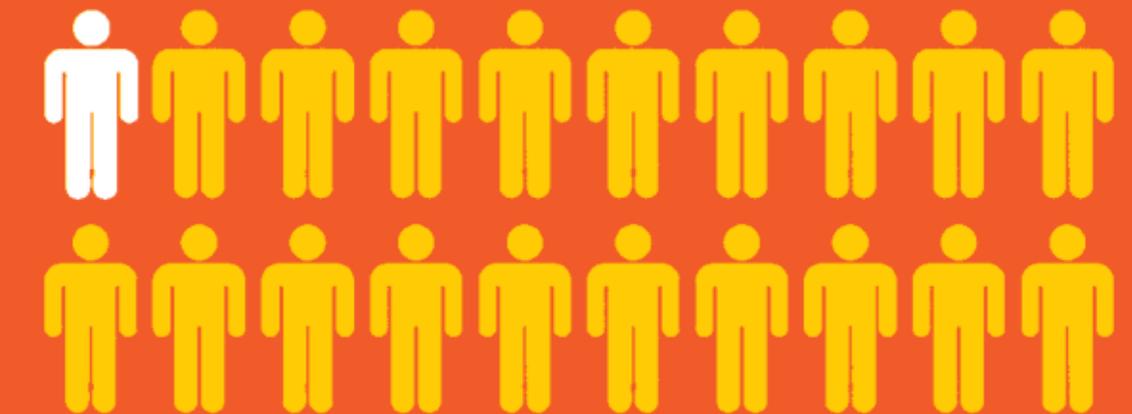
Research *Trauma, Drug Misuse and Transforming Identities* by Professor Kim Etherington looks at the lives of drug misusers in their own words. It was produced by Southmead Project with funding from European Social Funding and Big Lottery.

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/cycle-of-harm



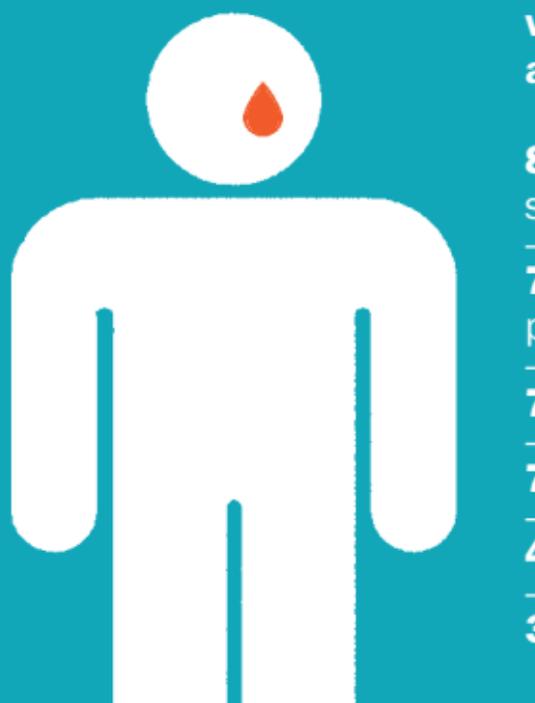


One in 20 children have experienced sexual abuse

Specialist abuse counselling

The abuse counselling service is available to those aged 16 years and over and offers a safe space and environment where professional counsellors will listen and explore ways of helping people to reclaim lives affected by trauma and abuse. Following initial assessment, counselling is offered based on need and is a very effective way of aiding recovery from trauma brought on by child abuse. People can access the charity at its headquarters as well as at local GP surgeries and other agencies across the city of Bristol.

*“The little things really matter in this work – you can’t cut corners as people who share stories of their lives with us will pick up on this. All staff have relevant skills, knowledge and experience and use these skills together with great care and compassion” **Celena** (senior counsellor)*



In the past year, people who came for counselling at Southmead Project...

85% said they have suffered emotional abuse

77% experienced physical abuse

70% endured domestic abuse

77% suffered sexual abuse

40% experienced neglect

3% were perpetrators

Training

The charity runs regular training programmes across the UK to help individuals enhance existing skills and working relationships. *Abuse, Addiction and Disclosure – Contributing to Recovery* is a programme designed to help participants understand the consequences of childhood trauma and the link between abuse and self-harming, and to increase confidence to hear disclosures. The training includes teaching some simple techniques to help clients ‘anchor trauma’ and stay safe while reducing their dependency on drugs and or alcohol.

*“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

The charity is open
Tuesday to Friday
every week

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www.southmeadproject.org.uk

Specialist abuse counselling service
Tel: 0117 9594809

Who, what, why and when?

Southmead Project