

Welcome to the pocket guide to The Southmead Project

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

Consolidation

● In line with its previously determined strategic development plan, the charity has now re-focused on specifics utilising its considerable skills in working with adult survivors of childhood abuse who have turned to drugs, alcohol and/or other ways of self-harming in order to suppress the emotional impact of the trauma that occurs. The charity also continues to work with parents and carers of clients in this category. We have also capitalised on our considerable all-round experience and began generating income by delivering training programmes for generic drug workers in dealing with the disclosure of abuse. This is run in conjunction with the Bristol Training Exchange. New paid staff have been recruited and our volunteer team has been bolstered by the additions of Fiona, Claire and Debbie. In 2007 we were also joined by Marina, Lee (co-optee) and Dawn who have joined us as trustees. A warm welcome to all.



Risks

- Lack of long term core finance.
- The CEO remains the pivotal figure and the charity needs to build upon the management structure suited to support the CEO in meeting the challenges that lay ahead.

Key Objectives

- Increase the managerial capacity of the charity with a view to succession planning.
- Increase revenue streams.
- Consolidate and build upon the moves made by the charity to bolster its infrastructure enabling delegation of much of the operational work carried out by the CEO.
- Continue to consolidate and build upon our collaborative work with others.
- Secure funding for the project Jigsaw initiative.

Future

● The charity is making headway for the future in many ways by addressing the financial needs of all its operations. It recognises that, if it is to prosper in the new era, it needs to raise more funds to provide a much wider range of drugs and alcohol related services which is surely needed within the community and the wider area of Bristol. By focusing on and promoting its areas of strength the charity can continue to bolster fundraising prospects. With a 75% beneficiary case-load base made up of those who have experienced domestic abuse, our work in future will reflect this through the emerging Jigsaw project.

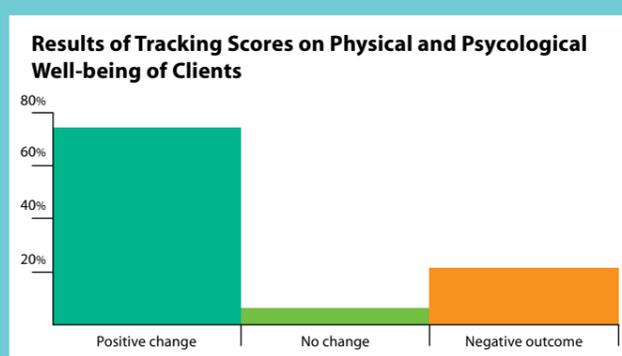
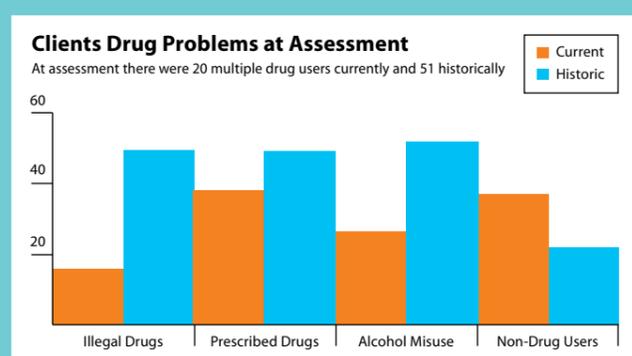
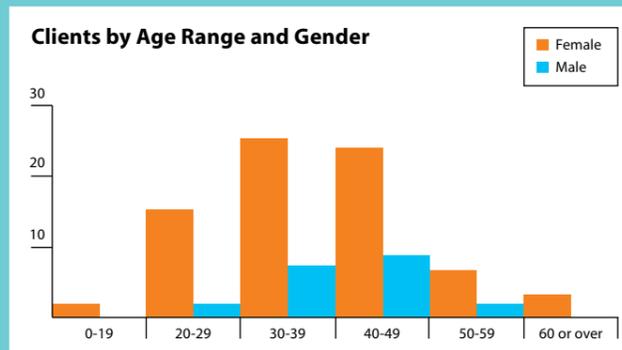
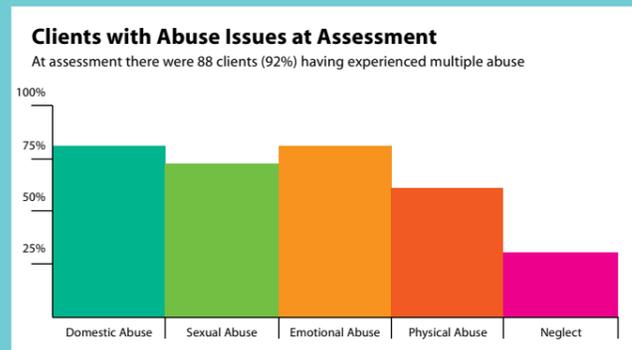
Financial activity for the year ended 31st March 2009

	Unrestricted 2009	Restricted 2009	Total 2009	Total 2008
Income				
Donations and gifts	11,351	0	11,351	11,540
Investments	0	0	0	3,165
Grants	0	133,607	133,607	206,737
Trading activity	2,733	0	2,733	1,039
Total income	14,084	133,607	147,691	222,481
Expenditure				
Generating funds	4,196	41,420	45,616	45,129
Charitable activities	2,221	96,012	98,233	167,450
Governance	4,611	45,331	49,942	51,895
Total expenditure	11,028	182,763	193,791	264,474
Net income/exp	3,056	-49,156	-46,100	-41,993
Total funds brought forward			140,009	182,002
Total funds carried forward			93,909	140,009

The charity's major supporter for the period was the Big Lottery Fund. Additional contributions came from the AB Charitable Trust, the Lark Trust, Bennetts and the Pye Trust and over £2,000 was received in numerous other smaller donations. There was a significant deficit recorded for the period which reflects the current funding climate. The shortfall in income was made up through the charity's reserves.

Statistics 2008-2009

Total clients seen: 96, 76 female and 20 male. There were 21 referral sources in addition to self referral. Of these sources, 7 were from the statutory sector and accounted for 40 of the 96 clients. The attendance rate for booked sessions was 81%.



2008-2009 review

Overview

● We are proud of our continuing involvement with the Southmead Domestic Abuse Forum and the North Bristol Domestic Abuse Forum both of which are chaired by Mike Peirce MBE – the current CEO of this charity. In collaboration with key members of the forums, particularly; Barnardos, Working in Southmead for Health and Better Together Project, evidence has been produced to support funding bids. Project Jigsaw aptly describes the myriad services that provide in one way or another support for victims of domestic abuse and it will help build cohesion, consistency, quality and continuity which is sorely needed in work of this nature.

In this report you will find details of all that has occurred in the last year, our hopes and aspirations for the coming years and our strategic viewpoint for the future operations of the charity based upon the experience gained over the last fifteen years working on the frontline in North Bristol.

Our specialism, delivery capability, innovation, track record and pioneering spirit is second to none; a proud boast of course but one with good reason.

Strategic Development

● In many respects strategic development, focus and direction for the charity are often directed by the needs of the client. With 75% of case loads here being domestic abuse related we long ago put in place the foundations for concentrating our efforts in this area. Project Jigsaw – the culmination of this activity – encapsulates so much of what we have learned about domestic abuse over the years. Basically, we will work with other organisations to reduce the appalling rates of domestic abuse that undermine the very fabric of this community. We are now in the process of developing funding bids based upon our findings and previous research.

Again, we have had enormous support from the chief strategist at AXA Sunlife and are indebted to Andy Davies, Celia Arbery and all at AXA Sunlife for their unstinting support.



Parent & Carer Work

● The parent and carer service offered by the charity is another enormously strong element of our work which has been consolidated over the last year and is proving to be another essential piece of the jigsaw that is Southmead Project. With excellent group facilitation conducted by Emma Summerill and ably assisted by Sue and Tony Smeeton, this area of our work, enables participants to break free from the shackles of their loved ones' addiction thereby regaining their own lives so that they can deliver the tough love that is required in these circumstances rather than buying into the allure of co-dependency.

Training

● Comments coming back from participants in the charity's training programmes are exceptional, truly motivating and certainly inspiring. Titled *Abuse, Addiction and Disclosure*, the programme enhances the workers' capacity to deal with clients' disclosure of historic abuse. Pat Johnson and Mike Peirce have designed and are delivering these programmes which are marketed through the Bristol Training Exchange.

Research

● The book *Trauma, Drug misuse and Transforming Identities* (Professor Kim Etherington, 2007) which was sponsored by this charity has attracted worldwide attention perhaps best illustrated by the leading drug agency in Greece asking if it might be translated into that language. Furthermore, the author has agreed to visit the country to train staff. This quite remarkable occurrence would not of course been made possible but for the vision, foresight and sheer doggedness of staff at this charity who prefer to be movers and shakers, tackling the root of societal ills as opposed to simply trying to put a lid on things.

Achievements

● As well as the above case study this year there has been two major achievements of which we are enormously proud. The first is the success world-wide of the book; *Trauma, Drug Misuse and Transforming Identities* (Etherington 2007) which was sponsored by this charity.

The second has been the invitation extended to Mike Peirce MBE – charity Chief Executive Officer from the University of Bristol which has offered him an Honorary Doctorate.

Specialist abuse counselling provision to adult survivors of child abuse who have turned to drugs, alcohol and/or other ways of self-harming in order to suppress the emotions that follow such trauma (domestic abuse figures highly within this) ... Provision of support to parents, carers and concerned others of those dependent upon drugs, alcohol evaluation and, crucially, research into the impact of abuse on the individual, the family and the wider community.

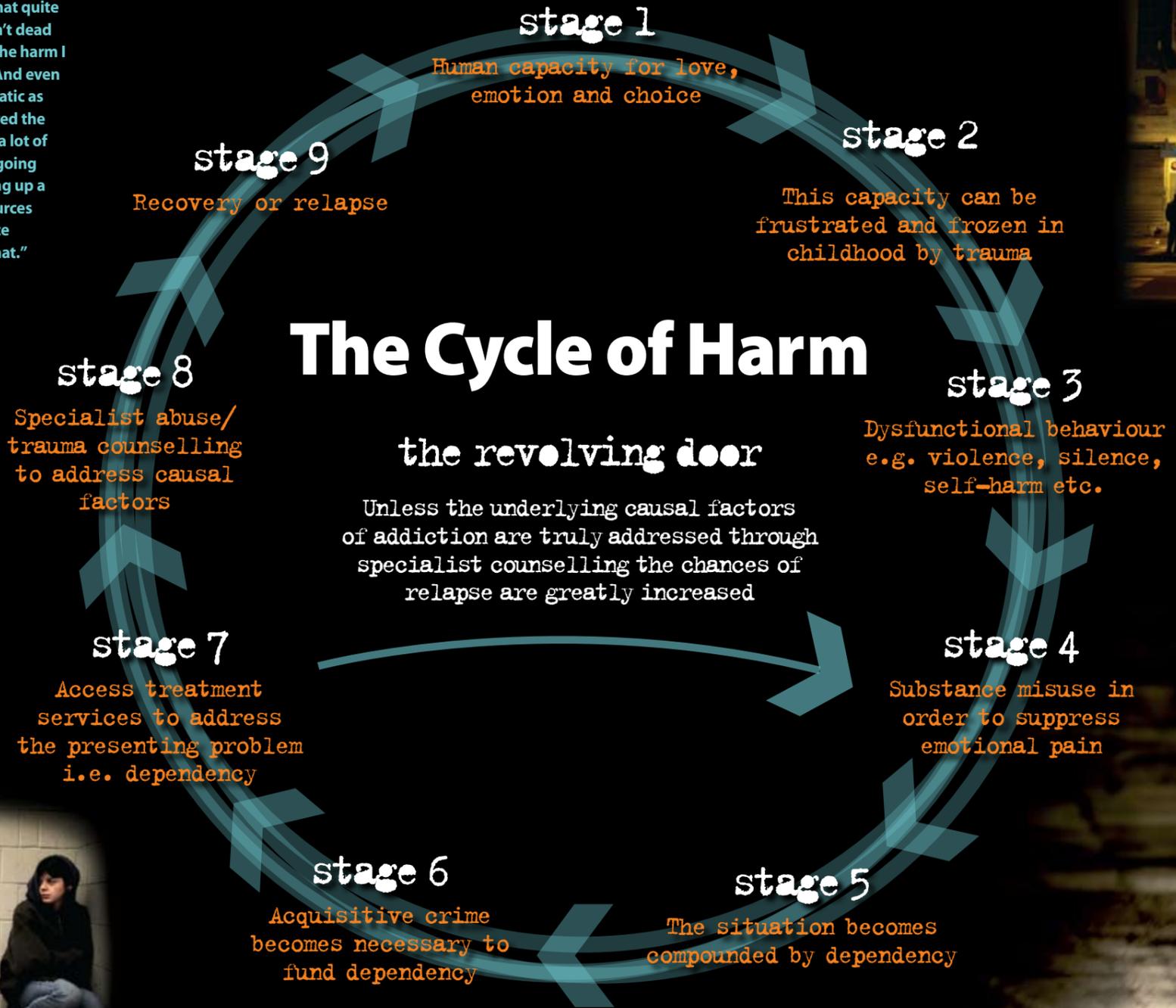
The Southmead Project delivers in four key areas...

Welcome to Southmead Project's pocket guide to its services and annual report for 2008/9.



Trudi

"I do know if I hadn't been going to Touchstone... that quite possibly by now if I wasn't dead I'd be dying because of the harm I was doing to my body. And even if it hadn't been as dramatic as that, Touchstone has saved the National Health Service a lot of money because I'm not going to the hospital and taking up a bed, and taking up ambulance spaces and things like that."



Carla's story*

Carla had a history of both alcohol and illegal drug use. Before arriving for counselling at Touchstone, she had been successfully accessing services to help with her addictions. Carla was sexually abused as a child by a family member from the ages of 3 – 13 years old.

On commencing counselling Carla stated - 'at the moment I am not liking life at all. The world for her was a very unsafe place and fear of leaving the house in case something bad should happen was very real.

Carla stayed for 1 year, and during this time, slowly

but surely, her fears were addressed. Carla became a much stronger person and learned to release her 'stored up' feelings. She was keen to draw and paint and we were able during some of the sessions to look at her artwork. This was an important part of her healing and aided her in 'the telling of her story', sometimes too painful for words.

Carla had great courage and showed absolute determination to find a way through and change her life, which she has done.

*NOT HER REAL NAME

The voice of the beneficiary and of course the provision of a medium for that voice to be heard lies at the heart of what this charity does. This report, in line with the charity's philosophy contains numerous quotes from beneficiaries which, in their own powerful way, sum up all that is best about the Southmead Project. Long ago, the value of providing a **solid evidence** base was not lost here and our **sincere thanks** must go to those who have set about to help others by allowing us to sprinkle this report with their contributions. With **domestic abuse** incidents constituting over 75% of our beneficiary work, it was not rocket science – to us at least – that addressing the very roots of this issue be paramount to the **future aims** and objectives of the **Southmead Project**.