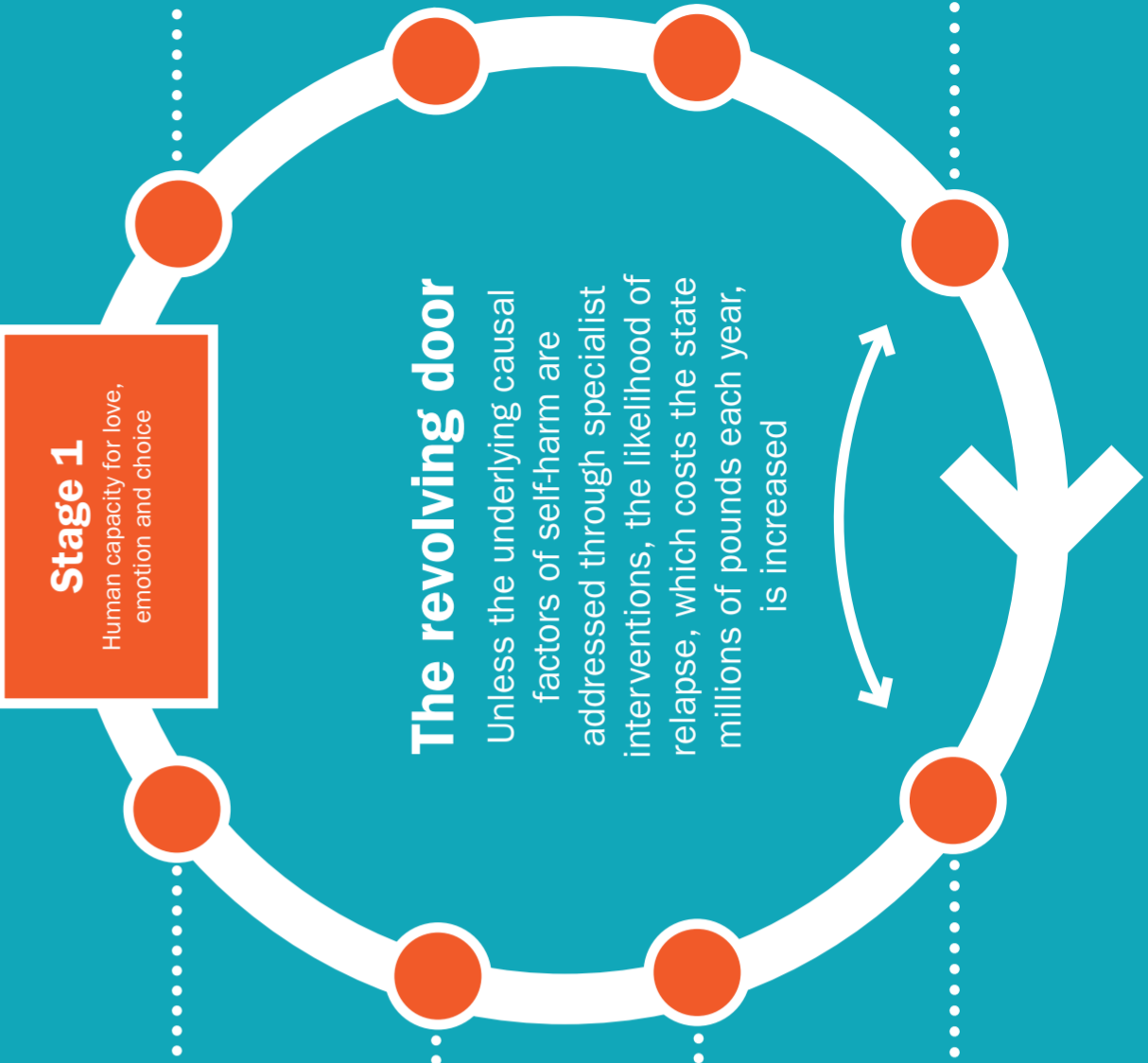


Dependent
The situation becomes compounded by excess

Stage 4
Self-harming in order to suppress emotional pain

Stage 3
Dysfunctional behaviour begins – for example, violence, silence or self-harm

Stage 2
This capacity can be frustrated and frozen in childhood by trauma



Stage 1
Human capacity for love, emotion and choice

Stage 6
Recovery

Stage 8
Specialist abuse/trauma counselling and motivational change programmes to address causal factors

Stage 7
Access treatment services to address the presenting problem – for example, self-harming

Stage 9
The need for medical and/or criminal justice intervention becomes highly likely

Worry to enjoy

Accounts to March 2018

Income	
Donations	16,816
Grants	243,438
Sale of services	11,569
Miscellaneous	6,078
Total income	277,901
Expenditure	
Charitable activities	262,412
Raising funds	17,179
Total expenditure	279,591
Net income/outgoing	-1,690
Funds brought forward	33,969
Funds carried forward	32,279

A copy of our full audited accounts is available on request.

Southmead Project
165 Greystone Avenue, Southmead
Bristol BS10 6AS

Tel: 0117 950 6022

Email: admin@southmeadproject.com
Website: www.southmeadproject.org.uk

Specialist abuse counselling service
Tel: 0117 959 4809

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

Healing is possible. southmeadproject.org.uk

Annual review 2017-18

Southmead Project Local vision National Profile

Southmead Project Annual Report 2017-18

Foreword

Dr Mike Peirce MBE
CEO



In July 2017 the NHS published Drug Misuse and Dependence: UK Guidelines on Clinical Management. In its pages were principles for trauma-informed care, which included the need to recognise the high rates of trauma exposure in substance misusers, and recognise trauma symptoms and behaviours as the individual's best attempts to manage their experiences.

With this long-awaited declaration from the NHS, I might be forgiven for thinking that after 24 years, the race has been run. Finally, awareness and acknowledgement of the impact of child abuse and its correlation with self-harming coming from the NHS.

Southmead Project can take much credit. For the past 24 years, it has worked tirelessly encouraging such levels of acknowledgement and been pioneers in helping to bring about change. We can all hold our heads high as we continue to consolidate what has been achieved so far and look ahead to what might lay in the future.

There is still a long way to go. What is now needed is immediate action to safeguard our children. We must tackle the problem at source to break that cycle of harm that

condemns so many innocent victims to a life beset by post-traumatic stress disorder.

A cross-party parliamentary agreement for consistent budgets is needed, specific to children's support services, as well as consistent, appropriate levels of funding for fit-for-purpose, trauma-informed interventions for survivors of child abuse; after all, this is the root of the problem. We might then begin to get to grips with a problem that is currently costing the state billions.

The impact on children of neglect, emotional abuse or witnessing domestic violence remains vasty and ridiculously underrated. In whatever form it may be, abuse is abuse and we would do well to acknowledge this.

In our experience, the wheels of change can turn very slowly, and it may be a very long time before any government-based funding is distributed to community-based interventions like ours.

It is therefore imperative we continue in our efforts to raise funding for our therapeutic based work and continue to raise awareness through campaigns and exhibitions like Wall of Silence and Amazing Resilience.

News from around the project

Simon Craker Chairman of Trustees

To say the least, it has been an interesting year for a variety of reasons. We remain enormously pleased for the continued financial support given by the Big Lottery Reaching Communities fund, the Office of the Police and Crime Commissioner (OPCC) and the Loyds Banking Foundation, as well as those who choose to donate. We simply could not do what we do so successfully without such essential support, and this has meant that our financial position remains positive.

As trustees, we are acutely aware of the challenges that lay ahead from a financial and longevily perspective. While Loyds Banking Foundation has given us the green light for a further term and OPCC financial support has been confirmed, we are hoping Big Lottery funding will be renewed. This is most certainly not a given by any means. When we consider the main percentage of our service delivery capability comes from this funding source, it is imperative we are successful in securing this support.

The next year will be a challenge. In the last five months, we welcomed new Service Coordinator Inogen McCabe and Senior Counselor Helen Biggs, who joined the team to ensure stability, reduce the waiting list and provide our usual exceptional standard of service.

Mike stepped back into the CEO role supported by Pete Wraith and the trustees. Once again Pete has been an invaluable asset for which the trustees sincerely thank him. Team Southmead Project remains positive and continues to plan for the future smooth running of the charity operations.

What we do

We offer free therapeutic services and practical support to adults who were abused as children

One-to-one counselling

Group therapy

Pre-therapy prep

Post-therapy support

Anxiety management

Relaxation techniques

Coping strategies

Trauma-informed training

Support for families

Research and campaigning

and self-esteem, improved family relationships and friendships: all essential ingredients for sustained recovery from child abuse.

Prep group

The pre-counselling group is a six-week programme developed to offer interim emotional and practical support to those on our waiting list. It offers participants a choice of self-care tools, including mindfulness, communication skills, emotional grounding, managing flashbacks/ triggers, understanding trauma and managing overwhelming emotions. By learning new healthy coping mechanisms, attitudes change for the better: a huge shift for clients that have been dealing with trauma and an ingrained negative way of thinking for so many years.

Training

The correlation between child abuse and addiction is now far more widely recognised and acknowledged. Organisations that deliver related support services need to upgrade skills to be able to meet the needs of those seeking help. Southmead Project has a 24-year track record of delivering training, generating income from the programmes it provides across England and Wales to police, safeguarding personnel, GPs, prison staff, mental health professionals and more, all of whom have all benefited from the quality, trauma-informed training we deliver.

Nexus Programme

The Nexus Programme has its roots in the addiction-related work pioneered in the early years of the charity. Those who have experienced child abuse and developed problematic drug or alcohol use as a consequence, can access this

much-needed intervention. Networking, building and maintaining close working relationships with other community-based services across Bristol are necessary and essential elements in helping us to identify and engage hard-to-reach clients. The positive impact Nexus is having on the lives of the individuals we see is rewarding and encouraging. Regular monitoring has shown that those accessing the programme are better able to manage their addictions in far safer and less harmful ways. They also understand accompanying post-traumatic stress disorder symptoms and associated mental health difficulties. When this level of self-care has been reached, clients can then access our one-to-one counselling service to address underlying trauma.

Emma Sumner's Family Support Group

This is my eleventh year facilitating the Family Support Group for the charity and I remain as committed today as ever. I see people coming through the door, broken and tormented, then far more strength and resilience. Admitting that someone you love is caught up in addiction is hard to come to terms with. The most natural thing in the world is to want to rescue them and stop all the distress addition brings. The Family Support Group helps people understand the nature and behaviours of addiction, and learn how to handle the matter in different ways. Group members are invited to share their feelings and quickly realise that they are not alone. This can be a huge relief. With empathy and compassion, we listen without judgement and offer support based upon our own experiences so that group members start to feel like they have control over their lives again.

Read the complete report at southmeadproject.org.uk

25 years of Southmead Project

1994

Southmead Project is formed to address concerns about the safety of children and young people at risk of being exposed to drugs

1996

Three-year Big Lottery funding secured

1998

82 clients engage with the charity – 32 return to work

2000

25% of clients have stopped committing crime and 25% have gained employment or enrolled in college

1995

Founder Mike Peirce holds meetings with addicts. NSPCC helps set up counselling service to address historic child abuse

1997

148 people access the charity. Community Developments is launched to offer employment and training opportunities

1999

Mike Peirce is awarded an MBE

2010

Southmead Project launches a 30-week programme aimed at stopping domestic violence alongside a support group to help those who self-harm. The family support group continues to grow. There is a rise in male clients accessing our services

2007

Referrals come from a record 21 different sources. More than one third (38%) of our clients are multiple drug users, 70% are victims of domestic abuse, 68% of sexual abuse, 50% of physical abuse and a quarter report neglect

2001

Southmead Project is credited by local police as being “a significant contributor” in the reduction in crime. Client numbers increase: referrals come from GPs, the probation service and social services

2011

An additional six volunteers join the charity and we begin collaborative working with the police, Next Link, the Southmead Development Trust, Working in Southmead for Health, local GPs and the Addiction Recovery Agency

2009

Funding secured to publish the book ‘Trauma, Drug Misuse and Transforming Identities’

2004

The charity celebrates its 10th anniversary by delivering 834 counselling sessions and welcoming 46 new clients

2012

“I know first-hand the enormous impact that the [charity] has had over the years” – MP Charlotte Leslie

2015

“I was drinking and overdosing and self-harming regularly before I came to the Project for help. I don’t know if I would still be alive [without them]” – the words of a Nexus client turned to drugs in order to suppress the trauma caused by child abuse

2017

Campaigns like Paddle to Parliament and the Wall of Silence continue to raise awareness

The future

Drug and alcohol services have faced devastating cuts over the years.

This charity secures far less funding than it needs and its waiting list is at an all-time high. We stand with the NSPCC when they call on the UK government to commission a new nationwide study into the true scale of child abuse and appeal for consistent funding to be earmarked for trauma-informed interventions for survivors of child abuse.

The facts

In 2009 NSPCC interviewed more than 6,000 young adults, children and parents to measure the impact of abuse in the UK*.

It found that 1 in 20 children in the UK have experienced abuse.

More than 90% of children who have been sexually abused were abused by someone they know.

1 in 3 children who were sexually abused didn’t tell anyone at the time.

Children abused by parents or carers are three times more likely to witness family violence.

All types of abuse and neglect are linked to poorer mental health.

Healing is possible. southmeadproject.org.uk