



Every year people aged 16 and over come for counselling at Southmead Project. Typically...

85% said they have suffered emotional abuse

80% experienced physical abuse

70% endured domestic abuse

80% suffered sexual abuse

40% experienced neglect

5% were perpetrators

Specialist abuse counselling

This 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.

“Our counsellors have shown commitment and dedication to maintaining the outstanding trauma-focused counselling and group programmes that the charity is noted for. This is matched by the clients we see, who regularly demonstrate immense courage in returning each week for their sessions, working so hard towards building a healthier future for themselves.” **Helen** (senior counsellor)

Marketing

Southmead Project is delighted to be named as one of the official charity partners of **Bristol Rovers Football Club** (www.bristolrovers.co.uk). Throughout the 2018-19 season the players and staff at Bristol Rovers are working with us to help raise awareness of the services we provide to adult survivors of child abuse.

We will continue to show our **Amazing Resilience** (www.southmeadproject.org.uk/amazing-resilience) exhibition at venues across the country. The challenging and inspirational exhibition gives survivors the opportunity to highlight the long-term impact of child abuse as well as share their courage, determination and resilience to go on and reclaim their lives.

More: www.southmeadproject.org.uk

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 Monday to Friday every week

Southmead Project
165 Greystoke Avenue
Southmead
Bristol BS10 6AS
Tel: 0117 950 6022
admin@southmeadproject.com
www.southmeadproject.org.uk

Specialist abuse counselling service
Tel: 0117 959 4809

Who, what, why and when?

Southmead Project

Registered charity number (1076617)