

The facts

Abuse counselling statistics

Total clients seen109
 Number of female clients 73 (67%)
 Number of male clients36 (33%)
 Age range of clients21 years to 63 years
 Attendance rate for clients 75%

Clients' drug problems at assessment

Drug type	Illegal drugs	Prescribed drugs	Alcohol
% clients with current problem	12	35	22
% clients with historic problem	60	55	70

Overall, 50% of clients have a current drug problem and 78% have had an historic drug problem.

Clients' abuse issues at assessment

Domestic abuse83%
 Sexual abuse 70%
 Emotional abuse93%
 Physical abuse 76%
 Neglect31%
 Perpetrator5%

Overall, 93% of clients presented with between 2 to 5 of these abuse issues.

Total number of referral sources24
 Number of statutory sector referral sources8
 Percentage of clients from statutory sources..... 36%

In addition, the charity sees hundreds of people through its other support and training services.

The figures

Financial activity

For the period 1st April 2010 to 31st March 2011

	Unrestricted 2010	Restricted 2010	Total 2010	Total 2009
Income				
Donations and gifts	10,363	0	10,363	5,077
Grants	0	47,000	47,000	245,953
Trading activity	3,800	0	3,800	2,767
Total income	14,163	47,000	61,163	253,797
Expenditure				
Generating funds	3,510	35,131	38,641	45,476
Charitable activities	951	78,347	79,298	116,601
Governance	3,833	38,183	42,016	49,988
Total expenditure	8,294	151,661	159,955	212,065
Net income/exp	5,869	(104,661)	(98,792)	41,732
Total funds brought forward			135,641	93,909
Total funds carried forward			36,849	135,641

The charity's major supporters for the period were Bristol City Council, Lloyds TSB, Simply Health, Train to Gain and Paul Harrod additional to numerous smaller donations.

www.southmeadproject.org.uk

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

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).

The Southmead Project

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Touchstone specialist abuse counselling service

Tel: 0117 9594809

We are indebted to all those who have responded to our pleas for financial support including statutory, corporate and individual sponsors especially over the last year



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Southmead Project Annual Report 2010/11

"No-one ever asked me why I started taking drugs. Why? Why did no-one ever ask? It was just that you were taking drugs and you were evil and you were a bad person. No-one ever asked me why I'd got into that situation."

Helen

southmeadproject

helping to rebuild lives fragmented by addiction and trauma



The Southmead Project

2010/11 overview

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 in this).
- Support for parents, carers and concerned others of those dependent on drugs, alcohol or other ways of self-harming
- Design and delivery of training to a variety of practitioners including generic drug workers, health visitors, GPs, Police, Probation staff and criminal justice workers.
- Remaining at the forefront of evaluation and research into the impact of trauma on the individual, the family and the wider community.

Achievements

This charity is helping to provide the following services in conjunction with others from its base in Southmead:

- Splitz - a 30 week programme aimed at stopping domestic violence and abuse
- Support groups for parents and carers of those who self-harm or self-injure.
- Support groups for parents and carers of those addicted to substances.
- Barnardos, Working in Southmead for Health, Better Together Project and the Southmead Domestic Abuse Forum – we are the key representatives for this group with a view to providing a collaborative and cohesive approach to domestic abuse in the area (project Jigsaw).
- A client referral opportunity for over twenty sources including GPs, Social Services, mental health teams, CJIT, psychiatrists, health visitors, Probation and drug services.
- University of Bristol and the University of the



West of England – we remain at the forefront of research into the topic of childhood abuse and trauma and its correlation with later dependency and also regularly provide placement opportunities to students specialising in abuse counselling.

- Crisis intervention by way of the charity's presence within an impoverished community.
- Support for individuals who have accessed our one-to-one counselling and wish to create a self-help group (Moving-on group).
- Police (stay safe initiative).

This year the charity has again proven to be an integral part of community safety in Southmead and the North Bristol area – in essence an essential piece of the jigsaw which holds together the community fabric.

The National Drug Strategy 2010 says, "Whilst drug dependence can affect anyone, we know that those in our society with a background of childhood abuse, neglect, trauma or poverty are disproportionately likely to be affected." In light of this it is perhaps appropriate now more than ever that mainstream funding be made available in order to help this charity find ways of sustaining its operations.

The main achievement however has been the fact that Southmead Project has stayed alive in what has been the darkest year of its history due entirely to the spirit of its staff which is no doubt a reflection of the courage, tenacity, doggedness and determination of

those who come to the charity for help.

Other very special achievements were Celena Lewis attaining her Masters Degree from the University of Bristol and Beate Lippik completing her BACP accreditation and gaining a certificate in supervision.

Links with the corporate sector have been strengthened notably with the What's Right team which opens up avenues of both financial and in-kind support.

Specialist abuse counselling service

Our Touchstone specialist abuse counselling service offers a confidential space where professional counsellors will listen and explore ways of reclaiming lives affected by abuse and addiction.

We work with individuals aged 16 and above who have experienced trauma and have misused drugs and/or alcohol (or have used other ways of self harming) in order to try and cope with feelings associated with these experiences.

Both long and short term counselling is offered based on individual client needs and funding availability and service users are seen either at Southmead Project premises or at one of the charity's outposts which include Baddocks Wood School, Greenway GP Practice and Bristol Drugs Project.

Touchstone Counselling Service is unique because we see clients with a wide range of abuse issues (including domestic abuse) as well as making the service available to people at different levels of recovery from drug/alcohol addiction. The recovery from abuse/trauma and addiction can work hand in hand if timed and paced skilfully.

Our skills enable us to meet the client where they are and listen to their unique story whilst at the same time having a knowledge of the common threads of responses to trauma e.g. dissociation and self harm.

Client Feedback

"I was at the lowest point I have ever been in my life when my doctor recommended I have counselling. I came to the Southmead Project in January 2011 and started to see my counsellor called Anthony. With his guidance he helped me deal with issues and look at situations in a different way. I now feel so much stronger and feel once again I can get on with my life. I'm sure without your help I would not have done this. You do fantastic work there with people and I'm sure you will continue. I send this email saying once again thank you all and especially my counsellor Anthony."

Southmead client

