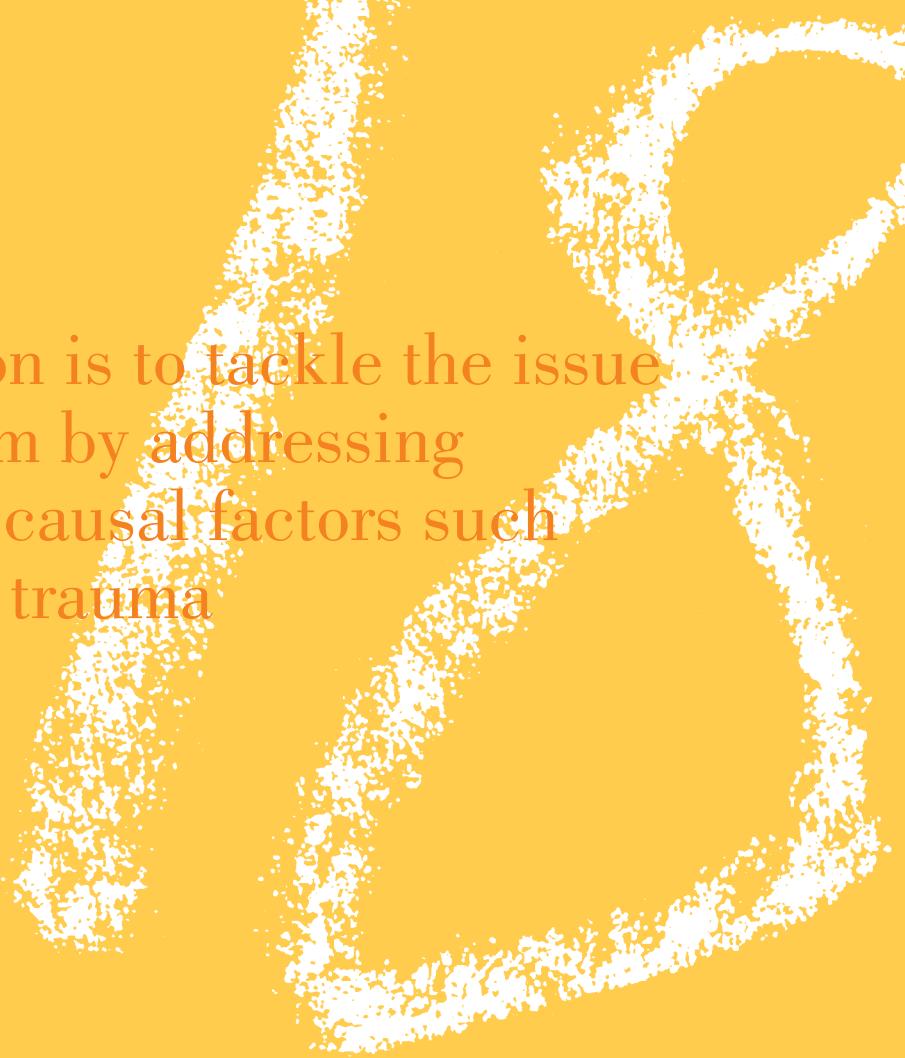


2011/12

ANNUAL REPORT

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# Southmead Project



Our mission is to tackle the issue  
of self-harm by addressing  
correlated causal factors such  
as historic trauma

**The Southmead Project**

165 Greystoke Avenue, Southmead, Bristol, BS10 6AS  
Tel: 0117 9506022, email: southmead\_project@yahoo.co.uk,  
website: [www.southmeadproject.org.uk](http://www.southmeadproject.org.uk)  
Registered charity number (1076617)

**Bankers** NatWest Bristol City Office, Corn St. Bristol BS99 7UG

**Solicitors** Bennetts High St, Wrington, Bristol BS40 5QB

**Auditors** Roger C Oaten & Co. 1st Floor, 23 Westfield Park, Redland, Bristol BS6 6LT

**Patron** Geoff Gollop OBE

**Trustees** Peter Welch (chair), Sue Smeeton, Jon Treen, Heather Weston, Dawn O'Neill, Rebecca Cotton and Trevor Arnott

**Co-optee** Lee Paterson (Avon and Somerset Police)

**Paid staff** Dr Mike Peirce MBE, Beate Lippik, Celena Lewis, Lisa Armstrong, Pete Wraith and Emma Summerill (sessional worker)

**Volunteers** Susanne Hart, Dr Tony Smeeton, Mike Graney, Angela Briggs, Georgina Sirett Armstrong Smith, Kate Deeble,

Kati Hallikainen, Saskia Chaplin, Roger Purnell and Dr Dave Etherington

**Working Partners** Next Link, Avon and Somerset Police, Southmead Development Trust, local GP practices,  
Bristol Drug Project, Addiction Recovery Agency, Bristol Training Exchange, The Group of Seven, Southmead Youth Centre,  
Bristol City Council, What's Right, Bristol Property Management Group and Splitz

**18** years working with the people of Southmead

## WELCOME

2012 sees this charity enjoying 18 years of innovative and pioneering work on the frontline here in Southmead – we have come of age. During these years we can point to considerable success having been recognised locally, nationally and internationally. The publication and worldwide acknowledgement of the book *Trauma, Drug Misuse and Transforming Identities* (Prof. K Etherington, 2007), which was sponsored by the charity, has helped raise its profile and, crucially, highlighted the plight of adult survivors of childhood abuse.

We could not have had the privilege of being based in Southmead and carrying out our work across the city and beyond without the faith, trust and belief of our financial supporters and the courage, determination and conviction of those who come here seeking help. It would not have been possible too without those staff and volunteers who have selflessly given their time, commitment and expertise to Southmead Project.

Many, many thanks.

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## THE IMPACT OF TRAUMA

Men and women who use drugs who have also experienced childhood trauma can face a tough challenge on their road to recovery.

Childhood physical, psychological and sexual abuse or neglect can lead to complex consequences for adults. Using drugs, alcohol or other ways of self-harming in order to cope and survive makes sense when we hear the stories survivors tell of the pain and distress they have experienced in the past.

'Abuse, addiction and disclosure – contributing to recovery' is the two-day awareness training, run by the Southmead Project, for staff in other agencies working with people who use drugs, alcohol or other ways of self-harming.

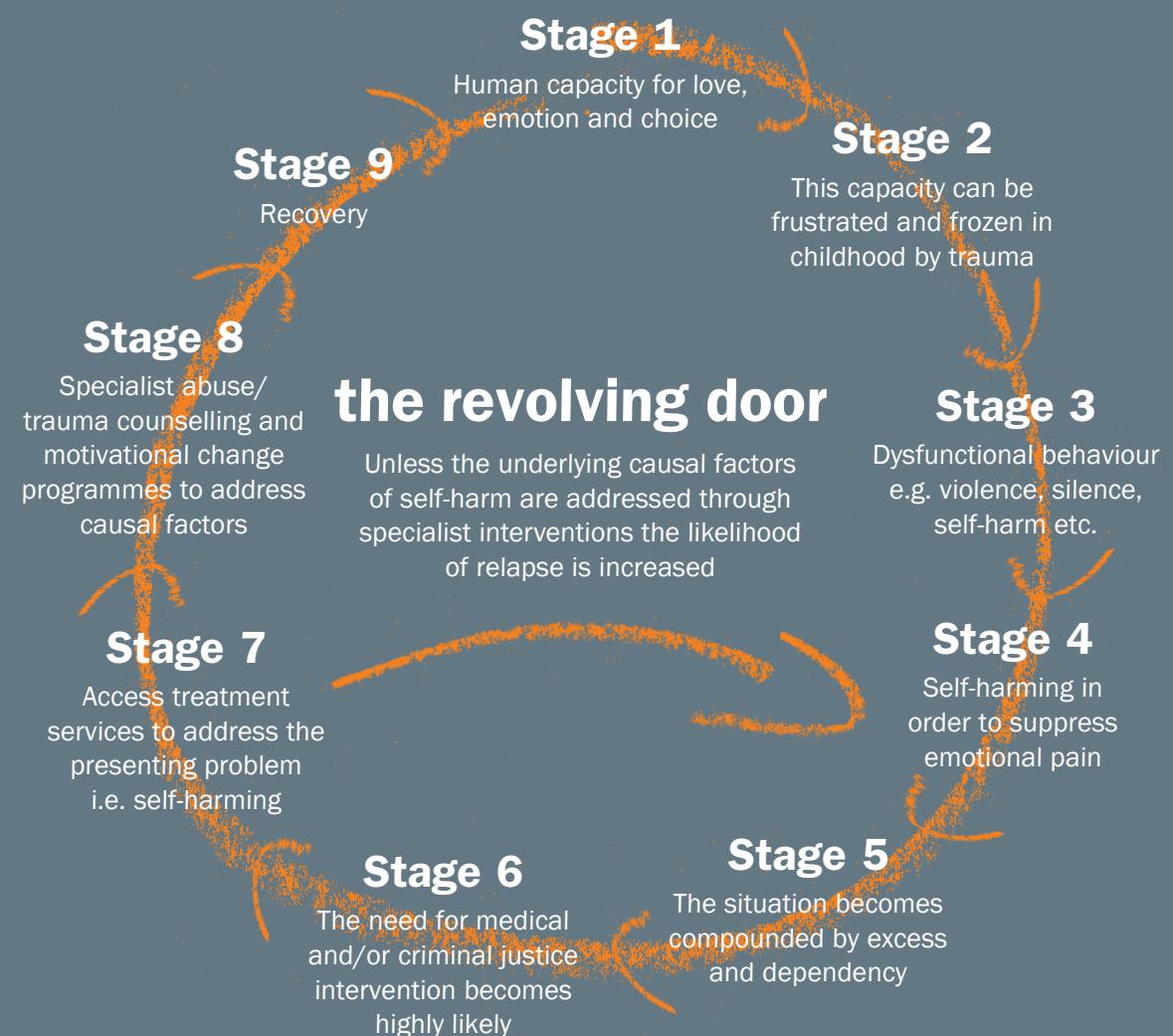
The overall aim of the training is to help participants understand the possible consequences of childhood trauma and the link between abuse and self-harming, and to increase confidence to hear disclosures.

This is achieved by offering active learning to raise awareness of our own attitudes and understanding about abuse that leads participants, in a safe environment, to hear about the reality of childhood sexual abuse.

Stories of survivors' experiences are told in person and through DVD. Survivors speaking in person ensure participants can relate to how the journey through addiction to recovery can happen and how best they can contribute to recovery. Many survivors of childhood abuse can become overwhelmed by memories and the physiological and psychological responses of anxiety and trauma.

The training includes teaching some simple techniques to help clients 'anchor trauma' and stay safe while reducing their dependency on drugs.

# CYCLE OF HARM



## TRUSTEES' REPORT

**“With much hard work and extremely good fortune we now have the bedrock upon which we can consolidate and new foundations can be put in place”**

**Despite the trials and tribulations of the past 12 months, the road ahead looks clearer and we can look forward to the coming year with renewed optimism**

“Looking at the past year, the ups and downs, the sadness, the joy, happiness and tears, trustees can reflect upon a job enormously well done by all those connected with the charity. To have not only turned the corner on virtual wipeout, to have risen above and beyond the massive hurdles we faced in the previous year, and to have become stronger through the process has been a major achievement. The greater awareness gained from the experience and now knowing exactly what hurdles we face in order to consolidate the charity is proving invaluable.”

### CONSOLIDATION

So was written in Southmead Project's 2006/07 annual report reminding us all that perhaps the trials and tribulations of this last year are nothing new. However, with much hard work and extremely good fortune, courtesy of four-year part funding from Big Lottery, we now have the bedrock upon which we can consolidate and new foundations can be put in place.

### COLLABORATION

Included in this report are excellent contributions from prominent experts in their own field. Neighbourhood Inspector Mark Runacres shares with us his understanding of the impact of this charity on the community (p11) and Next Link's Carol Metters highlights her support of the charity and the value of partnership working (p10).

Similarly, Southmead Development Trust's Alex Kittow records his views of shared understanding and growing cohesion, which forms the essence of partnership work (p11). The charity is extremely grateful for these contributions and those of services users and volunteers alike, which can be found in this report.

### PROGRESSION

When we look at the strength of the team here – record numbers of volunteers, quality management structure, the widening group of corporate sector ambassadors, business partners, donors and the continued support of the community – it is comfortable to suggest the charity is as strong now as it has ever been.

With a new marketing strategy clearly defined, excellent hard and soft outcomes achieved and a quality data-recording system, the road ahead does look a mite clearer. Without doubt, securing Big Lottery finance is the major plus factor that has permitted this enormously positive progress.

The charity and all concerned with its running, alongside all those people who come through our doors seeking help, are indebted to the wisdom, empathy, vision and trust demonstrated by Big Lottery.

### COMMITMENT

The trustees are confident that, with the admirable commitment of Mike Peirce and his staff, those who advise and support the charity and the volunteers who give their time, the next 12 months will see the Southmead Project move to secure an even more certain future and improve the quality of services in North Bristol and across the city. The trustees would like to thank all of those people for their continued efforts and support. We, and they, can look forward to 2012/13 with great optimism.

Some major milestones have been reached, including:

- Consolidation of partnerships
- Recruitment and training of additional volunteers
- Consolidation of the specialist abuse counselling service, the parent and carer support service, the charity's research and evaluation and training elements, and the alcohol recovery programme

- Securing funding from major sources
- Consolidation and development of working relationships with major sources in the corporate sector
- Utilising the skills and expertise of service users
- Development of social marketing skills and techniques
- Development of a clear strategic direction

Risks identified by trustees include:

- Lack of long-term statutory finance
- The CEO is a pivotal figure and the charity needs to continue to build a management structure suited to support the CEO in meeting the challenges which lie ahead
- There are many unfinished items that need to be completed, including the refurbishment of the charity HQ, new internal and external security systems, purchase of new equipment and a new-build extension to the rear of the property

Key objectives identified by trustees include:

- Increase revenue streams
- Develop income-generating methods, including training others on a paid basis
- Raise finance necessary to complete unfinished business defined above
- Delegate operational work carried out by the CEO and seek funding to secure additional personnel to help make this happen

**25** the number of people the counselling team sees each week

## SPECIALIST ABUSE COUNSELLING SERVICE

**“Counsellors will listen and explore ways of reclaiming lives affected by trauma, abuse and other ways of self-harming”**

### How our confidential services is helping individuals affected by trauma or abuse

The specialist abuse counselling service is available to those aged 16 years and over and offers a confidential space where professional counsellors will listen and explore ways of reclaiming lives affected by trauma, abuse and other ways of self-harming.

Both long- and short-term counselling is offered based on individual client needs.

The last year has been challenging for both staff and service users alike due to financial insecurities. However, through Big Lottery support, the charity is now in the process of moving forward and consolidating.

Six additional volunteer counsellors and a cranial osteopath have been recruited to work alongside the two paid part-time senior counsellors. This diverse counselling team sees, on average, 25 beneficiaries each week who present with complex mental health needs as a result of trauma experienced in childhood,

including sexual, physical and emotional abuse and neglect. Clients' experience of domestic abuse figures highly within this. Importantly, 10 per cent of clients are addressing their abusive behaviour towards their partners.

The charity is delighted to announce plans to recommence pre- and post-counselling group work programmes later in 2012.

Beneficiaries can access the Southmead Project at its headquarters as well as at local GP surgeries, Bristol Drugs Project and the Addiction Recovery Agency. Southmead Project's person-centred model of abuse recovery meets the needs of service users at different stages and helps prevent relapse back to self-destructive behaviours by building upon the resilience and strengths of abuse survivors.

Interventions at this charity have been developed over the years calling upon research and evaluation with service user feedback very much at the forefront.

**6** additional volunteers have joined our counselling team

## VOLUNTEER'S STORY

**“My continued association with the Southmead Project and being part of such a supportive team has enabled me to grow and develop”**

### Former service user Lisa Armstrong tells us about her developing role at the Southmead Project

This time last year I was volunteering one day per week assisting with admin duties and fundraising. This followed on from being a service user of the charity in 2010. Thanks to a Remploy back-to-work scheme the role became part-time paid employment from April 2012 for a period of 16 weeks. This has been a valuable learning experience and enabled me to further understand the role of effective fundraising.

Over the past year I have also joined Mike and Pete at various presentations to give audiences a service user's perspective. The response has always been supportive and encouraging and enables people to ask questions and learn more about the positive impact on a person following counselling.

I took part in the Bristol 10k run in May along with Mike and other members of the team to raise funds for the project. It was a challenging but fun day and next year I hope to compete again.

My continued association with the Southmead Project and being part of such a supportive team has enabled me to grow and develop and strive forward to achieve things that, a few years ago, I would have thought impossible.

**82%** of our clients say they have suffered physical abuse

**85%** have suffered sexual abuse



## POWER OF COLLABORATION

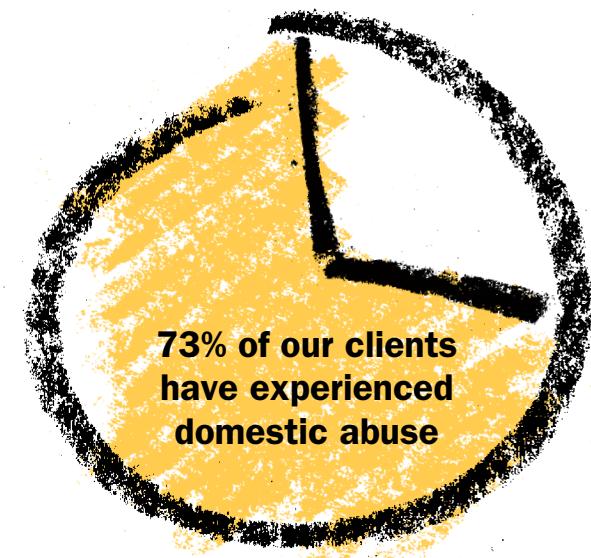
### Next Link Domestic Abuse Services Northern Arc

**Carol Metters MBE**, Director Next Link, on how the two charities are working together for the people of Southmead

Next Link Domestic Abuse Services Northern Arc is delighted to be a partner of Southmead Project. We know that we have the same commitment to support victims of domestic violence and to challenge the assumptions and beliefs that underpin it.

Being able to use the Southmead Project office for a drop in and surgery has enabled us to reach many more victims and made us an integral part of the Southmead community. We have benefited greatly from their knowledge of the neighbourhood and their sincere understanding of the people who live in it.

Since Northern Arc was launched in November 2011 we have been able to support many victims and their children to live their lives free from the fear of violence. Our advice sessions have enabled victims to have the opportunity to explore all the options available to them to make them safe.



### Neighbourhood Policing Team

Together, we can build a strong, safer Southmead, says **Mark Runacres**, Neighbourhood Inspector, North Bristol

Genuine and effective partnerships form the foundations on which so much has been achieved in Southmead over recent years. As a member of the local Neighbourhood Policing Team, I appreciate that as much as anyone. Local residents, community-based groups and statutory agencies have formed an effective network that aims to identify and respond to the needs of local people. Through this coordinated approach we have achieved a better understanding of the community and each other's aims and objectives. The Southmead Project plays a pivotal role in the network and provides services that deliver vital support to some of the most vulnerable members of the local community. We are very fortunate to have such an enthusiastic, knowledgeable and highly-motivated group of people working alongside us. Achieving our shared objectives of tackling domestic violence and reducing problematic alcohol and drug use will be key to a building an even stronger, safer Southmead.

### Southmead Development Trust

**Alex Kittow** explains how the two organisations can help local people

The impact the Southmead Project has in Southmead and Bristol as a whole is significant. As the general manager of Southmead Development Trust I have been humbled to learn about the work of Southmead Project and the impact it has on the lives of individuals and families. In this tough financial climate, the fact the Southmead Project continues to be funded shows the value of its work. By developing a close working relationship between the charity and Southmead Development Trust I hope that together we will be able to provide solutions to the challenges many people face in seeking employment. Developing appropriate training and opportunities for work placements is important to both organisations. We hope that through partnership working we will be able to offer more services to the local community and build on our shared objectives.

**90%** of our clients have suffered emotional abuse

## FAMILY SUPPORT GROUP

**“I feel so honoured and privileged to be part of this fabulous work that is being delivered by The Southmead Project”**

### **Emma Summerill, Group Facilitator, tells us why she feels honoured to be part of the Family Support Group**

The Family Support Group has enjoyed another successful year, proving week in and week out that it is a much-needed and valued service within the community.

The number of people attending on a regular basis has remained high, often into double figures, which confirms the commitment and necessity of this service for group members.

The support, empathy and trust that people receive is as strong as ever. Newcomers frequently arrive at the group, which gets together on Thursday evenings from 6.45pm to 8.45pm, and often say before they leave that they felt heard and not judged. For some people this group is often the first place that they may have shared their problem with others.

As a facilitator I feel so honoured and privileged to be part of this fabulous work that is being delivered by the Southmead Project. I have witnessed people making courageous changes in their lives and starting to regain control after many years of being enmeshed in pain, suffering and despair after discovering that somebody they love so much is addicted to mood-altering substances and they are not the person they once knew.

I'm confident that this group will continue to go from strength to strength. People 'vote with their feet' and the evidence shows that people are coming back. This is because getting support for yourself works and can have such a positive impact on the addicted person.

Participants have been hugely involved in fundraising and put in much time and hard work to pull together and keep this group alive.

*"I have witnessed people making courageous changes in their lives and starting to regain control after many years of being enmeshed in pain, suffering and despair"*

**37%** tell us they have suffered neglect

## FINANCE

### Accounts to March 2012

Income	2011/12	2010/11
Donations & gifts	6,134	6%
Grants	47,000	77%
Big Lottery	71,703	73%
Lloyds TSB Foundation	7,000	7%
Police Community Trust	1,000	1%
Trading activities	13,049	13%
<b>Total income</b>	<b>98,886</b>	<b>61,163</b>
<b>Expenditure</b>		
Staff costs	69,899	72%
Direct costs	13,065	14%
Support costs	13,229	14%
<b>Total expenditure</b>	<b>96,193</b>	<b>159,955</b>
<b>Net income/exp</b>	<b>2,693</b>	<b>(98,792)</b>
<b>Funds brought forward</b>	<b>36,849</b>	<b>135,641</b>
<b>Funds carried forward</b>	<b>39,542</b>	<b>36,849</b>

### **Expenditure 2011/12**

£96,193

**Direct costs: 14%**

**Staff costs: 72%**

**Support costs: 14%**



A copy of our full audited accounts is available on request

**19%** of our clients have a problem with illegal drugs

## A MESSAGE FROM THE PATRON

I was delighted to accept Mike's invitation to become Patron of the Southmead Project.

In the last few decades, we appear to have forgotten the importance of the community in supporting those most vulnerable and in need and we certainly seem to have forgotten that the most powerful support for those in need comes from within our own community.

The Southmead Project is proof of how we have rediscovered the importance of that work. Mike and his team deserve real congratulations for all they do and continue to achieve.

Geoff Gollop OBE

Deputy Lord Mayor of Bristol 2012-13

Geoff Gollop is a chartered accountant, Deputy Lord Mayor of Bristol 2012-13 and former leader of the Conservative group on Bristol City Council. He received an OBE in 1995 for political and public service. He became patron of the Southmead Project in 2011.



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

Businesses – if you would like to find out how your company can support this charity and how, in turn, we can support you, please contact Mike Peirce (CEO)

#### The Southmead Project

165 Greystoke Avenue, Southmead, Bristol, BS10 6AS  
Tel: 0117 9506022, email: southmead\_project@yahoo.co.uk,  
website: www.southmeadproject.org.uk

#### Specialist abuse counselling service

Tel: 0117 9594809

Design and production: thegroupofseven.co.uk



The co-operative membership



bud.  
our community  
is your business

