

Southmead Project 2016

“Our contribution is small. We hope that many similar small contributions will make an overwhelming difference to the incredible work that Southmead Project undertakes”

Matt Lowe Managing Director, Giacomini UK Ltd



Welcome

Welcome to our 23rd Annual Report. Contained in this report are statements from the Police and Crime Commissioner (PCC) Sue Mountstevens and Rowan Millar of the Somerset and Avon Rape and Sexual Abuse Support (SARSAS) team, with whom we have been working in partnership to help maximise resources on minimal funds.

We have also been working with members of the business community, whose financial support is invaluable to us and sends a very strong message to our beneficiaries that they are being seen and heard.

As ever, I thank our highly-skilled, passionate, caring and loyal team for the way they regularly handle the vagaries of inconsistent funding and deliver a service of top quality to those who seek help with their plight.

To read a full version of our Annual Report, please visit our website at www.southmeadproject.org.uk



Dr Mike Peirce MBE (CEO)

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Registered charity number (1076617). The statistics throughout this report refer only to those clients seen for one-to-one counselling and do not include groups.



Trustees' report 2016

Consolidation

Trustees spoke last year of positive change being the maxim at the charity and without doubt this has proven to be the case. With major sources of funding secured – Big Lottery and Home Office – allied to the ability of the charity funding team to further attract support from the corporate/business sector, trustees are confident that the consolidation and consistency needed in the demanding areas of trauma-related work is assured.

Collaboration

Perhaps the most significant of partnership working at its very best is that of the one the charity enjoys with the business sector. The links

being constantly forged under the auspices of The Friends of Southmead Project is integral to the continued success of the charity and the high levels of vital in-kind support as well as financial benefits being derived are already proving to be an enormous asset.

Commitment

As in previous reports, trustees remain indebted to Mike and his staff for the admirable way in which they continue to work so hard in meeting the needs of those who seek help with their plight. The team is to be congratulated on the way they have come to terms with the changes in trustee personnel and the 'corporate meets charity' challenge in particular.



Major milestones

- Secured four-year funding from Big Lottery
- Secured funding from The Home Office and PCC sources
- Additional volunteers employed
- Heightened awareness of abuse through our touring Wall of Silence exhibition
- Secured regular financial donations from Friends of Southmead Project sources

read more at southmeadproject.org.uk

Police and Crime Commissioner's report

2015/16 has been another fantastic year for Southmead Project and I have been pleased to work alongside Mike and the team as Police and Crime Commissioner. Prioritising the needs of victims, particularly victims of child sexual abuse, is a key priority for me. The service that Southmead Project provides has never been more important.

We are seeing increases in reports of sexual abuse, which is encouraging. However, we face real challenges meeting this demand when resources are being reduced, which means it is more important than ever to work together. I was pleased to endorse Southmead's application to the Home Office Child Abuse Inquiry Fund in 2015/16 and

to continue this funding when it transferred to my office in 2016/17.

As well as providing support to victims and survivors, Southmead Project has also taken a step forward in raising awareness about child sexual abuse. In creating the Wall of Silence, the unheard have been given a voice. I was able to see the exhibition when it opened at Colston Hall and it was a truly inspiring and moving occasion, and something I will never forget.

I am grateful to all those survivors for their honesty, openness and bravery in sharing their experiences on the Wall of Silence and encourage everyone to take the time see it.



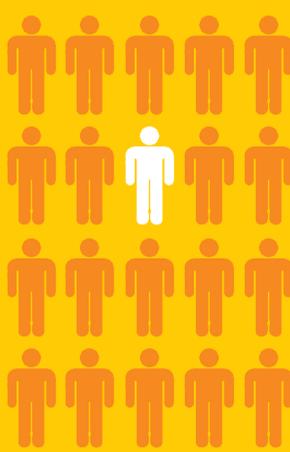
Sue Mountstevens

Sue Mountstevens
Police and Crime
Commissioner for Avon
and Somerset

read more at southmeadproject.org.uk

Sign up for updates and play an important role in the work Southmead Project does

Send us your email address and we'll keep you up to date with our latest news and opportunities for you to get involved



Your email address

Statement from Bristol Consortium

In line with maintaining its ongoing strategy to help create and maintain quality partnership working, Southmead Project is pleased to receive and publish the following comment from the chair of the Bristol Consortium:

In 2015 a consortium of specialist agencies in Bristol started to deliver a contract to provide sexual violence support and recovery services in a new and innovative way.

This consortium establishes a pan-Bristol team approach. When we started we recognised that we needed to work smartly, openly and with respect for our collective purpose during this challenging economic climate, when demand

on sexual violence services has increased by 400%.

Southmead Project is a true partner within the consortium. The staff at Southmead Project are not only skilled and knowledgeable but always cooperative, warm and professional. They work tirelessly with us to realise our ambition to be a consortium enhancing expertise and working together for the benefit of survivors of rape, sexual assault and childhood sexual abuse.

Somerset and Avon Rape & Sexual Abuse Support (SARSAS) look forward to continuing to work in partnership with Southmead Project.

Rowan Miller
SARSAS, consortium lead agency

13
Total number of referral sources

5
Number of statutory sector referral sources

45%
Percentage of clients from statutory sources

[read more at southmeadproject.org.uk](http://southmeadproject.org.uk)

Southmead Project therapeutic services

Southmead Project provides one-to-one counselling and group programmes for individuals aged 16 and over, who have experienced physical, emotional or sexualised trauma in childhood or adulthood and have self-harmed as a consequence. This may include drug/alcohol misuse/self-injury and eating disorders.

Referrals for our services come from 13 sources and the charity team are proud of a track record of success that is second to none. The 15 members of staff on the counselling teams bring broad levels of knowledge and experience to this essential work.

Treatments include sensorimotor psychotherapy, art therapy, body

psychotherapy, narrative therapy and drama therapy. One size does not fit all and throughout their time with us, those who seek help with their plight receive appropriate and consistent support that is best suited to their individual need.

The outcomes achieved in both individual counselling and group programmes are exceptional and have proven to have enormous cost-saving benefits. Placement student counsellors get access to learning of the highest calibre. The benefits in human terms are, of course, inestimable.

Celena Lewis
Senior Counsellor, Southmead Project Counselling Service



Clients' abuse issues at assessment

Emotional abuse	53%
Sexual abuse	62%
Physical abuse	46%
Domestic abuse	40%
Neglect	27%

64% of all clients presented with between two and five of these issues

[read more at southmeadproject.org.uk](http://southmeadproject.org.uk)

Caring Dads: Safer Children

In conjunction with the NSPCC the charity delivered a 17-week group programme aimed at:

- increasing men's awareness and responsibility for abusive behaviour within the family and the impact this has on women and children
- reducing the negative consequences of their actions and behaviour
- increasing their awareness of child-centred, non-abusive fathering through the recognition of children's needs and developmental stages

Those who completed the programme had 12 children between them who will now have a very different experience of being parented as a result of the work. Their relationships with

their current or ex-partners vastly improved as did their relationships with the wider family.

By providing a safe, supportive and non-judgemental environment, positive changes in confidence and self-esteem were evident.

- Other notable outcomes included
- two members securing paid employment
 - three participants referring themselves to the charity for one-to-one abuse counselling
 - two participants having their children removed from the child protection register
 - positive changes in children's behaviour at school

Lisa Armstrong
Project Development Worker



Family support group

The quite incredible work carried out in the family support group gives the opportunity for those parents/carers or concerned others whose loved ones are experiencing drug and alcohol problems to get vital support for themselves. An integral part of the overall operations here, the support group acts as a beacon of hope to so many.

[read more at southmeadproject.org.uk](http://southmeadproject.org.uk)

Looking ahead

Southmead Project is engaged in a number of initiatives throughout the city.

The Nexus service helps us to engage hard-to-reach people with problems of substance misuse and issues regarding trauma and abuse. Our Caring Dads: Safer Children group, meanwhile, helps perpetrators of domestic abuse to address their behaviour (see above). This project is being developed further to include elements of the police and the criminal justice system.

We continue to work with the Bristol Sexual Abuse Support Services Consortium and are developing pathways with The Greenhouse, SARSAS, BASE, Barnardos, Womankind, Education

& Action Challenging Homophobia and Bristol City Council.

Alongside Southmead Development Trust, our Plan for Southmead will help us accurately assess local need and develop appropriate responses for the people in Southmead.

We've set up a support group with a local church to meet the needs of friends and relatives of survivors of abuse and trauma, and we continue to work with Oasis Talk to provide services for clients referred by their GP or Increasing Access to Psychological Therapy.

Finally, we are developing an outreach service with Eden House – a women's community based criminal justice service.



Key Objectives

Widen income revenue streams

Secure financial support from Bristol City Council and other statutory sources

Strengthen the current staff structure in order to relieve the workload on the chief officer

Carry out an organisational review

Carry out an evaluation of the charity therapeutic service

[read more at southmeadproject.org.uk](http://southmeadproject.org.uk)

Accounts to March 2016

Income	2014/15		2015/16	
Donations & gifts	31,315	19%	23,365	9%
Grants				
Big Lottery	102,954	64%	100,320	40%
Others	18,000	11%	109,272	44%
Trading activities	10,299	6%	18,290	7%
Total income	162,568		251,247	
Expenditure	2014/15		2015/16	
Staff costs	120,041	75%	152,810	70%
Direct costs	27,078	17%	41,193	19%
Support costs	13,247	8%	24,075	11%
Total expenditure	160,366		218,078	
Net income/exp	2,202		33,169	
Funds brought forward	35,529		37,730	
Funds carried forward	37,731		70,899	

A copy of our full audited accounts is available on request

PLEASE AFFIX STAMP HERE

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