2019-2020
YEAR REVIEW OF THE
TRAUMA RECOVERY CENTRE

TRC
Restoring Children

RESTORING CHILDREN

The TRC is registered charity 1141659
Limited Company Number 752661

TRAUMA RECOVERY CENTRE

The TRC exists to help children recover from trauma.

Trauma is defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless. At the TRC we facilitate recovery for children and young people as they process trauma, and support them as they piece their lives back together until a wholeness can be found. We also work to support parents/carers, as well as training and supporting teachers to form a holistic support service.

We have centres in 3 cities in the UK. They are in Bath, Guernsey & Oxford.

This year we celebrated our 9th birthday!
It has been such a privilege to have spent nearly 18,000 hours helping children, young people and families recover from trauma as well as thousands of hours of referrals, professionals meetings for the child/yp, reports, assessments and paperwork, admin and governance and fundraising.

This year we want to give a window into the impact of the therapy by sharing stories from clients, parents and our TRC staff.

TRC GUERNSEY

"AT THE TRC I GOT HELP THROUGH PLAYING AND SOMEONE HELPING ME IS IMPORTANT... IT REALLY WORKS!"

Client age 11

"Before coming to the TRC I felt crazy and angry generally. I thought I wasn't important, I didn't have any friends and I was generally angry. People just thought I was a mad guy on a rampage. People didn't know anything about me.

At the TRC I got help through playing and someone helping me is important. We played with clay and I learnt about adrenaline and parts of me. It really works! I felt happy, calm and relaxed.

Now I do feel much better. I have two friends now. I don't get angry so easily now, I can walk away most of the time and forget it."

Child
Client Age 11

"THE HOUSE-HOLD IS LESS HOSTILE AND IS CALMER"

"All the goals have been achieved for my child.

What have you found helpful?
We have developed new methods of communicating for my child and myself. More understanding and tolerance for the behaviours he had.

There is a big reduction in tantrums etc. It has been an outlet for me, and has offered stability and consistency.
My child is having very few outbursts. We are getting on much better, we have family times together. The household is less hostile and calmer.
My child can develop and maintain friendships much more easily. We have a better relationship."

Parent
Dad of client age 11

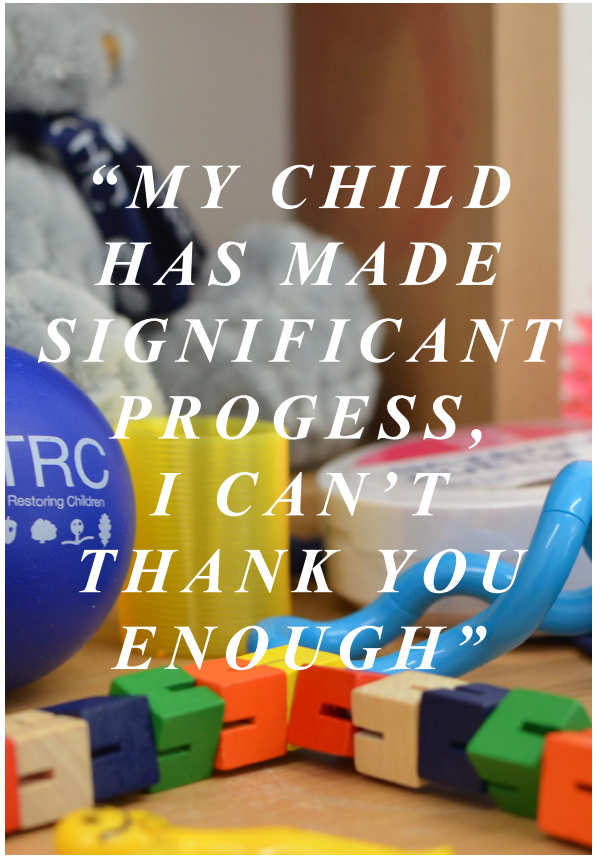
"Coming to TRC has been a huge support for my child in a safe place, and massive support for parents. My child is much better able to regulate and understand her emotions. Having the one to one session was confidence building for her and knowing that it is a safe place.

As a parent the TRC was and is the most amazing place to help talk through the range of difficulties and the emotional turmoil of parenting a child that has been through trauma. I cannot thank the team enough for the help they have given me. I will miss our sessions but I know they have equipped me with the tools to be able to cope with this next chapter."

Mum of client age 8

““My child has made significant progress, I can’t thank you enough. All goals have been achieved. We have learnt a great deal. She is aware of her feelings and others. She is able to self-regulate some feelings and emotions. She is a lot happier at times in herself.”

Mum of client age 7



"Before the TRC life was bad. I wasn't going to school and I felt bad about myself. I used to go 'boom'! At the TRC it is fun, I feel happy and confident. At the TRC we play and make lots of cool stuff. I really liked making my brain, I like the look of it.

I learnt about how my head works and parts I didn't know I had before. Now life is good! I go into school nicely now I don't have to be forced. I still don't always want to go and feel scared but I understand my brain and my feelings now and can tell everybody."

Child
Client Age 10

"At the TRC it is fun, I feel happy and confident"

"WHAT HAVE YOU FOUND HELPFUL?"

"EVERYTHING"

"Parent sessions as well are good for the parent. My child has a lot better handle on her emotions. She seems to have more narrative for them. She is less explosive and volatile.
It has been lovely having weekly parent sessions with Sally."

Mum of client age 10

TRC BATH

HOPE

Highlights from Cheryl from the year

Joint Lead professional of the TRC Bath, and Parenting work Lead

"Seeing how amazing all the team were at moving to working online, evidenced by the number of families and children that engaged so well and seeing how adaptable children can be when they are feeling safe and secure at home.

On the flip side there are several parents who have had to deal with the impact of covid 19 on top of the issues their child was already dealing with. They have been so resilient and willing to listen, learn and try strategies, it has been a privilege to be able to speak into their situations and offer hope.

Parents have consistently said thank you for our help. More than one parent said 'thank you so much, I don't know how we would have managed without your support'

How have we made parenting work in lockdown: we have used emails, phone calls, social media messaging and video calls to offer support and parenting advice, either 1:1 or in groups. We have not only supported our current families but have also provided parenting support for families who have left the service but found issues arising as a result of lockdown...

...Before lockdown...as with every year, I love that new parents feedback that they came desperate for help and now they not only feel accepted and welcomed, they feel that there is hope and that somebody finally understands them and their child. And as they end, that they are so grateful for the impact of their time with us, seeing them leave changed as a family is the best part!"

"And as they end, that they are so grateful for the impact of their time with us, seeing them leave changed as a family is the best part"

Highlights from some of the TRC Staff

What surprised you about moving online that worked well?

I moved to one to one sessions with my parents and this felt like I was able to give them quality time and attention and really listen to them.

What has given you a sense that you've impacted a child or family this year?

I remember one of the mums in one of my groups when she first joined giving such a huge sigh of relief as she realised she wasn't on her own in her struggles but there were others who were having a hard time too and she felt understood. She was so thankful to find the TRC and parenting support group.

Can you remember a 'lightbulb' moment in a session when a parent suddenly 'got it'?

I remember one of my parents having a kind of 'lightbulb' moment when it came to her understanding that if she was able to remain calm at the times when her daughters were expressing anxiety and ov-

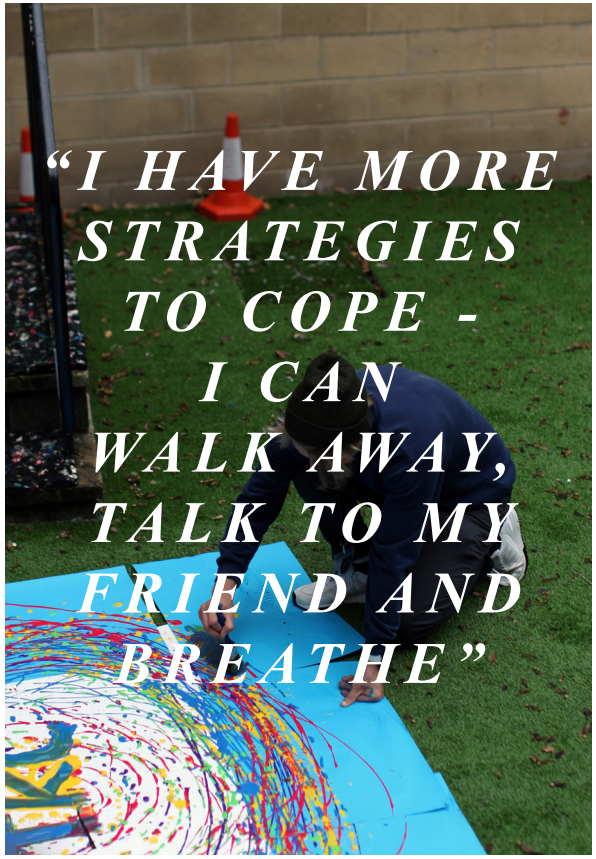
-erwhelm then she could help them calm down quicker. She had previously just been triggered by them and had explosive reactions to their emotions which meant situations would just escalate. It was lovely seeing how proud she was when she would tell us stories of how she'd succeeded in remaining calm and in control during times when her daughters were not calm and she could tell it had such a huge impact on the girls calming quicker.

What is the best part of your job?

I love seeing parents feel understood, accepted and listened to. And it's even better when they suddenly connect with the parenting group material and are able to put it into practice with their children. I love seeing parents connect with their children and especially where we are the TRC have been able to facilitate healing and reconnection.

Dannii
TRC Parenting Support Worker

"I LOVE SEEING PARENTS FEEL UNDERSTOOD"



Highlights from some of the TRC Staff

“The most special thing about working at the TRC is the amazing children. As we moved to working online, rather suddenly in March, I was so impressed by their ability to connect using Zoom or Whatsapp, and their inventive ideas. It isn’t possible to do the musical improvisation we would normally do in music therapy online due to the time lag, but it was possible to have some great call and response exchanges, using keyboards, apps on phones, and percussive kitchenware. There was even an impromptu disco (with just 2!), which is definitely one of my highlights of lockdown.

There were situations where a child would share a fear of anxiety about what would happen if a carer got Coronavirus which they hadn’t been able to say to the carer. Enabling communication between the child and carer meant the carer could reassure the child about plans, other relatives being around, and generally be able to talk about something that had felt too scary.”

Hatty
TRC Music Therapist

TRC OXFORD

“I’D SAY ONE OF THE BEST THINGS ABOUT MY JOB IS ‘SEEING’ THE WEIGHT GRADUALLY COME OFF OF CHILDREN’S SHOULDERS FROM WHEN THEY FIRST COME TO MANY WEEKS AND MONTHS DOWN THE LINE...”

Highlights from TRC Oxford team

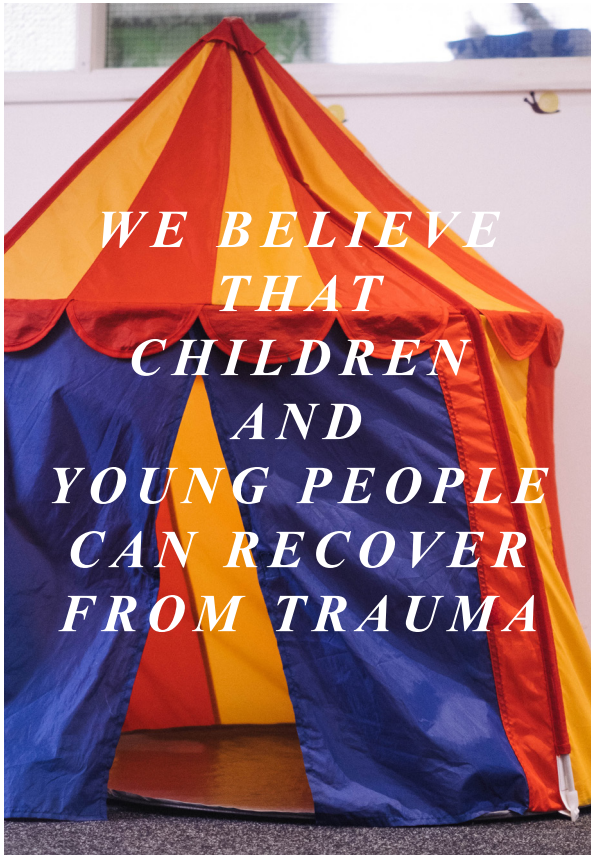
...PARENTS FEEL A RENEWED HOPE..

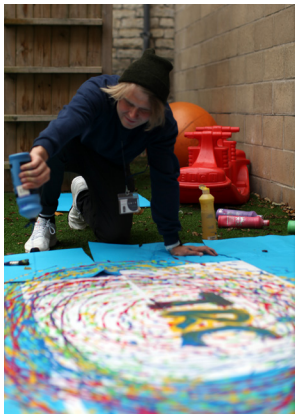
“I think one of the stand out things which has been completely integral to the clients recovery journeys has been the dynamic of parents/carers having parenting support alongside the child’s support. There’s a parent in Oxford who has often referred to Ali (TRC Parenting support worker) as an angel and how she just says all the right things to help her feel hopeful - it’s as if each week she feels like she can get through the next! Another parent in Oxford said how the TRC is the first organisation that she feels will help her child and she no longer feels scared that the child will join a gang in the future.

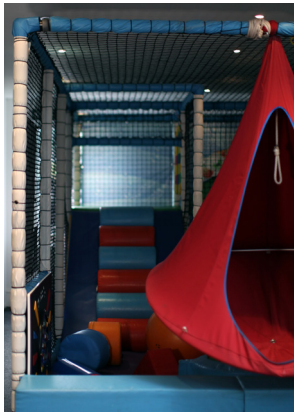
During lockdown, when we were able to provide online support one parent wrote “thank you for caring about both of us” as so many of their other support groups had needed to pause. Something that surprised me whilst being online was the success of being able to use music with children over Zoom - they would use their instruments, tap or play music on a device that felt really important to them, to share their favourite song or explore some of their feelings. For some of the children who had been drawn to music during physical sessions this was a really familiar ground which seemed to work really well online too!

I’d say one of the best things about my job is ‘seeing’ the weight gradually come off of children’s shoulders from when they first come to many weeks and months down the line... their eyes seem more sparkly... their posture changes... their relationship with the parent or parents seem to shift as parents feel a renewed hope...”

Jess
Play Therapist


WE BELIEVE
THAT
CHILDREN
AND
YOUNG PEOPLE
CAN RECOVER
FROM TRAUMA





The TRC exists to help children recover from trauma

Trauma is defined as an experience which is overwhelming and hinders the child's safety and security. Trauma causes a child or young person to feel terrified and powerless.

At the TRC we facilitate recovery for children and young people as they process trauma, and support them as they piece their lives back together until a wholeness can be found.

We believe in the recovery from trauma

www.trc-uk.org
admin@trc-uk.org

@trauma_recovery @trauma_recovery UKTRC