



## 2017-18 TRC REVIEW



**RESTORING  
CHILDREN**

The TRC is a registered charity 1141659  
Limited Company Number 752661

*"I used to argue, and fight and hurt people.*

*It was calming and playful at the TRC.*

*I played with my therapist, and she only talked  
about me. You can do all sorts of stuff and make  
stuff at the TRC. Things are better now, I haven't  
felt the way I used to when I would argue, fight  
and hurt people, for ages. I feel happy now."*

**Client Age 9**

**What a brilliant year the Trauma Recovery Centre had helping more and more children and young people through our 4 TRC projects.**

**Here's a review of what we've been up to this year**

The TRC has four projects that have each been started to complement each other with the sole purpose of bringing positive, hopeful and strategic intervention to families who are struggling having experienced trauma.



The TRC Therapy Centre provides trauma recovery focused creative therapies for children and young people, and a therapeutic trauma recovery parenting group to support their parents/carers, in order to help the whole family process their traumatic experience, so that their trauma symptoms are reduced in their daily lives. We are able to work with families and see them transform as they recover from the trauma. The children and young people become more able to focus on things that they should be focusing on rather than expending energy on survival methods.



The Oakside Creative Education Centre is a provision for those children and young people who struggle with mainstream school. They may be seen as children and young people who are defiant, non engaging or phobic.



The TRC Training Centre underpins the three projects to ensure a constant provision of excellent training for all our teams and other professionals from key experts in trauma recovery in the UK.



The Treehouse Project is our specialist provision for children and young people and their carers who have been rescued from human trafficking. We have a team of people who are trained in providing therapeutic aftercare as well as a mentoring team.

## THERAPY CENTRE 2017-18



In our Therapy Centres we have helped

**100's** OF CHILDREN  
AND YOUNG PEOPLE,  
AND THEIR FAMILIES

across the four centres in Bath, Bristol,  
Bradford and Guernsey.

In 2017-18 we delivered

**2400**

hours of therapy sessions

In 2017-18 we delivered

**840**

hours of parenting  
course sessions

## REASON FOR REFERRAL

Of the clients who came to TRC Therapy Centre 2017-18

**19%**  
Sexual Abuse & CSE

**14%**  
Bereavement

**5%**  
Refugees

**39%**  
Domestic  
Violence

**13%** Physical  
Abuse

**4%** Victims of  
Human Trafficking

**19%**  
Neglect

# STATS 2017-18

## Referral age to TRC of children and young people

4-11 years old

66%

12-16 years old

25%

16-25 years old

9%

Fostered/  
Adopted

13%

Gender of children and young people

51%  
MALE

48%  
FEMALE

1%  
OTHER

OAKSIDE CREATIVE  
EDUCATION CENTRE  
2017-18

In 2017-18 we delivered over

270

hours of  
specialised  
trauma recovery

for children who weren't coping in  
mainstream education due to their  
trauma symptoms.



## TRAINING CENTRE 2017-18



The TRC Training Centre hosted 18 training days in the academic year 2017-18, seeing hundreds of professionals coming through the doors for training.

We hosted another cohort of *professionals training to be therapeutic mentors*, and many more who are training in the *Trauma Recovery Focused Training Pathway*. We love to see their confidence grow across their engagement in these courses and hear their stories of successfully putting the strategies into practice with the children they work with.

# 18

TRAINING DAYS

in the academic year  
2017-18

Bradford

Bath

## ...hundreds of professionals coming through the doors for training

Usually our training centre only hosts courses at our HQ in Bath, however this summer we travelled up the country and delivered a highly subsidised training course in Bradford to help equip professionals working in that area understand how best to help traumatised children.

## Professionals who have attended our Director's training hosted in the TRC training centre say:



***"It has helped me to unpick thoughts about some of the children I work with and inspired me to find out more and how to talk to my colleagues about how we can work together. An inspiration!"***

*Education Professional*

***"I have better insight into trauma and its effects on the children I support. It's enabled me to recognise the signs I may have missed earlier. Amazing training. Thank you"***

*Looked After Child Social Worker*

## CLIENT CASE STUDY

Colin was referred for therapy after experiencing sexual abuse from a family member. He suffered additional trauma in the form of police questioning and the imprisonment of his abuser.

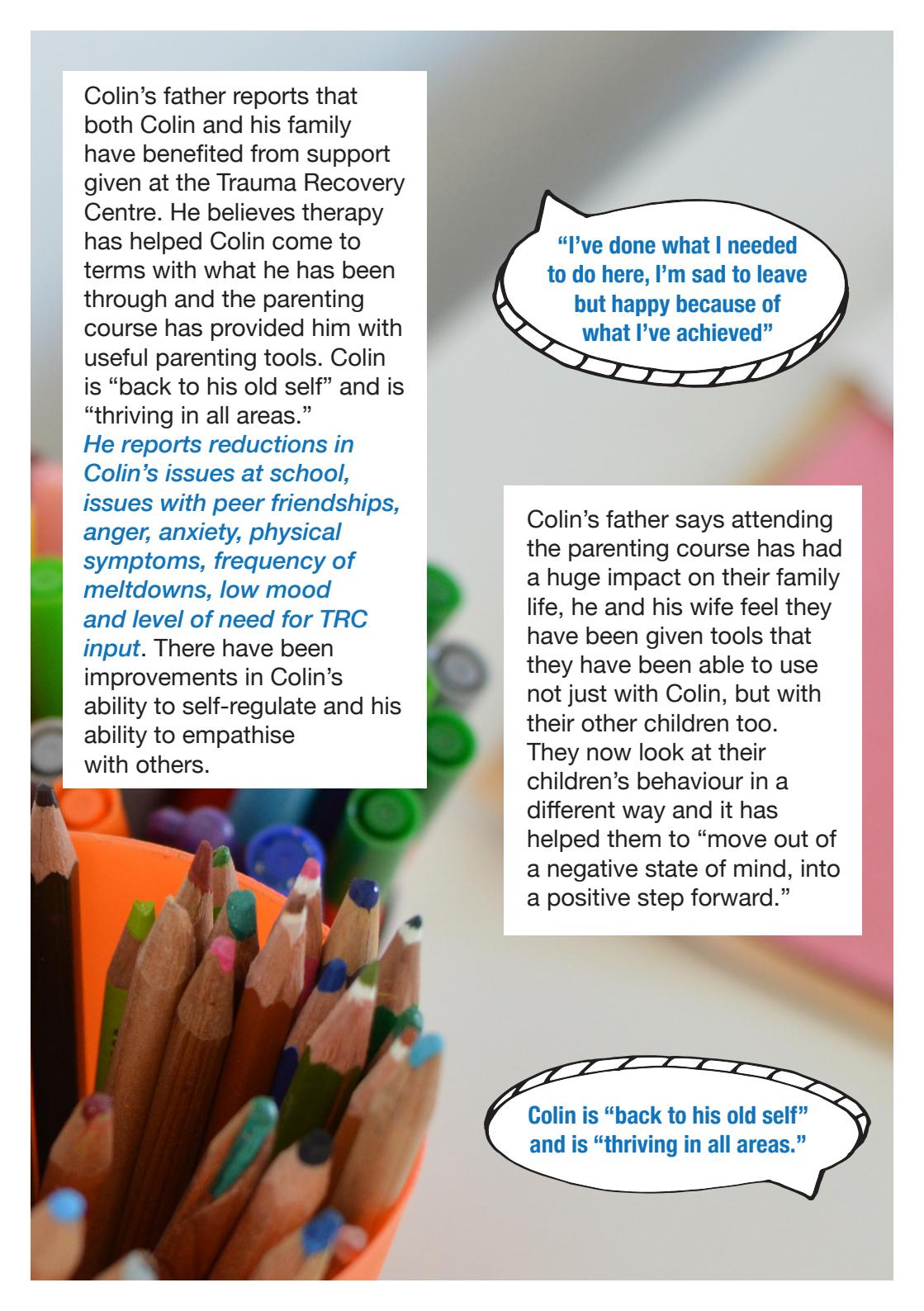
Colin was displaying symptoms of trauma including; difficulties sleeping, problems with peer relationships, out-bursts of anger, internalising emotions and somatic symptoms, such as headaches and stomach aches.

Colin attended 32 sessions of creative therapy over an 18 month period. He engaged well in sessions, becoming more confident and increasingly able to explore the impact the abuse had on him as the therapeutic alliance developed. He used the therapeutic arts to subconsciously process his experiences and emotions in a way that felt safe.



Colin now appears brighter and more confident. He reports that he cries less easily and finds it easier to talk about things that are bothering him. He finds it easier to control his anger and no longer has 'worry tummy aches.' He said he now feels able to talk about the abuse and the abuser and has identified people in his world who he can go to when feeling upset or angry.

*Colin feels all the aims of therapy have been met and felt a real sense of achievement on graduating from the TRC,* saying "I've done what I needed to do here, I'm sad to leave but happy because of what I've achieved."



Colin's father reports that both Colin and his family have benefited from support given at the Trauma Recovery Centre. He believes therapy has helped Colin come to terms with what he has been through and the parenting course has provided him with useful parenting tools. Colin is "back to his old self" and is "thriving in all areas."

***He reports reductions in Colin's issues at school, issues with peer friendships, anger, anxiety, physical symptoms, frequency of meltdowns, low mood and level of need for TRC input.*** There have been improvements in Colin's ability to self-regulate and his ability to empathise with others.

"I've done what I needed to do here, I'm sad to leave but happy because of what I've achieved"

Colin's father says attending the parenting course has had a huge impact on their family life, he and his wife feel they have been given tools that they have been able to use not just with Colin, but with their other children too. They now look at their children's behaviour in a different way and it has helped them to "move out of a negative state of mind, into a positive step forward."

Colin is "back to his old self" and is "thriving in all areas."

## TRC DEVELOPMENTS

1

The parenting course: *'Parenting the traumatised child'* (©Betsy de Thierry) was developed further by Betsy to include a new powerpoint to aid the group discussions that are based on her book, *'The Simple Guide To Child Trauma'*. Both the parents and carers receiving the course and our parenting support workers have loved the additions to the course, which help by equipping parents with both psychoeducation, strategies and group support in a therapeutic environment.



**We love that  
we have a  
passionate team  
who are keen  
to develop their  
skills to give  
children the  
best possible  
intervention.**

2

The Trauma Recovery Focused Framework was reconceptualised into a professional development passport for our clinical staff working with the different levels and complexities of trauma. There are 4 stages of training and practice to engage within the bespoke trauma recovery focused pathway.

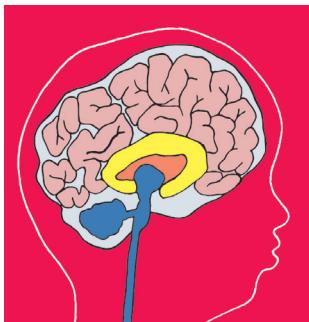
*Here at TRC we specialise in working with complex trauma and our team all train in this framework and develop their skills over their many years of working with us.*

We love that we have a passionate team who are keen to develop their skills to give children the best possible intervention.

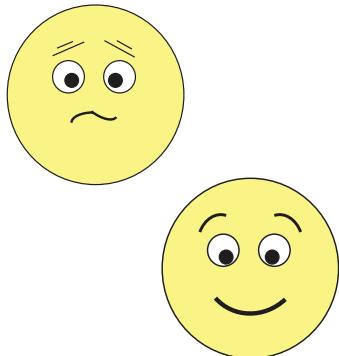
# 3

# 4

# 5



We developed a kid's therapy book of worksheets for our clients to aid their recovery sessions.



The clinical procedure's handbook was updated! It is so exciting that we are opening our 5th centre this year, and as we continue to expand we are thrilled to be developing documents to ensure the same high standard of practice across all the centres.



The staff handbook was updated – we love our team and work hard to ensure they are well supported and we create a good working environment for them as they change the lives of hundreds of children, young people and their families.



## TRC EXPANSION: OXFORD

This year we are have been in preparation for launching our

# OXFORD CENTRE

which we are thrilled to be starting on

## 5TH OCTOBER 2018!

We are receiving generous support from St Andrew's church in Summertown, who will be giving us space in their building for the first year of TRC running. We will start with a small team there and will expand as further funding is secured!

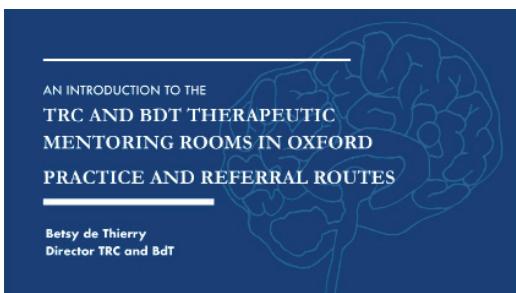


### TRC CENTRES



\* Referrals are taken from all the surrounding local authorities to the cities, or as far as people are willing to travel.

In May we held an information evening for professionals in Oxford in preparation for opening to explain referral routes and the TRC's trauma recovery approach.



## TRC TEAM

**'...WE HAVE HAD THE  
PRIVELEGE OF  
WORKING WITH SOME  
COURAGEOUS CHILDREN  
AND THEIR FAMILIES'**



Nicki Rosser, Play Therapist

*"2017/18 has been another significant year where we have had the privilege of working with some courageous children and their families. Amongst all the fun of the paint, the clay, the play, and the chatting, these children have been brave enough to explore some of their experiences and have learned positive strategies to help them overcome many of their difficulties. Parents and carers have learned more about trauma and effective ways to support their children."*

*We have seen many breakthroughs despite really tough circumstances, and we are looking forward to seeing even more next year.*

*I so value being part of such a multidisciplinary and experienced team, and the way in which we work with carers, schools and other services to try and create the best support possible."*



## SUPPORTERS

# THANK YOU

*to all those who have  
supported us this year!*

FREEDOM CENTRE UK

BIG LOTTERY: REACHING COMMUNITIES

HENRY SMITH CHARITY

RAYNE FOUNDATION

CHARLES & ELSIE SYKES

CASEY TRUST

LEATHERSELLER'S COMPANY

LEMONGRASS MARKETING

MERCHANT VENTURERS SOCIETY

ASHWORTH TRUST

DENMAN CHARITABLE TRUST

TK MAXX

QUARTET COMMUNITY FOUNDATION

MARSH CHRISTIAN TRUST

GARFIELD WESTON FOUNDATION

CO-OP HAS SUPPORTED THE BRADFORD  
TRC

# THANK YOU

*to our Monthly Restorers  
and independent fundraisers  
who have given generously  
in time and money to  
support TRC.*

# CHARITY OF THE YEAR



## BATH ROTARY CLUB

Thank you to the Bath rotary club for choosing TRC as one of their chosen charities to support from their annual fireworks display. We had a wonderful evening of fireworks and enjoyed the presentation lunch held at the rotary club.



The Rotary Club of Bath

## BATH CHRISTMAS MARKET

TRC had their first Christmas market stall in Bath city centre this year, and enjoyed meeting the multitudes who visit the markets whilst selling beautiful donated crafts and therapeutic toys from their shop!

## UNIVERSITY OF BATH

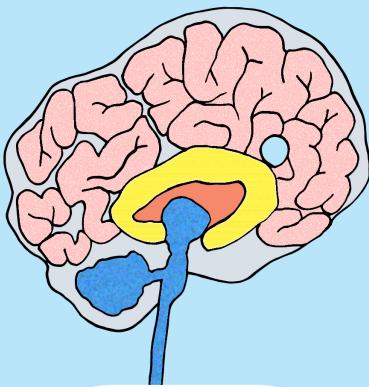
We have enjoyed partnering with the University of Bath MSc Practice Track Group, whose dissertation project involved learning about our charity, raising awareness and funds. We loved meeting the business students and explaining to them about the necessity of the voluntary sector.



# TRC AWARENESS WEEK

## EARLY INTERVENTION TO HELP MENTAL HEALTH

### 30TH JUNE - 6TH JULY 2018



OUR 7 YEAR  
ANNIVERSARY WEEK  
DELIVERING  
**TRAUMA RECOVERY  
FOCUSED WORK**  
IN BATH

**SATURDAY 30TH JUNE**  
TRC WILL BE IN QUEEN'S SQUARE,  
BATH, BA1 2HX  
FEATURING CREATIVE SHOWCASES:  
TRC PHOTOGRAPHY EXHIBITION  
DANCE SHOWCASE  
LIVE MUSICAL PERFORMANCES  
ACTIVITIES FOR CHILDREN  
AND OUR TRC INFORMATION STAND

**THURSDAY 5TH JULY 9:30AM**  
PROFESSIONAL'S TOUR OF THE  
TRC HEADQUARTERS IN BATH  
TO REGISTER PLEASE EMAIL  
[ADMIN@TRC-UK.ORG](mailto:ADMIN@TRC-UK.ORG)

**THURSDAY 5TH JULY 11AM-12:30PM**  
**SEMINAR: INTRO TO THE**  
**TRC TRAUMA RECOVERY FOCUSED FRAMEWORK**  
TICKETS AVAILABLE ON EVENTBRITE

**RESTORING  
CHILDREN**

About the Trauma Recovery Centre:

[www.trc-uk.org](http://www.trc-uk.org)   [f /UKTRC](https://www.facebook.com/UKTRC)   [@ trauma\\_recovery](https://twitter.com/trauma_recovery)   [@ trauma\\_recovery](https://www.instagram.com/trauma_recovery)

## TRC CAMPAIGN WEEK

The TRC held a campaign week in Bath to highlight the trauma recovery service in the city, which is a sought after provision UK wide.

With weekly requests for TRC centres to be set up around the nation, we wanted to take time to celebrate what we have achieved in Bath since the charity was established in 2011.

Betsy de Thierry, the founding Director, gave a tour of our HQ to professionals working frontline with children and delivered a bitesize training event to further the understanding of how the TRC supports vulnerable young people in the city. We had both a mixture of professionals from BANES, and others travelling from as far as Manchester who are desperate for effective interventions.



We also held a creative day in Queen's square where we showcased a photography exhibition called '**Someone to Speak to**', and enjoyed musical and dance performances by local artists who value the use of the creative arts to facilitate recovery.

Children enjoyed making slime and writing their courageous acts and displaying them on our '**Overcoming Tree**', and we celebrated our work in the extraordinary British heatwave!

## FURTHER ACHIEVEMENTS FOR THE TRC

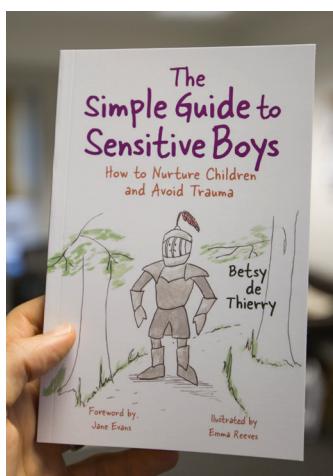
The TRC were involved in a workshop looking at *preventing modern slavery and providing care and support to victims and survivors* across the Bristol city region, facilitated by the University of Nottingham's Rights Lab.

We continued to collect data and use clinical assessments to track progress and focus treatment plans to see effective recovery.

*We are excited to have built up a large evidence base of data to use to show the effectiveness of our work and will be releasing our results in 2019.*

## AND NATIONAL DEVELOPMENTS FOR TRAUMA RECOVERY

Our local MP came for a tour of the centre and learnt about how she could refer those attending her clinic who need a trauma recovery focused intervention.



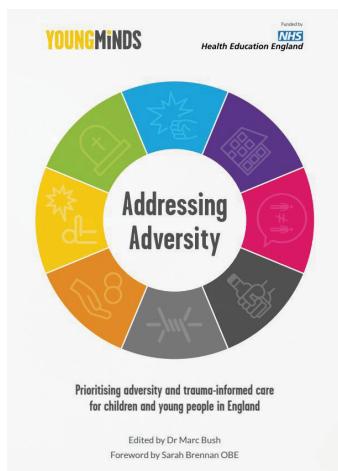
Our turnover was  
**£263,961**

In October, Betsy had another book published on the Simple Guide to Sensitive Boys.

## Young Minds Addressing Adversity

In February we were proud to be a part of the Young minds Addressing Adversity project that released a book and poster to try and raise the issue of adverse childhood experiences and practices to help address the impact of them. Our director wrote a chapter in the book in the section '**emerging good practice**' which speaks about the TRC.

**The document was launched in Parliament and is now used as a guide to trauma informed practice in the UK.**



Our staff were part of 100s of TAFs, CINs, CP and other meetings and wrote many court reports.

## Trauma Recovery Practice

Betsy, our Director, delivered training on trauma recovery practice in conferences in Liverpool, Oxford, Birmingham, Leicestershire, Wakefield, Cambridge, Gloucestershire and Bradford. She also spoke at conferences such as Oxford Safeguarding Board conference on neglect, Oxford Headteacher's conference and several virtual school conferences.

TRC attended the **Human Trafficking Foundation forum** along with many other NGO's, research groups and other parties committed to the anti-human trafficking cause.

We continue to write large numbers of grant applications and funding bids to finance our service, and are developing our partnership scheme for business sponsorship! Email us for more information!

Helpful resources for children, parents and professionals are for sale at the TRC shop. Please see our website to browse our self-regulation boards, TRC stress balls, teddy bears and more!



[www.traumarecoverycentreshop.bigcartel.com](http://www.traumarecoverycentreshop.bigcartel.com)



The TRC is a registered charity 1141659  
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## CONTACT US

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LOTTERY FUNDED**