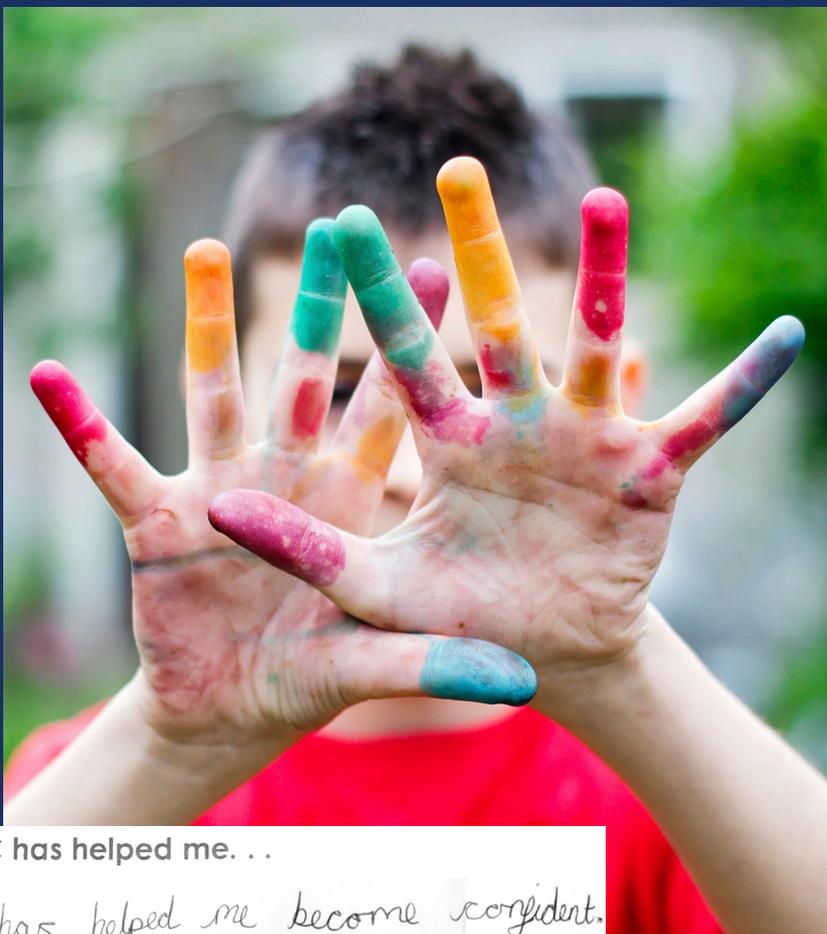


2016-17 TRC Review



How TRC has helped me. . .

TRC has helped me become confident.
Happy. Feel good about myself.

TRC Stats 2016-17

Referral age to TRC approx

47%

4-11 years

32%

12-16 years

17%

16-25 years

4%

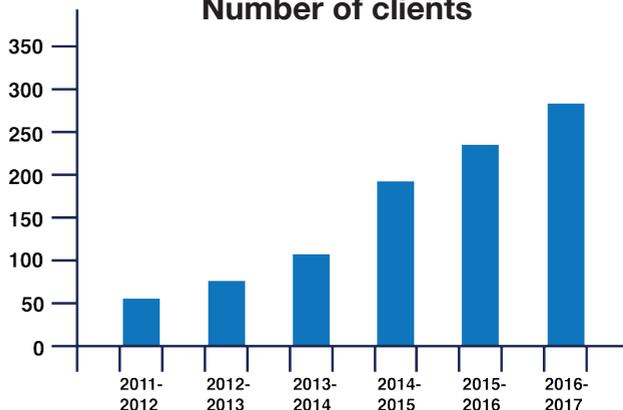
25+ years



55%
MALE

45%
FEMALE

Number of clients



Of the clients who came to TRC 2016-17

54% suffered multiple trauma

38% were abused

15% suffered sexual abuse

36% suffered domestic violence

11% suffered a bereavement

14% suffered physical health related problems
or family mental health problems

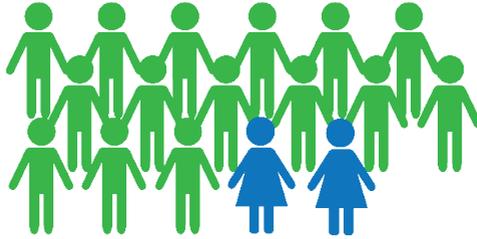
19% suffered early life trauma

2% suffered CSE

2% refugees

Oakside 2016-17

Oakside has had **17** students this year. **2** female, **15** male.



9 through the assessment **2** transitioned into Primary
8 in Primary **2** in Secondary

TRC Stats 6 years

In our Therapy Centre we have helped many children and young people, providing a total of

6300 one hour sessions so far

Over **5300**
one hour sessions were
delivered in Bath



983
one hour sessions
in Bristol

We have seen **40** students come through Oakside Creative Education Centre who struggle to cope in mainstream education due to their trauma symptoms

Schools

We have worked with children and young people from 119 schools, which are from the following local authorities:

49

BANES

24

BRISTOL

5

SOMERSET

32

WILTSHIRE

4

GLOUCESTERSHIRE

5

OTHER
INCLUDES
GUERNSEY

Training Centre

We feel it is important to engage with local political figures, to show them the value of the work we do, with the understanding that trauma recovery is a pressing issue world wide. This year, the local MP and members of his cabinet were trained in trauma recovery at the TRC Training Centre. We look forward to engaging in this conversation further, as a topic of national significance.



In March, the TRC hosted a training day for those working with refugees, equipping 50 professionals and foster carers with an understanding of trauma. As well as the MP, we had members of the MET police Kidnap and Slavery team, Children's Society, and Social Care from Bath and Northeast Somerset.

The TRC Training Centre hosted 26 training days in the academic year 2016-17, seeing hundreds of professionals coming through the doors for training.

Stories from our Clients

“When I arrived here I was full of mixed emotions- it has been one of the hardest and lowest points, not just for my son, but for myself and my family. In the months leading up to referring my son, our relationship had hit rock bottom. The only forms of communication we had were through outbursts and shouting which prevented us from completing day to day tasks. I didn't know how to react because nothing would calm him down.

Coming to the TRC with my son was one of the best decisions I have made - I know my son would say the same.

After 7 months of weekly therapy, our home is now a happy one and full of communication. Nothing is a fight- we talk!

This wouldn't have been able to happen if it wasn't for my son's therapy and the classes I got to sit in with other parents who are going through similar situations.

I have learnt so much through being able to talk openly and explore how I respond to behaviours from trauma, what they look like and why.

My whole approach has changed which I believe plays a massive role in our children's recovery! Once we understand trauma we can begin to heal and help our children to heal.

It has been amazing to watch the changes in my son - he has come out of his shell and all his barriers have dropped. We now have an even stronger relationship and both understand these big feelings are OK.

I thank all the positive staff at the TRC that I have been in contact with at such a difficult time. It really made all the difference.

My son found himself, his safe place, and his smile again. I know we will never forget this very special journey.”

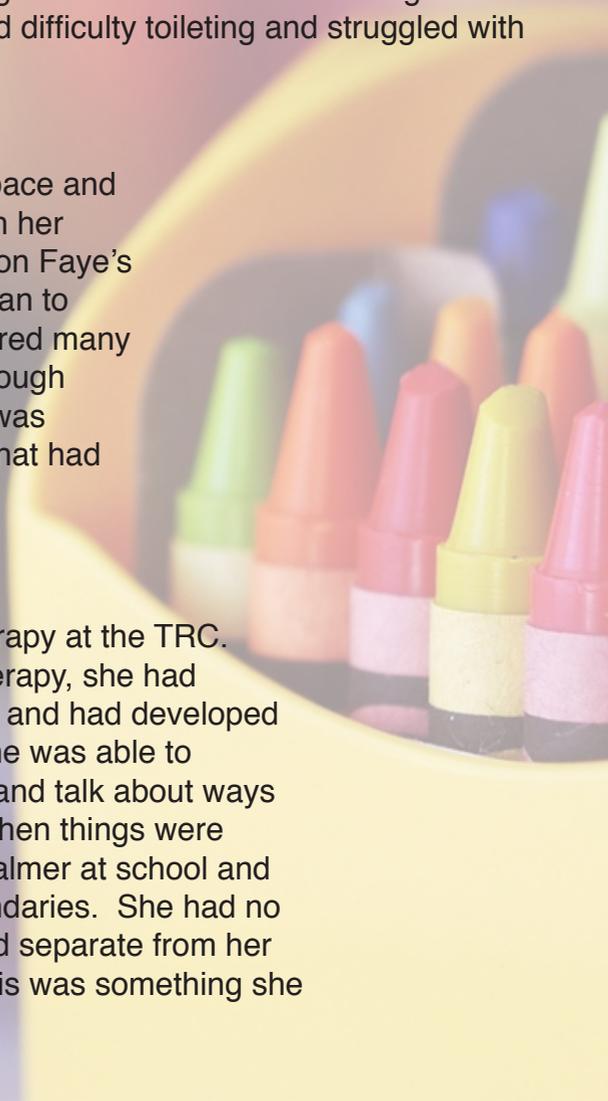
Mother of a 9 year old client

Faye's Case Study

Faye began coming to the TRC after very difficult early years. Faye had been sexually abused and witnessed domestic violence, and life had been chaotic and unpredictable. Faye could be angry and violent, displayed very challenging behaviour and had a lacking sense of danger perception. Faye also had difficulty toileting and struggled with separation anxiety.

In therapy, Faye was given the space and time to develop a relationship with her therapist that felt safe to her and on Faye's terms, and as she did so she began to engage in mutual play. She explored many of her frightening experiences through play and therapeutic stories and was able to begin to make sense of what had happened to her.

Faye received 73 sessions of therapy at the TRC. When she stopped coming for therapy, she had increased in her capacity for trust and had developed good relationships with adults. She was able to understand some of her feelings and talk about ways she had learned to help herself when things were 'muddy' in her head. Faye was calmer at school and home and able to hold safer boundaries. She had no difficulties toileting at all and could separate from her mum more easily, even though this was something she still could worry about at times.

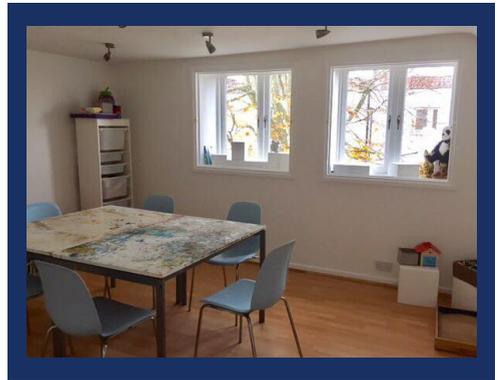


TRC Expansion: Bristol, Bradford and Guernsey

This year saw a significant expansion for the TRC! The HQ remains at our original TRC Centre in Bath, founded 6 years ago by Betsy de Thierry. However, our second satellite centre in Bristol, which opened in November 2014 relocated this November to a new building in Clifton, allowing us to see 3 times the number of clients. This academic year we have also opened 2 new satellite centres in Bradford and Guernsey! It is a huge privilege to be able to start meeting the needs in different areas as complex trauma becomes more understood and recognised.



TRC Bradford



One of the many
Bristol Therapy Rooms



TRC Guernsey



TRC Guernsey

'November 2016 was a landmark moment for the city of Bradford with the launch of the TRC therapy centre in the North of England. It has been a privilege to support children and their families in recovering from trauma. I have seen families increase in resilience, hope, and confidence. I love all aspects of working for the TRC because I know I am making a real difference to the lives of many children and families, when a child recovers from trauma their whole world changes and their future is hopeful again.'

Jen, Bradford TRC Lead Professional

"I love that the Trauma Recovery Centre offers families a supportive environment in which they can make sense of their experiences. I love seeing the benefit parents get from the group sharing and the information from the videos which gives the understanding of how the brain works, and how the TRC have a non-blaming approach to support"

Maddie, Parenting Worker, Bristol TRC



Quote from the Mayor Councillor Paul Crossley

"This morning I visited the TRC (Trauma Recovery Centre) to learn more about this charity set up by Betsy de Thierry. It's slogan of restoring children really sums up the work they do helping young people up to the age of 25 with various forms of problems associated with a range of trauma events. The Freedom Church allow them to operate from their building Monday to Friday...Amazing service."



Thank you @trauma_recovery for an interesting visit this morning and learning about the amazing work you do.

Supporters

Thank you to all those who have supported us this year!

Big Lottery

Adams
Youth
Trust

Freedom
Centre UK

Rayne
Foundation

Persimmon
Homes

Quartet
Community
Fund

Help A
Guernsey
Child

Cazenove

Clara E
Burgess
Trust

Henry
Smith
Charity

Garfield
Weston

Bath
Boules

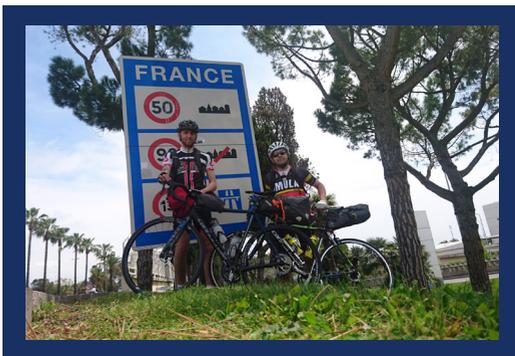
Barnabas
Trust

Thank you to our Monthly Restorers and Independent Fundraisers who have given generously in time and money to support TRC.

Charity of the year

A special thanks to the organisations who partnered with us through a charity of the year scheme:

Sainsbury's Green Park have done a number of fundraisers for us, including two of their employees cycling across France! Thank you to Paul, Jennie and all the team for letting us bag pack in store and for all the support across the year.



M&S Weston Lock Food Hall Store have also supported us in a number of ways across the year, from catering events to painting our building through their 'Spark Something Good' Project. We loved having a team of their employees come in and transform one of the spaces where children receive trauma recovery therapy.



We were one of The University of Bath's Big 4 RAG charities – thank you for bag packing in Sainsbury's and M&S, doing craft fairs and many other events over the year!

List of Achievements

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

We awarded 2 Courageous Parenting Awards, to client parent/carers who have overcome significant trauma, showing dedication to overcome and recover. The awards were presented by the former Mayor, Councillor William Sandry, and the founding TRC director, Betsy de Thierry.



We completed clinical assessments to track progress and focus treatment plans to see effective recovery.

We leased a new building for Bristol TRC in Clifton.

We opened a centre in Bradford and have a wonderful team of 3 working there.

We opened a centre in Guernsey and have a great therapist and parenting worker seeing clients.

We said goodbye to a few staff and welcomed in 2 play therapists and an art psychotherapist.

We took on 2 university placement students: Charlotte from the University of Bath, and Rosie from Bath Spa University.

List of Achievements

Our local MP, attended training on Understanding Trauma.

TRC attended 3 quarterly Human Trafficking Foundation forums along with many other NGO's, research groups and other parties committed to the anti-human trafficking cause.

Our director delivered 44 training courses, equipping over 2,000 education and multi-agency professionals with skills in working with traumatised children, including 19 school clusters, Children Society, Barnados, Children in Scotland, Young Minds, Derbyshire Virtual school, Warwickshire and Oxford virtual school teams and the Metropolitan police.

We were chosen charity of the year for M&S Foodhall, Sainsbury's Green Park and one of the University of Bath's Big 4 RAG charities.

The mayor of Bath, Councillor Paul Crossley visited the centre.

We wrote many grant applications and held fundraising campaigns.

We connect with 1000's through social media posts about trauma recovery, with 932 likes on the TRC facebook page and 825 twitter followers.



Our turnover was £298,646.

Our director was consulted on NICE guidelines for Abuse.



TRC SHOP

2016 saw the launch of the TRC shop, where helpful resources for children, parents and professionals are for sale. Please see our website to browse our self-regulation boards, TRC stress balls, Teddy bears and more!



www.traumarecoverycentreshop.bigcartel.com



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Follow us!



The TRC is a registered charity 1141659
Limited Company Number 752661

