



2015-16 TRC review



is the Best for
Sorting problems out.

The TRC is a registered charity 1141659
Limited Company Number 752661

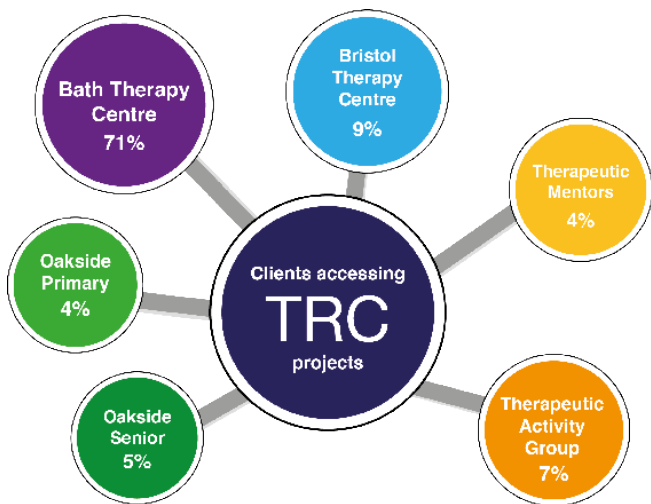
TRC IS 5 YEARS OLD

Of all our clients

82%

received a

FREE SERVICE



TRC THERAPY CENTRES - BATH AND BRISTOL

In the last

5 years

We have given

more than

5000

hours of
1:1 therapy



Plus over

400

DNA's
(Did not attend)



OAKSIDE CREATIVE EDUCATION CENTRE

Recovery not management



9 primary children & 16 secondary students received approximately

4,043

hours of therapeutic
intervention

of which
approximately

483

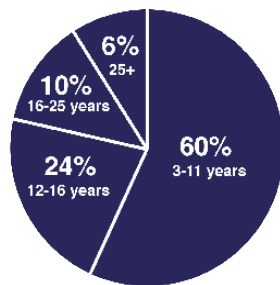
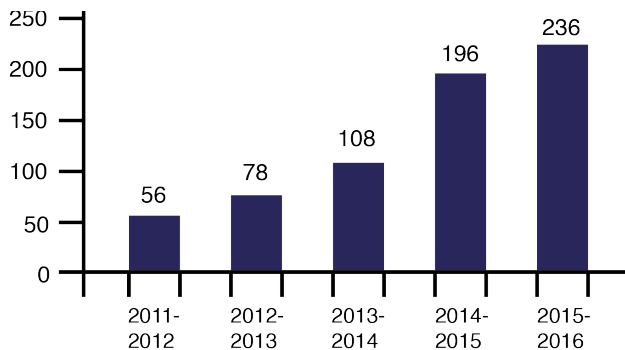
hours
were therapy

7 children attended the Oakside Assessment Sessions



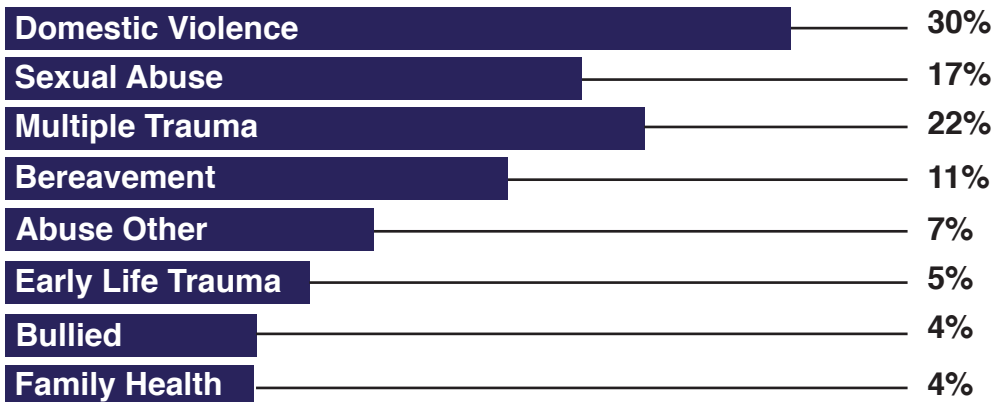
Each year we have expanded in order to see more clients

Number of clients



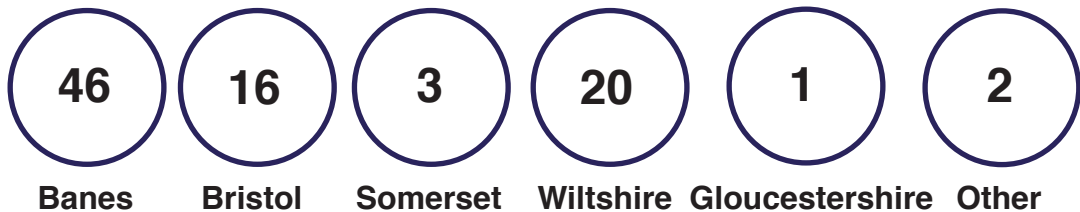
Age range of clients at referral

REASON FOR REFERRAL



SCHOOLS

We have worked with children and young people from **88** schools, working with the education professionals to ensure the most appropriate support is given to each child. We have worked with schools from many local authorities:



TRAINING CENTRE

In 2015-2016 we have hosted over 30 training courses at the TRC Training Centre.

We have trained hundreds of front line professionals working in a wide variety of settings including:

EDUCATION

CLINICAL

POLICE

SOCIAL CARE

HEALTH

These professionals and many more have received training on topics relating to trauma and trauma recovery. We love to know children will receive better support due to an understanding of trauma being disseminated.



STORIES FROM OUR CLIENTS

'When I first came to the TRC things felt difficult.

My daddy had died when I was two and a half and I missed him. I would sometimes get very angry, especially at bedtimes. I would also find it difficult to leave mummy for school and things like that. Plus I had nightmares quite often.

In therapy we did lots of things to explore feelings. Through these things I was able to understand more about my angry and sad feelings, and learn what I can do when they get too big for me.

Things have changed now, I feel happier. I am less angry and usually feel okay about leaving mummy. Also, I do not have the bad dreams nowadays very often.

I do have tactics for when my feelings get too big for me to manage. Also I know if I am worried about anything I can come and talk to mummy.'

6 year old female

"I came to TRC because I had very bad people who were mean and horrible and smelly and I wasn't safe. I went to stay with other people and ended up with mummy and daddy who are kind and nice.

When I first came to TRC I was really scared and I wasn't sure if I was safe. I had really bad night terrors, big angry feelings and I cried for four times a day. It was scary with friends.

In sessions at TRC we played babies and made stuff. I had stories and made pictures and paintings. Now I have less night terrors and I'm good at saying how I really feel. I know how to calm down now because I found out how my brain works.

Things now are mostly good but I still hate saying anything about what happened so I don't talk about it. I still have angry feelings but I can calm down quicker. I have a fiddle box and I am amazing. I can do brilliant strong sitting and butterfly hugs. I let my feelings out more safely – I am incredible."

6 year old male

SUPPORTERS

We are incredibly grateful for our supporters, fundraisers, monthly Restorers and our grant funders. Thank you!

Freedom Bath & Bristol (Over £350,000 over 5 years)	Big Lottery (Reaching Communities Fund) (£198,000 over 5 years)	The Rayne Foundation
The John Rayner Charitable Trust	Chrysalis	Henry Smith Charity
Santander	Garfield Weston Foundation	Quartet Community Foundation
The Barnabas Trust	St James's Place Foundation	Other Donations: Neighbourly Costa Character Online

Well done to those who have abseiled, run marathons, bag packed, sung, baked cakes, washed cars, walked for miles, put on fashion shows and more to raise money to support our service.

CHARITY OF THE YEAR

We have loved being the chosen charity of the year for Bath Building Society and Bath Rugby Foundation. Thank you for all the support and funds you have raised for us this year!

We look forward to being charity of the year for M&S and Bath RAG charity for the University of Bath 2016-17!

M&S
EST. 1884



TRC team bucket shaking at Bath Rugby match



FOUNDATION



We're different because you are



Bath Building Society vote TRC as their charity of the year, supported by the Mayor of Bath

Quote from the Mayor of Bath

"I feel privileged to be aware of your fresh thinking about trauma. Like turning a super tanker at sea, society will take some time to come around to these concepts and I wish you every success in promoting and raising awareness of the issues. I might also reflect that it is essential that society does embrace your thinking and adapt, otherwise so many people's lives will be impoverished."

Councillor William Sandry after attending Betsy de Thierry's training 'Working with children in trauma part 1&2' hosted at the TRC Training Centre, 2016

A WORD FROM BETSY, TRC FOUNDER AND DIRECTOR



I have been busy developing the TRC's infrastructure in preparation for the expansion which is so needed. We are often overwhelmed by the emails and desperation that we receive to have such a service in other parts of the UK.

I am also involved in working with other leading trauma/emotional wellbeing trainers in the UK in working towards a module for the initial teacher training courses- including writing a book for this of which I am writing one chapter. This chapter will be exploring the trauma continuum with special attention on children and young people facing complex trauma.

I am able to spread the word about the TRC in a number of other settings where I am asked to deliver training all over the country including professionals from Oxfordshire, Derbyshire, Northern Ireland, London, Bristol, North Somerset, Cornwall, Bradford, Warwickshire, Kent, Gloucestershire, Wiltshire and many other places! I have trained whole school clusters, therapy centre staff, virtual school staff, educational psychologists, education staff, behaviour support staff and social workers and many others.

I am also a stakeholder for several NICE projects (The National Institute for Health and Care Excellence) such as children attachment, PTSD and others. I am actively involved in the charity Institute for the Recovery of Childhood Trauma which has influence in policy and practice across the UK.

I have another book being published by Jessica Kingsley in September called The Simple Guide to Understanding Trauma. Emma Reeves, the lead therapist at Bath TRC did the illustrations for the book which aims to help those who don't want to read a long book, understand trauma and what to do to help others.

A WORD FROM CLAIRE, OPERATIONS MANAGER

This year has been hugely rewarding as our multidisciplinary team continued to expand and we helped more children, young people and their families recover from trauma. Research has highlighted the significant long term effects that trauma can have if there is no intervention, therefore it is a huge privilege to be able to provide an excellent, tailored recovery programme for as long as is needed.



Through client assessments we can see the positive results of the therapy, whereby trauma symptoms reduce significantly and we receive many reports that children are transformed into happy kids that are no longer plagued with worries.



Brains made by Oakside clients

The expansion of the TRC out of the South West of England is an exciting prospect which is in process following an introduction meeting in Guernsey in May 2016; centres here and in Bradford will open later this year, allowing more children and families to be helped in their recovery from trauma.

TRC ACHIEVEMENTS 2015-16

- Started Friday afternoon assessment sessions for potential Oakside referrals
- 3 Oakside primary students graduated and 8 were seen over the course of the academic year
- Our staff were part of 100s of TAFs, CINs, CP and other meetings and wrote many court reports
- Completed many clinical assessments to track progress and focus treatment plans to see effective recovery
- TRC attended 4 quarterly Human Trafficking Foundation forums along with many other NGO's, research groups and other parties committed to the anti-human trafficking cause
- We employed new staff, including a social worker, 3 therapeutic workers, a family therapist, a graphic designer and a translator
- We provided placements for 3 trainee therapists/counsellors, 4 trainee therapeutic mentors & work experience for college students





- We wrote many grant applications and held fundraising campaigns
- We received £1000 Starbucks Red Cup Cheer Campaign
- We were charity of the year for Bath Building Society who did a fantastic job of fundraising for TRC throughout the year
- We were kindly awarded a donation from Bath Rotary who organise Bath's annual firework display, with their proceeds coming to Bath building society's chosen charity
- We were also charity of the year for Bath Rugby, shaking buckets at 4 of their matches
- The director delivered several presentations on Trauma Recovery in the House of Lords
- The TRC training centre hosted over 30 training events
- Our director trained schools from many local authorities, equipping **1891** education professionals, at **24** training events, and **420** police, foster care and therapy professionals, at **14** training events, with skills in working with traumatised children
- Our average facebook audience is 2,500 per week with 763 likes on the page and 707 twitter followers
- Our turnover was £223,584 in 2015-16
- Grants were awarded to help with the charity's core costs over the next 3 years

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!



<http://traumarecoverycentreshop.bigcartel.com>

Contact Us:

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Follow us!



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