



# IMPACT REPORT

2021 - 2022



# table of CONTENTS

- |          |  |            |
|----------|--|------------|
| <b>1</b> | Statement from our CEO   | <b>p2</b>  |
| <b>2</b> | Southmead Development Trust<br>in the spotlight this year                                      | <b>p3</b>  |
| <b>3</b> | Community Development  | <b>p4</b>  |
| <b>4</b> | Health & Wellbeing<br>Adult Social Prescribing<br>Neighbours Connect Southmead<br>Greenway Gym | <b>p5</b>  |
| <b>5</b> | Children & Young People<br>The Ranch<br>Link Forward   | <b>p9</b>  |
| <b>6</b> | Employment & Training  | <b>p11</b> |

# Statement FROM OUR CEO

**It's been an exhilarating and hugely rewarding year here at the Trust.**

This year we set out to support the community to re-connect following the impacts of the pandemic. In particular we wanted to support mental wellbeing and children and young people. We are very proud of what has been achieved and the impact we have had.

For the first time ever, we have completed an in-depth assessment of the social value of our work. This shows that **we deliver an incredible £102m worth of social and community benefits every year, that's £50 for every £1 we spend!**

How do we do this? It is through the huge determination, commitment and energy of our volunteers, trustees and staff team and I want to thank all of you. A big thank you also to our funders, supporters and partners on whom we depend.

So much has happened this year but here are some of my highlights . . .

- We've worked with more than four times the number of children and young people than we have before. Young people have flooded back to The Ranch following the complete refurbishment of the site, and the wellbeing of over 380 young people and carers has improved.
- Over 60 locally organised events were held during our community Celebration Weeks, with music, poetry reading and guided walks to help people to safely re-connect.
- Activity at our centres has returned to pre-pandemic levels and we've supported local groups to re-build.
- Over 3,000 adults have received 1-1 support for their mental and physical wellbeing or employment, and have been connected to our ever expanding programme of groups
- We have worked with the community to re-design our community led housing scheme at Glencoyne Square, and developed an ambitious proposal for improved community facilities within the development. This includes a new library, meeting space and fitness studio.

The impact and breadth of our work is being recognised at a strategic level in the City. We are delighted to have been asked to sit on the Leadership Board of the Integrated Care Partnership for North and West Bristol. Our 'One City Many Neighbourhoods' research work with Bristol University, and the One City Plan, recognises the vital importance that Community Organisations like ours play in transforming Bristol. We respond innovatively and swiftly to challenges from housing to climate change to the cost of living crisis.

As we enter another year we are looking forward to staying positive and supporting our community to thrive.



AMY KINNEAR



# Southmead Development Trust

## IN THE SPOTLIGHT THIS YEAR

We are a charity made up of staff, volunteers and residents who work together to release power in our community. By working alongside residents in North Bristol we help communities be strong, vibrant, and resourceful through building health, wellbeing, learning, employment and pride of place.

We manage the Greenway Centre and The Ranch, providing inspiring and accessible community spaces for young people, adults, families, community groups, partners and businesses. They are well-loved local venues and host popular community events throughout the year, including Southmead Festival and community pantomime.



**12,700**

residents in Southmead



**70**

regular volunteers



**21**

new partnerships



**3,310**

adults & young people benefitting from personalised 1-1 support



**9**

community spaces secured & improved



**£102,991,005**

social value generated\*



For every £1 we invest we generate £50 in social value



**3**

\*generated using recognised UK social economic proxies

# Community Development

As the world reopened, we focused on reconnection.

Community Corner is our free community space and home to several groups like crafts, board games and coffee morning. Conversations, catch ups and cups of tea give us time to see old friends and make new ones. We have hosted two Celebration Weeks where residents showcased skills and talents. Our beloved community panto returned at Christmas welcoming hundreds back into our hall. In June The Ranch welcomed Bristol Refugee Festival to Southmead for the first time. We had a joyful gathering with music, coffee and homemade sweet treats.



Bristol Refugee Festival

Southmead Development Trust have opened doors to refugees and asylum seekers in the area. Our relationship has gone from strength to strength.

Claire

## CRAFTS IN COMMUNITY CORNER

Dee started coming to coffee morning to meet people & brought examples of her crafts to show the group. This became a coffee morning Crafts spin off group. Since then, Dee has taught a jewellery making group. She had never led a group before and has become a great teacher.

Rachel is a volunteer with us and runs Games Club. An avid card maker, she shared her skills during the Celebration Weeks.

Now she runs a fortnightly card making workshop and sells her cards at events.

They work hard to offer 'something' of positive benefit for every person in our Southmead community and expertly and kindly support local community groups. Their support and offer for Southmead is amazing.



**69**  
activities in  
Celebration Weeks

**£839k**  
social value  
generated

**128**  
regular members of  
groups

# Health & Wellbeing

## ADULT SOCIAL PRESCRIBING

**Our aim is a more holistic approach to health and wellbeing – an understanding that all aspects of life are interconnected.**

Our Link Workers provide 1-1 sessions and connect participants with groups like open water swimming, dance, and anxiety management so they can feel more in control of their mental and physical health.

We've pioneered a virtual offer for support groups based on topics identified by our participants. With our in-house knowledge and by teaming up with expert partners we offer resources, advice, guidance and encourage peer support.

The GP referred Jill for her low mood and anxiety. Having recently given up her job, she was at home with four children and trying to home-school during the pandemic. She was finding it hard getting time for herself. Jill expressed to her Link Worker that she was passionate about working with children with Special Educational Needs and Disabilities, something close to her heart as her son has additional needs.

Jill opened up about concerns related to her drinking. Together we made a referral to the Recovery Orientated Alcohol and Drugs Service and connected with a West of England Works mentor. Reaching out has alleviated a lot of stress and Jill feels she has more space to focus on the things that matter to her.



I can't thank you enough, you've not been telling me what to do, you've just been giving me opportunities and I've taken them, and I'm really proud of myself for that. You've helped me find the right niche.

Raheema



It makes a difference to have someone who is understanding of the predicament I am in. When you are inside it, you can't be very objective so it was so brilliant to have someone to help me see the way through.

Sara

**2,621**

people received  
1-1 support

**£96m**

social value  
generated

**4,157**

attendees at  
groups

We had a Madonna song on and we were dancing to it. You were stood in front of me giving a fantastic Madonna impression and I did the same back to you. We looked at each other and we both laughed. This is the first time I have laughed in a long while and it was lovely. I'm still laughing thinking about it.

Julian

Paul

I feel alive and I haven't felt that in a long time.

Having that space every Friday was lifting my spirits up. I felt connected, supported, felt there was a purpose again - prior to that I was struggling, I felt really alone.

Maya

## GROUPS

Greenway Walkers  
 Open Water Swimming  
 Living with Chronic Pain  
 Healthy Lifestyles  
 Universal Credit Support  
 Special Educational Needs & Disabilities Info  
 Carers Support Drop In  
 Campfire  
 Housing Support  
 Gardening  
 Wellbeing Music  
 Wellbeing Arts  
 Wellbeing Movement  
 Debt & Budgeting Support  
 Anxiety Management  
 Personal Independence Payment Support

Peer support is one of the main benefits of these groups. Participants say they feel more connected, they get good tips from others and find out that there are people experiencing a similar life to them. The interaction is a huge element.

Will Shipp, Social Prescribing Link Worker & Group Facilitator

I've lived with pain for quite a long time. The group has helped me to know there are resources to help me cope with hard days. I went on to access the Lake group and the swimming gave me relief.

James

The project tied into our aims and objectives of enabling access to justice, combatting social exclusion and poverty, and empowering people to know and assert their rights.

North Bristol Advice Centre



# Health & Wellbeing

## NEIGHBOURS CONNECT SOUTHMEAD

**A connected community is a strong community.**

Building relationships is how neighbours can look out for each other. We match volunteers with members of our community based on their needs and interests. This strengthens the networks between residents so they feel connected and supported if they ever need to reach out.



Thank you for enriching my life by giving me this time with Mark.

Susanne

I hadn't been into town in 25 years so I've really enjoyed my outings.

Terry

We matched Mark with a volunteer to look at his reading and writing. He wanted to learn how to read and write after not receiving support at school. History was a particularly fascinating topic for him. Mark and Susanne met weekly in the café. She introduced him to using an index and dictionary.

Mark joined the library and immediately took out five books. He is regularly going back to the library with a long list of history topics to learn about. Any words he is unsure of, he looks up in the dictionary so he can continue to grow his vocabulary.



Georgia

I really enjoyed volunteering with NCS. The team were brilliant and supported me to learn. The experience gave me the building blocks to take on my Link Worker role .

Noah joined us as a volunteer during the pandemic - he wanted to give something back to the community.

Noah and Terry have been a long-term match. They regularly go on drives to visit different parts of the city, which Terry hasn't done for a long time.

Noah also supported him with paperwork and going to the bank. It was clear that more targeted support was needed. Together, we were able to get Terry a support worker.

45

participants

£1.8m

social value generated

28

volunteers



# Health & Wellbeing

## GREENWAY GYM

**Our gym is a gym for everyone.**

We've grown our fitness timetable to offer over 30 classes. From yoga to HIIT workouts, Pilates to dance - there's something for everyone. Exercise on referral is a central focus for us offering specialist classes for pain management and building balance, as well as 1-1 guidance. We pride ourselves on creating an inclusive space, finding out what works physically and mentally for each individual person.

Since doing the classes I have built up enough strength in my legs now that I can get in and out of my daughter's car without being assisted! She has a sporty car so it's a lot lower down than most cars and I can take a walk to the paper shop with just one rest now instead of three.



**Sheila**

Will came to us through Social Prescribing. Keen to push himself, he wanted to join the gym to improve his confidence and mental health. Together we made a personalised gym programme and schedule.

Will comes to the gym two or three times a week and uses it to tackle any low points he faces. We enjoy bumping into him and catching up - he's started a part time job.

The classes have given me the confidence to go out walking again. I walked to the end of Weston Pier and back with my daughter recently. I would not have been able to do that unless I had been attending these classes.

**Maureen**



**580**

gym members

**£1.7m**

social value generated

**15,000**

visits to our fitness classes

# Children & Young People

## THE RANCH

The Ranch is a cherished space for children, young people and families in Southmead. Generations of families have played, volunteered and worked here.

The number of children, young people and families benefitting from our programmes and activities has more than tripled this year. They join us to have an adventure, play sports, learn new activities, connect with nature, meet trusted adults and make new friends. We run five weekly free open access youth and play sessions for local families. Our newly expanded holiday programmes include free hot meals and an exciting programme including cooking classes, cycling lessons, arts and foraging.



**Will Dorney,**  
Youth & Play  
Manager



### BIRTHDAY PARTIES

Birthday parties at The Ranch have been a huge hit with Bristol families.

The income from parties provides vital funds to look after our newly transformed site, keep The Ranch in the community for generations to come and open at weekends, which young people have asked for.

I was born and raised in Southmead. My Dad used to take me to The Ranch when he was the manager here. After volunteering here and then working in youth work across the city, I'm really happy to be back working at The Ranch. It's a place very close to my heart.

### DIY SOS

In October 2021 the BBC's DIY SOS team arrived to transform The Ranch with the support of many volunteers from Southmead, local businesses & organisations. The transformation includes a new Multi Use Games Area, music studio and art space. This has kickstarted a new phase for us: hiring out new and improved spaces for sports, music and nature to local residents and partners.

**105**

young people regularly attend our sessions

**£789k**

social value generated

**455**

young people and their families have loved The Ranch this year

# Children & Young People

## LINK FORWARD

**Link Forward is our new service for 7-12 year olds who experience social isolation or anxiety. Working in a holistic way with the whole family we see confidence grow, new interests develop and friendships form.**

This year, due to demand from the community and GPs, we have expanded our service to support more children affected by the pandemic. Our service combines 1-1 support with therapeutic groups including Resilience Lab, forest school, parkour and wellbeing arts. A new peer led support group for parents and carers is proving popular.

**Mo**

It's been really beneficial for Anna, both seeing you 1:1 and attending the wellbeing clay group. She has learned to manage her emotions better by drawing and using fidgets. I feel like I've been supported and Anna has too. The regular contact and feedback from you has been brilliant.



My favourite thing was forest school. I was really nervous the first time I went but I love it now. We have learned to look after nature because it looks after us!

**Jemima**

The GP referred Jemima for anxiety and concerns about her reluctance to go to school and social clubs. Our Link Worker met her regularly at school. Together they discovered that Jemima really enjoyed art and being outside. She agreed to come along to our wellbeing nature project, Sounds of the Forest.

Jemima soon opened up to the facilitators and other young people. In the end, she attended the whole term of forest school. Her confidence has really grown, she has made new friends, and feels connected to the woods.

**Dr Marion Steiner,  
GP at Southmead &  
Henbury Family  
Practice**

I'm acutely aware of the problems experienced by children here. The vision and success of the service has really strengthened provision for families. In this new project, nature connection will be nurtured with the aim of a life-long love of outside - a great benefit to them.



**200**

young people engaged with groups

**£1.3m**

social value generated

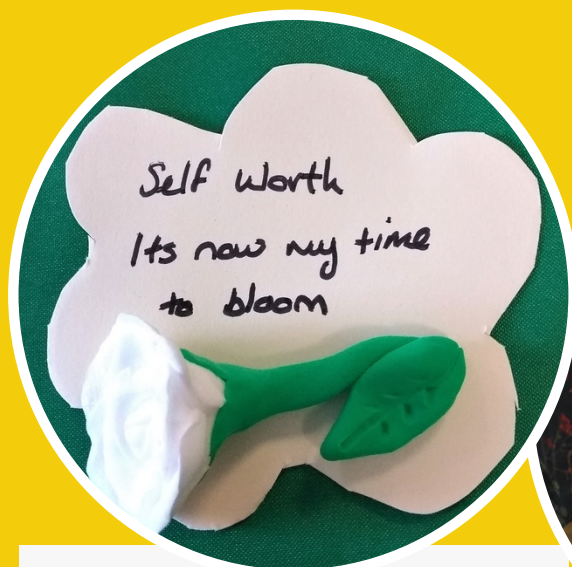
**384**

children and parents supported

# Employment & Training

We empower people to pinpoint their goals, grow their confidence and access work or training.

Through our bespoke confidence building course Find Your Strengths and our Employment Skills Workshop, we equip people with digital and employment skills to feel confident in their job search. Our West of England Works mentors work alongside people to access ID documents, benefits advice, transport and interview clothing so those essential building blocks are there for them to start work or training courses.



Jonny is a Ukrainian-Russian national who met our Employment and Training Manager Zoe at a local primary school. During their chat, Johnny expressed a keen interest in pursuing a career as a psychologist but didn't know where to start. He completed our Find Your Strengths course, progressing onto our Employability 101 course, and was connected with one of our West of England Works mentors.

Together they created a plan to gain the qualifications he needed. He's currently volunteering with Home-Start gaining volunteering experience and an accredited course. Now, Jonny has secured a place with City of Bristol College to study Psychology. He couldn't be happier.



**Nick Phillips,**  
Head of Employment  
Services at Weston  
College



You have helped me more in a short time than anyone ever has. Other people recognise the change in me.

Mikael

Southmead Development Trust are integral to our community delivery in North Bristol. Since 2017 they have been supporting us with our courses and employability programmes which has led to hundreds of local residents becoming more employable.

**157**  
people received support from mentors

**£1.5m**  
social value generated

**137**  
attended our bespoke courses