



IMPACT REPORT

2022 - 2023



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FROM OUR CHAIR & CEO

The challenge for any organisation working in the community is how do we prove our work has an impact and how do we show or measure this?

We know our work makes a difference to our community. Because we live and work here we see it daily and that is why this Social Impact Report is so important. It lets us share the work and celebrate the value that community led organisations bring to the world.

Local people, working with a committed staff team, have made a difference. As well as knowing it amongst ourselves, now we can also prove it. This report is an insight into the work of Southmead Development Trust and is a testament to the hard work of all the workers, volunteers and Trustees. I want to thank them and Southmead for being the vibrant community we all love.



KEVIN SWEENEY
CHAIR OF TRUSTEES

This year has tested the resilience of the local community and organisations alike. The impacts of soaring inflation, the energy crisis, funding pressures, and extreme weather events have been felt by all (36°C on Southmead Festival day!) We are incredibly proud of the way in which we have reflected and responded to needs locally, while still building a sense of possibility and hope for the future.

Our centres have become busier than ever. We've invested in making Greenway an even warmer, safer and more welcoming space. Open to everyone throughout the week to meet others, get fit, find support, learn new skills or just spend time. New batch cooking classes, affordable markets, and energy advice sessions have been popular. We've expanded all of our free holiday, after school and one-to-one programmes for young people, with record attendance. **Overall, more than 3,800 young people and adults have benefited from the support of our projects and services and we have achieved a social value of over £68m.**

Highlights for me this year have been the moments of absolute fun and energy that have been experienced through people coming back together again after the pandemic as well as wanting to have some joy in the face of the cost of living crisis. Popular events such as Southmead Festival, Meadows to Meaders, the community pantomime, and Winter Celebration Week have all been a refuge!

Despite all the challenges we are optimistic about the future for Southmead and determined to deliver our big ambitions. As we look forward to next year we are excited about co-designing our first Community Climate Action Plan, and starting on site with our community led housing project.

All of this is only possible because of a strong network of teams. I want to thank our extraordinary volunteers, residents, staff, Trustees, funders, and partners who have all remained committed, compassionate and supportive this year.



AMY KINNEAR
CEO

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 support communities to be resilient and resourceful through building health, wellbeing, learning, employment, and pride of place.

We manage the Greenway Centre and The Ranch, providing 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. We sponsor The Mead, our community magazine, so we can reach and include Southmead's offline residents.



12,700

residents in Southmead



168

community volunteers



10,000

copies of The Mead
community magazine
printed



3,810

adults & young people
benefitting from 1-1
support



50t CO₂

saved each year
through building
improvements



£68,464,942

social value generated*



*calculated using HACT UK
Social Value Bank

Community Development

In Southmead we love it when people take action in their community.

This year we ran our first annual Living in Southmead Update. Knocking on doors and holding pop-ups to find out what was important to residents, what they'd like to take action on, and how we can work together to tackle the cost of living crisis. Being able to come together was a focus. Working alongside local people we can help to empower, support and celebrate people running local groups. Our free space, Community Corner, now hosts more than 11 groups each week; from art to knitting, singing to coffee morning, there is a way to spend time together every day.

It's a fun singing group, it's been great. We're getting famous and we've been booked - oh yes!

Pauline



I really enjoy the time I spend in Community Corner - it's going really well and there's lots going on. I am telling everyone to come.

June



Paula

There is a whole world at Greenway, even on the days when you don't leave the house it's nice to know the community is there when you want it.



M POWER



MPOWER

A few of us were chatting about our experience of menopause, expressing a wish for a space to discuss and learn with others.

So MPower, the group for all things menopause, formed. Meeting once a month the space is open to the community for discussion, peer support, and advice. Featuring guest speakers on a range of topics, such as exercise and nutrition, the goal is an empowered, supportive group able to navigate peri-menopause and menopause more comfortably.

1,182

attendees at groups
& activities

£1.3m

social value
generated

127

regular members of
groups

Health & Wellbeing

ADULT SOCIAL PRESCRIBING

Our aim is a 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, walking, bereavement, and pain management so they can feel more in control of their mental and physical health. Our in-house Wellbeing Coach works closely with participants to provide guidance on diet and exercise, and link people with Greenway Gym. This person-centred approach along with expert advice, resources, and guidance means participants can feel more equipped and empowered to move forward.

I had put my workshop ideas aside due to the pain but then I realised I should just go for it. Social Prescribing is better than any pill.

PETE

Feeling ground down by chronic pain, Pete had stopped pursuing his idea of running creative workshops for disabled people. After discussing this with his Link Worker he came to the Chronic Pain, Creative Writing, and Music and Movement groups. He found his mood was lifted and his pain was eased through meeting others and having a creative outlet.

Through the groups he has made friends with some other members and met to create music, and he's now facilitating the Creative Writing group.

The club and meeting others has helped a very traumatised me to start on a fresh path. I have come out of myself and enjoyed being with others.

Benny



Grace

If you look back a few years ago, you can see my whole life has changed. I have had to look back and work through the list one by one. For me it's been a saving grace. I now feel worthy, it's all changed.

1,230

people received
1-1 support

£44.3m

social value
generated

3,878

attendances at
groups

Health & Wellbeing

GREENWAY CARE CONNECT

A new kind of care for North and West Bristol.

Greenway Care Connect is our new introductory care agency and we're celebrating its first six months. We introduce clients and care workers to each other, and they get to choose whether they work together. The aim is greater choice and to decide together on plans, ways of working, and outcomes. Care workers get free training, can set their hourly rate, and have guidance on being self-employed. This opens up new, well-paid local employment opportunities for residents; it supports existing care workers to remain in the care sector, allows clients to feel more in control of their care, and alleviates the social care crisis in the city.

I felt extremely supported by Care Connect, always kept in the loop about training opportunities. It feels like getting paid for being with nice people.



Care Worker

She is really pleased so far and appreciates having the same two care workers. I trust them to work safely with my daughter and I can step back a little. Care Connect has really saved us from a previously stressful place regarding support.

Jan

NINA

Nina is visually impaired and is entitled to 12.5 hours of care a week through council funding. Her current agency kept cancelling shifts with short notice leaving Nina feeling very anxious.

We introduced Nina to a care worker in January who is providing 5.5 hours to support Nina to keep her home tidy, go to appointments, go swimming, and do shopping. Another agency was responsible for the other 7 hours of care. However, there were several occasions where no one showed up. Nina and her Mum were keen to be introduced to another care worker through us. Now all her care is provided by Greenway Care Connect care workers. One of Nina's care workers is going to a wedding with them in June.

I'm really proud of being able to work in a person-centred way and being able to offer small care packages, often other agencies can't accommodate that. The care workers we partner with are such hard-working, kind and caring people.



Cecilia Casadio,
Greenway Care
Connect Manager

17

clients & care
workers

£663k

social value
generated

412

hours of care
delivered

Health & Wellbeing

NEIGHBOURS CONNECT SOUTHMEAD

A connected community is a strong community.

Forming relationships and strengthening connections is how neighbours can look out for each other. By matching volunteers with members of our community, based on their needs and interests, we're building tailored support and connections for those who are isolated or receiving adult social care. This year we launched a Monday Lunch Club and linked up with community transport. We're proud to offer valuable voluntary experience, with many of our volunteers going into paid work or seeking out a career change.



Alex
Bennett

I can't get out without help due to my eyesight and mobility - I get so bored looking at the same four walls! My friends aren't around anymore. I was introduced to Monday Lunch Club. It's about getting out and chatting to people and the quizzes and activities keep my mind active. I'm looking forward to our summer trip with fish and chips!

Joan



I joined Neighbours Connect as a volunteer in 2019 and was matched with 87 year old Jim. I would visit him fortnightly and our best trip out was definitely a pub Sunday roast for his 90th. Jim sadly passed away a few months ago, I attended his funeral and was mentioned in his eulogy as a new friend he had made later in life.

NCS gave me a sense of community that I didn't have before and I decided that a community based career was what I wanted to do next. I am now the Volunteer Coordinator for Southmead Development Trust. I love my new job, working with the volunteers is pure joy!

25

participants

£896k

social value
generated

27

volunteers

Health & Wellbeing

GREENWAY GYM

Our gym is a gym for everyone.

We've grown our fitness timetable to offer more than 35 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. This year we launched daily Young Gym sessions for 11-15 year olds and a weekly Women Only session so everyone can feel welcome. We've also completed essential updates to our dance studio and gym to make it more spacious and accessible.

I'm loving Greenway Gym. There's a range of different people which isn't intimidating. I enjoy my cardiovascular programme and I'm progressing. I use the gym three times a week and I haven't had any fibromyalgia flare ups.

SARAH

Previously a member of another gym, Sarah was seeking a space that felt less intimidating. She wanted an induction and programme for managing her weight and joint pain from Fibromyalgia.

We started with cardiovascular exercises and stretching and now, after regular visits, we will introduce resistance weights.

Sarah is keen to share her story with other participants so others can benefit from exercise.



Sue

When I come to classes my pain goes away.



728

gym members

£8.2m

social value generated

9,736

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.

We run five weekly free open access youth and play sessions for families. We're pleased to now be opening on Saturdays after the community highlighted how valuable this would be. The space is also for celebrations - 74 young people have held their birthday party here this year. We're proud to offer a supportive space where parents and carers can reach out to each other, we can train Young Leaders, and our young people and volunteers go on to work as Youth Workers with us.

I love coming to these sessions. It has really helped with my anxiety. I hope to help others combat the challenges of mental health issues.

TYLER

Tyler has autism and initially struggled with the loud noises and amount of young people at sessions. After a few months he is now staying for the whole session, engaging others in pool tournaments, and is part of our Young Leaders team.

Tyler was also signposted to the Grassroots Activator Programme, a free course for young people to get involved with social impact projects. He is carrying out a project around young people's mental health in Southmead, running an event to raise awareness. Tyler has been promoting this at youth sessions and is keen to be an advocate in this area.



Alfie, Young Leader

I love The Ranch as it makes me feel proud of the community I am in! Also the friendships that come out of The Ranch are amazing.



The Ranch plays an integral part in the Holiday and Food scheme, offers a warm space, and the staff are well respected in the community. By offering a range of opportunities for social and personal development, it all adds to a prevention model where families get support at the earliest opportunity.

Peter de Boer, Senior Practitioner Youth & Community, Bristol City Council



379

young people regularly attend our sessions

£4m

social value generated

451

young people and their families have loved The Ranch this year

Children & Young People

LINK FORWARD

Link Forward is our Social Prescribing service for 7-12 year olds. Working in a holistic way we see confidence grow, new interests develop and friendships form, improving health and wellbeing for the whole family.

This year we have worked with even more partners to run more than 230 sessions for young people, parents and carers such as Wellbeing Arts, Boxing Therapy, and Special Educational Needs and Disabilities info drop-ins. Our Resilience Lab uses creativity and play to explore emotions to build the skills to cope with stress, reach out to others, discover strengths, and feel more confident when life gets tough.



To be able to refer to a service that you know will be able to offer help to the child and family is invaluable. Our children look forward to the sessions and afterwards seem less anxious and more confident.

When I first came to Resilience Lab I was scared and nervous. But now I feel better and a lot more confident. I believe in myself.

TILLY

School noticed that Tilly was no longer socialising, and her behaviour and wellbeing was deteriorating. After a few 1-1 sessions with her Link Worker, Tilly joined Resilience Lab. She learnt about recognising her emotions and trying things that would make her feel better. Soon she was comfortable making jokes and giving answers in front of everyone.

Tilly is now confident and excited about joining another group, Forest School. Her Mum is also coming to Kids Matter, our parenting support group.

Parent

We felt like she belonged, it doesn't always feel like that in healthcare.

**Thrive Learning Mentor,
Filton Avenue Primary
School**

You have been there when no-one else was, you have taken the time to listen to my son and to us. Thank you for keeping our heads above water and finding things to help, he has loved the groups.

Parent



90%

young people felt more confident

£6.6m

social value generated

483

children and parents supported

Employment & Training

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

We're celebrating six years of West of England Works, our employability service. Our mentors work alongside people to build confidence, signpost, prepare for interviews, and to write CVs in readiness for work and training. In response to Southmead's Community Plan, we trialled Greenway Community Learning to make free courses available locally. Our four bespoke courses created a pathway for people to build skills in volunteering, employability, mindfulness, confidence, and goal setting.

Tara

I appreciate the hard work you have put into our meetings and would like to thank you so much for your help and understanding.

A wonderful help.

Cam

Got a laptop and without it I couldn't have done job search or courses.

Martin

MO

Mo has autism and social anxiety.

She wanted to improve her confidence and self esteem. She came to our Find Your Strengths course and was soon challenging herself to visit art exhibitions on her own. After completing our Employability course and starting a voluntary position, Mo felt more confident to increase her job searching. A first interview wasn't successful but she reached out to the interviewer for feedback. Working with her mentor they amended her CV and tried again. Her second interview was successful. Mo is now helping to coordinate an arts project in Bristol and designing the promotional materials. She has been attending all the meetings unsupported.

This has helped me enormously, boosting my confidence, I have had help!

Sam

63

people received support from mentors

£1.2m

social value generated

42

participants felt more confident