

**Roundabout**  
Dramatherapy

**Annual Report**  
**2010-2011**



*Celebrating*

*years of  
making  
connections*

## Letter from the Chair

I am delighted to welcome you to Roundabout's Annual Report for 2010/2011. During the year we celebrated our 25th birthday, a truly amazing achievement.

In a time of austerity and anxiety for families and communities the need for a place to share thoughts and feelings and receive therapeutic support has never been so great. Roundabout has met this need through working with vulnerable children and young people as well as some of the most vulnerable adults in our society. Our commitment to providing our services in partnership with other statutory and voluntary groups has ensured that the work has been well supported and has reached those most in need.

This year we developed our work with families, creating a 'Positive Play' training course for parents and their children. It was really well received by those who took part and we plan to develop this programme in 2011/12.

Roundabout remains committed to evaluating our work and this year we completed our innovative work on Psychlops Kids resulting in a new user evaluation pre and post therapy form. This is now available for other therapists to use.

It has been a very successful year despite the economic conditions and I am proud that Roundabout remains the largest Dramatherapy charity in the UK. Looking ahead, 2011/12 promises to be another busy year with many of our projects already in place. We look forward to expanding our work with vulnerable adults and developing our projects in schools.

I would like to take this opportunity to thank all of our service users, staff, trustees and supporters.

I hope you enjoy the report.

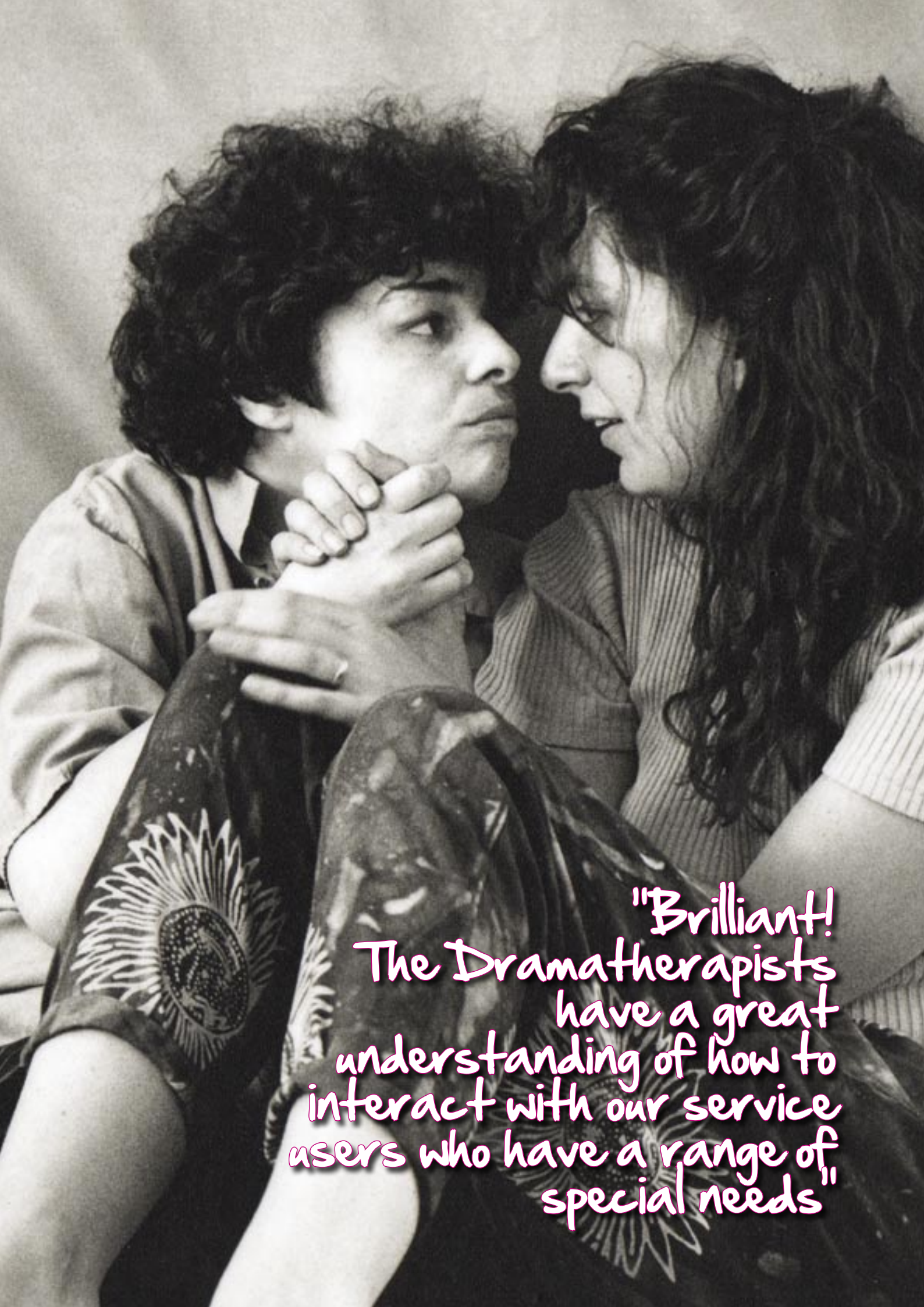
*Alicia Kelly*



## Contents

What Is Dramatherapy?	4
How Dramatherapy Works With...	5
The Big Numbers...	6
25 Years Of...	7
The Dramatherapy Pathway	8
Psychlops Kids	10
The Sessions	12
Finance	14

Please note: Some of the photographs in this year's Annual Report have been taken from the last 25 years' of our work



"Brilliant!  
The Dramatherapists  
have a great  
understanding of how to  
interact with our service  
users who have a range of  
special needs"

# What is Dramatherapy?

**'DRAMATHERAPY is a form of psychological therapy in which all of the performance arts are utilised within the therapeutic relationship. Dramatherapists are both artists and clinicians and draw on their trainings in theatre/drama and therapy to create methods to engage clients in effecting psychological, emotional and social changes. The therapy gives equal validity to body and mind within the dramatic context; stories, myths, playtexts, puppetry, masks and improvisation are examples of the range of artistic interventions a Dramatherapist may employ. These will enable the client to explore difficult and painful life experiences through an indirect approach.'**

*(British Association of Dramatherapists)*

Roundabout runs long-term and short-term Dramatherapy projects with a range of clients of all ages. Service users consent to Dramatherapy interventions prior to the start of therapy.

Roundabout's Dramatherapists are registered with the Health Professions Council (HPC). Roundabout's Dramatherapists work according to the BADth Code of Ethical Practice and work with a contract drawn up between themselves and their clients.

*Roundabout Dramatherapists work with many different service users here are some of the reasons people are referred to Dramatherapy:*



# How Dramatherapy Works With...

## Vulnerable young people

Dramatherapy sessions with vulnerable young people focus on improving mental health, reducing barriers to attendance and learning, increasing self-esteem and addressing safeguarding issues. Some referrals involve complex family issues such as domestic violence, family breakdown, illness or substance misuse. Young people are referred because their behaviour is challenging or inappropriate, or they seem withdrawn or invisible, or they experience extreme anger or anxiety. Dramatherapy looks at ways to improve the young person's relationship to family, school and friends through exploring and addressing their issues and unmet emotional needs.

Roundabout's Dramatherapy services for vulnerable young people are usually based in schools and work with individuals and groups. The sessions use many different art forms including role-play, improvisation, story making and film. There is a contract drawn up between the Dramatherapist and the service users at the beginning of therapy raising issues such as personal responsibility and confidentiality.

Evaluation of our projects with young people in schools show that attending Dramatherapy sessions leads to:

1. Improved relationships
2. Increased communication skills
3. Greater ability to express and explore feelings
4. Improved self-image and self-confidence
5. Developed social interaction skills
6. Developed artistic and creative skills
7. Increased ability to work with the imagination
8. Improved opportunities and skills for self-advocacy

*"The Dramatherapy is a much appreciated addition to our support for emotional health and has especially been of benefit to pupils who are reluctant or unable to communicate verbally."*

*"Going to Dramatherapy has given me a place to think about the things going on in my life and to work out ways to deal with them. Thanks."*

## Older people

Many people as they grow older experience loss in mobility and in mental capacity. This can have the effect of severely lowering morale, causing low self-esteem, depression, embarrassment and hopelessness. Some older members of our communities are withdrawn and feel isolated and may struggle with issues such as bereavement, loss and change.

Roundabout has been running Dramatherapy sessions with older people for many years and we have found that through attending regular weekly sessions older service users can experience:

- Improved group interaction and a sense of belonging
- New connections made and friendships formed between group members
- Stories shared in a structure where everyone is heard, valued and accepted
- Stimulation of mind and memory
- Support with difficult issues that arise
- Increased confidence, self-esteem and self-advocacy
- Increased level of fun.

The structure of the sessions are designed to give each group member opportunities to tell their story. Songs, gentle movement, recorded music, poems, photographs and art images are used to stimulate imagination, ideas, thoughts and memory. This material can be worked with the context of the here and now or to support personal stories and prompt memories.

The sessions will develop mutual support among the group members and are a place where individuals can learn to regain their feelings of self-worth and dignity. The work emphasises the importance of what group members can do, rather than what they cannot. Involvement in Dramatherapy develops individual creativity and time is taken to ensure that each person's contribution is properly valued.

*"This is better than any medicine"*

*"This is the best thing we do, I look forward to it all week"*

## The big Numbers...

**25** years since  
Roundabout  
began

Roundabout  
currently works with

**20**

different types  
of client groups

The youngest  
service user was

**3**

the oldest  
service user was

**100**

About

**10%**

of children have a mental health  
problem at any one time  
(*Mental Health Foundation*)

We work with

**3883**

service users  
every week

working in

**17**

different  
boroughs in  
Greater London

**72**

the number of people  
who have worked for  
Roundabout since  
1985

Pupils with SEN  
with statements  
are around

**8**

times more likely to be permanently  
excluded than those pupils with no  
SEN. (*Department of Education*)



"Roundabout has noticeably helped to raise our members' self-esteem, which carries on through all aspects of their lives. As we all know, good self-esteem is a great confidence builder to tackle other issues and situations in life"



## Before

I'm being bullied at school. I don't think the other children in my class like me anymore. I don't want to go to school.

## After

Dramatherapy was fun. I really liked the stories and acting out different characters with my friends in the group. It was good to share my news and now I feel more confident. I think I'm a bit better at home now.

## Before

I am worried about Louis because he seems unhappy and has started talking about not wanting to go to school. He doesn't want to tell us what's upsetting him.

## After

Dramatherapy has been a wonderful opportunity for my son to explore and express his feelings in an environment where he can feel relaxed and knows that he won't be judged. The sessions follow a regular pattern, with the predictability that he needs and the issues raised are 'resolved' through the drama, meaning that he can safely go back to the classroom and resume where he left off. As parents we want to thank you for taking the time to understand him and help him through his anxieties. We are also so grateful to you for helping us to understand him and some of the difficulties he has to cope with.

CLIENTS

CARERS



## Before

I have noticed that Louis finds it difficult to interact with his peers and often appears isolated and sad. He seems to lack motivation and I he is considerably more anxious.

## After

Louis happily participated in Dramatherapy sessions and built a safe and trusting relationship with the therapist. Louis needs continuous support with his social interaction with other children and really thrives on engaging with an adult. He was able to stay focused and motivated during these sessions involving drama. He made excellent social and emotional progress during the year and I feel very strongly that going to Dramatherapy sessions has played an important part in this.

PROFESSIONALS

## The Dramatherapy pathway

*People are referred to Dramatherapy because of difficulties they are experiencing in their lives. Parents, carers, key workers, teachers and other professionals may raise concerns as well as the service user themselves.*

*The Dramatherapy pathway shown here is typical and the text has been drawn from actual feed-back drawn from real people.*

# Psychlops Kids

During 2010/11 Roundabout completed the development and piloting of 'Psychlops Kids'. This has been a major undertaking for Roundabout and has resulted in the development of a new way to evaluate the impact of Dramatherapy. 'Psychlops Kids' is a self-report methodology of evaluating therapy designed specifically for children aged between 7 and 13 years old, offering them the opportunity to say in their own words what their worries are and how Dramatherapy might have helped.

'Psychlops Kids' is based on 'Psychlops', a mental health outcome measure for adults developed by primary health-care professionals and therapists based at King's College London. For the last 3 years Roundabout worked with this team to develop a version suitable for young service users as research had discovered no other self report evaluation for under 13 year olds. Roundabout has been in a unique position to develop and pilot such a measure because of the large number of children and young people we work with each year.

The 'Psychlops Kids' forms identify, at the beginning of therapy, issues that are bothering the child or young person and also how they are feeling about going to Dramatherapy. Through the pilot process the Roundabout team were able to add creative forms of evaluation to the format established by the original team. 'Psychlops Kids' was piloted 3 times over 2 years and we were able to elicit feed-back from children, young people, the adults who supported them to complete the forms and the therapists. This led us to the final version which was used during the academic year September 2010 to July 2011.

Our work with 'Psychlops Kids' has shown that this form of evaluation really does give the children and young people 'a voice'. The pre-therapy forms provide a helpful starting point for the therapeutic work and the completed forms after therapy has ended offer both qualitative and quantitative results.

## Results

The results have been very positive indicating that Dramatherapy is really making a difference in children and young people's lives. The results of 66 completed before and after Psychlops Kids forms showed an effect size of 0.9. The effect size calculation is based on the section in Psychlops Kids that can be given a numerical scoring and shows that for those who completed the forms they felt significantly better after the Dramatherapy programme.

Other data from the forms, indicated that the issues children were most worried about were: school problems, peer problems, self-esteem issues, anxiety about school transfer and family problems.

## Achievements in 2010/11

- Analysed a full year of Psychlops Kids data
- Presented results at British Association of Dramatherapists (BADth) day on evaluation
- Written a chapter on 'Psychlops Kids' in a new book on Dramatherapy in schools to be published by Routledge 2012
- Will present 'Psychlops Kids' at BADTh conference September 2011.

'Psychlops Kids' is now available for all Dramatherapists to use, but also arts therapists and other professionals working therapeutically with this age group.



"He has shown greater confidence and participates more with his peers and me. He rarely would initiate conversation but will now come and ask for help"





2



1

Roundabout Dramatherapy sessions provide a safe space for clients to express their feelings

4



3



5



6



# Finance

## STATEMENT OF FINANCIAL ACTIVITIES 2010/2011

Incoming Resources	2011 £	2010 £
Donations, legacies and similar	460	4,395
Grants receivable	124,599	143,638
Fundraising Income (Fees)	266,332	196,856
Investment income	456	274
<b>Total Incoming Resources</b>	<b>391,847</b>	<b>345,163</b>
Resources Expended		
Cost of Charitable Activities	350,599	337,571
Governance Costs	2,783	2,461
<b>Total Expenditure</b>	<b>353,382</b>	<b>340,032</b>
Net Movement in Funds for the Year	38,465	5,131
Total Funds Brought Forward	75,330	70,100
<b>Total Funds Carried Forward</b>	<b>113,795</b>	<b>75,330</b>

## BALANCE SHEET

	2011
Fixed Assets	3,695
Debtors	55,536
Cash at bank and in hand	91,719
Less Creditors	(37,155)
<b>Total assets less current liabilities</b>	<b>113,795</b>
Financed By:	
General Fund	73,795
Designated Redundancy Fund	40,000
<b>Total</b>	<b>113,795</b>

All Roundabout's restricted income was spent on the purposes specified with the grants.

"What would we do without this valuable group? The service users have a sense of belonging and it is their group without intrusion. The group enables the service users to enhance long forgotten social skills."

## List of Funders

Austin & Hope Pilkington  
Barbara Ward Children's Foundation  
City Bridge Trust  
City of Westminster Charitable Trust  
Company of Butchers  
Croydon Disabilities Partnership  
Garfield Weston Foundation  
Healthy Croydon  
John Lyons' Charity  
Lloyds TSB Foundation for England and Wales  
London Borough of Croydon  
London Councils  
London Voluntary Service  
Saddlers  
The W. G. Edwards Charitable Trust  
Wates Foundation

## List of donors

Bannerjee & Lewis	Miss Cousins	MH Smith
S B Cannon	S Kahvedjioglou	Miss H Toumazos
Mrs. Corner	Ms. Lobo	Mrs. Whitelaw
	Ronald Marsh	

## Present Management Committee


Alison Kelly	Chair
Ronald Marsh	Treasurer
Rodger Winn	Secretary
Mark Stanley	Trustee
Yvonne Wynter	Trustee
Lindsay Dutton	Trustee
Paul Girbow	Trustee
Bronwen Lord	Trustee
Helen Toumazos	Trustee

## Present Employed Staff

Lynn Cedar	Project Directors
Deborah Haythorne	Project Directors
Susan Crockford	North London Co-ordinator
Tim Townsend	Lead Dramatherapist
Jeni Curran	Employed Dramatherapist
Jessica Ellinor	Employed Dramatherapist
Isabelle Rodker	Employed Dramatherapist
Pamela Marshall	Employed Dramatherapist
Stephanie Smith	Employed Dramatherapist
Rebecca Lacey	Administrator
Sandra Craig	Administrative Assistant
Heather Brown	Administrator

## Current Freelance Dramatherapists

Adrian Benbow, Judy Elias, Haydn Forde, Charla Givans, Joanna Hawkins, Lina Ib, Jane Jackson, Jeannie Lewis, Heather Radler, Anna Rogakou, Joanne Spencer, Greg Sturges, Mo Townsend.

A photograph of a man and a young child sitting on the floor. The man, wearing a grey long-sleeved shirt with red stripes on the sleeves, is leaning forward and looking down at the child. The child, wearing a white t-shirt, is also looking down at something in their hands. The background shows a window with red curtains and a yellow wall.

"My students have benefited from Dramatherapy. They are more able to express their feelings in a group situation also in 1-1. They think through their actions more and are much happier"

# Roundabout Dramatherapy



## The Next Step . . .

### If you would like to HELP US

you can make a donation

by contacting:

[admin1@roundaboutdramatherapy.org.uk](mailto:admin1@roundaboutdramatherapy.org.uk)

### If you would like us to HELP YOU

you can get more information about

Roundabout Dramatherapy by contacting

us at either:

#### Head Office:

Cornerstone House, 14 Willis Road, Croydon CR0 2XX

**tel:** 020 8665 0038

**email:** [roundabout@cornerstonehouse.org.uk](mailto:roundabout@cornerstonehouse.org.uk)

**web:** [www.roundaboutdramatherapy.org.uk](http://www.roundaboutdramatherapy.org.uk)

#### North London Office:

Manor Gardens Centre, 6-9 Manor Gardens N7 6LA

**tel:** 020 7263 4076

**email:** [northlondon@roundaboutdramatherapy.org.uk](mailto:northlondon@roundaboutdramatherapy.org.uk)

Roundabout is a Trust and Registered Charity No. 297491

Available in large print  
Please call either office