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

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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:
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

The youngest service user was 3 years old

The oldest service user was 100 years old

Roundabout currently works with 20 different types of client groups

About 10% of children have a mental health problem at any one time (Mental Health Foundation)

We work with 383 service users every week

The number of people who have worked for Roundabout since 1985 is 72

17 different boroughs in Greater London

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.
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 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.

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 feedback 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 feedback 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"
Roundabout Dramatherapy sessions provide a safe space for clients to express their feelings.
It's nice to be included but though I don't want to speak too loud...

Whisper...

SShhhhhh...

NEWS

Gosh, it's like they are really listening. They want to know about my news. Wow...

So what's your news?

You can shout, whisper, or wave, or talk...

ancient story

long long ago...

brothers, princes, goddesses, heroes, heroes, heroes, heroes...

Storytelling
STATEMENT OF FINANCIAL ACTIVITIES 2010/2011

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<tr>
<th></th>
<th>2011</th>
<th>2010</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>£</td>
<td>£</td>
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<td>Donations, legacies and similar</td>
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<td>Grants receivable</td>
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<td>Fundraising Income (Fees)</td>
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<td>Investment income</td>
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<td>Total Incoming Resources</td>
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<td>Resources Expended</td>
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<td>Cost of Charitable Activities</td>
<td>350,599</td>
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<td>Governance Costs</td>
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<td>Total Expenditure</td>
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<td>Net Movement in Funds for the Year</td>
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<td>Total Funds Brought Forward</td>
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<td>Total Funds Carried Forward</td>
<td>113,795</td>
<td>75,330</td>
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BALANCE SHEET

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<th>2011</th>
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<td>Fixed Assets</td>
<td>3,695</td>
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<td>Debtors</td>
<td>55,536</td>
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<td>Cash at bank and in hand</td>
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<td>Less Creditors</td>
<td>(37,155)</td>
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<td></td>
<td></td>
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<tr>
<td>Total assets less current liabilities</td>
<td>113,795</td>
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<td>Financed By:</td>
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<td>General Fund</td>
<td>73,795</td>
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<tr>
<td>Designated Redundancy Fund</td>
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<td></td>
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<tr>
<td>Total</td>
<td>113,795</td>
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All Roundabout’s restricted income was spent on the purposes specified with the grants.

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
- S B Cannon
- Mrs. Corner
- S Kahvedijoglou
- Ms. Lobo
- Ronald Marsh
- MH Smith
- Miss H Toumazos
- Mrs. Whitelaw

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 Administrative Assistant
- Sandra Craig Administrator
- 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.

“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.”
"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"
The Next Step . . .

If you would like to HELP US
you can make a donation
by contacting:
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
e-mail: roundabout@cornerstonehouse.org.uk
web: www.roundaboutdramatherapy.org.uk

North London Office:
Manor Gardens Centre, 6-9 Manor Gardens N7 6LA
tel: 020 7263 4076
e-mail: northlondon@roundaboutdramatherapy.org.uk

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