

# Roundabout Dramatherapy



Annual Report  
2012–2013

# Contents

What Is Dramatherapy?	4
How Dramatherapy Works With ...	5
The Big Numbers ...	6
Big Lottery Funding (BLF)	7
The Dramatherapy Pathway	8–9
BLF Reports: Older Adults and Adults with a Learning Disability	10–11
Finance	14

## Letter from the Chair

*I am delighted to welcome you to Roundabout's Annual Report for 2012/2013.*

*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 maintaining its extensive programme of work with vulnerable children and young people, and with 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 have been working on developing a new website and our thanks go to our designer Ben Keen for his fantastic work. You can take a look at [www.roundaboutdramatherapy.org.uk](http://www.roundaboutdramatherapy.org.uk)*

*Roundabout remains committed to evaluating our work and disseminating the findings. We were able to feature a chapter on Psychlops Kids evaluation in 2012, in a new book that also included a chapter on Roundabout's work in schools. Co-edited by one of our Project Directors and published by Routledge, the book is called: 'Dramatherapy with children, young people and schools'.*

*2012/13 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, 2013/14 promises to be another busy year for Roundabout as we look forward to expanding our work with older people and developing our projects in schools.*

*Before I finish it is with great sadness that I let you know that Ronald Marsh, Roundabout's Honorary Treasurer for many years, died on the 21st December 2012. He was a truly fascinating man who supported Roundabout through being a trustee and careful and wise treasurer. He is greatly missed by us all. Do look at our webpage to read more about Ronnie.*

*I would like to take this opportunity to thank all of our service users, staff, trustees and supporters. I would like to end by saying a particularly huge 'Thank You' to Tim and Jackie Farazmand for their generous personal donation to Roundabout this year.*

*I hope you enjoy the report.*





“

Very good. I'm sorry it's the last one, I really am, because I have enjoyed coming.

”

# 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 and Care Professions Council (HCPC). **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's** Dramatherapists are checked by the Disclosure and Barring Service.

**Roundabout's** Dramatherapists work with many different service users. Here are some of the reasons people are referred to Dramatherapy:

Loneliness

Bereavement

Anxiety

Dementia

Behaviour Issues

Poor Confidence

Abuse

Low Self-esteem

Family Problems

ANGER

Depression

Young Carer

Not Achieving Potential

# How Dramatherapy Works with...

## Children and Young People on the Autistic Spectrum (ASD)

Children and young people with ASD can be at risk of suffering from anxiety and depression, often struggling in social situations and in expressing their thoughts and feelings.

Dramatherapy can help people with ASD to develop their social skills and build confidence and self-esteem through structured group and individual sessions. A course of weekly dramatherapy sessions offers a gentle therapeutic approach that can address many of these significant and difficult issues, through the use of stories, songs, role-play and non-verbal movement and sensory work.

In the weekly sessions, the dramatherapist models clear, expressive communication through utilising the art forms of dramatherapy, and encourages the development of relationships within the group. Turn-taking, listening and responding to others is supported through fun interactive activities. In this therapeutic environment, people with ASD are able to explore communicating their needs, feelings and interests, have attention paid to these needs, and work with them in a creative way.

Dramatherapy sessions usually have a repeated structure, which is important for people with ASD. Within this predictable environment the sessions can support the group members to develop their capacity to manage change and transitions, as well as dealing with the unpredictable.

Evaluation of our work with people with ASD has brought out 5 key areas where dramatherapy has an impact. These are:

- Dramatherapy helps people with ASD feel safe to explore thoughts and feelings.
- Dramatherapy helps people with ASD feel included and develop relationships.
- Dramatherapy helps people with ASD develop their social skills.
- Dramatherapy helps people with ASD feel less anxious.
- Dramatherapy helps and supports the school and family.

## 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 shows 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.

*“I benefitted from attending dramatherapy in many ways. He has had the opportunity to socialise and express his feelings in a safe environment. It is the only activity where he has not headed straight for the door and it is the highlight of his week.”*

# The Big Numbers...

**28** years since Roundabout began

**29%** with Autism

**36%** are Non-White British

Roundabout currently works with **27** different types of client groups

**29%** are adults

The youngest service user was aged **4** and the oldest was **105**

Working in **12** different boroughs

# Big Lottery Funding (BLF)

## Big Lottery Fund Roundabout project summary

### Introduction

For the past two years, since being granted funding by the Big Lottery Fund in 2011, **Roundabout** has been working on a project involving groups of older adults and groups of adults with learning disabilities in numerous boroughs across London.

The project involves working with six groups of adults per year (4 older adult groups and 2 learning disability groups) in different areas of London. Over the course of the four year project, the aim is to provide dramatherapy sessions for a total of 96 older people and 48 adults with learning disabilities.



# The Big Lottery Fund:

## Client

### Before

*"I was feeling empty, no purpose... very lonely."*

### After

*"It was lovely to be able to just feel free, and know that what we come into the room to speak about is totally between the group. Now ... this has become our little therapy room, and every time I go past it I shall think. It's not going to seem the same though. Not weepy type, but it's just somewhere where I can come to and know I can talk without saying anything anybody would misconstrue ... we've had our private times in here ... it's not going to be the same without the girls."*

## Dramatherapists

### Before

*"This client appears to have very low self-esteem. It seems that she is attending the session to support her friend rather than for her own benefit. At times, this supporting role that she has taken on is clearly a pressure for her."*

### After

*"As the sessions progressed, this client realised that the work was actually helping her - not just her friend. Dramatherapy afforded this lady the space to open up about her concerns, to be creative, and to make links between the work and her own life - past and present. At times her high anxiety levels brought about strong emotional responses, at other times, she had a lot of fun, and engaged positively with the other group members. By the end of the project, her confidence and self-esteem had increased enormously."*





# The Dramatherapy Pathway



## Manager

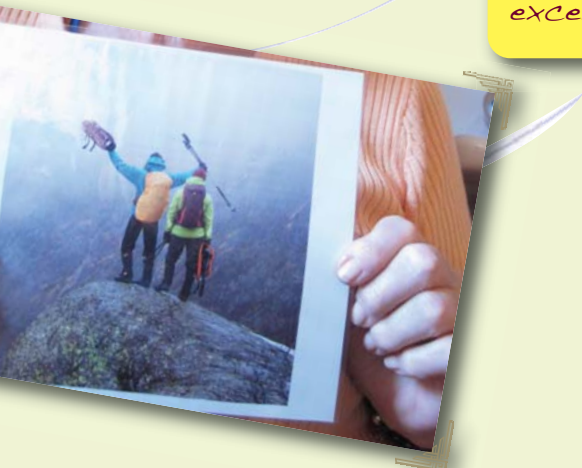
### Before

*"I suggested this lady to be referred to Dramatherapy, as I feel she could benefit with support for her anxiety, and lack of self-motivation. She seems to avoid asking for support, by constantly trying to help others, who she may see as having more physical needs. Her own needs are perhaps easier for her to ignore when she is with others, as they are more hidden inside."*

### After

*"This client's confidence to talk to new people has grown since she started the group. She seems to find it easier to express and voice how she is feeling. Her caring nature and tolerance of different people's abilities has become more evident. From the time she joined till now, she has become a livelier person, full of energy and very chatty. She has said that she is disappointed that the group has to end and we both feel that she has reached a crucial stage in her transformation.*

*She, and I, would love to see this continue for herself and other clients in a similar position, as elderly people need stimulation if they have been isolated for a long period of time, and a structured group is an excellent way of easing them in slowly. I hope the sessions will return to help people like her. The facilitators have been excellent and feedback sessions useful."*



# BLF Reports and Quotes: Older Adults

The Big Lottery Fund project for older adults involves both North and South London **Roundabout** teams – each consisting of two therapists to carry out the work and manage the project. To date, **Roundabout** has facilitated eight dramatherapy groups in the boroughs of Sutton, Kingston, Merton, Westminster and Camden. These have taken place in three day centres and five residential homes. All of the group members were over 75 years of age, and all were physically and/or mentally frail.

The aims of the sessions are:

- To establish and build relationships.
- To facilitate and develop interaction.
- To build confidence and self-esteem.
- To use different stimuli to encourage creative self-expression.
- To stimulate imagination.
- To stimulate ideas and discussion.
- To stimulate memory.
- To increase levels of enjoyment – to have fun.

The overall aim is for this to result in less isolation and a general increase in mental wellbeing.

## The sessions

The sessions take place at the same time and in the same place each week. The structure of the sessions is repeated each week which helps to foster a familiar, safe environment.

At the beginning of each session there is an opportunity for group members to share feelings and at the end there is time given to reflect on the work of the group.

Within the sessions a variety of methods of creative work are used, focusing on themes emerging from the group. Themes often include change, loss and relationships. Various creative media are offered which may include using objects and props; puppets; fabric and costume; percussion instruments; stories; poetry; music and song; mime; pictures; photographs; reminiscence; script work; role play; creating poems, stories and artwork.

The work of each session is recorded in a group book which creates a link between the sessions and serves as a visual reminder of the discussions, memories and creative activities that have been shared by the group. The book is the property of the group.

## Evaluation

Evaluation of the projects is an important part of the work and is done in a variety of ways throughout the year. As well as undertaking their own evaluation through ongoing session notes, discussion and supervision, the dramatherapists also use questionnaires for group members and staff, as well as compiling feedback from each session. Overall reports are written at the end of each year. The dramatherapists are also using the opportunity to trial a number of different evaluation methods to add to and enhance the methods already in use.

## Feedback

There has been positive feedback from all of the eight groups that have been facilitated so far. One manager wrote at the end of the project:

*“The group books and reports were a very pleasant surprise ... we have been showing them to the families and residents. We will cherish them, and thanks from me and the rest of the team for the marvellous work that you did ... all the very best, and keep up the good work.”*

Here are some comments from participants in the recent groups:

*“Very rewarding - the fact that I was able to unload my concerns about things.”*

*“It’s been a very happy time, and very sad that it’s going to come to an end. I look forward to seeing the book.”*

*“I enjoyed it. I think it’s helpful to go back. What you feel inside you’ve got to let it all out.”*

*“I think it’s been very good meeting other people who speak - you meet people ... all groups should be like this.”*

*“I’m lost for words. Oh lovely being here ... wouldn’t want to miss it.”*

*“I didn’t think I was that clever!”* (looking at collage we created).

# BLF Reports and Quotes: Adults with a Learning Disability

The project for adults with learning disabilities has been facilitated by the North London **Roundabout** team, consisting of two dramatherapists, co-facilitating two groups in different boroughs each year. To date, there have been four dramatherapy groups run in the boroughs of, Haringey, Hackney, and Islington over a two year period. These have taken place in four different settings, being held on a weekly basis.

The general aims for the groups are:

- To increase confidence and self-esteem.
- To develop communication skills and relationships.
- To lessen levels of anxiety or concerns and find ways to resolve or alleviate these issues.
- To use different creative methods to encourage social skills and explore relevant themes.
- To develop creativity and imagination and have fun.

Various activities and media are used to warm up the imagination and body, such as games, mime, movement to music, instruments, objects and pictures brought in to stimulate role-play and improvisation. The main event of the sessions often consists of enacting stories, some well-known, others created by the group. Time is given for members to come out of role and reflect on their experience before ending the session. This proves to be a very enjoyable experience and way of working for all the group members.

All the stories and most of the action are captured in the group book, using photographs, words, images and pictures to record the different experiences of the group over the duration of the project. This remains the property of the group and centre.

## Evaluation

The dramatherapist's evaluation is carried out through writing session notes, discussion, supervision and reports. Questionnaires are given to staff and clients to complete before and after the intervention. Forms are made accessible, using photo/symbols where appropriate. Feedback forms are given to parents, to note any changes that may have taken place. Quotes from staff, parents, carers, and clients also form the basis of the overall project evaluation.

## Feedback from staff/carers/parents:

*"A huge benefit for T, her confidence and self-esteem have improved beyond doubt. This has supported T in many areas of her life."*

*"The group has supported A to manage more difficult situations with more confidence."*

*"E has benefitted in feeling confident about voicing her opinion which is great. This has opened up new opportunities, as E is expressing her opinions/choices more openly."*

*"D has gained further confidence and as a result the team have noticed D feeling less anxious at times."*

*"S has benefitted greatly from the session in many areas of his life. In particular with decision making, which has given him the ability to manage his anxieties with minimum support."*

*"Since being to the group, K is now talking in sentences rather than just single words."*

## Feedback from service users:

*"I've enjoyed playing different people in the stories and being in the group."*

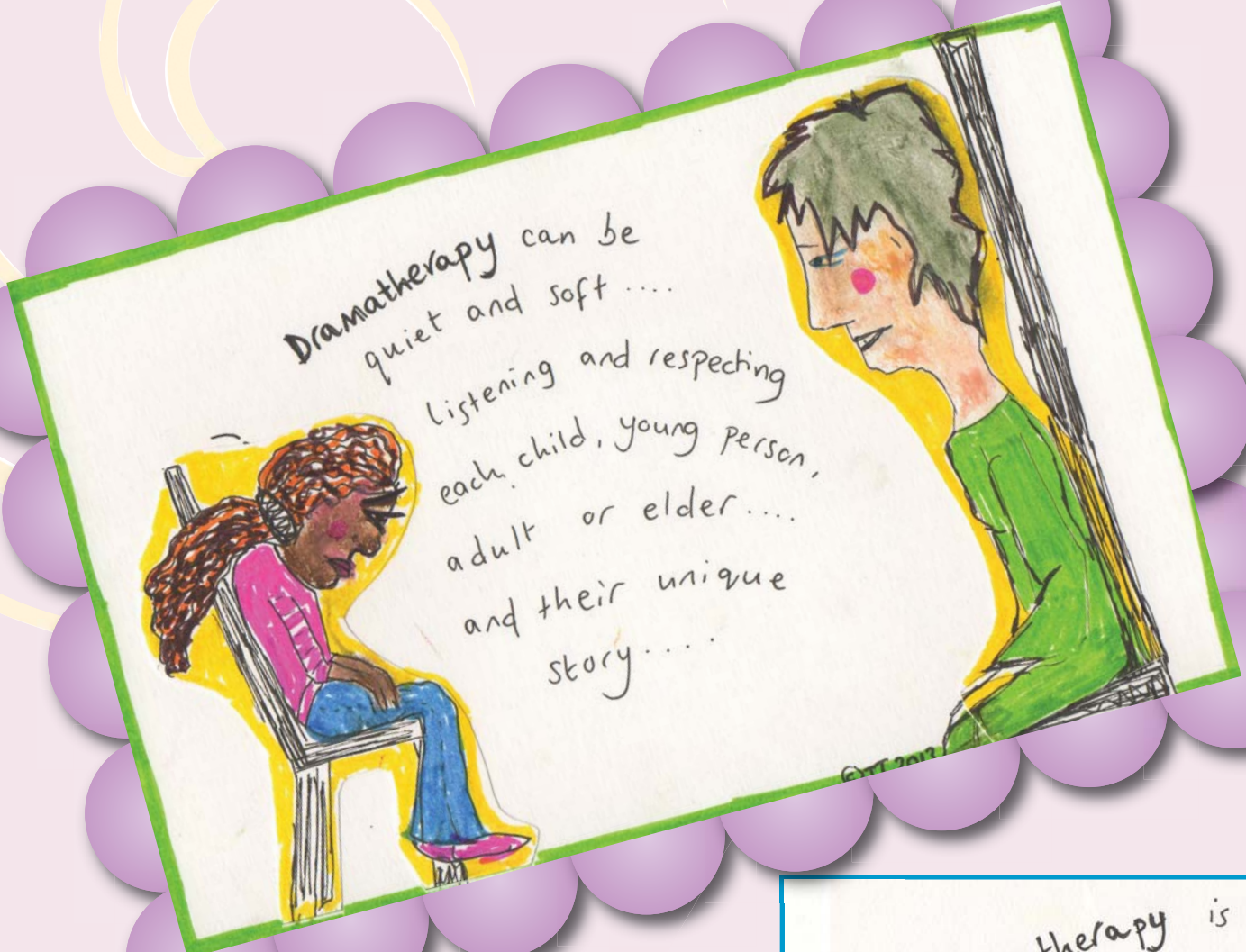
*"I liked being the princess and sharing with the group."*

*"I'll miss everyone and the support I've had. It's been great."*

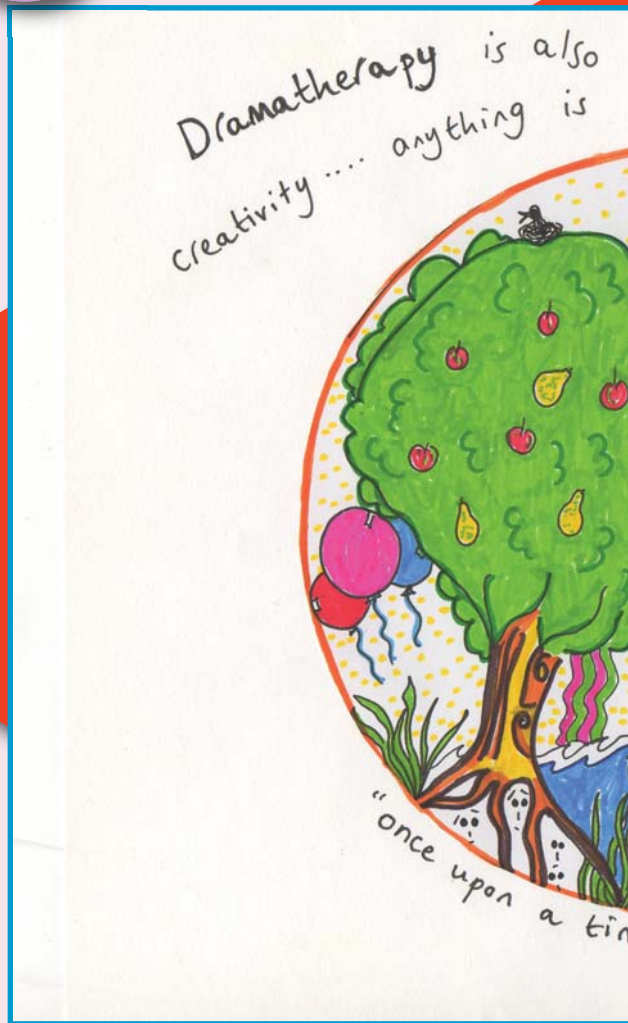
*"It got me more confident ... it built my confidence up"*

## The future

Thanks to the Big Lottery Fund, **Roundabout** is delighted to have the opportunity to introduce Dramatherapy to so many different homes and day centres over the course of this project. If the last two years are anything to go by we have an interesting journey ahead, with a rich mixture of new people to meet and work with, We are very much looking forward to the next two years and the next twelve groups and continuing this rewarding and exciting journey.



Dramatherapy can be  
quiet and soft ....  
listening and respecting  
each child, young person,  
adult or elder ....  
and their unique  
story .....



Dramatherapy is also  
creativity .... anything is

"once upon a time"

# DRAMA THERAPY

waiting until the right time... can even be silent...  
the defences... supporting  
of the person... trusting the wisdom  
fully present... waiting yet



until the choice  
is made...

©J.T. 2013

about imagination, spontaneity,  
possible!



... long long ago ...

©J.T. 2013

# Finance

## STATEMENT OF FINANCIAL ACTIVITIES 2012/2013

Incoming Resources	2013	2012
	£	£
Donations, legacies and similar	18,666	2,183
Grants receivable	123,416	141,277
Fundraising Income (Fees)	202,005	180,227
Investment income	82	166
<b>Total Incoming Resources</b>	<b>344,169</b>	<b>323,853</b>
Resources Expended		
Cost of Charitable Activities	340,442	348,468
Governance Costs	2,841	2,889
<b>Total Expenditure</b>	<b>343,283</b>	<b>351,357</b>
Net Movement in Funds for the Year	886	(27,504)
Total Funds Brought Forward	86,291	113,795
<b>Total Funds Carried Forward</b>	<b>87,177</b>	<b>86,291</b>

## BALANCE SHEET

Fixed Assets	3,006
Debtors	43,711
Cash at bank and in hand	102,115
Less Creditors	(61,655)
<b>Total assets less current liabilities</b>	<b>87,177</b>
Financed By:	
General Fund	47,177
Designated Redundancy Fund	40,000
<b>Total</b>	<b>87,177</b>

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

## List of Funders

Big Lottery Fund  
Awards 4 All  
Lloyds TSB Foundation for England and Wales  
Barbara Ward Children's Foundation  
Concertina Charitable Trust  
Sutton Community Fund  
BBC Children In Need  
D'Oyly Carte Charitable Trust  
City Bridge Trust  
Coutts & Co  
St James Place Foundation  
ZVM Rangoonwala Foundation

## List of donors

Mr and Mrs Farazmand  
Mr C. Lacey  
Mr N.R.A. Guy  
Mr A. Rhodes  
Miss L.A. Norfolk  
Mrs L.J. Collier

## Present Management Committee

Alison Kelly	Chair
Paul Girbow	Treasurer
Rodger Winn	Secretary
Ronald Marsh	Trustee (to Dec 2012)
Mark Stanley	Trustee
Yvonne Wynter	Trustee
Bronwen Lord	Trustee
Lindsay Dutton	Trustee (to AGM Sept 2012)

## Present Employed Staff

Lynn Cedar	Project Director
Deborah Haythorne	Project Director
Susan Crockford	North London Co-ordinator
Tim Townsend	Lead Dramatherapist
Jessica Ellinor	Employed dramatherapist
Stephanie Smith	Employed dramatherapist
Jeni Curran	Employed dramatherapist
Heather Brown	Financial Administrator
Rebecca Lacey	Evaluation Administrator
Rachel Livingstone	Marketing

## Current Freelance Dramatherapists

Adrian Benbow  
Alicia Harris  
Charla Givans  
Greg Sturges  
Haydn Forde  
Jane Jackson  
Jeannie B. Lewis  
Jo Spencer  
Judy Elias  
Lina Ib  
Maureen Townsend

# Dramatherapy Hard at Work!



# Roundabout

## Dramatherapy

### *The Next Step...*

If you would like to HELP US  
you can text **ROUN27 £5** to **70070** to make a donation or visit our website  
**[www.roundaboutdramatherapy.org.uk](http://www.roundaboutdramatherapy.org.uk)**  
or donate through **Just Giving** or 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:**

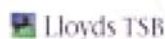
Cornerstone House, 14 Willis Road, Croydon CR0 2XX  
tel: 020 8665 0038  
email: [roundabout@cornerstonehouse.org.uk](mailto:roundabout@cornerstonehouse.org.uk)  
web: [www.roundaboutdramatherapy.org.uk](http://www.roundaboutdramatherapy.org.uk)

#### **North London Office:**

Manor Gardens Centre, 6–9 Manor Gardens, London N7 6LA  
tel: 020 7263 4076  
email: [northlondon@roundaboutdramatherapy.org.uk](mailto:northlondon@roundaboutdramatherapy.org.uk)

*Available in large print  
Please call either office*

Roundabout is a Trust and Registered Charity No. 297491



Thank you to our service users who gave their kind permission for us to use their photographs and quotes in this annual report.