

*Roundabout
Dramatherapy*



Annual
Report
2013–2014

Welcome from The Chair



I am delighted to welcome you to Roundabout's annual report 2013/2014. Roundabout remains the UK's largest dramatherapy charity and we now have a team of 24 dramatherapists who have worked with over 500 service users in 16 boroughs during the year.

I have been enjoying my regular visits to Roundabout's website which was launched in June and I would like to encourage everyone to take time to read the wealth of information you can find there:

www.roundaboutdramatherapy.org.uk

A recent exciting addition to our website is a short film of the day Harry Hill met Roundabout.

New this year is @roundaboutdrama our Twitter feed. This is proving to be very popular and we are delighted that we are making so many links with theatres and drama groups across the UK as well as many other interested individuals and organisations. One of the drama groups who have supported us all year is Royal Holloway London University Drama Society and our thanks go to all its members.

This year we said a fond farewell to Tim Townsend who had worked for Roundabout for many years. Tim is a hugely talented dramatherapist who works with compassion, integrity and humour and we wish him well with all that he does. We welcomed new dramatherapists to the team this year: Roanna Bond, Chris Buckingham, Toby Cooper, Xavier Fontenille, Patricia Gannon, Tim Goldman, Nikki Morland. We also welcomed to our great delight our new patron Tanya Moodie. I would personally like to thank Tanya for her enthusiasm and commitment to Roundabout and we look forward to a long and fruitful relationship.

Finally I would like to take this opportunity to say a huge thank you to all of our service users, staff, trustees, funders and supporters. Roundabout simply would not be possible without you.

You can read more about everything I have mentioned within the report, I hope you enjoy it.

Alison Kelly



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TANYA MOODIE

ACTOR, ACTING COACH, ASSOCIATE OF RADA,
PATRON OF ROUNABOUT

What made you want to be an actor?

I spent a lot of time watching theatre because my older brother is an actor.

How young were you when you started acting?

I started devising and directing around age 7.

Do you teach drama?

Yes I do!! Proudly and passionately! I mainly teach at RADA where I studied.

Why do you think drama is important?

I am reminded how important drama is when audience members approach me after a performance and begin to open their hearts to me about difficulties in their lives and how the play they just saw has given them new hope, energy and insight to transform their situation. I believe that that is the ultimate purpose of every art-form. To move, to soothe, to enlighten, to inspire, to take away suffering and to give joy.

How were you approached to be a patron of Roundabout?

I was suggested by a colleague whom I have known for many years. We have deep respect and high regard for one another. We are good friends and share the same values.

How did you feel about the invitation?

Honored and apprehensive. It is an active role of care. Would I have enough time? Would I feel passionate about Dramatherapy, which I knew nothing about.

What made you accept the role?

For the same reasons why I feel that drama is important. I wanted to share and educate about a practice that is actively changing lives for the better.

Have you been to any of Roundabout's sessions?

Yes. When I first accepted the role. I went to a school with resident Dramatherapists and participated in a session with two children who had benefited undeniably and immensely from the work.

What impresses you about Roundabout's work?

I experienced directly the transformation in those children, and the immense compassion and skill of their Dramatherapists. These are humans of incalculable quality.

Why do you think dramatherapy is effective in transforming lives?

Clients are allowed, in a safe and controlled environment to take control of their negative experiences, be totally accepted for who they are and what they have been through and how they deal with the world, right now. And then take the lead in exploring new possibilities, new reactions, new ways of thinking and being, new imaginations. This creates the causes for a new trajectory in the lives of the clients. One of hope and possibility. This has a knock on effect towards the people in their environment.

Who would play you in a biopic of your life?

Are you kidding? Me.



"I have an unshakeable conviction in the complete effectiveness of Dramatherapy as a gentle, caring transformative therapeutic approach"



Bottom two photographs reproduced courtesy of Simon Annand

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

Anxiety

Low Self-esteem

Bereavement

Family Problems

Dementia

Anger

Depression

Behaviour Issues

Young Carer

Poor Confidence

Abuse

Not Achieving Potential

ROUNABOUT IN NUMBERS

OUR IMPACT IN 2013–2014

251

251 **children** and **young people** accessing weekly dramatherapy

80

Roundabout offers over **80** sessions of therapy in **schools** every week

29

years since **Roundabout** began

3

Our youngest service user was **3** and the oldest being **102**

102

8%

Out of the **22** client groups, clients with **Dementia** has increased by **8%** since 2012/13

34%

Non-White British

22%

We have worked with **22%** more **young adults** between the ages of **19–25** than 2012/13

139

clients with autism

3

3 New Districts use our services

560

Twitter – **560** Followers

23

231 female clients against **164** in 2012/13

26

Providing dramatherapy to **26** schools of which **20** are main stream

24

24 Qualified Dramatherapists

8,301

A total of **8,301** web pages have been viewed

MEET THE TEAM



Deborah Haythorne
Project Director



Lynn Cedar
Project Director



Susan Crockford
North London Co-ordinator



Heather Brown
Financial Administrator



Rebecca Lacey
Fundraising Administrator



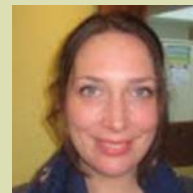
Rachel Livingstone
PR Administrator



Tim Townsend
Lead Dramatherapist



Jeni Treves
Senior Dramatherapist



Stephanie Smith
Senior Dramatherapist



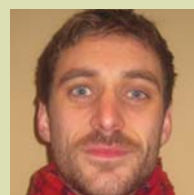
Adrian Benbow
Freelance Dramatherapist



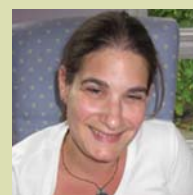
Roanna Bond
Freelance Dramatherapist



Chris Buckingham
Freelance Dramatherapist



Toby Cooper
Freelance Dramatherapist



Judy Elias
Freelance Dramatherapist



Jessie Ellinor
Freelance Dramatherapist



Xavier Fontenille
Freelance Dramatherapist



Haydn Forde
Freelance Dramatherapist



Patricia Gannon
Freelance Dramatherapist



Charla Givans
Freelance Dramatherapist



Tim Goldman
Freelance Dramatherapist



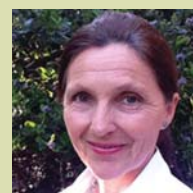
Alicia Harris
Freelance Dramatherapist



Lina Ib
Freelance Dramatherapist



Jane Jackson
Freelance Dramatherapist



Jeannie Lewis
Freelance Dramatherapist



Nikki Morland
Freelance Dramatherapist



Jo Spencer
Freelance Dramatherapist



Greg Sturges
Freelance Dramatherapist



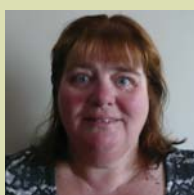
Alison Kelly
Chair



Rodger Winn
Honorary Secretary



Paul Girbow
Treasurer



Bronwen Lord
Trustee



Mark Stanley
Trustee & Website Manager



Yvonne Winter
Trustee

PUPIL

Before

I was finding it difficult to stay in class because people in class were annoying. I didn't see the point in being at school. I haven't told anyone in school that I am adopted, the teachers know. I worry when things change at short notice.

After

To me having dramatherapy was great, to have someone there to listen to me, to help me talk about myself and why I do stuff. It really helped me in my lessons, helped me to actually stay in class and realise that I had something to say. I liked making up my own television shows, improvising around interviews and trying out how to make friends. Swopping roles helped me to see things from someone else's point of view. Playing a game where you have to change what you are doing at short notice, shouting 'change' or changing a movement with a number was really hard but good fun.

DRAMATHERAPIST

Before

The school had referred this client to dramatherapy as she was not able to stay in class and she seemed to be having difficulty with change, relating to her peers and making friends.

After

The getting to know each other stage took a few weeks, gradually building the trust needed to work creatively together. She really engaged quickly and positively with the art form. The dramatherapy enabled her to voice her concerns about her relationships with her peers and to find creative ways to develop and devise suitable strategies to cope with possible friendships and ways to manage change. Through the dramatherapy, her self-esteem was raised substantially and her confidence in her own ability to do things and when she couldn't to realise that she could ask for help.

TEACHER

Before

This pupil had erratic behaviour and spent a lot of time outside the classroom not being able to cope with class based activities. Her adoptive parents were keen for her to access a creative therapy and as she has an interest in the theatre out of school, it seemed the ideal choice.

After

After she had attended dramatherapy sessions for a couple of terms, there was evidence of her increased ability to contain her anxiety about being part of a class. As a direct result of the Dramatherapy she was able to stay in her class which enabled her to access more learning. It was also noted that she was more sociable in the playground and was spending less time alone. This therapeutic method works well for our young people, seeing these positive results and the success for other pupils in the school having Dramatherapy, I highly recommend Roundabout to other schools.

HOW DRAMATHERAPY WORKS WITH OLDER PEOPLE



WHAT GROUP MEMBERS SAY ABOUT DRAMATHERAPY:

*"Just enjoy it all, talking together and having a laugh.
Eases the pain."*

*"I feel much better. I do feel different. I can't explain
it. I feel in a talkative mood – not like me!"*

"I'm glad I got up to see what it was. Made my day."

Roundabout has been working to develop a model of dramatherapy with older people for many years, aimed at meeting in a sensitive, accessible and flexible way, the high level of need that has been identified in this area. Many older people experience different kinds of loss, i.e. physical problems and mobility, mental capacity and loss of loved ones, losing one's home. This can have the effect of causing low self-esteem, depression and feelings of worthlessness and isolation. **Roundabout** has found that through attending regular weekly sessions, group members can experience:

- Increased connections with others
- Improved mental health
- Stimulated memory and interest
- Exploration of life issues
- Effective psychological and emotional support
- Increased opportunities to think about, discuss, and reflect on ideas
- Increased level of enjoyment

The sessions offer a space for existing and emerging needs to be identified and responded to, even if group members struggle with direct verbal communication. Our dramatherapy sessions are tailored to each

WHAT SUPPORT STAFF SAY:

"He is now able to ask and take part in activities, due to his growing confidence, which he has shown while taking part in the Roundabout sessions."

"You were able to engage some of our more complex and shy customers, keeping their interest and high attendance."

"She completely stopped being in conflict with peers and in the past it was happening from time to time. She seems much happier and balanced."

individual or group. A similar structure for the sessions is used each week, which helps to create a sense of familiarity, reducing anxiety and building trust. But within that consistent and reassuring framework, the contents of the sessions are infinitely variable. The structure of the sessions is designed to give everyone opportunities to tell their story. Traditional stories and myths, creating stories, gentle movement, music, poems, images, and photographs are used to stimulate imagination, ideas, thoughts and memory. This material can be worked with in the context of the here and now, or to support personal stories and prompt memories.

As part of the work, each group of older adults creates a Group Book. This is used to help the group reflect on the work they have done and acts as a tangible reminder of what they have achieved, session by session. By looking at the photographs and images in the book, people are able to track their own development, and have their past and present achievements acknowledged and affirmed by the group. It is also used as a reference for the group, to show changes and developments over time.

HOW DRAMATHERAPY WORKS WITH CHILDREN IN PRIMARY SCHOOL

Dramatherapists working in Primary School are usually part of the emotional support team in the school, working alongside school staff such as Special Education Needs Co-ordinators and Inclusion Officers. *Roundabout* dramatherapists work with groups and individuals and sessions take place every week and they work closely with parents, carers and teachers. Children are referred to the service for many different reasons including complex family issues such as domestic violence, family breakdown, illness, substance misuse, safeguarding issues and poor attendance. Children may also be referred because they appear withdrawn, sad, vulnerable, anxious or may have difficulties with their peers.

The Dramatherapy sessions use art forms including role-play and acting, improvisation, story making, puppets and props, and art and music work. There is a contract drawn up between the dramatherapist and the children at the beginning of therapy to agree on boundaries and safety in the sessions which offers an opportunity to talk about different issues such as confidentiality.

In the sessions the dramatherapist models clear, expressive communication and encourages the development of positive relationships. Turn taking, listening and responding to others is supported through fun interactive creative activities. In this therapeutic environment, children are encouraged and enabled to explore communicating their needs, feelings, experiences and interests and have attention paid to these and to work with them in a creative, safe way.

The impact of the dramatherapy sessions is evaluated by the children themselves as well as by the dramatherapists, the school staff and the parents and carers.

The following quotes are taken from this feed-back:

"I really enjoy the sessions and the stories we act out have made me realise that I can do things a different way. I really hope that when I go to my new school, I will still be able to do Dramatherapy"
(Child)

"The sensitive and understanding approach of the therapists has helped her to be more outgoing when expressing herself. She is much more settled and happy in school than previously. A fantastic service for the children!" (Teacher)

"He has loved coming to Dramatherapy since he first started and looks forward to it every week. The positive changes that I've witnessed over the course of the therapy are that he seems much calmer in situations that he usually finds stressful and he's much more compassionate now."
(Parent)

"Dramatherapy helps me because it's a calming place ... It's nice to be in a calm place when you are angry." (Child)

"The Dramatherapy sessions have allowed him to open up while building up his self-esteem enabling him to give his best by allowing him to off load any worries so he is in a much better place to learn." (Teacher)



The day Harry Hill met Roundabout

In January we received a grant from Newman's Own Foundation. Through their generosity we have been able to work with pupils at a school in Croydon.

We were thrilled when they told us that Harry Hill would like to visit and see *Roundabout's* work at the school. The pupils, staff and dramatherapists had a brilliant morning with Harry as he learnt about dramatherapy and joined in the sessions.

We were delighted that Harry was so interested in dramatherapy and were extremely impressed with the way he responded to the members of the group sensitively and participated so enthusiastically.

The video made during his visit is now on the front page of our website.

Thank you again to Harry and Newman's Own Foundation.



NEWS ROUNDUP

WEBSITE SUMMARY 2014

On June 19th 2013 *Roundabout's* new website was launched. This was the result of considerable dedication by Ben Keen, the website designer, Mark Stanley one of *Roundabout's* trustees and the *Roundabout* team.

The website was completely redesigned with the aim to give those visiting the site a real window into *Roundabout*. The site includes:

Our Services – details *Roundabout's* services, the communities they serve and how to access dramatherapy, testimonials and annual reports online.

The Team – this includes photos and mini biographies of the senior management, therapists, admin and trustees.

Support Us – information about our funder organisations, fundraisers, supporters, patrons and how/why to donate to *Roundabout*.

News – updates.

FAQ – answers to frequently asked questions.

Links – to over 40 related and useful organisations to follow up if you are interested in working in dramatherapy.

Contact – how to contact *Roundabout*

The number of people visiting our website has rapidly increased since its re-launch with over 400 visitors to the website during April 2014. We have received fantastic feedback saying how useful the website is to those wanting to learn about and access dramatherapy as well as explaining what we do to our supporters.

Website Audience Overview

Website statistical information has been collected using Google Analytics which tracks how users interact with *Roundabout's* website.

The statistics below give an overview of the number of sessions *Roundabout's* website has received since 21st November 2013 when statistics were first recorded through to April 30th 2014.

During this period 1,629 people have visited the website and of these 56% were new users. A total of 8,301 web pages have been viewed.

“Easyfundraising is a way to raise money for Roundabout simply by shopping online. Visit www.easyfundraising.org.uk for more information.”

**A BIG
'Thank You'
to Tim Townsend from
everyone at Roundabout**



The Drama Society at Royal Holloway, University of London

In September we were approached by The Drama Society at Royal Holloway, University of London who had chosen **Roundabout** as their charity of the year. Throughout the year the wonderful students fundraised by collecting at their many performances, carol singing and selling books. In addition the project directors ran a workshop for students. Here is a letter from the society to tell you more:

Dear Roundabout

Being able to fundraise throughout the year for Roundabout has meant we have been able to fully understand how our money is going to help your charity and the people you work with. Another lovely thing about working with Roundabout throughout the year has been being able to keep up this correspondence. We are always so thrilled when we see a tweet from Roundabout about one of our productions, and having you come and visit was definitely a highlight. I have lots of members asking if Roundabout will come back. Deb and Lynn have said they would love to which is wonderful! Our members are far more engaged in charity fundraising as well as other society events because of things like the workshop which have spurred an interest in theatre other than performing. That workshop really helped us and our members understand an aspect of theatre we don't hear much about, and truly everyone left the workshop feeling they had come away with something.

Your cause is one which, having been able to really see the hard work you all put in, the whole society now feels very strongly for. The sheer amount of people you are reaching and are hoping to reach is admirable, and we hope that other universities and societies take up an opportunity to work with you!

A huge thank you to Roundabout and we really do wish you all the best for the future!

Frankie



NEWS ROUNDUP

TWITTER SUMMARY 2014

@roundaboutdrama Roundabout's Twitter was launched on 21/11/2013.

After a steady increase of followers over the first couple of months to 65 suddenly word got out and by the end of April 2014 we had a magnificent 560 people and organisations who now follow us.

Initially we planned to tweet a couple of times a week but we had underestimated the interest and enthusiasm for **Roundabout** news. We now tweet most days and often several times a day.

Through Twitter we have shared news of:

- New team members
- Our Patron
- Our supporters events e.g. Royal Holloway University Drama Society
- Grants we have been awarded
- New projects and feedback from current projects

- Other dramatherapy organisations and courses eg BADth
- Advice given to team members during their training

Thanked:

- Our supporters
- Grant providers

Alerted followers to:

- Dramatherapy resources and books
- Awareness days and shown our support eg World Autism Day and Down Syndrome Day
- Stories in the media related to dramatherapy and related news
- Programmes on the TV and Radio that may be of interest.
- Video links
- Updates on our website

Roundabout tweets are regularly retweeted and favourited with many interactions and messages of support being received.

This is my son's second session of dramatherapy. I have felt I have seen a difference from the first session. During his time in this session, he has also changed schools ... combined with dramatherapy he is a happier boy ... he looks forward to coming. It is a happy experience. (Parent)

My daughter has really enjoyed the sessions ... she has got more and more confident each week. (Parent)

All the people attending dramatherapy have become much less shy ... and more creative with self-expression ... and much more sure in everyday situations.

(Manager)

I've enjoyed it. Getting together and getting to know each other. Lovely. (Service user)

He has really started interacting with his friends and brothers and at school. He has gained so much from the sessions, we are so grateful and we will miss them.

(Parent)

He has had an amazing time, he has enjoyed every session and been so excited about coming.

(Parent)

We are part of you and you are part of us.

(Service user)

Thoroughly enjoyed it. Thank you very much for what you've done for us. Very enjoyable to meet other people. It's nice. (Service user)

Both myself my husband & our parents have seen a positive change in him since coming to Dramatherapy... Also he has been talking more and expressing his likes and dislikes more, rather than just agreeing with us. (Parent)

The dramatherapist has been amazing. Dramatherapy for my daughter has been and still is amazing. It has helped her to explore her feelings and emotions in a way for my daughter to learn how to deal and cope with herself and tricky situations.

(Parent)

*Star is my name
I had problems
Went to dramatherapy
And sorted it all out
Everything turned out ok
And now I am all fine
And don't need to worry
Anymore
This is how I feel*

Nice feeling, isn't it? Makes you feel important for once in your life. (Service user)

Interesting actually – gets your brain working. (Service user)

The trees are waving goodbye. You feel as though you've actually done something instead of just watching.

(Service user)

So many words; tickety boo; very relaxed and happy, just enjoying. I'm enhanced brain-wise. I know now more than I did before. (Service user)

The dramatherapists made her feel at ease immediately and they seem gifted at connecting quickly with children. (Parent)

Fantastic! That's all I can say. Made my day. (Service user)

It has been noticed since the start of the sessions that recently two of our most reserved customers are initiating conversation and engaging in conversations with multiple people present. (Manager)

I feel as though I've been lifted out of this contraption (her wheelchair) and walked. (Service user)

He appears to be more aware of others around and their feelings/needs. (Teacher's comment)

ODD BACK

My son really seemed to enjoy the dramatherapy sessions, he was eager to come. (Parent)

I liked that story about the leaves – you don't know what they're whispering about – the whispering leaves. (Service user)

When I first heard that I was to take part in a dramatherapy group I was very skeptical. I had no idea what to expect and can only say I was incredibly surprised. Residents who have never discussed their feelings started to open up. (Support Staff)

It is the highlight of my week. (Service user)

I am quite convinced by the fact that the Roundabout group, which started nearly a year ago, helped our service users in many different ways. I have observed a revolutionary sea-change in the ways one of our service users communicates with others ... so, I would say, go ahead dramatherapy! We look forward to having you back. Thank you. (Manager)

Very enlightening (Service user)

In his own words "Dramatherapy is one of the best things I have experienced". He has thoroughly enjoyed every group and doesn't want it to end. (Parent)



FINANCE

STATEMENT OF FINANCIAL ACTIVITIES 2013/2014

Incoming Resources	2014 £	2013 £
Donations, legacies and similar	702	18,666
Grants receivable	180,284	123,416
Fundraising income	265,115	202,005
Investment income	50	82
Total Incoming Resources	446,151	344,169
Resources Expended		
Cost of Charitable Activities	389,061	340,442
Governance costs	3,170	2,841
Total Expenditure	392,231	343,283
Net Movement in Funds for the Year	53,920	886
Total funds brought forward	87,177	86,291
Total funds Carried Forward	141,097	87,177

BALANCE SHEET

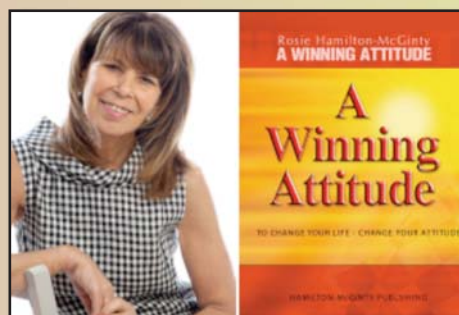
Fixed Assets	3,777
Debtors	67,243
Cash at bank and in hand	131,740
Less creditors	(61,663)
Total assets less current liabilities	141,097
Financed by:	
General fund	101,097
Designated Redundancy fund	40,000
Total	141,097

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

SPONSORSHIP

'A Winning Attitude' by Rosie Hamilton-McGinty, raising funds for Roundabout

We are most grateful to Rosie Hamilton-McGinty for generously donating a percentage of all her Christmas sales of *A Winning Attitude* to **Roundabout** and her continued support.



Marvellous Moonride

Congratulations to Bianka Kuhn for completing the 50mile Moonride. **Roundabout** is extremely grateful to Bianka for both spreading the word about dramatherapy and also raising over £500 for the charity. We would like to especially thank the Opera Club of Reigate and Redhill for their generous donation.



List of Funders

Baily Thomas Charitable Fund
 Barbara Ward Children's Foundation
 BBC Children in Need
 Big Lottery Fund
 City Bridge Trust
 Coutts Charitable Trust
 D'Oyly Carte Charitable Trust
 Help a Capital Child
 Lloyds TSB Foundation for England and Wales
 Newman's Own Foundation
 Strand Parishes Trust
 Sutton Community Fund

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
or donate through **Just Giving** or 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

email: roundabout@cornerstonehouse.org.uk

web: www.roundaboutdramatherapy.org.uk

North London Office:

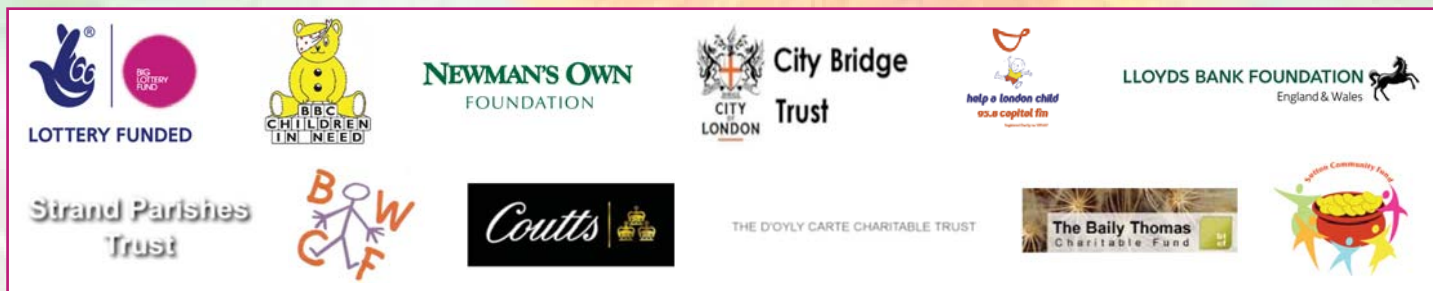
Manor Gardens Centre, 6–9 Manor Gardens, London N7 6LA

tel: 020 7263 4076

email: northlondon@roundaboutdramatherapy.org.uk

*Available in large print
Please call either office*

Roundabout is a Trust and Registered Charity No. 297491



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