



IMPACT REPORT

2023 - 2024



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Playground)

Messages

FROM OUR CHAIR & CEO

We have been recording the social impact of our work for sometime now, and it is gratifying that we can show both the social and financial impact of all the work we do across all our projects.

It takes a lot of work and effort to pull all this together, so I would like to thank all the staff, volunteers, Trustees and funders for their continued support in showing that the Trust remains vibrant, relevant, and is making a difference to the community of Southmead - which is why we are all here.



KEVIN SWEENEY
CHAIR OF TRUSTEES



AMY KINNEAR
CEO

It's been an exciting year. We launched engagement for our Climate Action Plan at our 'Green' themed Southmead Festival, and followed this with six months of community conversations on energy, transport, and how we protect our amazing natural heritage here in Southmead. Our Plan has now been launched and we are planning our first projects to reduce carbon emissions and to improve lives.

We have invested in making Greenway an even warmer, more welcoming space. The community are enjoying new gym equipment, a Wall of Kindness - where people can leave or take winter clothing, new efficient lighting, and insulation throughout.

Together, community leaders and Trust teams have developed eight new groups including Techy Party, Men's Space, Death Café, and Batch Cooking. Our most recent addition is the weekly Horizon Disability Friendship Group - with a packed programme and growing membership. Monday Lunch Club for adults has grown, and with the help of volunteers the group has visited M Shed, SS Great Britain, and Clevedon. Greenway Gym has record membership as well as an expanded group exercise programme.

Children and young people at The Ranch have had new adventures during holiday programmes including trips, Olympic tournaments, music sessions, circus skills, and wild food walks. Our popular Parent Pop-Up sessions have seen families develop skills to support emotional wellbeing, parenting and special educational needs.

We now have more than 75 volunteers to support activities, we have benefitted 1500+ children, young people and adults, and generated over £60m of social value.

All of this is only possible because of our extraordinary volunteers, residents, staff, Trustees, funders and partners, who continue to be committed, compassionate and to support our vision of 'Southmead, its residents and neighbours thriving in all areas of life'. Thank you to all of you.

Southmead Development Trust

THE BIG PICTURE

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, and pride of place.

We manage the Greenway Centre and The Ranch to provide 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.



71

community events



75

volunteers



10,000

copies of The Mead
community magazine
printed



5,056

hours of 1:1 support for
adults and
young people



1

Community Climate
Action Plan launched



£60,412,792

social value generated*



*calculated using HACT UK
Social Value Bank

Climate and Nature Action

We have started our journey to embed climate and nature action into all of our work.

We secured funding to update and renovate our buildings. By changing to LED lighting at Greenway we have reduced electricity use by 9% or the equivalent of a one bed flat each month. We have insulated and will start double glazing our windows so Greenway can continue to be a warm space for the community to use. This year we also ran seven months of community engagement to co-produce a Community Climate Action Plan with residents, workers and volunteers in Southmead. For climate and nature action to be effective, it must be rooted in communities so the transition to a climate resilient city is fair and equal. This plan will guide new projects and events as we move towards a carbon neutral Bristol by 2030.



The Climate Action Plan will be a catalyst for change

Inclusion Southmead

5 workshops in primary schools and at The Ranch
6 pop ups on Arnside Road, at Greenway Centre, and at Southmead Festival
4 evening drop-in events
meetings with community groups
90 questionnaire responses

Young person at The Ranch

Save our planet - we only have one



Read our plan: Collective Action For A Thriving Future

20

street trees planted

reduced electricity consumption by
1,500
kWh per month

15

community engagement events

Community Development

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

We use community development models to build sustainable, resilient and resourceful networks of residents and community groups. This year we ran our second Southmead Yearly Update. We held six Conversation Corner pop ups and visited community groups to collect 175 responses. This builds on the work from the previous year to bring about even more new partnerships, community groups, and events, so there are always opportunities for people to get together and build social connections. By listening to and equipping those who would like to take action, we can make sure their work is rooted in the community and led by residents who feel empowered.



It's essential to me that we hear the voice of the community. I don't want to make assumptions about what people want. The Yearly Update is a good opportunity to meet new people and hear from people we already know. We've engaged some incredible community leaders and started some amazing projects

Lucille Smith
Community Development
Manager

You've saved my life. I've never had so many friends

Lou



There is a lot of power in this community

G



What's new since the yearly update?

Men's Space
Death Cafe
Community panto
Techy Tea Party
Horizon Disability Friendship Group
Parents Walking Group
Litter picks
Batch Cooking Club

316

community-
building
conversations

£1.3m

social value
generated

27

hours of free
community activities
each week

Horizon Disability Friendship Group's story

Being able to get this group going has been a dream come true. I have missed having a social group like this. The support of the team has been brilliant

Lewis - founder of HDFG

LISTEN

Lewis mentioned wanting to start a new disability friendship group during the yearly update. There used to be one at the old youth centre.
He met with our Community Development Worker to discuss the idea

EQUIP

Together we planned out the details, safeguarding, and money. We provided our free space Community Corner and a storage locker. We supported him to apply for funding from Mencap. Lewis planned a disco launch event in December

SUSTAIN

We matched volunteers with the group who help out each week. Lewis now has a Development Coach through Mencap and got funding for resources

REFLECT

Lewis meets regularly with the team and volunteers to check in, plan future events, and make changes as the group needs

Working with SDT has been fantastic for embedding inclusive community development with people with a learning disability. A member of the community has brought their long-standing ambition to life. We're hearing about more social connections, creative opportunities and new initiatives

Alice Cranston, Community Partner
Royal Mencap Society

Volunteering

Volunteers are an integral part of our work. Without them our projects, activities, and events would not be able to run. We believe in volunteering that builds confidence, skills, and social connection.

We provide opportunities for people to get involved in a way which suits them. Our Volunteer Coordinator provides training and ongoing support so volunteers feel valued, heard and gain a fulfilling experience with us. Helping out at our Community Corner groups and Monday Lunch Clubs, being matched with a Neighbours Connect participant, or supporting sessions at The Ranch, we can offer something to everyone.

I like how my skills and interests were really taken into consideration when picking a project that would be right for me. As I recover from being unwell I've never been pushed to do more than I've felt able to. I feel like I've done more to help people in the last six months than I have in the last six years



Sam liked the idea of volunteering but didn't know what to do. After chatting with us, he now runs the weekly Dungeons and Dragons group. He also has a background in IT and is now always busy supporting people with their tech concerns at Techy Tea Party



Monday Lunch Club is our fortnightly get together organised by our Neighbours Connect Southmead team. We share a meal, have a good catch up, and play some games

Honestly the lunch club has been fulfilling. I feel satisfaction in making everyone happy and comfortable. Their company brings about curiosity and I learn lessons about life. They're amazing people - always cheerful and loving. They help me more than I help them. Lastly, the team! The team has been really receptive and inclusive

Folami, Lunch Club Volunteer

100%
volunteers feel valued by the organisation

£1.6m
social value generated

94%
felt they were given good training and support

Greenway Community Gym

Our gym is a gym for everyone.

We are keen for our gym to be accessible and for there to be fitness classes which suit everyone. Our timetable now features 36 classes including specialist classes like Strength and Balance and Escape Pain. We have a holistic approach to fitness and wellbeing. This means Greenway Gym is connected with our other services and projects so members can get the best experience possible.



As both Jenny and myself are severely sight impaired, it can be a challenge to go to a gym. It's one of the things you don't always think about when you lose your sight, how important it is to undertake some form of physical exercise.

We used to go to another gym with our support worker and had to pay for their time and transport. After the pandemic that gym stopped their reduced membership for disabled people and they were unable to support us.

A friend told us about your concession membership so we came along to check out the gym. It had everything we needed but we still needed support. We asked the Gym Manager and the next thing we knew we got a phone call from your Volunteer Coordinator.

They were able to find us two volunteers who now guide us through the centre and gym, find us a locker, and set up equipment. Whenever we've had an issue you have tried to help. It's meant we can go to the gym again! All the staff have made us feel welcome and helped us when we visit. Thank you, we really do appreciate it

Steve, gym member

846

gym
members

£12.6m

social value
generated

36

fitness classes
offered each
week

Adults' Social Prescribing

Starting in 2016, we were instrumental in pioneering an innovative Social Prescribing service in partnership with other community organisations. Our aim has always been a holistic approach, understanding that all aspects of life are connected. As a community organisation we are perfectly placed to deliver this work because we are connected to multiple community groups, services and sectors locally and across the city.

From April 2024, we will no longer be directly delivering 1:1 Social Prescribing but we leave a legacy of organisations in the health and Voluntary Community Social Enterprise (VCSE) sectors who have adopted our model and will continue this brilliant work. In 2024, we will continue to work with health and other partners to ensure participants have access to a variety of groups and activities to support their health and wellbeing.

2018 - 2024

5,169

participants

13,829

sessions
delivered

15,000

times people were
signposted or
referred onwards

2.9%

of GP patient
population of N&W
Bristol supported

83%

participants
maintained or
improved
wellbeing

Just a massive thank you. Swimming in the lake makes my mental state calm. I feel less anxious, able to sleep better, and less overwhelmed

Henleaze Lake Group
member

A lot of great information and it felt like a very calming space to open up

Community Connect Group member

This has opened me up to new ideas and the gold is finding the time with myself, for myself

Wellbeing Arts group member

A participant's story

'Steve' told us that he was feeling low and had lost his social network and motivation after moving back to the UK. He was struggling with his weight, self-care, exercise, and diabetes

He tried a Pilates taster session at Greenway Gym and was referred to our Health and Wellbeing Coach. Within a month he was going to Pilates weekly and getting 1:1 support with nutrition and exercise

'Steve' shared that he felt his low mood stemmed from his childhood. He agreed to try counselling and we referred him for weekly appointments

He has since joined a yoga class and is feeling calmer, more confident, more connected through friendships made in class

My Link Worker has made a powerful, positive, uplifting difference to my life with his caring attitude, excellent listening skills, non-judgmental support, intuitive advice and total acceptance of who I am and how I feel as I do my best to deal with my current life challenges

I'm in a stronger place and it's helped my whole family. You're part of the DNA of my recovery

2023 - 2024

688

people receiving
1:1 support

£23.2m

social value
generated

417

group sessions
delivered



Children's Social Prescribing - Link Forward

Link Forward is our Social Prescribing service for 7-12 year olds. We support young people through 1:1 meetings and group provision, and supporting parents and carers.

We are proud of bringing the voice of children, parents, carers, and the community, into strategic discussions about children's services in Bristol. We hosted a workshop on children's mental health which was attended by NHS commissioners, frontline staff, voluntary sector representatives, and families with lived experience. We have collaborated with partners to run nine Pop Ups For Parents to support parents and carers with specific topics like school avoidance, LGBTQ+ support, and SEND.



Aisha was feeling low and finding transitioning to secondary school difficult. She didn't want to go to school or spend time with friends. Our Link Worker met with Aisha for 1:1 support at school.

She shared that she loved being creative and joined Wellbeing Arts at The Ranch

Aisha also chose to go to a Resilience Lab session specifically for young people in years 7 and 8. Mum really wanted to support Aisha so our Link Worker connected her to the Parent Pop Up on Emotionally-Based School Avoidance

It was helpful meeting people like me and knowing I wasn't alone with my feelings

I've really noticed a difference in Aisha. I think it helps to do things outside of school where she can be herself, where she doesn't have to fit into a box. It has given her more confidence to just be her. And for me to hear about other services is really beneficial

Aisha's Mum

90%

young people felt more confident

£4.2m

social value generated

300

children and parents supported

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. Here is where our youth and play work takes place.

During every school holiday we run a holiday programme, an important part of our delivery. We provide food and activities during our open access youth and play sessions. We strive to deliver engaging and varied activities such as wild food walks, crafts, circus skills, pottery, sports competitions, and bike repair sessions, so young people can learn new skills and have new experiences. This summer we had our first field trip. We took 37 young people to Brean Adventure Park which for many was their first field trip.

Josh is 13 and supports his mum with her disability. He does not leave the house much and has social anxiety. He is making the transition from play to youth sessions. To build confidence he helped out at the play sessions during the summer programme. He is now a vital part of the volunteer team and is a fantastic role model for others

I enjoyed it, at times it was challenging, but I felt I learnt a lot. It was good for me to learn and get out of the house



Just to say you are doing a fantastic job for the children in the community. The children just love the Ranch. The staff are so lovely



Local youth and play leaders know the community, know local families, know the Police and know of wider services. This network is really important and keeps people, held, supported and safe. The Ranch is where these networks and relationships can really grow



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

453

young people
regularly attend
our sessions

£7.7m

social value
generated

252

youth & play
sessions delivered