



Shannon Moore Trauma Trust

Report on our activity and outcomes

15th April 2021

Introduction

£100,000 has been generously donated to Beacon House by Shannon Moore's family. The funds have been dedicated to providing specialist psychological treatment for individuals of all ages, and families who have been affected by adversity, loss or trauma. We accessed the funds on behalf of each recipient on the basis that they financially contributed what they were able to.



In addition to the above figure, we have received £1898.30 from the advertising our free animations have generated on YouTube; £20 from Annie Blackgrove in January 2021, and £10,000 from Tom Moore in March 2021.

The funds have enabled a total of 38 individuals/families to benefit from specialist psychological therapy:

- 31 adults (3 men, 28 women)
- 7 children and teenagers (3 primary school aged boys, 4 secondary school aged girls)

Feedback and Outcomes

At the time of writing, **24/38** recipients have completed their psychological therapy, **14** people continue to benefit from regular therapy sessions. Some of these therapy plans have been paused or delayed due to the impact of Covid-19, but all therapy is underway again at the time of writing.

Out of the **24** who have completed their therapy, a total of **18** recipients have completed a feedback form (**11** adults, **4** parent/carers and **3** children). The results of which are as follows:

Adults and Parents/Carers

ITEM ON THE FEEDBACK FORM	RESULTS
"I feel that people here listened to me"	100% of adults said 'Very True'
"It was easy to talk to the people who saw me"	100% of adults & 100% of parents/carers said 'Very True'
"I was treated well by the people at Beacon House"	100% of adults & 100% of parents/carers said 'Very True'
"My views and worries were taken seriously"	100% of adults & 100% of parents/carers said 'Very True'
"I feel that people here know how to help me (or my child)"	100% of adults & 100% of parents/carers said "Very True"
"It was explained to me what therapy I was going to have and we worked towards clear goals"	100% of adults & 100% of parents/carers said "Very True"
"The facilities here are comfortable"	100% of adults & 100% of parents/carers said 'Very True'
"Overall, the help I (or my child) received here was good"	100% of adults 100% of parents/carers said 'Very True'
"Coming to BH has helped some of the problems that brought me here"	82% (9/11 adults) said 'Very True' and 2/11 adults said 'Partly True'. 3/4 Parents/carers said 'Very true' and 1 said 'Partly True'
	'Partly True'

Feedback question: What was good about the support you had from Beacon House?

"My views were heard and my therapist was very nice and understanding, so much so I could speak to him about anything"

"Beacon House is a safe environment and work was very targeted and efficient"

"Very holistic and a great understanding about adoption challenges. Felt able to be completely honest and not judged. Helped my confidence as a parent."

"My therapist, Holly, was an excellent match for me. Her kind, gentle manner meant she created a safe space for me to open up about difficult painful things. I have had therapeutic interventions before but there has never been lasting change. Having the work I did with Holly definitely brought about lasting change."

"I feel less anxiety and it has given me the tools to work with when I feel anxious. It has provided me with a safe space of my own to explore my feelings and get a better understanding of myself and my family dynamics. I am definitely feeling stronger and have learnt that I matter"

"I felt I was safe and with knowledgeable professionals, who had a good understanding and empathy about me and my family's struggles. I felt the team was constantly seeking out new and innovated therapies to find the right method for me. I got myself back!!"

"Jonathan, my therapist, is very kind and caring. He understood my situation and gave me several techniques that I use often. I am not fully recovered by any means, but Jonathan has made a huge difference to me."

Feedback question: What was good about the support you had from Beacon House? (Cont)

"Compassionate, reliable, consistent, focused and client centred"

"Professional, stability, safe environment"

"I felt listened to. My therapist chose the most appropriate form of therapy for my issues which I found extremely helpful"

"Inbar (my therapist) was very friendly and approachable and built up a wonderful rapport with both my child and I. Inbar has adapted to going to virtual meetings well and was always so positive and supportive and was so good at asking questions to get us both thinking about feelings and how to react to them"

"From parent seminars to sensory therapy and support within school environment -every member of staff has always acted professionally with sensitivity care and kindness. No words will ever be enough to show the gratitude for the work and support Beacon House has given us"

"The support from everyone has been outstanding. I have become a bit more confident when dealing with issues and making decisions. My grandson has made tiny steps forward towards a happier life"

"I can't overemphasise the amount therapy has changed our lives and that of my grandson. We were really struggling and without your intervention were probably on the road to disaster as had happened with his mother 20 years ago where her trauma was not recognised"

"Kind, caring and compassionate therapists who have taken the time to listen and work with my child. Thank you for all you have done with him. He is in such a better place and the time with you has been very valuable"

"It was a life saver, really. We were able to speak honestly and in depth about our problems and not be judged. You even managed to engage my husband!"

"We are extremely grateful to Inbar for her valuable input into our lives. She was always so patient, caring, kind and calm and had little gems of wisdom. Her ideas on how to think about feelings and some being masked behind others was so helpful. We also appreciate how well she got to know our child and tried to unpack how he was feeling and where he felt that in his body which made him try to acknowledge what he was feeling. We have also unpacked how to spot green/orange/green moods and that all of these colours are accepted but we learnt how to help manage the red and bring it back down to green again which my child has definitely gotten better at. We are so thankful to Inbar for all she has done and we will truly miss our Tuesday lunchtime sessions with her"

Feedback question: Do you have any ideas about how we could be even better at helping people?

"Beacon House feels like a high-end practice. Totally professional from start to finish, which cost a lot of money and I felt fortunate to benefit from your trust fund. Maybe, make it clear that this is possible for others in leaflets."

"I wish the work Beacon House does could be transferred to our community and work with our local schools and families. I don't think Hastings has anywhere near the same quality of support."

"You do an amazing job already"

"No, Beacon House is a quite a unique place. There needs to be more places like this that specialise in trauma"

"More clinics in different areas"

"I think you are all doing a wonderful job thank you"

"Not really. We felt we were so lucky to access the service through the Shannon Moore fund"

"To make sure all clients have either follow up phone calls or questionnaires"

Feedback question: Is there anything else you would like to tell us about the help you have received here?

"It has been lifesaving and life affirming for me. I am forever grateful I was offered this opportunity through the grant. This will enable our family to thrive not just survive. Such heartfelt gratitude"

"I would like to thank my therapist for her understanding, patience, warmth and the best Anchoring 'Hugs'. All the staff at Beacon House who give the whole place a lift, with smiles at the door and offers of tea and coffee"

"Thank you"

"I really like the non-clinical environment, it makes it a much more welcoming place to come to. I am very grateful that when the funding from West Sussex ran out I was given a few extra sessions through the Shannon Moore fund as I was right in the middle of working through things with Holly"

"It has been so helpful and I'm so grateful. Wonderful services with very skilled, caring staff. Thank you so much."

"I received help to pay for my therapy through the SMTT and am incredibly grateful for that. I feel hugely different from when I began the therapy and now have many ways to deal with the challenges that I face as a parent of adopted young people. Thank you so much"

"Not really. We felt we were so lucky to access the service through the Shannon Moore Fund"

"I think you are all doing a wonderful job thank you"

Feedback and Outcomes (*cont*)

Children and Young People

ITEM ON THE FEEDBACK FORM	RESULTS
"I feel that people here at BH listened to me"	3 out of 3 children said 'Very True'
"My views and worries were taken seriously"	3 out of 3 children said 'Very True'
"If a friend needed this sort of help, I would suggest that they come here"	3 out of 3 children said 'Very True'
"It was easy to talk to the people who saw me"	2 out of 3 children said 'Very True', 1 child said 'A little bit true'

Feedback question: What was good about the support you had from Beacon House?

"That I was able to trust them"

"Helping with my anger - I can talk about feelings more now"

"I liked all Inbar's toys and I liked making up stories with all of the characters. I enjoyed making the fruit out of clay and giving them faces"

"It was good"

Final Comments

The funds donated by Shannon Moore's family have so far enabled **38** individuals or families to benefit from specialist psychological therapy. The clients that this fund has been made available to have all experienced repeated, chronic trauma and adversity; and have all struggled to find effective or accessible therapeutic support before coming to Beacon House. It is such a privilege and an honour to offer our therapeutic services in Shannon Moore's legacy.

The feedback speaks for itself – clients have developed a strong sense of hope, transformation and change following their therapy, and are deeply grateful for this very precious opportunity.

Dr Shoshanah Lyons

Clinical Director

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