

2015/16 Annual Report
Bede House Association

Bede

Believing in community.



Report includes:

**This year's highlights
and plans for the future**

**Bede Learning
Disabilities Services**

**Bede Starfish Domestic
Violence Project**

Bede Youth Adventure Project

**Bede's Community
Engagement Work**

Believing in community

Believing in community

Bede is a local community charity. We believe strong, confident communities enable people to flourish. That is why, since 1938, we have been working from our Bermondsey and Rotherhithe base in the London Borough of Southwark to support local people in creating better lives for themselves, their families and their communities.

According to Government reports, some of our local neighbourhoods are still among the 10% most deprived in the country, with over 36% of children growing up in poverty. We work hard to reach those who need our support the most. Bede's flexible "local and personalised" approach is very effective in helping people overcome hardships and achieve their potential as active citizens in the community.

Bede in action

To support some of those who are most vulnerable we run four key services below. Each aims to bring people of different backgrounds, skills and experiences together to build long-term, supportive relationships that help to create new opportunities for those involved.



Bede Learning Disabilities Services

Learning disabilities can be caused by many conditions including autism and Down's syndrome. These affect how a person absorbs new or complex information, learns new skills and copes independently. Speaking, listening and understanding can all be severely affected, and there are often physical conditions to cope with too. At the Bede Centre, people with learning disabilities can learn new skills, make friends and help other people by volunteering in the community. There's enjoyable work on our allotment or in the Bede Café, and help to find employment, as well as plenty of social and artistic activities to enable those who come to Bede to flourish.

[Go to page 4 for more information](#)



Bede Starfish Domestic Violence Project

Each year, over 2,000 people in Southwark suffer violence and abuse from domestic partners. Bede helps people to end the violence and to live safer lives. The vast majority of our clients are women and Bede's Starfish Project specialises in helping those in complex situations, including child protection issues, mental health problems, housing or immigration status.

Two thirds of Bede's clients have been in abusive relationships for over 5 years, so the Starfish Project works with them for as long as is necessary to break the cycle of domestic violence. Our Survivors' Groups and Freedom Programmes bring women together to share their experience and help each other. 89% of our clients are living safer lives as a result of our help.

[Go to page 5 for more information](#)



Bede Youth Adventure Project

Growing up in Bermondsey and Rotherhithe can be tough. Many young people come from low income households, struggle with problems at home or at school and live on estates where gangs and crime are part of the local territory.

Young people often need somewhere outside home and school where they can belong, find friendship and excitement and benefit from wise guidance from adults who understand the challenges of growing up in this part of London.

Bede's youth clubs, detached youth work on the streets, and activity programmes during the school holidays give young people aged 8 to 19 creative alternatives, like music and adventure activity, through which they can express themselves and discover their potential.

[Go to page 6 for more information](#)



Bede's Community Engagement Work

The city is constantly changing, and some people feel that they don't belong or are forgotten. Fortunately, there are many people who want to nurture community spirit, to act as volunteers, and to make where they live or work, friendlier, happier places to be. Nearly 100 people are involved with Bede as volunteers, Bede's halls are used by community groups, and Bede staff and volunteers take leading roles in coordinating and organising activity in the neighbourhood. Through Bede, the Big Local South Bermondsey Partnership is energising local action on five of the most disadvantaged estates around the Old Kent Road, bringing new opportunities for children, young people, and older citizens to improve their environments and enjoy life to the full.

[Go to page 7 for more information](#)

This year's highlights and plans for the future

In 2015/16 Bede in the Community:

Directly helped over 1,000 people through our services and facilities.

Indirectly helped more than 1,000 other people, for example family members, carers and those who attended events organised with Bede's help, to enjoy life more.

Ensured our facilities were used nearly every day of the year – with an estimated 450 visits a week for activities and meetings.

Conducted detailed, independent evaluations of our Domestic Violence project, and the Bede Plus project which helps people with a learning disability

along the path to paid employment.

Engaged nearly 100 volunteers in every aspect of our work – at an estimated value of nearly £70,000 in volunteer hours to the community.

Gave employment to 40 people, 50% of who live locally, and enabled 5 young people to gain youth work qualifications.

Worked with Southwark Council's architects on designs for a new Centre for Bede as part of redevelopment plans for the Abbeyfield Estate.

Contributed to our local economy, with 50% of our employees living in Southwark and bringing in nearly £154,000 in funding from sources

outside of the London Borough of Southwark.

Celebrated June Morgan's retirement after 50 years' service as Bede's senior cleaner – her party was attended by the Deputy Lord Lieutenant and Mayor of Southwark.



Deputy Lord Lieutenant, June Morgan & Mayor of Southwark

In 2016/17 Bede will:

Continue to work with architects and Southwark Council on plans for a new Centre for Bede on the Abbeyfield Estate. This is proposed as part of Southwark Council's plans to refurbish the nearby Maydew House flats and the redevelopment of the Bede Centre site. The new Centre could be ready in 2019.

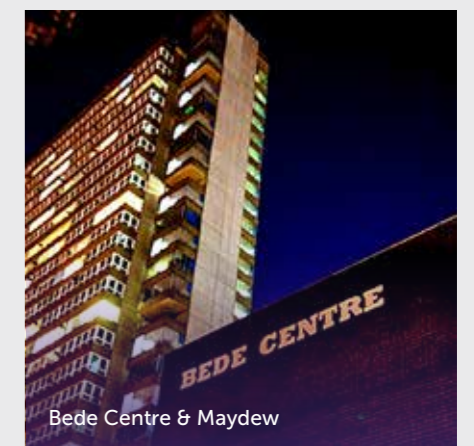
Improve our data collection systems across all projects so we can better demonstrate the impact of our work.

Work with the Big Local South Bermondsey Partnership to develop new ways to improve employment opportunities for local people.

Review our operations and structure to ensure we are making best use of the limited resources we have.

Work hard to raise the £264,000 we need to meet our running costs for 2016/17.

Maintain and develop the high standards of our services and continue to reach the people who need our support the most.



Bede Centre & Maydew

Overview of 2015/16 finance

Bede's end of year accounts show income slightly down in 2015/16 at £1,185,577 (£1,201,568 in 2014/15), with expenditure slightly up at £1,215,930 (£1,159,011 in 2014/15). This resulted in an end of year deficit of £30,353 (in 2014/15, £41,977 surplus before pension liability costs, £17,916 surplus after the pension liability was paid off). Any surpluses from previous years help us manage the deficit this year and the uncertainty of funding in the following year.

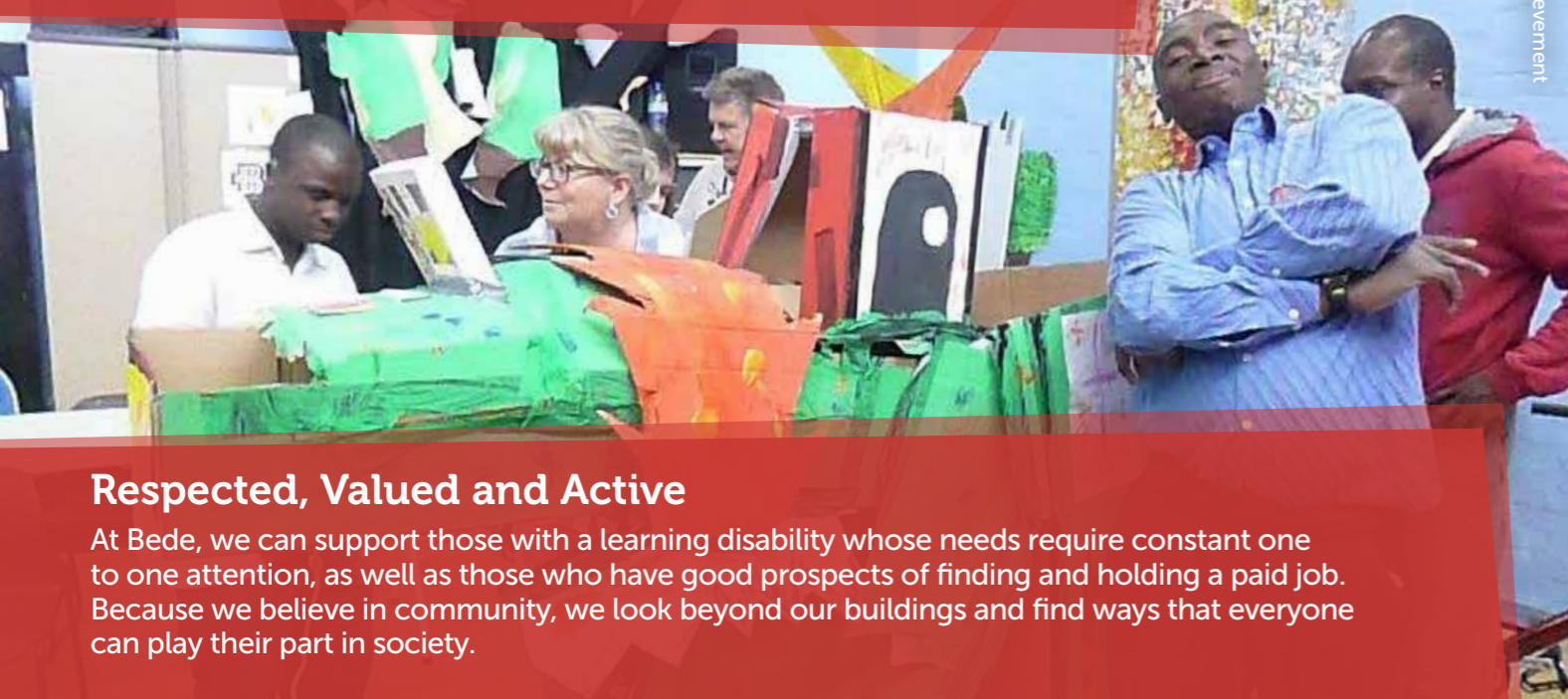
Each year, Bede has to raise about one third of its annual income by applying for new grants from charitable trusts, Southwark Council and other major funders. The support provided through the activities of those individuals who are Friends of Bede is a vital contribution to sustaining Bede's work. New supporters and fundraisers are always needed and more details about how you can help are on Bede's website.

Bede's full audited accounts are available from our central office or from our website



Bede Centre & Maydew

Bede Learning Disabilities Services



Proud achievement

Respected, Valued and Active

At Bede, we can support those with a learning disability whose needs require constant one to one attention, as well as those who have good prospects of finding and holding a paid job. Because we believe in community, we look beyond our buildings and find ways that everyone can play their part in society.

This year, the Bede Learning Disabilities Service has:

Provided individual training, education and guidance on personal skills such as travelling independently, sex and relationships, handling money, looking after your personal appearance, behaving appropriately and meeting your responsibilities

Managed a timetable offering a choice of 40 activity sessions a week that include art, music, dance, drama or sport. We work closely with Millwall Football Club, and Create dance and drama company. This year, for the first time, we collaborated with musicians from the London Symphony Orchestra on a special concert where participants conducted and played musical instruments alongside professional musicians.

We ran 66 special events, including parties, day trips, Summer and Christmas fairs.

Enabled 93 individuals to benefit from one or more of our activities. 11 of those who attended Bede this year were young people under 25 years of age.

Trained 21 people in our Bede Café, serving an average of 35 customers each day.

Trained teams of five or six participants to grow vegetables on our allotment in Southwark Park.

Enabled 16 volunteers who have a learning disability to give 1,114 hours of voluntary work helping 57 local elderly householders through Bede's *Inside Outside Project*.

Supported people to contribute 2,070 volunteer hours with community organisations like Surrey Docks Farm, Roots and Shoots, South London Gallery and Time and Talents.

Enabled 30 participants in the *Bede Plus employment project* to progress their ambitions to find paid work. 8 new work experience placements were completed, 1 new paid job was found and 13 participants received ongoing support in jobs they'd found through *Bede Plus* in previous years.

In 2016/17, we plan to:

Draw on the results of the *Bede Plus* evaluation to ensure we effectively support our clients to achieve their work, training and employment goals within the limited resources we have.

Improve how we demonstrate and communicate the impact of our work in enabling those who come to Bede to flourish.

Review our operations and structure to identify improvements and efficiencies so we can make best use of the limited resources we have.

A 2016 peer review by Choice Support's Southwark Quality Champions assessed Bede's Learning Disabilities Service across 34 different criteria, and gave us top marks in 32 of them. They said:

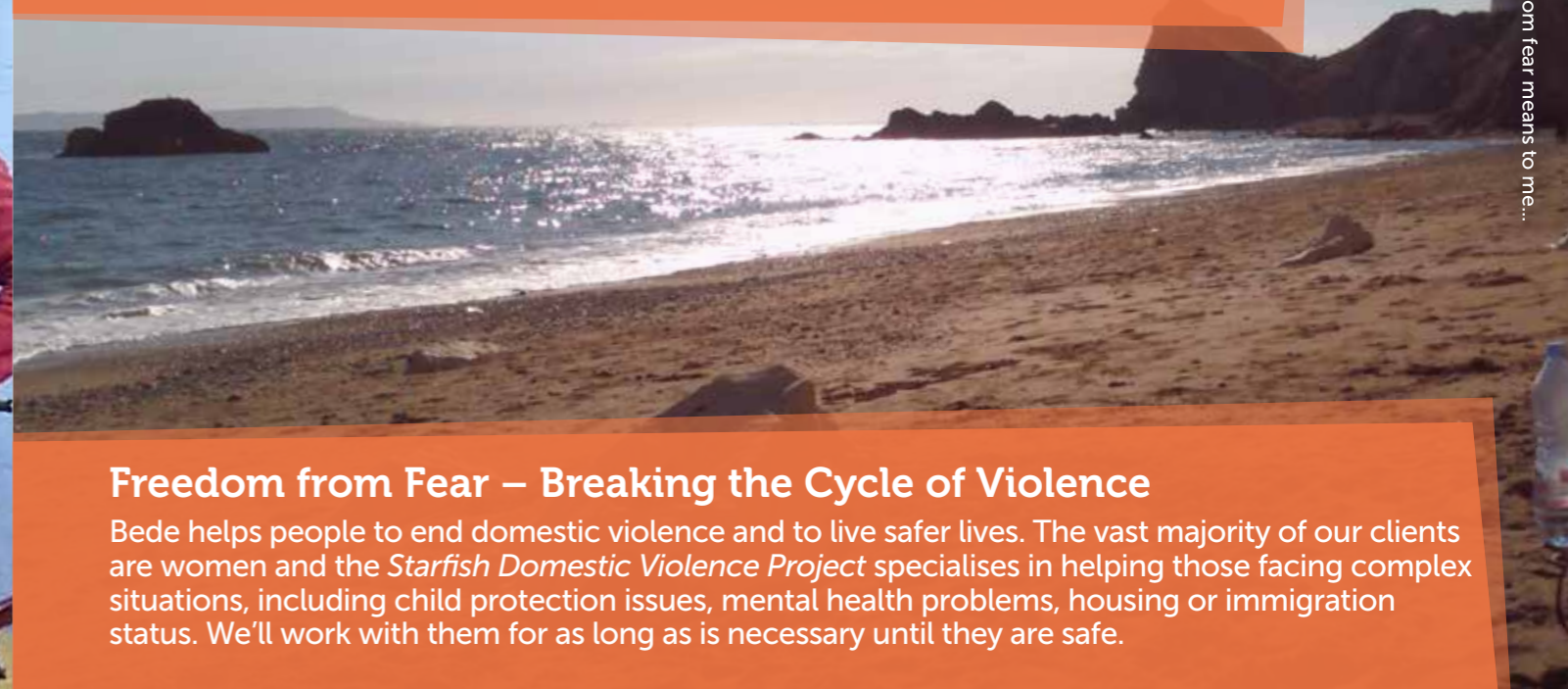
"Everyone seemed to love being in the Bede Centre; it seemed to be a pleasant and safe environment where service users are listened to. There was so much laughter in a music group and it was obvious that everyone was enjoying themselves"

Our Inside Outside team were contacted by the Red Cross at Guys and St Thomas' Hospital. They'd identified two people about to be discharged who would be housebound and needed help to get their laundry done. This was a new task to add to the long list of ways our Inside Outside volunteers (who all have a learning disability) assist our neighbours. The team successfully delivered and collected the laundry from the launderette and the householders and the volunteers were pleased that they were able to help each other.



We were all very sad when Muizz Elesho died suddenly this year. He had been part of the Bede community for 10 years and was a keen volunteer and a much loved friend. We miss him.

Bede Starfish Domestic Violence Project



Freedom from fear means to me...

Freedom from Fear – Breaking the Cycle of Violence

Bede helps people to end domestic violence and to live safer lives. The vast majority of our clients are women and the *Starfish Domestic Violence Project* specialises in helping those facing complex situations, including child protection issues, mental health problems, housing or immigration status. We'll work with them for as long as is necessary until they are safe.

This year, the Bede Starfish Domestic Violence Project:

Helped 156 clients, nearly all of whom were women who were pregnant or had children under the age of 4. 189 of their children also benefitted from a safer home. About 7% of our clients were men who had experienced abuse in same sex or heterosexual relationships. Nearly half of our clients were self-referrals who had heard about Bede from friends.

66% of clients had been in abusive relationships for over 5 years. 44% had mental health issues and 12% had immigration issues which affected their safety.

Clients choose from over 60 short, medium and long term actions to make their lives safer.

Women help each other in our *Freedom Programme and Survivors' Group*. 8 clients a week worked with our in-house counsellor to explore deep issues of anxiety, depression and panic attacks affecting their long term safety and well-being.

37 women had 40 children at risk of being taken into care. All the women attended the *Freedom Programme*. By the end, social services closed the Child Protection Plans in 23 of their cases, and the remaining 14 had their children's level of risk reduced.

When it is time to close a case, the final risk assessments show that 89% of clients are significantly safer than when they first came to Bede.

In 2016/17 we will:

Continue to improve data collection systems so that we can efficiently collect key information on our impact.

Work more closely with the police by attending the Community Safety Unit each week.

Pilot a second Freedom Programme group in the evenings to help women who have day-time jobs.

"Bede has changed my life"

Ann (not her real name) could not stop crying during her first interview as she told of severe sexual and emotional abuse. Her 3 year old son was suffering too. To add to her worries, she feared that she would be deported to Africa as an "over-stayer". To keep control over her, her husband had informed the Home Office that her visa was not in order and they now wanted to interview her. There was no doubt that she was at serious risk of harm.

The team introduced her to solicitors who attend Bede and they took up her case. The Starfish team worked with social workers and Southwark's No Recourse to Public Funds team to safeguard her child and to move her to safe, temporary accommodation.

Seven months later, Ann came back to Bede to collect another letter. This time, she looked well and was smiling. Although life was still uncertain, it was much better and her son was happier.

Bede Youth Adventure Project



Trekking & Horse riding in the South of Wales

Discovering Who You Can Be

Young people often need somewhere outside home and school where they can belong, find friendship and excitement and benefit from wise guidance on tackling the challenges of growing up.

Bede has provided this for generations of young people and there are many parents, and grandparents in the local community who fondly remember their time "at the Bede".

This year, the Youth Adventure Project has:

Run clubs, school holiday activities, adventure residential trips and healthy relationships courses in schools for 44 weeks of the year. These have resulted in 1,583 attendances by 532 different young people aged 8 to 19.

Opened a new club for 8 to 10 year olds in response to requests from local parents.

Engaged 150 young people as regular members of our four evening youth clubs who also benefit from using our music studio and bike repair workshop.

Worked with 76 young people on the streets of local housing estates to engage them in creative and constructive activities.

Helped several young people deal with crises like becoming homeless, losing a job, getting arrested, being attacked or robbed or being excluded from school.

Run our second "Training for Success" programme which resulted in 3 young people gaining NVQ level 2 qualifications in youth work.

Reorganised our staff team to make better use of the limited resources we have whilst maintaining the quality of our service.

In 2016/17 we plan to:

Develop the new club for 8 to 10 year olds and create new opportunities for suitable adventure activities.

Support two trainees to complete Level 3 qualifications in Youth Work.

Improve our data collection and how we demonstrate the impact of our work.

"Bede is a place that I can meet my friends and my mum and dad know that they can leave us there."

Adventure residential trips take young people out of their normal environments. Through exciting and physically demanding challenges, they give them the opportunity to act differently and discover new skills and qualities they did not know they had. The prospect of an adventure residential is a great incentive, motivating those who often have low expectations of themselves. They are a key ingredient in Bede's success. In 2015, we took a group of 12 young people to Hereford where the BODS team organised a programme of horse riding and adventure activity in the forests and gorges of South Wales.

Being involved in Bede's clubs is completely voluntary, and young people will "vote with their feet" in deciding whether the project is meeting their needs and interests. It was therefore a special time when, in September 2015, a core group of 10 senior members, all of whom had been active in Bede's clubs for at least 7 years, reached the age of 18. Three were going on to University – the first of anyone in their families to do so – and they acknowledged the encouragement, and access to quiet study space and IT facilities they had had at Bede to help them achieve their goals. Many of these "club graduates" are coming back as volunteers to inspire the next generation of club members.

Bede's Community Engagement Work



Nurturing Community Spirit

Many people want to nurture community spirit, to act as volunteers and to make the places where they live and work friendlier and happier.

This year, Bede has:

Been the lead agency for the *Big Local South Bermondsey Partnership* (BLSB) – an ambitious 10 year investment by the *Big Lottery Fund* into grass-roots community action on five of the most disadvantaged estates around the Old Kent Road. Working with a core group of 45 residents, activities designed to improve opportunities for children and young people, reduce the isolation of older people, and improve the care of local green spaces have the potential to influence the lives of up to 7,500 people on the Bramcote and Bonamy, Ledbury, Caroline Gardens, Astley Cooper and Avondale estates and others nearby.

Big Local South Bermondsey volunteers have organised events and programmes on their estates that recorded 36,496 attendances last year.

Big Local South Bermondsey won the 2016 Southwark Star Award for Community Group of the Year.

We've involved nearly 100 people as volunteers in our activities and in the community.

We've hosted community groups including *Tower Christian Centre*, and *Siblings Together* – a charity which works with children in care.

Bede organised two concerts at St Mary's, Rotherhithe by the Koruso! Community Choir, and the Choir of Clare College, Cambridge.

Bede benefits from fundraising and technical support from individuals and businesses who are *Friends of Bede*.

In 2016/17, we will

Continue to develop the *Big Local South Bermondsey* core group of volunteers, and support those who are setting up community interest companies and other services including catering, training, floristry, French tuition, and immigration advice in the Arabic language.

Involve more people in their community as volunteers and *Friends of Bede*.

"I now feel so much more part of my community and more valued – I cannot wait to see what happens next!"

Wendy Okoli

Big Local South Bermondsey volunteer, Wendy Okoli writes:

"A few years ago I heard that one of the ladies living on our estate was organising a fun day event and so I volunteered to help. Whilst working together she told me about the *Big Local South Bermondsey* and what they hoped to achieve in the area so I went along to their next meeting and have been hooked ever since.

First I got involved by running a tea afternoon on my estate and found out that there were several other tea afternoons all running on different days on different estates. I started going to the estate next to mine as well.

I met so many new people and felt much less isolated than I had before.

We then introduced crafts to the tea afternoon. I have always loved knitting and was happy to share my knowledge with others. We also ran an after school club for parents and children so that these kind of skills are not lost. I so enjoyed being with the children that I volunteered to run a class in the local school in the lunchtimes. This extra curricular activity was part of a recent school assessment and I felt so proud to be part of it."

Who's Who at Bede

President: The Lord Bishop of Southwark,
Right Rev Christopher Chessun

Vice Presidents: Roger Harrison, Sir Barry Wilson

Patron of Friends of Bede: Barry Albin-Dyer OBE sadly died in June 2015 after a long illness. We are very grateful for all he did for Bede as Patron of Friends of Bede. Sir Simon Hughes and former Mayor of Southwark, Cllr Sunil Chopra have kindly agreed to become Bede's new Patrons.

Members of Bede Council

Catherine McGrath – Chair (from December 2015)

Julie Cotton – Vice Chair

Charlotte Cook – Company Secretary

Nitu Panesar – Honorary Treasurer

Martyn Hickson (coopted May 2016)

John Kent (coopted May 2016)

Caroline Knight

Jamaria Kong

Paul Lindsay

Franki McClure

Fr Mark Nicholls

Katrina Ramsey, (Chair until December 2015)

Our thanks to Andy Vallings who retired from Bede Council this year after many years' service.

Senior Staff Team

Nick Dunne – Director

Brian Stewart – Finance and Central Services Manager

Carole Brady – Learning Disabilities Service Manager

Fokrul Meah – Youth Project Manager

Ahlam Laboori – Starfish Domestic Violence Project Manager

Ann Clayton – Big Local South Bermondsey Community

Engagement Manager



Awarded 2008

Key Information

Bede House Association,
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www.bedehouse.org.uk

Registered Charity Number 303199

Registered Company Number 420386

Central Office: tel: 0207 237 3881,
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Learning Disabilities Service: tel: 020 7237 8930

Youth Adventure Project: tel: 020 7231 6027

Starfish Domestic Violence Project:
tel: 020 7237 9162

Community Engagement: tel: 020 7237 3881

Thanks to our Funders and Supporters

Alan & Babette Sainsbury Charitable Fund
Amicable Society's School, Rotherhithe
Arch Climbing Wall, Bermondsey
Baily Thomas Charitable Fund
BBC Children in Need
Belmond
Bermondsey Square Community Fund
Browne Jacobson
Big Local South Bermondsey
Big Lottery Fund, Big Local and Local Trust
Blue Bermondsey BID
Camden Society
Capital Group
Capital International
Choice Support
CIBC Children's Foundation
City Bridge Trust
Clare & Bermondsey Trust and Oley Trust (Clare College, Cambridge)
Clare College Choir
Comic Relief
Dentons Charitable Trust
Diocese of Southwark of the Church of England
Donald Forrester Trust
First Protocol
The Funding Network
Garfield Weston Foundation
Gerald Palmer Eling Trust
Grosvenor and the Westminster Foundation
Henry Smith Charity
John Laing Charitable Trust
Kestrelman Trust
Koruso! Community Choir
Lewisham Disability Team
Local Sustainability Fund (Cabinet Office)
Madano
29th May 1961 Charitable Trust
Mercers' Company
Ministry of Justice, Victims General Fund and MOPAC
Newcomen Collett Foundation
Noel Buxton Trust
North Southwark Environment Trust
Norwegian YWCA
Observer Charitable Trust
Periscopix
Peter Minet Trust
Rank Foundation
Skill-Serve Training
Southwark Adult Learning Services
Southwark All Age Disabilities Team
Southwark Bermondsey and Rotherhithe Community Council,
Neighbourhoods Fund
Southwark Children's and Adults Services
Southwark Cleaner Greener Safer Fund
Southwark Community Safety Division
Southwark Community Learning Disability Team
Southwark Community Engagement, Housing &
Community Services Dept,
Southwark Joint Security Initiative (JSI)
Southwark Learning Disabilities Commissioning
Southwark Works
Southwark Youth Service
St Olave's & St Saviour's Schools Foundation
St Mary's Rotherhithe
St Swithun's, Purley
Stella Coffee and Tea
Team London Bridge
Trusthouse Charitable Foundation
United St Saviour's Charity
UnLtd
Winckworth Sherwood
Worshipful Company of Cooks
Worshipful Company of Launderers
Your Turn Initiative

This list does not include all of the many small trusts, individuals and Friends of Bede who generously give their time, money and other forms of support. We are very grateful to them.