



Bede

Believing in community.

2018-2020 REVIEW

on the threshold of an exciting new future

Bede is a local community charity. We believe strong, confident communities enable people to flourish.

In 2018 we celebrated 80 years since our foundation as a Settlement in 1938 – the year local residents raised £400 to buy the old bakery at 351 Southwark Park Road so that a group of young, idealistic Christians could live in community and help their neighbours in whatever ways they could.

They named it Bede House, after the great Saxon scholar who lived his entire life in a monastery beside the trading seaport of Jarrow. The world passed his door, just as it did through the docks near Bermondsey and Rotherhithe in 1938.

At Bede House the young volunteers learnt as much - if not more - from those they set out to help, and it is this principle of mutual learning between people of different backgrounds and circumstances that holds true in the professional, secular charity that Bede has become today.

Bede has done many different things since opening its doors: relief work during the bombing of World War 2, community relations during times of great change (such as when the docks closed) and teaching local people how to use computers when they first began to change our lives.

Our focus has always been to support the most vulnerable people in our community, and today we run four key services:

- Supported volunteering, social and development activities for adults who have a Learning Disability
- The Starfish Project for women and men experiencing domestic violence and abuse
- The Youth Adventure Project for young people aged 8 to 19
- Community Engagement work supporting local people to improve community life

Each service 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.

According to government reports, some of our local neighbourhoods are still among the 10% most deprived in the country, with over 44% 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 achieves so much, it is hard to tell the full story. However, all of what we do contributes to these four great aims of Bede House Association:

- Alleviating the effects of poverty and increasing education and employment prospects
- Reducing isolation and finding fresh purpose in life
- Improving health and wellbeing
- Caring for our environment



Bede is on the threshold of an exciting new future. The Abbeyfield Estate, where we are based, is being redeveloped and our existing Bede Centre will be demolished. However, Southwark Council has planning permission to build us a brand new, purpose designed Centre on the same estate. Work has already started, and it is hoped that the new Centre will be ready in 2022.



It is a wonderful opportunity but, like in 1938, we're going to need the help of others to raise the £1.2million needed to buy the 125 year lease, equip the building and cover the costs of the move.

We hope this booklet will inspire you to be part of this great period in Bede's history.

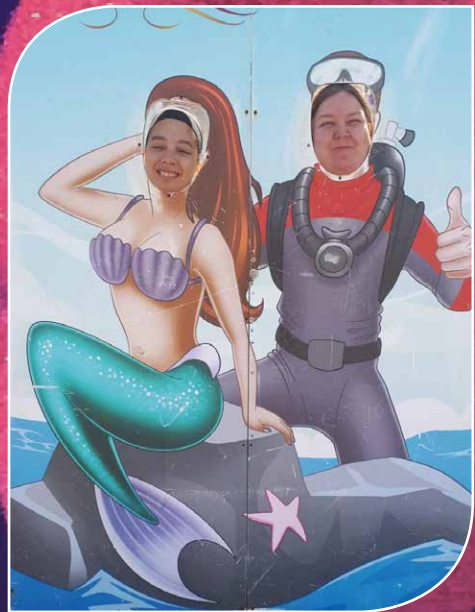


OUR IMPACT

Each year Bede benefits over 2,000 people through our different projects and activities.

Half of that number benefit directly from our services, from our facilities and from being involved as volunteers. And we estimate another 1,000 people indirectly benefit, for example as relatives or carers of those who attend Bede, or by attending an event we've helped organise.

Bede's overall impact in reducing poverty and isolation, improving health and well-being and caring for our environment is significant.



IN OUR OWN COMMUNITY

Alleviating the effects of poverty and increasing education and employment prospects

For example, we enable carers of children and disabled adults from low income families to go out to work safe in the knowledge that those they care for are happily involved at Bede. We provide voluntary work and training opportunities for those who are unemployed. We help solve problems, such as violence at home or difficulties at school, which are affecting a person's education or employment prospects. Bede's Starfish Domestic Violence service gave 129 clients Food Bank vouchers, toiletries and Christmas parcels last year because they didn't have the money for basic necessities for themselves and their children.

Reducing isolation and finding fresh purpose

We do this through our youth clubs, our social events and volunteering opportunities. Our Inside Outside project enables people who have a learning disability to visit our elderly and housebound neighbours and do jobs around their homes and gardens. They help each other to learn new skills and to enjoy each other's company. Our Starfish Domestic Violence project enables women who have "suffered in silence" for years to tell their story and live safer lives. Our youth clubs help young people make friends and discover positive, exciting things to do.



Improving health and wellbeing

At Bede, we make it easy for young people and those who have a learning disability to be physically active and eat healthily.

Half of women who contact our Starfish Domestic Violence project have a formal diagnosis of mental ill-health. 90% of our clients live safer lives after help from Bede, and their mental health improves as a result. Each year, social services avoid having to take children into care because Bede has helped their mothers to end the violence at home.

How to have happy, healthy intimate relationships are an important part of the discussions that happen in all of Bede's projects. Our Youth Workers run courses in schools, and help club members discuss issues they have as teenagers.

Our clients who have a learning disability often want a genuine boyfriend or girlfriend relationship, but struggle to communicate their feelings. We help them understand and manage their issues and emotions.



Caring for our environment

Volunteers who have a learning disability look after the Aspinden Nature Garden. They come to feed the birds, and learn more about the wildlife that live there. We keep it tidy too – without our care it would become a rubbish tip. These volunteers also grow their own vegetables on our allotment in Southwark Park, and help elderly neighbours look after their gardens.

Bede's Youth Clubs have a strong adventure theme, taking groups of young people into the countryside every year to ride horses, scramble down caves, wade through streams and learn how the countryside is very different from life on a housing estate in London. Many see sheep and cows for the first time when they are on a trip with Bede.

Bede's New Centre, which we hope will be open in 2022, is being designed to create an environmentally-friendly building we can be proud of.



LEARNING DISABILITIES SERVICES

Learning disabilities can be caused by many conditions including autism and Downs syndrome. These affect how a person absorbs new or complex information, learns new skills and copes independently. Speaking, listening and understanding can all be affected – sometimes severely. Often there can be physical conditions to cope with too.

At Bede, people with learning disabilities can learn new skills, make friends and help others by volunteering in the community. There's enjoyable work on our allotment in Southwark Park or in the Bede Café, and help to find employment as well as plenty of social, sporting and artistic activities to enable those who come to Bede to flourish.

We are able to support those people who need constant one to one attention, as well as those who have good prospects of finding and keeping a paid job. Because we believe in community, we look beyond our buildings and find ways that everyone can play their part in society.

L is a young woman who has Angelman's syndrome, a condition which severely hinders a person's development, affecting their movement, speech and understanding. L requires constant one to one support and would become distressed in social settings. She was at risk of becoming cut off from other people. It took L some time to settle at Bede, and sometimes two staff had to work together with her. With patience, and time, L has settled. Staff have used photos to support her to travel safely and, with a Bede Support worker, she now uses public transport to come to Bede. L now only needs one member of staff with her all the time. She loves Bede and really enjoys art, music and dance.

She smiles for most of the day!



RESPECTED VALUED & ACTIVE

The Bede Learning Disabilities Service offers:

- 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.
- A timetable offering **36 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.
- Over **60 special events**, including parties, day trips, Summer and Christmas fairs.

In 2018/19:

- 99 individuals benefited from one or more of our activities.
- 9 of those who attended Bede this year were young people under 25 years of age.
- 19 people trained in our Bede Café, serving an average of 35 customers each day.
- 39 volunteers who have a learning disability gave 3,400 hours of voluntary work helping 67 local elderly householders through Bede's Inside Outside Project. "Helping Hound" visits include our friendly dog when we go to see those householders who love dogs but who can no longer have one themselves.
- The Bede Independent Travel Training (BITT) project trained its first Travel Buddy in 2017 to accompany clients on public transport to and from Bede, and three now have paid jobs with us. Travel Buddies have a mild learning disability themselves and have struggled to find paid jobs. Being a Bede Travel Buddy gives them paid employment, and increases clients' independence.

Inside Outside volunteer **Luke Holmes** won the 2017 Southwark Stars Young Volunteer of the Year in 2017. In 2018, he presented the Award to this year's winner. Although Luke finds it difficult to speak clearly he was able to stand up in front of a big audience and deliver his message with the help of his Bede worker. It was the best speech of the night!

What carers are saying ...

“ My sister-in-law and her new Travel buddy M have really hit it off as travel mates, and you could almost set your clock by M's punctuality. She takes enormous care of my sister-in-law - always providing text alerts if she is running even the tiniest bit late. M is perfect!

This is a fabulous initiative. It replaces the daily tedium and cost of a minicab with a real life interaction and involvement with society as a whole

STARFISH PROJECT

Freedom from fear

Each year, over 2,000 people in Southwark suffer violence and abuse from partners. Bede helps people to end the violence and to live safer lives.

The Starfish Project changes lives. Surveys of former clients consistently record that around 90% are living much safer lives after working with Bede. External agencies, such as social services, or mental health workers, also report tangible improvements in clients' safety and wellbeing.

Our Starfish Project specialises in helping those in complex situations, including child protection issues, mental health problems, housing or immigration status. Most of the project's clients are women. Most have been in abusive relationships for more than five years and nearly a third have suffered for at least ten years.

We work one-to-one with our clients to assess the risks they face and achieve a successful safety plan. We help clients seek court orders to protect their safety and will accompany them to hearings acting as an IDVA or a *McKenzie Friend*. Our counsellor will provide in-depth support with long term issues.

Our **Survivors' Groups** and **Freedom Programmes** bring women together to share their experience and help one another.

In 2018/19, the small team at the Starfish Project helped 198 clients. Over one third of our clients were self-referrals who had heard about Bede by word of mouth.

Nearly all were women who were pregnant or had children under the age of four. 225 of their children also benefitted from a safer home. Bede works with our clients to reduce the risk and prevent their children being taken into care. Last year, Social Services were concerned about the safety of 20 children who were living with 15 of our clients. After Bede's help, 12 children were judged to be at much less risk than before and were able to continue to live with their mother.

When she was pregnant, Ms Y was sectioned under the Mental Health Act. Fearful of her partner, she'd threatened to kill herself, her children and him, because she knew his violence and abuse increased when a new baby arrived. He was watching her every move, so she could not be sure to keep scheduled appointments with agencies that could help her. When too many appointments were missed, her case was closed. But her midwife told her that she could drop into Bede at any time. And so Ms Y was able to do this when it was safest for her. Bede worked with her, and helped her and her children leave the relationship and move into a refuge and make a fresh start in life.

Breaking the cycle of domestic violence and abuse

I feel it so important to let you know how grateful I am for the effort you have put into my situation with the housing. I am just one of many out of the hundreds of women you deal with yet you have both made me a priority and even though I am still in my flat I am here with a lot more hope than before. This is the first time in 12 years I have felt there is a bright future, one that does not revolve around anyone but the girls and I.

I'm just too grateful for both your input. From my heart.

38% of clients had no access to public funds due to immigration issues. We gave 129 clients Food Bank vouchers, toiletries and Christmas parcels because they did not have enough money for basic necessities for themselves and their children.

A unique feature of Bede's service is that it is open-ended – staff will work with clients for as long as is necessary to break the cycle of abuse. We are proactive in working alongside clients to address the complex issues that undermine their safety. This can involve accompanying them to court hearings as an IDVA or a *McKenzie Friend*, and to meetings with social service and housing officers. Such support can be crucial as not all cases qualify for legal aid, and some clients do not have any representation. Last year 70 cases went to court, and Bede staff were able to attend 20 of them. All of these - 100% - were successful in obtaining a court order. Limited resources prevented us from attending the remaining 50 cases, which resulted in only 35 (70%) having a successful outcome for our clients.

Hiya sorry for not texting you back.

Just wanted to say a massive thank you to you and everyone at Bede. You have changed my life for the better and I think if I had not had your support I would still be with my ex today.

I have found my voice again and my life is mine again.

Thank you so much!

BEDE YOUTH ADVENTURE PROJECT DISCOVERING WHO YOU CAN BE

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.

Our 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.

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

In 2018/19 there were 1,867 attendances by 401 different young people aged 8 to 19.

176 young people were regular members of our four evening **youth clubs** and **detached sessions** on the streets. They also used our **music studio**.

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

We're part of the **London Mayor's Kitchen Social** initiative to provide healthy meals as part of our school holiday programmes. Many young people coming to Bede have at some time had to rely on Food Bank donations to make ends meet.

Attendance at Bede is voluntary. Young people vote with their feet in deciding whether the project is meeting their needs and interests. 44 young people attended over 20 sessions in the year, including 12 who attended over 40 sessions – a sure sign that they are finding what they are looking for at Bede.

Several of our former members, who are now at University or College, have come back to help us as volunteers. We've trained three former youth club members as Youth Workers and another started her youth work apprenticeship in 2018.

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 didn't know they had. The prospect of an adventure residential is a great incentive, motivating those who often have low expectations of themselves. In 2018, we took a group of 24 young people to the Isle of Wight and in 2019 we took another 24 to Kent.

Photo by Oluwaseun Elegunde

“

“The journey in our minibus to our residentials is some of the best times. They're so excited. And the stories they tell of previous things they've done – it's so uplifting.” (Bobbie, Youth Worker)

”

“Gang affiliations. Bede took me out of that. It showed me I could enjoy doing something good other than doing something bad. That I could get a little 'rush' from doing something good.” (Anthony, former youth club member)

“I like Bede because it's fun” (Youth club member)

BEDE'S COMMUNITY WORK & SUPPORTING OLDER PEOPLE

Our city is constantly changing, and some people feel that they don't belong or are forgotten. Fortunately, there are many others who want to nurture community spirit, to act as volunteers and turn where they live or work into friendlier, happier places.

Over 90 people are involved with Bede as volunteers, our halls are used by community groups, and our staff and volunteers take leading roles in coordinating and organising activity in the neighbourhood.

Our **Inside Outside** project enables 67 elderly and housebound neighbours and 39 volunteers who have a learning disability to help each other.

What do the householders say?

"They do a marvellous job in my garden, forever grateful" (AM)

"Bring Hapus [the Helping Hound] anytime. I love dogs" (RE)

"I look forward to seeing the guys from Bede" (DB)



NURTURING COMMUNITY SPIRIT

We have completed a two-year study of Millwall Football Club, funded by the Heritage Lottery Fund. The study researched changing communities and the history of supporters from diverse ethnic backgrounds.

Millwall's Changing communities: memories of football and neighbourhood in South London has collected oral histories of black Millwall fans and engaged residents in the northern part of Southwark to explore the relationship between football, youth culture and neighbourhood community. Ole Jensen, an experienced social scientist, led the project assisted by Bede and a team of locally-recruited volunteer researchers. **Millwall's Changing Communities** stimulated conversations between different groups within the local community. It highlighted the forgotten story of Millwall FC's surprisingly diverse fanbase and their leading role in introducing black players into professional football in the 1970s. The research results are on the Bede website, along with a fascinating film, **Millwall, Black and White: A Portrait from the Terraces** which has been screened in several venues across London.

Watch the film online: vimeo.com/337804908

Bede's Learning Disabilities service are in partnership with Millwall FC running a successful team playing in the local disability football Special League and tournaments. **We won the League in 2019!**

Bede celebrated its **80th anniversary** by hosting the Lambeth Palace Garden's August 2018 Open Day, enjoying the Choir of Clare College Cambridge's Advent Concert at St Mary's Church, Rotherhithe, and presenting an exhibition of photographs from Bede's archive at the Deli Felice café and community gallery.

Bede hosts community groups including Tower Christian Centre, Aikido Alive UK and Siblings Together – a charity which works with children in care – and benefits from fundraising, technical and volunteer support from individuals and businesses who are **Friends of Bede**.



OVERVIEW OF 2018/19 FINANCES

Thanks to our funders and supporters

Only about two thirds of our income is secured 12 months in advance. This means that, 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 end of year accounts show **income** up in 2018/19 at £1,221,174 (£1,094,012 in 2017/18), with **expenditure** slightly up at £1,193,477 (£1,106,768 in 2017/18). This resulted in an end of year operating surplus of £27,697 (compared to a deficit of £12,755 in 2017/18).

Bede's Appeal for the New Bede Centre had also raised an additional £87,653 by March 31, 2019. These funds are held in a restricted reserve to meet the costs of buying the 125 year lease on the New Bede Centre, equipping it and managing the costs of the move. Thanks to the Bert Aase Kevin and Jane Trust, London Marathon Charitable Trust, British Land and some incredibly generous individual supporters, we had secured over £540,000 in pledges and donations by March 31, 2019 towards our target of £1.2m.

Bede's full audited accounts are available from our central office or online at bedehouse.org

As an employer, Bede supported over 90 volunteers in 2018/19, and employed 19 Southwark residents. Bede brought in an estimated £368,449 from funding sources outside the borough to benefit Southwark.

- Alan & Babette Sainsbury Charitable Fund

Alchemy Foundation

Amicable Society's School, Rotherhithe

Andrew Sutton

Awards for All

Baily Thomas Charitable Fund

BBC Children in Need

Belmond

Bert Aase Kevin and Jane Trust

Blue Bermondsey BID

British Land

Capital Group

Charterhouse in Southwark

Choice Support

Choir of Clare College, Cambridge

Chris Haydon – Southwark Community TV Trust

Clare & Bermondsey Trust and Barnabas Oley Trust

Clare College, Cambridge

Co-op Local Community Fund

Dalby Charitable Trust

David Isaacs Fund

Deli Felice Café

Diocese of Southwark of the Church of England

Donald Forrester Trust

Feathers Association

FIRST (formerly First Protocol)

Garfield Weston Foundation

Gerald Palmer Eling Trust

Give As You Live

Gowling WLG

Grant Foundation

Grosvenor

Gwyneth Forrester Charitable Trust

Henry Smith Charity

Heritage Lottery Fund

Hobson Charity

Inner London Magistrates Court (Ealing)

Irving Memorial Trust

Jack Petchey Foundation

John Laing Charitable Trust
- Kevin Ireland (photos)

Lace Partners

Lambeth Palace

Lewisham Disability Team

London Marathon Charitable Trust

Masonic Charitable Foundation

Mayor's Fund for London – Kitchen Social

Mercers' Company

Merkle Periscopix

Millwall Community Trust

Millwall for All

Mrs Maud Van Norden's Charitable Foundation

Neil Forrest (photos)

Newcomen Collett Foundation

North Southwark Environment Trust

Norwegian YWCA

South London and Maudsley (SLAM) NHS Trust

Southwark Bermondsey and Rotherhithe Community Council,

Neighbourhoods Fund

Southwark Charities

Southwark Council Children's and Adults Services

Southwark Council Community Engagement, Housing &

Community Services Dept

Southwark Council Community Learning Disability Team

Southwark Council Community Safety Division

Southwark Council Youth Service

Southwark Employment and Enterprise Development (SEEDS2)

Space Station Self Storage

St Olave's & St Saviour's Schools Foundation

St Mary's Rotherhithe

St Swithun's, Purley

Stella Coffee and Tea

Team London Bridge

The 29th May 1961 Charitable Trust

Thomas Miller

United St Saviour's Charity

Variety Club

Westminster Foundation

Winckworth Sherwood

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.



Tag Um Tag Guter Tag
(Day by Day Good Days)

Ian attends our Learning Disabilities Service and is registered blind. He appreciates the atmosphere of different environments and enjoys exploring new places. During our visit to the White Cube Gallery, Ian paused and enjoyed an installation portraying an empty glass that Peter Dreher, a wheelchair-bound artist, has painted every day since 1974.

Photo by Mark Griffiths

BEDE'S FUTURE PLANS FOR THE NEW BEDE CENTRE 2022

Southwark Council are redeveloping the Abbeyfield Estate in SE16

It's an exciting opportunity to create a new bigger and better Bede Centre just a few yards from where we are now. Our existing premises will be demolished in 2023 and we have successfully negotiated for Southwark Council to build us a New Bede Centre. All of our activities will then be in one, purpose designed building.

Planning permission has been granted for the new 1,000 sq metres premises which will include a multi-use hall, Youth Club rooms, a community café run by trainees of our Learning Disabilities project, a music studio, bike repair workshop, one-to-one and small group spaces where our Starfish clients can meet, plus offices for all Bede's staff, including central admin.

Our new space has been specially designed to meet our purposes and will enable us to do even more for years to come. We'll still be overlooking Southwark Park and there will be a new gate created to make it easier for our groups to enter this wonderful outdoor space. The New Bede Centre offers outstanding value for money as well as greater efficiency, suitability and sustainability for Bede's future.

To secure a 125 year lease, furnish and equip the new building and meet the revenue costs of such a major project, **we need to raise a total of £1.2 million by 2021.** As of March 2019, we've secured over £545,000 in pledges and donations and now we're asking all of our supporters to help us raise the rest of the money.

If you'd like to support us with a donation or a regular standing order, please contact our Central Office on **020 7237 3881** or check our website **bedehouse.org** for further details.

thank you !

WHAT IT WILL LOOK LIKE WHAT IT WILL MEAN WE CAN DO

You can be a part of this moment in our history

In 1938, the local community raised £400 (a huge sum for its time!) to buy Bede House and convert it from an old bakery. By 2021, as well as raising our annual revenue budget of around £1.1 million, we will need to raise an additional £1.2 million to complete our move to the New Bede Centre. Local and central government funding continues to be squeezed very hard, so we rely even more on the charitable support of trusts, businesses and individuals in the community.

We hope that many people, including those who have benefitted from Bede in the past, perhaps as a youth club member, or as a former client of the Starfish Project, will help us pass Bede on to the next generation. Watch **Bede Now and Tomorrow**, our 8 minute film, to find out more: youtu.be/9LetVnb7BGc

How you can help

Whether you choose to support this appeal individually, as a family, as a group, through your company or charitable trust, together we can make this happen!

We will be pleased to offer a range of naming opportunities within the New Bede Centre to acknowledge those who help us achieve our appeal target of £1.2million. Members of the community who donate at least £1,000 (excluding Gift Aid) will have their names, or those of a loved one, recorded in a specially commissioned piece of artwork.

Major donors can dedicate an entire room in which a discrete plaque will be placed to acknowledge their gift. Room dedication opportunities start at £50,000, with larger multi-purpose spaces valued at up to £150,000.

WHO'S WHO @ BEDE

President The Lord Bishop of Southwark, Right Rev Christopher Chessun

Vice Presidents Roger Harrison and Andrew Sutton

Patrons of Friends of Bede Cllr Sunil Chopra, Sir Simon Hughes and Jane Holbrook

Members of Bede Council

Wendy Cookson, Chair

Charlotte Cook, Company Secretary

Alison Booth

John Kent

Jamaria Kong

Catherine McGrath

Julie Cotton, Vice Chair

Nitu Panesar, Honorary Treasurer

Martyn Hickson

Caroline Knight

Paul Lindsay

Katrina Ramsey

Senior Staff Team

Nick Dunne, Director

Carole Brady, Learning Disabilities Service Manager

Ahlam Laabori, Starfish Domestic Violence Project Manager

Fokrul Meah, Youth Project Manager

John Phipps, Facilities and IT Manager

Brian Stewart, Finance Manager



Bede House Association
351 Southwark Park Road, London SE16 2JW

bedehouse.org

Registered Charity Number 303199

Registered Company Number 420386

Central Office 0207 237 3881 admin@bedehouse.org

Learning Disabilities Service 020 7237 8930

Youth Adventure Project 020 7231 6027

Starfish Domestic Violence Project 020 7237 9162



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups
Awarded 2008