



2017-2019 REVIEW

Bede

Believing in community.

on the threshold of

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
- Starfish Domestic Violence Project
- Youth Adventure Project
- Community engagement work

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 38% 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

an exciting new future

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 2021.

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

in the local community

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.



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 52 clients Food Bank vouchers and Christmas parcels last year because they didn't have the money to feed themselves and their children.

Reducing isolation and finding fresh purpose

We do this through our youth clubs, our social events and our 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.



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.

A third 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 the issues and the 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 for the first time whilst on a trip with Bede.

Bede's New Centre, which we hope will be open in 2021, is being designed to create an environmentally friendly building we can be proud of.



Dominic Francois

This summer, our good friend Dominic Francois died suddenly at the age of 29.

Dominic started at Bede's LD services early in 2016. He was a quiet man whose learning disabilities made speaking very difficult. He liked to fill in crosswords and Sudoku puzzles in his own way, so that words and letters filled the boxes neatly even if they did not comply with the rules. Dominic would approach people he liked spending time with and would always formally shake their hand to say "hello". He was part of the farm team, allotment group, nature group and in the football team.

He enjoyed art (see his picture of Lambeth Palace used as a background image on the opposite page) and Zumba. Dominic loved being part of the football tournaments and was so happy when he got his new boots to play in. He also had a sweet tooth and would regularly enjoy a biscuit or treat in the office. Dominic is fondly remembered and his family were comforted when the Director, staff and friends from Bede attended his funeral.

LEARNING DISABILITIES SERVICES RESPECTED **VALUED** ACTIVE

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 are physical conditions to cope with too.

At Bede, 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 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.



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 **33 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, and Summer and Christmas fairs

A carer writes: "I really cannot emphasise how much having a Travel Buddy has added to the quality of my sister-in-law's life. The related cost of getting A to and from the Bede for her 4 days a week day care have fallen vs individual taxi journeys, so we are also saving money. And above all, the entire process, from start to finish, is totally focussed around the safety of the client. 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."

In 2017/18:

- 99 individuals benefited from one or more of our activities.
- 10 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
- 27 volunteers who have a learning disability gave over 1,500 hours of voluntary work helping 58 local elderly householders through Bede's Inside Outside Project.
- We launched "Helping Hound" which includes our friendly dog on visits to 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 to accompany clients on public transport to and from Bede. Travel Buddies have a mild learning disability themselves and this gives them paid employment, and increases clients' independence.

For nearly twenty years, Michelle's learning disabilities prevented her from finding paid work. Now she has her first ever paid job as a Travel Buddy with Bede. She says "I enjoy my Travel Buddy job – because it's improved my confidence and I get to keep my clients safe and happy".



BEDE 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. Nearly half have been in abusive relationships for more than 5 years. The project works with them for as long as is necessary to break the cycle of domestic abuse.

We work one-to-one with our clients to assess the risks they face and achieve a successful safety plan. We introduce clients to solicitors who hold advice sessions in Bede House, and 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 each other.

In 2017/18, the small team at the Starfish Project helped 164 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. 209 of their children also benefitted from a safer home. Social Services are involved with 20% of our clients because there are concerns about the safety of their children. Bede works with our clients to reduce the risk and prevent their children being taken into care.

11% of clients have no access to public funds due to immigration issues. We gave out 52 Food Bank vouchers and Christmas parcels because clients did not have enough money to feed themselves and their children.

Breaking the cycle of **DOMESTIC VIOLENCE AND ABUSE**

We work very closely with the Police, and Bede's work is highly valued. In June 2017, two Bede caseworkers received the Southwark Police Borough Commander's Commendation for an exceptional piece of casework that brought a violent DV perpetrator to justice. It is very rare for civilians to receive such an honour.

X had suffered 15 years of violent physical, sexual and psychological abuse from her partner who was named by authorities as her carer. Her abuser used this position to control every aspect of her life. She was prevented from engaging with her family or culture and attending medical appointments; she was regularly locked in her abuser's flat for days at a time without food. X's benefits were paid directly into the abuser's account and he even changed her name by deed poll. X had developed severe post-traumatic stress disorder and depression.

When Bede's Starfish DV worker first met her, X was a selective mute, unable to maintain eye contact. Our worker developed specialist support plans and flashcards for non-verbal communication. Bede supported X to leave the relationship, make statements and find support to improve her mental health and wellbeing. X is now living full-time in supported living, where she is, for the first time, making all her own decisions. She has found her voice, has her own bank account and recently learnt to travel independently.

* * *

A former client wrote to us: "Please keep doing the work that you are doing. It's absolutely life changing. Making a service like this available to vulnerable people lifts them up, it improves their sense of self and helps them go on to make the world a better place."

* * *

A Starfish client wrote to us recently to say: "I'm due to finish Uni next month. I passed my dissertation (the topic was domestic abuse and barriers to midwives identifying it) I got a first for it." She had been involved in an abusive relationship for over two years before she came to Bede. She has now been safe for over two years and it is great to see her life flourishing.

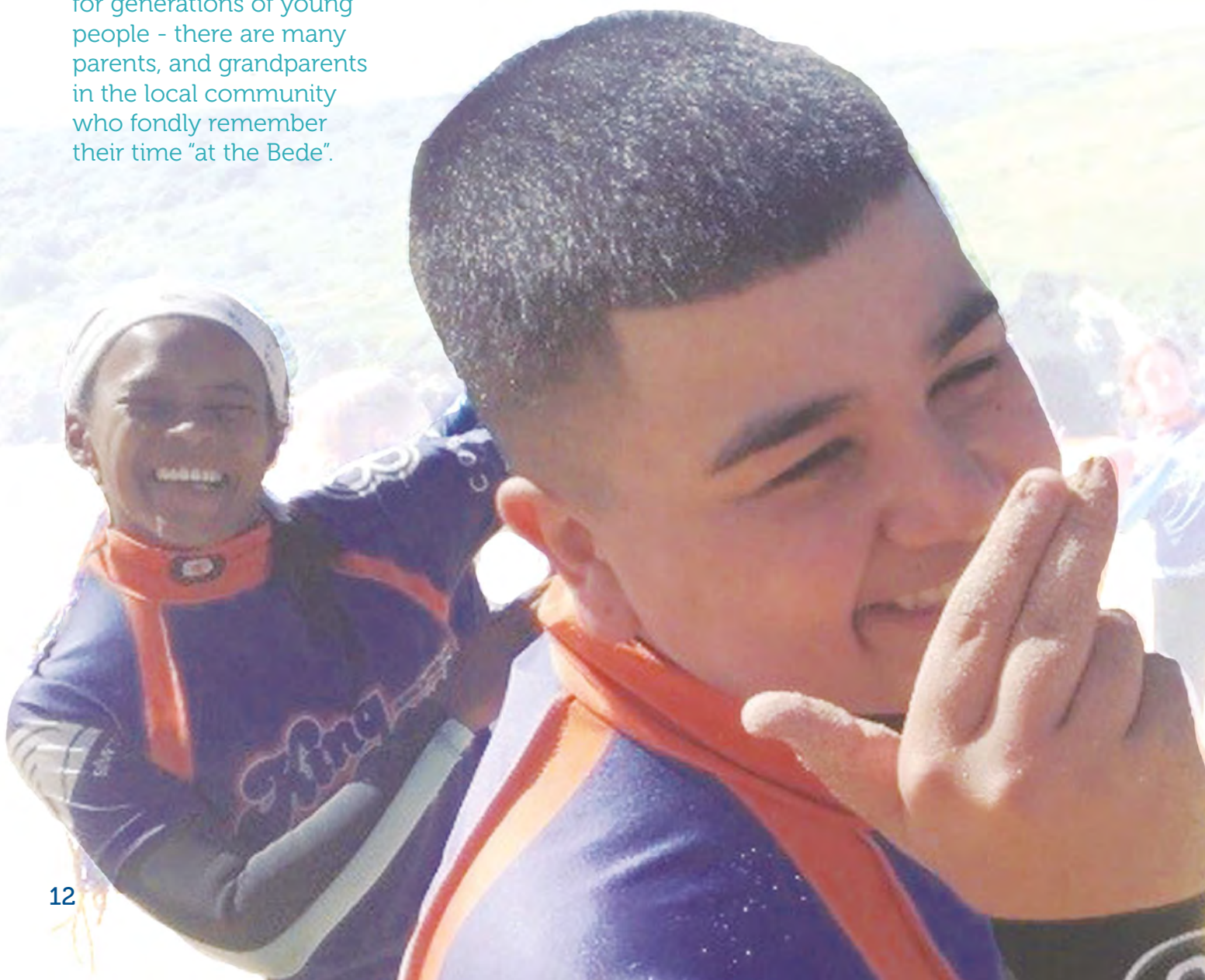
BEDE YOUTH ADVENTURE PROJECT **DISCOVERING** **WHO YOU CAN BE**

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 2017/18 there were 2,087 attendances by 369 different young people aged 8 to 19. 160 young people were regular members of our four evening **youth clubs** and **detached sessions** on the streets. They also used our **music studio** and **bike repair workshop**.

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

We've joined the **London Mayor's Kitchen Social** initiative to provide healthy meals as part of our school holiday programmes.

Attendance at Bede is voluntary. Young people vote with their feet in deciding whether the project is meeting their needs and interests. 47 club members have been attending regularly for over 6 months – 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 two 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 did not know they had. The prospect of an adventure residential is a great incentive, motivating those who often have low expectations of themselves. In 2017, we took a group of 12 young people to Newquay where they learnt to surf. For two young men, it was their first chance to swim in the sea.

Helping our youth club members who are in trouble at school is a big part of what we do. 10 years ago we had extra funding to run a special project called *WISE UP* for young people who were not attending school. All of them had complicated problems which were threatening their futures. One participant dropped into the Bede Youth Club recently. He is 25 years old now and he said he would like to thank us for helping him finish school and fulfil his true potential. He was happy to tell us he'd passed 8 GCSE's which had helped him become a bike mechanic. He now owns his own shop. His visit was wonderful proof that the right help at the right time can benefit someone for the rest of their lives.

Parents gave great feedback on Facebook about our Easter Adventure Programme:



"Would like to thank Bede Youth-Project for taking R camping. He's come home filthy, exhausted and hasn't stopped talking about everything he's done. Zip wire, Potholing, Campfires, Walk of death, Air rifle shooting, archery, swimming and football crammed into 24 hours. He's had an amazing time and is very grateful "

"I second that T had the best time, thank you Bede Youth Project you're all fab xx"

BEDE 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 58 elderly and housebound neighbours and 27 volunteers who have a learning disability to help each other.

In December 2016, we were awarded a grant from the Heritage Lottery Fund to carry out a two year study of Millwall Football Club's changing communities and research 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. An experienced social scientist leads this project assisted by a team of locally recruited volunteer researchers. The project develops an established partnership between Bede's Learning Disabilities service and Millwall FC which runs a successful team playing in the local disability football Special League and tournaments.



NURTURING COMMUNITY SPIRIT

Bede's role as "host organisation" for the **Big Local South Bermondsey Partnership** came to an end in October 2017 as the Partnership progressed its plans to become an independent, constituted organisation. Bede has been key to enabling the Partnership to benefit from an ambitious 10 year investment by the Big Lottery Fund into grass-roots community action to improve life on disadvantaged housing estates along the Old Kent Road, and we continue to support each other as our plans develop.

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

Inside Outside householders say...

"So pleased with my recent visit by Bede Centre, the team work so well, very friendly, and hard-working. My garden looks beautiful and with the hedge trimmed down lets in more light. Really can't thank you enough."

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"I always look forward to seeing the people from Bede, they work really hard and are always friendly."

"I am so happy to have support from Bede. I wouldn't know what to do without you."



OVERVIEW OF 2017/18 FINANCES

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** slightly down in 2017/18 at £1,094,012 (£1,258,076 in 2016/17), with **expenditure** slightly down at £1,106,768 (£1,185,682 in 2016/17). This resulted in an end of year deficit of £12,756 (compared to a surplus of £72,393 in 2016/17).

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 2017/18, and employed 17 Southwark residents. Bede brought in an estimated £302,000 from funding sources outside the borough to benefit Southwark.

Our New minibus !



Alan & Babette Sainsbury Charitable Fund
 Amicable Society's School, Rotherhithe
 Andrew Sutton
 Awards for All
 Baily Thomas Charitable Fund
 BBC Children in Need
 Belmond
 Big Local South Bermondsey
 Big Lottery Fund, Big Local and Local Trust
 Blue Bermondsey BID
 British Land
 Capital Group
 Charles Hayward Foundation
 Charterhouse in Southwark
 Choice Support
 Chris Morgan
 Clare & Bermondsey Trust and Barnabas Oley Trust
 (Clare College, Cambridge)
 Comic Relief
 Co-op Local Community Fund
 Diocese of Southwark of the Church of England
 Donald Forrester Trust
 First (formerly First Protocol)
 The Funding Network
 Garfield Weston Foundation
 Gerald Palmer Eling Trust
 Gowling WLG
 Grosvenor
 Henry Smith Charity
 Heritage Lottery Fund
 Hobson Charity
 Inner London Magistrates Court (Ealing)
 Jack Petchey Foundation
 John Laing Charitable Trust
 Kevin Ireland (photos)
 Lambeth Palace
 Lewisham Disability Team
 Local Sustainability Fund (Cabinet Office)
 Masonic Charitable Foundation
 Mercers' Company
 Millwall Community Trust
 Newcomen Collett Foundation
 Noel Buxton Trust
 North Southwark Environment Trust
 Norwegian YWCA
 Periscopix
 Sainsbury Canada Water Store
 Santander Discover
 South London and Maudsley (SLAM) NHS Trust
 Southwark Bermondsey and Rotherhithe
 Community Council, Neighbourhoods Fund
 Southwark Children's and Adults Services
 Southwark Community Safety Division
 Southwark Community Learning Disability Team
 Southwark Community Engagement,
 Housing & Community Services Dept,
 Southwark Employment and Enterprise Development
 Scheme (SEEDS2)
 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
 The 29th May 1961 Charitable Trust
 United St Saviour's Charity
 Wakefield & Tetley Trust
 Winckworth Sherwood
 Your Turn Initiative



Thanks to our funders and supporters

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.

BEDE'S FUTURE PLANS FOR THE NEW BEDE CENTRE 2021

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 which will be demolished in 2022. We have successfully negotiated for Southwark Council to build us a New Bede Centre that will accommodate all of our activities 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 our central administration.

Our new space has been specially designed to meet our purposes and will enable us to do even more in the years to come. We'll still be overlooking Southwark Park and there will be a new gate right beside us to make it easier for our groups to use it. 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. We're asking all of our supporters to help us raise this money.





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

You too 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.

How you can help

Whether you choose to support this appeal individually, as a family, 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 discrete plaques will be placed to acknowledge their gift. Room dedication opportunities will start at £50,000, with larger multi-purpose spaces valued at up to £150,000.



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!

WHO'S WHO

President The Lord Bishop of Southwark, Right Rev Christopher Chessun

Vice Presidents Roger Harrison and Sir Barry Wilson

Patrons of Friends of Bede Cllr Sunil Chopra and Sir Simon Hughes

Members of Bede Council

Catherine McGrath, Chair

Charlotte Cook, Company Secretary

Alison Booth

Martyn Hickson

Caroline Knight

Paul Lindsay

Katrina Ramsey

Julie Cotton, Vice Chair

Nitu Panesar, Honorary Treasurer

Wendy Cookson

John Kent

Jamaria Kong

Fr Mark Nicholls (retired November 2017)

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 Laabori, Starfish Domestic Violence Project Manager



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bedehouse.org

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Registered Company Number 420386

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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