

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 the 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 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.

It is hard to tell the full story of Bede's achievements. But 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





OUR IMPACT

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 abuse at home or difficulties at school, which are affecting a person's education or employment prospects. Bede's Starfish Domestic Abuse project gave 27 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 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 Abuse 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.

More than one third of women who contact our Starfish Domestic Abuse 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 their 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 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 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.

LEARNING DISABILITIES
SERVICES

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 over 30 activity sessions a week that include art, music, dance, drama or sport. We work closely with Millwall Football Club, and the Create dance and drama company.
- Over 40 special events, including parties, day trips, Summer and Christmas fairs.

In 2019/2020:

- 108 individuals benefited from one or more of our activities.
- 11 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 40 customers each day.
- **35 volunteers** who have a learning disability gave **1,181 hours** of voluntary work helping 62 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. She is still with us, one of four Travel Buddies who 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.

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

K is a young woman who relies on her motorised wheelchair to get about. K's Mum felt she needed a service which was not risk adverse and was willing to support K as independently as possible.

Before she decided to come to Bede, K had numerous taster days to determine the safest and most appropriate service we could offer. She had a great time trying out different activities and everyone had the chance to get to know K and agree what would 'fit' best. Social services agreed to fund three days a week at Bede and we have tried to support K to do as many different activities as she can. This has led to her volunteering in the community, visiting elderly neighbours and doing odd jobs for them through the Inside Outside project, working in the Bede café and joining us for her regular activities such as art and crafts.

The current Bede Centre building is far from ideal in managing K's needs, but, despite this, K is thoroughly enjoying life at Bede.



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 quarter 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. Our counsellor will provide in-depth support with long term issues. 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 often involves accompanying them to court hearings, 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 support 20 of them. All 20 (100%) were successful in obtaining a court order to protect their safety. Of the remaining 50 cases where we were not able to attend, only 35 (70%) had a successful outcome for our client.

Our Survivors' Groups and Freedom Programmes bring women together to share their experience and help each other.

In 2019/20, the small team at the Starfish Project helped 152 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. 169 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 77 children who were living with 38 of our clients. After Bede's help, Social Services were able to reduce their assessment of risk in 32 of our client's cases. This included 21 cases that were closed completely. The children were able to continue to live with their mother without the fear of being taken into care.

Many clients have no access to public funds due to immigration issues. We gave 27 clients Food Bank vouchers, toiletries and Christmas parcels because they did not have enough money for basic necessities for themselves and their children.



Ms Y, a young pregnant woman, called Bede in panic when her partner threatened to come to her home and shoot her. We got her a safe place to stay that night, and met with her the next day. She had experienced extreme violence from her partner since her early teens. He'd stop her going out to see friends and family - this left her isolated and depressed.

After they separated, her ex-partner continued to harass her via phone and social media, sending hundreds of texts a day. When she became pregnant, Social Services were alerted but Ms Y was terrified that, once born, her baby would be removed from her.

Over the next few weeks, a Bede caseworker supported Ms Y to follow her safety plan and complete the application for an emergency Non-Molestation Order. The caseworker attended court with her and the order was granted. The ex-partner stopped his abusive calls and Ms Y attended Bede's Freedom Programme, where she began to come to terms with the violence and abuse she had experienced. Bede staff also accompanied her to Social Services meetings and after just a few months social workers closed her case, satisfied that the risks had been well managed.

Ms Y is looking forward to a safe and happy future with her baby, supported by her family, friends and peers in the Freedom Programme.

We helped a client and her three children find a new home after they escaped a violent relationship. They sent us these messages.

66

Thank you all for the Christmas toys, the big huge house and making us safe. I love my house because I have space to play football and I feel very safe.

P, aged 12

My children and I want to say a big thank you to all of our strong Bede team. You have all played very important parts to ensure our lives are safe, comfortable and a feeling that someone actually do care. No actual words can describe how grateful I am. Thanks for ensuring safety for me and my lovely children.

Mum

I can't believe what is happening! I live in a mansion! Have my own room. I want to say thank you sooo much. I feel happy.

1, aged 14

Thank you very much for putting a smile on my mum's face. I feel blessed to know I can rely on the team as you have made a lot of good things happen in a very small amount of time. Me and my siblings say a very big thank you.

', aged 15

STRONGER

During the 2020 lockdown, survivors of domestic abuse teamed up with Hayley Sanderson and singers from the TV show Strictly Come Dancing to form the virtual Bede Choir.

Bede Youth Project's rapper, Yaz, joined them and together they recorded a version of the Britney Spears classic Stronger. Katie Lloyd created a charming animation to accompany the song and it was released nationwide in May to raise awareness of domestic abuse and inspire hope that life can change.

Southwark Cathedral chose to broadcast the song to an international audience during their service to mark the third anniversary of the terror attacks on London Bridge and in Borough Market. Rev Andrew Nunn, Dean of Southwark Cathedral said "Thank you for allowing us to use the song in the service. It was one of the really powerful moments."



In 2019/20 there were **2,196** attendances by **442** different young people aged **8 to 19**. 162 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 at 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. 66 young people attended 10 or more sessions in the year, including 50 who attended 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 three former youth club members as Youth Workers and another started her youth work apprenticeship in 2020.

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 t know they had. The prospect of an adventure residential is a great incentive, motivating those who often have low expectations of themselves. In 2019, we took a group of 24 young people to Kent, but, because of the coronavirus restrictions it will be a much more limited summer programme in 2020.



When the father of one club member died suddenly her large family found it very difficult to cope both financially and emotionally. Grief threatened to overwhelm them. We helped mum sort out paperwork for universal benefits, and reduce their rent arrears. We also provided a professional counsellor to help her manage the huge emotional and practical task she now had to help herself and her children. A mini-weekend residential in the countryside for mum and all the children lifted their spirits and gave them fresh energy to carry on. A social worker was appointed to the family almost five months after their father's death and, slowly, statutory support began to help them. Life is getting easier now, but without Bede's help in those crucial early weeks, the family might not have coped.



NURTURING COMMUNITY SPIRIT

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 70 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. At Community Southwark's **Stars** evening Clare McCabe was awarded **Disabled Volunteer of the Year 2019**. Clare has given her regular support to Bede since 2015 and volunteering inspired her to change her career path from banking to social care. She has achieved an NVQ 3 in Social Care with Distinction. Bede employee Sue Fairfield was awarded **Volunteer Coordinator of the Year** at the same event for her work organising volunteers who have learning disabilities to help, and be helped by, local elderly householders.

Our **Inside Outside** project enables 62 elderly and housebound neighbours and 35 volunteers who have a learning disability to help each other. During the coronavirus lockdown, we made sure our elderly neighbours had food and other essentials, as well as someone to talk to regularly.

When the **lockdown** began in March 2020, staff used local knowledge to ensure vulnerable households received food and essentials. Staff volunteered with **Fooditude** to distribute meals, and parents were grateful for the **Bede activity packs** for youth club members.

Professional singers from the tv show *Strictly Come Dancing* were introduced to women whom Bede had helped survive domestic abuse. Together they formed the **Virtual Bede Choir** and, with Bede youth club rapper Yaz, recorded their version of the Britney Spears classic *Stronger*. It was released nationally in May and was played during the memorial service from Southwark Cathedral to mark the third anniversary of the terror attacks on London Bridge and Borough Market. People heard it right across the globe!

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 hosts community groups including 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**.

2019-20 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 up in 2019/20 at £1,256,828 (£1,221,174 in 2018/19), with expenditure slightly up at £1,208,951 (£1,193,477 in 2018/19). This resulted in an end of year operating surplus of £47,877 (compared to a surplus of £27,697 in 2018/19).

Despite the uncertainties of the coronavirus lockdown, we are confident that we will be able to adapt all of our projects to the new circumstances and continue to operate successfully.

Bede's Appeal for the New Bede Centre had also raised an additional £240,364 by March 31, 2020. 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, Clothworkers, Westminster Foundation and some incredibly generous individual supporters, we had secured over £800,000 in pledges and donations by June 30, 2020 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 70 volunteers in 2019/20, and employed 17 Southwark residents. Bede brought in an estimated £400,000 from funding sources outside the borough to benefit Southwark.





Since running the Virgin Money London Marathon for Bede in 2012, Sam Dunne has encouraged his friends to run for us as well.

To book your place contact gwengreen@bedehouse.org

Thanks to our funders and supporters

Alan & Babette Sainsbury Charitable Fund Alchemy Foundation

Amicable Society's School, Rotherhithe

Andrew Sutton

Ashfords LLP

Baily Thomas Charitable Fund

Bates Wells Foundation

BBC Children in Need

Bert Aase Kevin and Jane Trust

Blue Bermondsey BID

Borough Belles

British Land

Bruce Huett

Capital Group

Charterhouse in Southwark

Choice Support

Choir of Clare College, Cambridge

Chris Haydon – Southwark Community TV Trust

City Bridge Trust

Clare & Bermondsey Trust and Barnabas Oley Trust

Clare College, Cambridge

Clothworkers

Co-op Local Community Fund

Coronavirus Community Support Fund

Coronavirus Job Retention Scheme

Courts Leet

Dalby Charitable Trust

David Isaacs Fund

Deli Felice Café

Diocese of Southwark of the Church of England

Drapers Charitable Fund

EQUIP – ESF, Paddington Development Trust

Forrester Charitable Trusts

Feathers Association

First (formerly First Protocol)

Garfield Weston Foundation

Gerald Palmer Eling Trust

Give As You Live

Gowling WLG

Grant Foundation

Grosvenor

Hedley Foundation

Henry Smith Charity Hobson Charity

Inner London Magistrates Court (Ealing)

Irving Memorial Trust

Jack Petchey Foundation
John Laing Charitable Trust

John Scott Charitable Trust

Kevin Ireland (photos)
Lace Partners

Lewisham Disability Team

London Community Response Fund - Coronavirus Emergency

London Marathon Charitable Trust

Masonic Charitable Foundation

Mayor's Fund for London - Kitchen Social

Meghraj Charitable Foundation

Mercers' Company

Merkle Periscopix

Merkie Periscopix

Merriman Charitable Foundation

Millwall Community Trust/Millwall for All

Mrs Maud Van Norden's Charitable Foundation

National Lottery Community Fund

Newcomen Collett Foundation

North Southwark Environment Trust

Norwegian British Chamber of Commerce

Norwegian YWCA

Rotherhithe Consolidated Charities

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)

St Mary's Rotherhithe

St Olave's & St Saviour's Schools Foundation

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 Abbey

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.

BEDE'S PLANS FOR THE NEW BEDE CENTRE 2022

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

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 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. The contractor is expected to start work on site at the end of 2020.

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 2022. As of June 2020, we've secured over £800,000 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!

Play a part in this moment in Bede's history

Bede

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. Our 8 minute film **Bede Now and Tomorrow** is on our website and will tell you more: bedehouse.org.uk/support-our-new-centre.

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.

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 Carter-McGrath Julie Cotton, Vice Chair Nitu Panesar, Honorary Treasurer Martyn Hickson Caroline Knight Paul Lindsay (until June 2020) Katrina Ramsey

Senior Staff Team

Nick Dunne, Director Carole Brady, Learning Disabilities Service Manager Ahlam Laabori, Starfish Domestic Abuse Project Manager Fokrul Meah, Youth Adventure Project Manager John Phipps, Facilities and IT Manager Pam Whyte, Finance Manager



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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 Abuse Project 020 7237 9162



Awarded 2008