

WHO ARE WE?

We are a multi-purpose charity, working in Bermondsey and Rotherhithe since 1938 to provide opportunities for local people to improve life for themselves, their families and their communities. We believe that one of the best ways to live a fulfilling life is to try to make life better for others as well. So, we not only provide professional services for people who need them, we also create opportunities for people to volunteer and help others too. In 2008, Bede was awarded the *Queen's Award for Voluntary Service* for our Inside Outside project. This project enables people who have a learning disability and local housebound and elderly residents to help each other. It sums up the spirit of Bede perfectly!

WHAT DO WE DO?

Bede House provides:

- ✓ Day services, work and training opportunities for people who have learning disabilities
- ✓ Youth work and education services for young people aged 8 to 19
- ✓ Practical and emotional support for those who experience domestic violence and abuse
- ✓ Advice, information and practical help for those who want to get more involved in improving life in their neighbourhood.
- ✓ Venues for meetings, events and classes such as dance, and aikido, and an office for the charity Siblings Together.

Bede is therefore a focus for the local neighbourhood, where people can get professional help with issues they face, volunteer to help others, make friends and have fun.

WHERE ARE WE BASED?

Most of our activities and services take place in two buildings; Bede House and Bede Centre, which are just three minutes' walk apart and close to the beautiful Southwark Park. A New Bede Centre is being built close by to replace our aging buildings. It will be an exciting new venue which we expect to fully open in 2023.

BEDE'S HISTORY & SERVICES

Bede House, at 351 Southwark Park Road, SE16 2JW, is where Bede began as part of the "settlement movement" in 1938. Here, volunteers, who were often university graduates, lived whilst they helped run Bede's various clubs and activities.

➤ DOMESTIC VIOLENCE AND ABUSE—THE STARFISH PROJECT

Bede's Starfish Domestic Abuse Project provides clients with the help they need to address violence, abuse and intimidation in their personal relationships. Sometimes, this involves help to find a new, safe place to live, or to get legal advice about how to stop the intimidation. At other times, it is the opportunity to talk through complicated and distressing feelings, and to work out ways of living more safely with partners. Our clients find that, in about 90% of cases, the violence and abuse stop as a result of our help.

➤ LEARNING DISABILITIES SERVICE

Bede Centre, on Abbeyfield Road, SE16 2BS, is where most of our activities take place. Our service users have a wide range of abilities and support needs, and, through supported volunteering, and a variety of training, social, sporting and leisure activities we aim to help them have fun and develop their potential. The Centre shares its location with the Bede Café, which is open to the public every weekday between 12 noon and 1pm and provides excellent, affordable meals prepared and served by trainees who have learning disabilities. Participants in the Learning Disabilities Service can also be helped to find work experience placements and paid employment through our Bede Travel Buddy scheme. Many also

volunteer with our Inside Outside Project to help local elderly residents with jobs like shopping, furniture moving and gardening.

➤ PART OF THE COMMUNITY

Bede is part of our local community, and we help many individuals and local groups do more to make Bermondsey and Rotherhithe an even better place to live. We welcome volunteers to come and contribute to Bede, either by working in one of our projects, or, as a Friend of Bede, helping us fundraise through events and activities.

➤ YOUTH ADVENTURE PROJECT

During the evenings, and in school holidays, Bede Centre becomes the place for young people to meet. Bede Youth Adventure's clubs for 8 to 19-year olds are organised so that young people of the same age can meet together to have a good time, and to talk through and learn about important issues they are facing in their lives – from getting on at school and finding work to handling relationships.

Adventure and the chance to get out into the countryside is a big part of what Bede has to offer young people. Whether it is sailing or kayaking in the nearby docklands, or spending a week in the countryside learning rock-climbing and pony trekking, Bede Youth Adventure gives young people the chance to get a buzz from meeting new challenges they will remember for the rest of their lives. Our Music Studio enables young people to learn new skills, and open up new and exciting opportunities for them.

BEDE

Bede is a charity (number 303199), managed by a Board of voluntary trustees. Our money comes from grants, donations, contracts and service agreements. This enables us to employ around 45 staff, most of whom work part-time. We're keen to help people get involved as volunteers, and every year we welcome at least one graduate from Clare College, Cambridge to join one of our teams for six months.

More details can be found on our website www.bedehouse.org or by contacting our central admin team at:

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