

Bede
Believing in community.

Bede House Association
REVIEW OF THE YEAR 2022-23



IN THE YEAR BEDE HAS SUPPORTED

780

individuals directly
and many more
through its networks

74

young members
who joined Bede clubs
through the year

195

children and
young survivors
of domestic abuse

229

school workshop
participants who
learned how to keep
themselves safe

198

volunteering
visits made to

35

isolated
householders

8

people with
learning disabilities
into education or
employment

25

carers to
work or
take care of
their own
health needs

116

people with learning
disabilities to flourish
at the Bede Centre

166

adult survivors
of domestic abuse

26

with court
orders

8

people with learning disabilities were supported into further education and employment in the year



SUPPORTING YOUNG PEOPLE'S INDEPENDENCE

Emmanuel: a journey from lockdown to Fair Shot Café graduate

Emmanuel has a mild learning disability and first came to Bede during the June 2020 lockdown.

From being unemployed and socially isolated, through Bede Emmanuel became involved in several activities which made him much more involved in the community.

We were delighted that, with his new-found confidence and support from staff at the Bede Centre, Emmanuel landed a place on a trainee programme for social enterprise and charity Fair Shot Café, which he started in September 2022.

Support from Bede enabled him to travel independently to both the café in Mayfair and to the college site in Westminster. Emmanuel also got help with his time management. This was crucial as it was a big obstacle in him becoming work-ready.

To give him consistency, Emmanuel worked the same shift patterns at Fair Shot with 6 other trainees throughout the course.

The café training was divided into sections and, during that time, Emmanuel learned a raft of

invaluable skills including customer service, safe food handling and preparation, stock management and a specialised barista course that enables him to make different types of coffee and know how to froth milk and pour it correctly. Most importantly, he's also learnt about team working and problem solving.

As well as working 4 shifts in the café, Emmanuel attended college one day a week. A keen footballer, he has also continued to play for the Bede football team on his day off.

Part-way through his training, the café had to close and move to a new location. This meant Emmanuel learning a whole new route, which he picked up really quickly. Emmanuel embraced this opportunity and worked really hard.

On 30th June 2023 Emmanuel had his graduation ceremony for the Fair Shot class of 2023. This was attended by his family and Bede service manager Carole Brady.

It was a proud moment for Emmanuel and everyone who had supported him to this point. Emmanuel gave a lovely speech in front of a large audience, demonstrating how far he has come.

Emmanuel finished his traineeship in July, and Bede will continue to support him as he looks for suitable part-time work and continued independence.

Well done to Emmanuel for pushing himself and embracing new opportunities!



Congratulations to Bede's Jack Petchey Award Winners

Aimed at schools and youth organisations across London and Essex, the Jack Petchey Achievement Award recognises outstanding young people aged 11-25.

Award winners will have gained a personal triumph by overcoming a challenge, pushing themselves outside of their comfort zone or making an outstanding effort to be a team player.

They are nominated by their peers, and Bede youth club members recognised 4 winners this year.

Andi Carlisle, Frankie Hitchcock, George Waite and Honey Eagle won awards for demonstrating leadership skills, encouraging and supporting other members to push themselves, using their initiative to help club leaders and other members, and in training others.

As well as receiving an award, the winners were given a budget to spend and chose to support days out at London Zoo, Queen Elizabeth Aqua Park and laser tag in the Essex woods for themselves and other members.



Youth
Adventure
Project
activities



74

young people
attended Bede
youth club a
total of

536

times in the
year

CONNECTING WITH OUR LOCAL COMMUNITY

Tayo - Inside Outside Volunteer

Tayo is 35 years old and has a moderate learning disability and Downs Syndrome.

He currently attends Bede Centre four days a week and has been part of the community here for many years. At Bede he has a full work-based timetable that includes working in the allotment, supported volunteering, art, football, basketball and working in Bede's café.

Tayo volunteers on our **Inside Outside** project, helping older residents in Bermondsey and Rotherhithe with gardening, shopping and odd jobs.

He is hardworking and enjoys more physical tasks, works well in a group and likes to help his peers.

Tayo can struggle to get himself going and does need a lot of encouragement from staff to begin his day. However, when he does get going he works really hard to get the job done. He is helpful, takes pride in his work and he has a good relationship with our elderly householders.

Tayo is very sociable and enjoys meeting new people.

He is definitely our star at Bede!



Thanks to **Team London Bridge** for donating so many lovely presents for everyone in the Bede community. Bede volunteers worked in record breaking times, during the snow period, to ensure everyone had a lovely surprise to open on Christmas Day 2022.

Ciaran, Pancho, Luke, Tayo and **Terry** wrapped up warm and loaded their trolleys to get the job done!



TEAM LONDON BRIDGE
AND BEDE SPREAD
CHRISTMAS JOY!

NURTURING GREEN AND BEAUTIFUL SPACES IN BERMONDSEY

Partnering with Art In The Park

Over the cold months of November and December 2022, Bede's learning disability art group worked with Art in The Park to create a nature themed mural for nearby Rose Court Care Home.

The group completed the project in April, working hard on transferring individual designs and ideas onto the wall over three weeks. The wall now looks beautiful and will be enjoyed by the elderly residents at Rose Court for many years to come.



In the year, the local Conservation Volunteers (TCV) helped Bede maintain the Aspinden Wildlife Garden. We now have a new pergola so that people can enjoy the space and work outside in all weathers.

TCV also helped us with repairs to the ponds, ensuring that the precious water does not leak away and helping to preserve the wildlife that has made its home in the garden over the last 15 years.



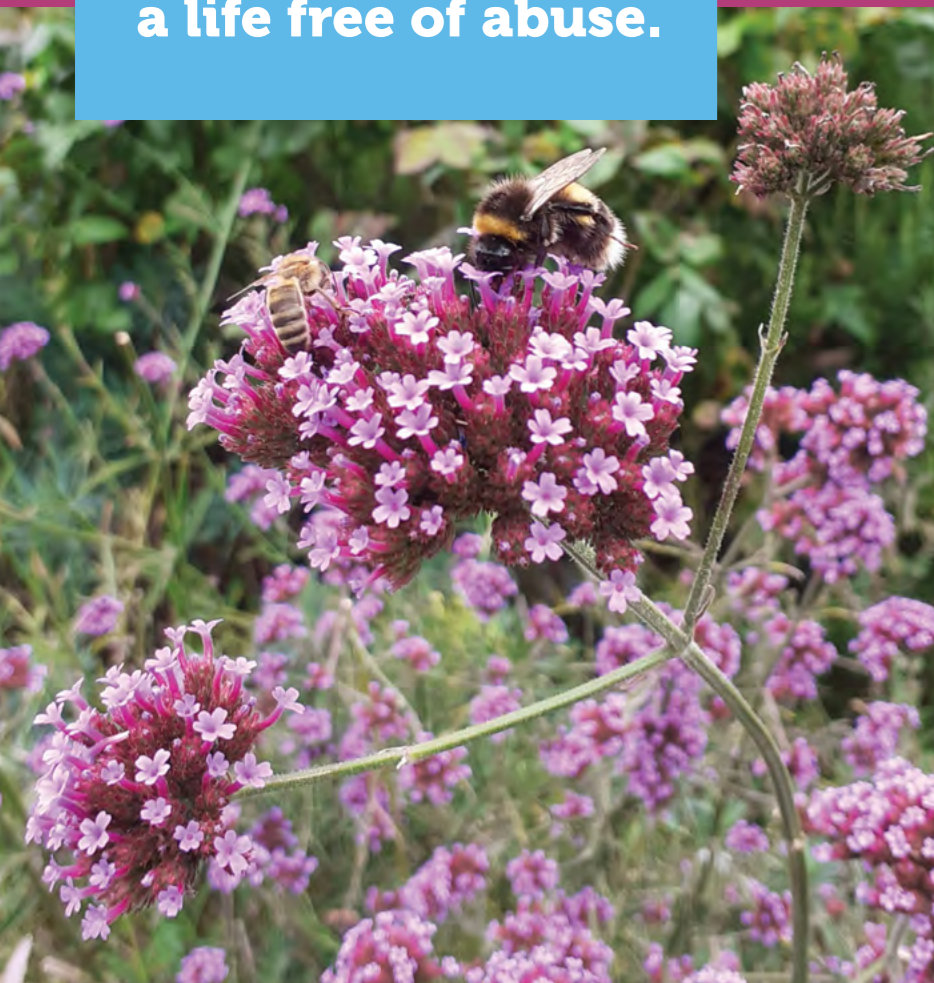
Bede organised a joyous **Harvest Celebration** in September.

Regular allotment group members displayed their wonderful produce and our friends from **Surrey Docks Farm** joined us for the afternoon to celebrate.

Everyone enjoyed the vegetarian barbecue complete with sweetcorn fritters!



The aim of our Starfish team is to empower, educate and help women live a life free of abuse.



STARFISH: BREAKING THE CYCLE OF ABUSE

The police referred Louise (not her real name) to the team 2 years ago.

She had suffered from physical, sexual, financial and emotional abuse for the 5 years of her relationship and marriage.

With Starfish's support, she managed to leave the relationship by obtaining a non-molestation order and a child contact order.

The abuser was extremely angry that Louise was taking control of her life and his behaviour began to escalate; slashing her tyres and stalking her at work. As the team had obtained the necessary orders to make her and her child safe, the abuser was arrested.

Louise finally felt she was getting her life back.

The team recently received a lovely message from Louise saying she was in a new, healthy relationship and had got married!

"I want to thank Starfish.

I did not think I would remarry and **feel safe** with my new hubby!

I am now in a new area and feel that **my life is mine.**"



CONTRIBUTING TO LIFE IN SOUTHWARK

Raising awareness about the impact of social care charges in Southwark

Following a carers' meeting at Bede in April 2022, we realised there were many people being affected by social care charges in Southwark. With the help of Community Southwark, we invited all the councillors in the borough to come and meet with carers and Bede clients regarding this issue.

We would like to thank Councillors Esme Dobson (represented Rye ward), Cassandra Brown (South Bermondsey), Rachel Bentley (North Bermondsey) and Marina Ahmad (London Assembly) for taking the time to attend. Many participants explained the impact these charges are having on their families. Royal Mencap staff also joined the meeting and were able to support carers to voice their concerns beyond this meeting.

To find out more about this issue and its effects across the country visit www.inclusionlondon.org.uk/campaigns-and-policy/act-now/scrapping-social-care-charging.

Playing a part in shaping Southwark's 2030 strategy

In January 2023, Southwark Council invited members of the public, community groups, businesses and public services, to take part in various activities to give the Council ideas about what they would like for Southwark in 2030.

Ann, Terry, Davion, Louise, Jessica and Steve from the Learning Disabilities project hosted a discussion group to talk about their **hopes** for the future of Southwark.

They brought up some fantastic points about accessibility and **electric bikes and trikes** for all abilities, fixing pavements for better **wheelchair access**, and cleaning up green spaces, including the **'stinky' pond** in Southwark Park.

Also discussed were the provision of better education and job opportunities for people over the age of 25 as well as more accessible social clubs in the evening, better street lighting and more police presence so people feel safer at night.

FUTURE PLANS

Bede's plans were very significantly disrupted by Southwark Council's change of plans for the Abbeyfield Estate, and with it for the new Bede Centre.

After nearly 8 years of planning for a move to the bottom of neighbouring Maydew Tower, Southwark has now decided to demolish the tower block instead of refurbishing it. The council has pledged to develop a new proposal in consultation with local residents.

While Bede supports this community-led approach, it means that definite plans for the estate are likely to be several more years in development.

In the meantime, Bede is still open for business at the Bede Centre and Bede House. We have had to change our strategy, as we now know that we and the local community will be living for many more years in a building site.

After learning of the council's decision, we spruced up the Centre and now have a new art workshop and community meeting room, alongside our well-used club room, hall and café.

We know that residents will be living with disruption and demolition for the next few years, and so we are investing in the nearby Aspinden garden to provide a haven for locals.

Where other services closed during the 2020-21 Covid lockdown, Bede's specialist support for people with learning disabilities and survivors of domestic abuse stayed open.

The need for this support has only increased in the last three years. Our clients and neighbours will be affected by the pandemic and increased costs of living for many years to come. We are also seeing local funding restrictions become ever more pressing and with an increasing impact on the people we support.

We are very grateful to the many donors and friends that have pledged support to the charity as we respond to the changing situation, now and for the long term.

Your support is needed more than ever.



THANK YOU TO ALL OUR SUPPORTERS!

Our thanks go to everyone that has provided vital support in the 2022-23 financial year, including:

Alan & Babette Sainsbury
Abal Environmental Services Ltd
Alchemy Foundation
Alma Jean Henry Charitable Trust
Amazon Giving Fund
Andrew Sutton Trust
Aspinwall Charity
BBC Children in Need
Bernays Charitable Trust
Blakemore Foundation
Capital Group
Casey Trust
Chesterhill Charitable Trust
City Bridge Trust
Clare and Bermondsey Trust
Clifford Charity Oxford
Costa Community Fund
D R Fine Charitable Trust
David Isaacs Fund
Eric F Sparkes Charitable Trust
Galldris Construction
Garfield Weston Foundation
H & J Spack Charitable Trust
Haramead Trust
Henhurst Charitable Trust
Hugh Symons Charitable Trust
Invesco Cares
Jack Petchey Foundation
Jessica Mathers Trust
John Horseman Trust
John R Murray Charitable Trust
John Scott Charitable Trust
Ladbroke's Coral Trust
Leanne & Winston Newman Charitable Trust
Masonic Charitable Foundation
Mbili Charitable Trust
Michael & Anna Wix Charitable Trust

National Lottery Community Fund
Newcomen Collett Foundation
Ninth Wave
North Southwark Environment Trust
Norwegian British Chamber of Commerce
Okra Studio CIC
Omnicom Media Group UK
Transport for London
Pat Newman Memorial Trust
Pom Charitable Trust
Refuge
Rest-Harrow Trust
Reuben Foundation
Robert Holman Memorial Trust
Sir James Roll Charitable Trust
Southwark Charities
Southwark Council
Stella Coffee & Tea
St Olave's & St Saviour's Foundation Fund
Team London Bridge
The Amicable Society
The Baily Thomas Charitable Fund
The Henry Smith Charity
The London Community Foundation
The Paddington Development Trust
Tisbury Telegraph Trust
Trelis Charitable Trust
United St Saviour's Charity
Veale Wasbrough Charitable Trust
Webb Family Charitable Trust
Westminster Foundation
Worshipful Company of Cooks
Worshipful Company of Launderers
Worshipful Company of Poulterers
Worshipful Company of Tylers & Bricklayers
WRA Charitable Trust

And to all the wonderful members of **Team Bede** that organised events, ran marathons, took on challenges and gave up their time to support our work – **we could not do this without you!**



SUMMARY FINANCIAL STATEMENT

for the year to 31 March 2023

		2023			2022		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		£	£	£	£	£	£
All of these results are derived from continuing activities.	<i>Income from:</i>						
	Donations and legacies	181,335	300	181,635	238,595	94,990	333,585
	Charitable activities						
	Domestic Abuse Project	-	137,301	137,301	-	124,725	124,725
	Learning Disabilities Project	759,123	126,031	885,154	558,670	82,073	640,743
	Youth Adventure Project	-	98,183	98,183	-	231,947	231,947
	Other income	4,990	-	4,990	6,560	-	6,560
	Investments	12,829	-	12,829	453	-	453
	Income from Operations	958,277	361,815	1,320,092	804,278	533,735	1,338,013
	Capital Appeal for the Bede Centre	-	60,402	60,402	-	57,064	57,064
	Total income	958,277	422,217	1,380,494	804,278	590,799	1,395,077
	<i>Expenditure on:</i>						
	Raising funds	44,257	-	44,257	76,410	-	76,410
	Charitable activities						
	Domestic Abuse Project	77,912	137,601	215,513	41,900	146,745	188,645
	Learning Disabilities Project	804,734	126,031	930,765	572,273	160,765	733,038
	Youth Adventure Project	40,521	98,183	138,704	15,804	254,851	270,655
	Total expenditure	967,424	361,815	1,329,239	706,387	562,361	1,268,748
	Net income/(expenditure) for the year	(9,147)	60,402	51,255	97,891	28,438	126,329
	Transfers between funds	-	-	-	-	-	-
	Net movement in funds	(9,147)	60,402	51,255	97,891	28,438	126,329
	Total funds brought forward	1,078,366	488,991	1,567,357	980,475	460,553	1,441,028
	Total funds carried forward	1,069,219	549,393	1,618,612	1,078,366	488,991	1,567,357

All of these results are derived from continuing activities.

There were no other recognised gains or losses other than those stated here.

BALANCE SHEET

as at 31 March 2023

	2023		2022	
	£	£	£	£
Fixed assets:				
Tangible assets		195,101		219,506
		195,101		219,506
Current assets:				
Debtors		164,822		94,411
Cash at bank and in hand		1,357,958		1,352,519
		1,522,780		1,446,930
Liabilities:				
Creditors: amounts falling due within one year		99,269		99,079
Net current assets		1,423,511		1,347,851
Total net assets		1,618,612		1,567,357
The funds of the charity:				
Restricted income funds		549,393		488,991
Unrestricted income funds:				
Designated funds - charitable activities		410,151		551,339
Designated funds - maintaining Bede's premises fund		100,000		100,000
Designated funds - fixed asset reserve		35,440		56,087
Revaluation reserve		159,660		163,420
General funds		363,968		207,520
Total unrestricted funds		1,069,219		1,078,366
		-		-
Total charity funds		1,618,612		1,567,357

The summary financial statement is extracted from the annual financial statements of Bede House Association.

The annual financial statements have been approved by the members of the Council of Bede House on 29 June 2023.

The summary financial statement may not contain sufficient information to allow a full understanding of the financial affairs of the Charity.

For further information the full annual financial statements, the auditor's report and the Report of the Bede Council should be consulted. These can be obtained at bedehouse.org or by post from Bede House Association, 351 Southwark Park Road, London, SE16 2JW.

W Cookson
Chair

S Dingomal
Treasurer



L I F E A T T H E C E N T R E

Bede House

351 Southwark Park Road,
London,
SE16 2JW

020 7237 3881
admin@bedehouse.org

bedehouse.org.uk



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

The MBE for volunteer groups



Registered with
**FUNDRAISING
REGULATOR**



Photos: Jon Archdeacon and
Bede Staff
Design: How Content