

Bede

Believing in community.



Annual Review
2023 2024

2023-24

910 people supported directly and **2,000** indirectly

Starfish helped **158** adults and **180** young survivors of domestic abuse

213 couples

624 trips diverted from cars to independent travel

19 cases to attend or education

116 clients with learning disabilities attended Bede Centre

231 young people learn how to keep themselves safe in relationships



counselling
clients referred

29 women
completed
the Freedom
Programme

13 children
completed
art therapy

10 carers supported
and work
education

young
men
to
safe
relationships

296 volunteering
visits to support
38 local householders

Bede's Starfish service helped Letitia to find her voice

Letisha (not her real name) self-referred to our service in 2023 following a violent assault in her home by her ex-partner and the father of her youngest child.

Letisha had experienced every form of abuse within a year of their relationship. At the point of referral, she was isolated from friends, and family as her abuser made it impossible for her to have a relationship with them without consequences.

Letisha had literally lost her voice during the relationship, as he would often criticise her for talking too much, something she had also heard a lot during her childhood.

We worked collaboratively with social services to ensure Letisha and the needs of her children were being entirely met.

Art therapy was offered to Letisha whilst attending Bede's freedom programme group.

Her children are also lined up to receive child-centred art therapy when a space becomes available.

Letisha identified how her childhood has affected and influenced her decisions in adulthood.

Through her work with Bede, she went from not talking, to being able to give a testimony in court that led to a guilty verdict.

Letisha has found her voice and has a new sense of hope for the future. The art therapy allowed her to communicate her emotions in a nonverbal way, whereas Freedom group allowed her to use her voice and learn about the warning signs.

Letisha has flourished, from a woman that found it hard to give eye contact and would dress in black, to a colourful woman who now wears makeup.





Freedom Group
graduates told us
what the
programme
meant to them



"I feel like I've grown
and changed a lot in
a short time."

"I wouldn't have made
the positive changes in my
life without this group."

"I have pushed but for the
better and felt supported."

"... was a eye opener.
Learnt about the hidden
ways I experienced abuse
that I was not aware of
and normalised."



Gaining independence

Disabled adults often lose their support abruptly at the age of 25, when they lose their legal right to educational support.

CA was one such individual, who had not managed to find a suitable support group after completing all the schooling open to him. He had very limited options open to him, and although he is a young man was faced with the prospect of living the same day, day in and day out.

CA is a 25 year-old man. He has moderate learning disabilities and Autistic Spectrum Disorder. He lives in a supported house with four others, and requires one-to-one support at all times to help him manage his interactions with others.

CA enjoys cooking, cleaning, music and bike riding. Routine is important to CA and transition can be difficult, so we agreed on how long each activity could be, and how much variety we needed in order to keep CA engaged.

It was agreed the three main areas to work on were: jobs in the café, bike riding on the podium, and music group.me he could choose from smaller activities such as water play, puzzles or colouring in.

CA started a series of trial days in March 2023 to help him manage the transition into a service at Bede.

Like anybody new to our service, it took time for CA to settle, to feel comfortable with our staff, learn the routine and for us to get to know him, earn his trust and learn to communicate with him in the most positive way.

It wasn't without incident, but we have seen a huge change in CA over the past year. Each focused activity has taught CA new skills, which have been developed over time, and we have added in new goals.

CA now uses his vegetable preparation skills at home and assists with meal times. We have developed visual recipes for him



to use both at Bede and at home. CA's musical abilities have improved too as his confidence has grown.

He is a lot more verbal too and will clearly say what he wants to do.

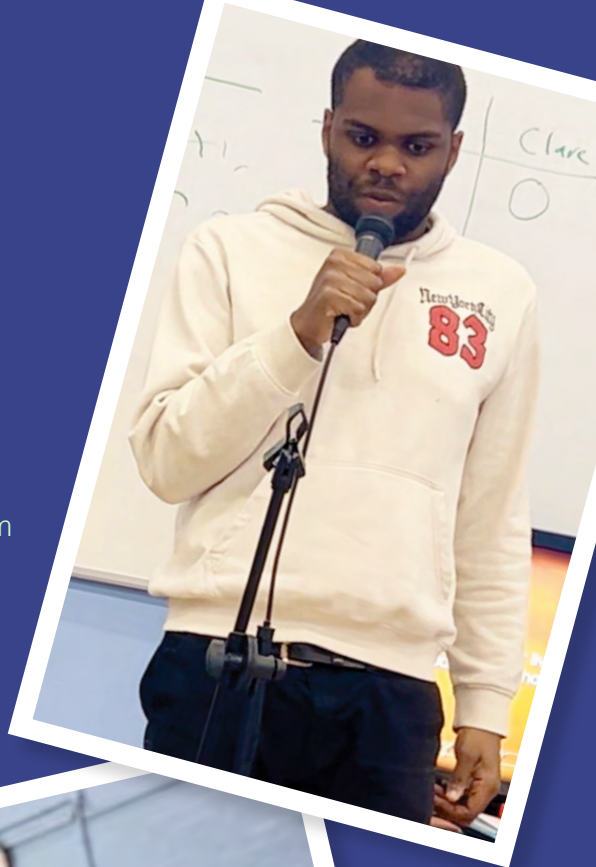
CA now chooses songs he likes and sings independently at the microphone. His sense of rhythm and musical timing has improved and he follows instructions well.

CA started cycling on the enclosed podium next to the Centre. Staff wanted to progress this skill further and start cycling in the park. But he has a fear of dogs and this was previously thought to be unmanageable as historically he has panicked and run away.

However, taking small steps, with reassurance from staff and clear communication CA now confidently rides in the park. He will now cycle near to and will even pass dogs with curiosity rather than fear.

Before joining Bede, CA had found it difficult to manage a day in a busy group environment. He had never been in this type of environment outside of school.

His time at Bede has helped him settle into a more independent environment, take risks in his life, and find activities that he truly enjoys.



Jade's Bede journey from volunteer to Travel Buddy

Support worker and mum Jade is 32 years old and was diagnosed with autism and dyspraxia in her 20s. Jade has an impressive education history with BA(Hons) and MA degrees from Goldsmiths.

Jade has been an ambassador for the charity Autistica, and designs accessible computer games in her spare time. She has done some consultancy with Microsoft to help them improve accessible gaming.

However, since becoming a mum 18 months ago, there's not much time for gaming anymore - she spends most of it chasing a very energetic toddler around her local parks.

Jade's Bede story began in 2018, when she started volunteering with us after becoming aware of Bede Centre through its link then with Millwall FC.

Jade had done several kitchen roles prior but found that these were not disability-friendly. The

pressure from the job centre to find work was difficult in itself to manage, much less finding employment that was suitable, accessible and, moreover, something she wanted to do.

Jade admits that the stress of this had a negative impact on both her physical and mental health.

Once at Bede, Jade soon thrived in our environment. She welcomed the structured routines, use of visual aids and supportive staff team, finding this to be a much better fit for her.

After a few months volunteering in our café, she expressed an interest in our then new **Travel Buddy** project which aimed to employ and train people with a mild learning disability and/or autism to support Bede clients to access the Bede Centre by public transport, instead of a taxi.

Jade was matched with our client JG and they immediately hit it off, after a few weeks of spending time together, meeting his family and attending a travel safety awareness course, she began the travel training process.

Jade excelled in training and, in December 2019, was officially employed as a Travel Buddy.

She did an excellent job, and as her confidence grew so did her ambitions. In 2020 Jade applied for a Support Worker position. She performed well at her interview and was offered a part-time contract.

This was temporarily put on hold when the pandemic hit, and the Bede Centre closed in lockdown.

But that did not deter Jade, she continued to volunteer throughout the pandemic, offering help as a driver to deliver equipment, bingo cards and Easter eggs to our clients.

When services resumed, Jade signed her contract and began working 3 days a week as a Support Worker.

She quickly settled into this new role and was soon confidently leading sessions and working one-to-one with clients. She has attended multiple training sessions including Makaton sign language, first aid, safeguarding and epilepsy training.

Since the birth of her son, Jade has continued to work at Bede two days a week.

Jade's journey at Bede, so far, is impressive. She is a supportive colleague who always mucks in. She advocates well for herself and our clients. She is committed to maintaining a good working environment that is neurodivergent friendly.



PORTRAITS OF THE BEDE COMMUNITY

The Bede Centre has been at the heart of the Abbeyfield estate in Southwark for over 50 years. The estate is earmarked for demolition and redevelopment by Southwark Council, and we are in an era of major change for Bede and our local neighbourhood.

Photographer Jon Archdeacon, has worked with the Centre over the past few years, documenting our story and the many individuals that make the Bede community so special at this important time.





As a
photographer
I wanted to find
a community
and Bede
welcomed me
with friendship
and trust.

Getting to know everyone as I
made photographs has allowed me
to not just capture the moment but
also share it. An exchange that has
enriched the images and given me
a sense of myself.

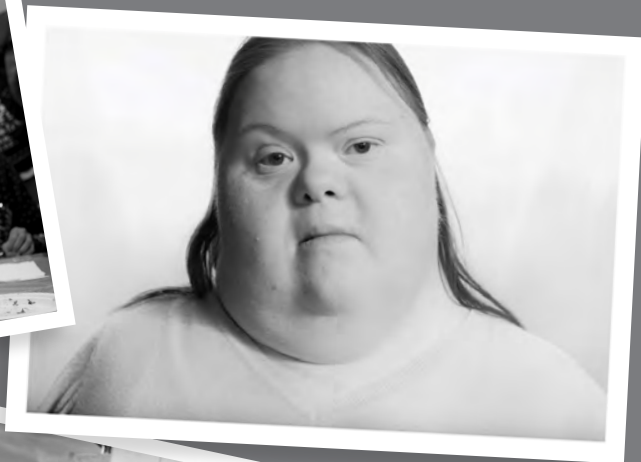
I was very proud to present these
photographs as part of **Pageant**
at Blyth Gallery in May 2024.
Most importantly to me, they are
illustrations of my friendships with
all included.

To add to Bede's archive of images
and help document the activities
and characters in this critically
important safe space is both a
pleasure and an honour.

Jon C Archdeacon







Bede's support goes so much further with the help of

Here are some of their stories...

Anna

volunteered as a
Domestic Abuse
Caseworker

I read Law at Clare College, Cambridge from 2020 to 2023. After graduation, I began volunteering with Bede in their Domestic Abuse Starfish Project and in January 2024, I joined the team full-time as a paid Caseworker.

I acted as an advocate for victims of domestic abuse, providing my clients with practical, emotional, and legal support. Bede offers a bespoke service, and as a result, I have developed flexibility with my skills.

Although there are planned applications and tasks, due to the nature of the work there can be an element of emergency. Many of my clients are at risk of serious violence and have complex needs. The role requires emotional maturity as clients can easily disengage without trusting relationships.

The job can be challenging. However, that is also what makes it rewarding. Every day, I see first-hand the positive impact Bede has on the lives of my clients, and that is very motivating.



The Charles Cameron team



Anna has gone on to train as a barrister



Alizon won the 2023 Southwark Stars award for volunteering at the Bede Centre



Hannah proudly wearing her medal

many volunteers and fundraisers.

Charles Cameron & Associates

support Bede as their
chosen charity

There are so many charities out there that do incredible work. But smaller charities can sometimes be forgotten so Charles Cameron decided to support a charity closer to home!

When we first visited Bede House, we were overwhelmed by the warmth and support of those caring for the clients and the clients themselves, so it was an obvious choice.

We have supported Bede House for nearly two years now and we have had great fun with some of the following events: Bingo night, London Bridges Walk, raffles, trivia pub quiz, coffee mornings, prosecco afternoons!

Most recently our very own Hannah Webb ran the London Marathon in 6 hours 52 minutes – it wasn't easy but Hannah was very happy to raise money for such a fantastic cause.

Harry

ran the 2023 London
Marathon for Bede

It was an incredible experience to run the London Marathon for Bede House.

I've been privileged to come along to some events at Bede since 2020 and it's been amazing to see the work they do in the community.

It was great on my most recent visit pre-marathon to come and see everyone and even have a pre-race meal full of carbohydrates cooked for me by some of the users!

The race day was a fantastic atmosphere and it felt surreal running across the start line.

In typical English April fashion, the heavens opened right around the point I was running through the streets of Southwark, a stone's throw from Bede's HQ.

It was an honour to be carrying the Bede logo on my running vest and I'm so happy that so many of my friends, family, and other supporters were so generous in donating to this great charity.

I was exhausted at the finish but it was all worth it!



*Harry running
in the rain!*

Future plans

Along with many other charities and people we serve, we are working in very challenging conditions, and many organisations are closing around us.

Bede is over 85 years old, but is, nevertheless, small and constantly in need of funds to survive from year to year. However, we recognise that Bede's stability and predictability is a vital part of our service in the community – people in Bermondsey need to know that they can call on our support whenever they might need it. This is particularly true for those in most acute need, and we are focusing our efforts to ensure the sustainability of our services for clients in greatest need.

Our learning disability services continue to be busy with new referrals, and we continue to invest in projects and partnerships, to ensure that people with learning disabilities have access to a wide range of opportunities to try new things and build flourishing lives.

In a changing funding climate, this requires us to 'run fast to stand still', where previously stable partner projects are losing funding, and clients are having to battle harder to access the support that they need.

Starfish is investing in our therapeutic services for both adult and young survivors of domestic abuse. We are particularly keen to expand art therapy and evaluate its impact, where we have seen individuals make fantastic progress in this first year, as well as to fund a pilot parenting programme specifically for families escaping domestic abuse.

Bede buildings are an integral part of our work, and so we cannot help but be affected by continued uncertainty over the future of the Bede Centre in particular.

In the next financial year, Southwark Council plans to demolish the 26-storey Maydew Tower next to the Centre. Bede will be staying in our Centre until a new building is ready, but we expect the demolition to have an effect on our work.

We are working with the council and other partner organisations to minimise disruption to our services over the year. In the meantime, we are taking the opportunity to revisit our own plans for the new Bede Centre, designing a blueprint that is not constrained by the limitations of fitting within an existing building.

We are also incredibly grateful for the support of PwC, who are supporting the redecoration of Bede Centre to take us through until we can move.

Bede Council has also designated further funds towards the renovation of Bede House, to provide a stable home for part of our work.

We are taking the opportunity to modernise the supporting infrastructure of the charity as well. With a number of new trustees joining the board, a task-and-finish group has been set up to review the charity's constitution and ensure it is fit to support Bede into the future.

Our thanks go to all our grant funders for their vital support in the 2023/24 financial year, including:

99 Club Leicester Square
Alan & Babette Sainsbury
Abal Environmental Services Ltd
Adventure Island/Sealife Centre
Southend
Alchemy Foundation
Allies and Morrison
Amazon Giving Fund
Amber River Foundation
American Institute for Foreign Study
Andrew Suttton Trust
Arch Climbing Wall
Ardwick Trust
Aspinwall Charity
Ballers Academy
Barclays
Barratt East London
Barratt Foundation
BBC Children In Need
Belmond
Bert Aase Kevin and Jane's Trust
BFI IMAX
Bloomberg
British Land
Bunker 51
Buzzacott Stuart Deffries
Memorial Fund
Carron Charitable Settlement
Centurian Management
Charles Cameron & Associates
Chesterhill Charitable Trust
Children in Need
City Bridge Trust
Clare and Bermondsey Trust
Clare College

Clink Museum
Community Southwark
Compass School
Create
David Family Foundation
Department of Culture Media and Sport
Diggerland
Docklands Settlement
Eric F Sparkes Charitable Trust
First Give
Galldris Construction
Gladys Wightwick Charitable Trust
Go Ape
Golden Hinde
Harapan Trust
Hugh Symons Charitable Trust
Invesco Cares Foundation
James Wise Charitable Trust
Jessica Mathers Trust
John Horseman Trust
John Lewis Partnership
John and Ruth Howard Charitable Trust
John R Murray Charitable Trust
Lady Mayoress of London
Leigh Trust
Liddell-Simpson Charitable Trust
Lucky Voice
Mageni Trust
Mayor's Fund for London
Mbili Charitable Trust
McAleer & Rushe
Michael & Anna Wix Charitable Trust
Mime Consulting
National Lottery Community Fund
Newcomen Collett Foundation

Ninth Wave
North Southwark Environment Trust
Norwegian British Chamber of
Commerce
Odeon
Ogilvie Charities
Pilotlight
R S Brownless Charitable Trust
Refuge
Rest-Harrow Trust
Rooftop Film Club
Sir James Roll Charitable Trust
Southwark Charities
Southwark Council
Southwark Playhouse
Stella Coffee and Tea
Stepping Stones
Steven Bloch Image of Disability
Charitable Trust
St Olave's & St Saviour's
Team London Bridge
The Henry Smith Charity
Tideway Sailability
Tisbury Telegraph Trust
Transport for London
United St Saviour's Charity
Veale Wasbrough Charitable Trust
Webb Family Charitable Trust
Westminster Abbey Foundation
Winckworth Sherwood
Women's Aid
Worshipful Company of Cooks
Worshipful Company of Launderers
Worshipful Company of Tylers &
Bricklayers

SUMMARY FINANCIAL STATEMENT

for the year to 31 March 2024

	2024			2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
<i>Income from:</i>						
Donations and legacies	211,333	3,769	215,102	181,335	300	181,635
Charitable activities						
Domestic Abuse Project	-	258,979	258,979	-	137,301	137,301
Learning Disabilities Project	808,649	151,180	959,829	759,123	126,031	885,154
Youth Adventure Project	-	-	-	-	98,183	98,183
Other income	9,722	-	9,722	4,990	-	4,990
Investments	34,776	-	34,776	12,829	-	12,829
Income from Operations	1,064,480	413,928	1,478,408	958,277	361,815	1,320,092
Capital Appeal for the Bede Centre	-	23,994	23,994	-	60,402	60,402
Total income	1,064,480	437,922	1,502,402	958,277	422,217	1,380,494
<i>Expenditure on:</i>						
Raising funds	30,070	-	30,070	44,257	-	44,257
Charitable activities						
Domestic Abuse Project	17,819	259,979	277,798	77,912	137,601	215,513
Learning Disabilities Project	880,639	153,949	1,034,588	804,734	126,031	930,765
Youth Adventure Project	-	-	-	40,521	98,183	138,704
Total expenditure	928,528	413,928	1,342,456	967,424	361,815	1,329,239
Net income/(expenditure) for the year	135,952	23,994	159,946	(9,147)	60,402	51,255
Transfers between funds	-	-	-	-	-	-
Net movement in funds	135,952	23,994	159,946	(9,147)	60,402	51,255
Total funds brought forward	1,069,219	549,393	1,618,612	1,078,366	488,991	1,567,357
Total funds carried forward	1,205,171	573,387	1,778,558	1,069,219	549,393	1,618,612

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 17 to the financial statements.

BALANCE SHEET

as at 31 March 2024

	2024		2023	
	£	£	£	£
Fixed assets:				
Tangible assets		196,310		195,101
		<u>196,310</u>		<u>195,101</u>
Current assets:				
Debtors	135,815		164,822	
Cash at bank and in hand	1,538,279		1,357,958	
	<u>1,674,094</u>		<u>1,522,780</u>	
Liabilities:				
Creditors: amounts falling due within one year	91,846		99,269	
	<u></u>		<u></u>	
Net current assets		<u>1,582,248</u>		<u>1,423,511</u>
Total net assets		<u><u>1,778,558</u></u>		<u><u>1,618,612</u></u>
The funds of the charity:				
Restricted income funds		573,387		549,393
Unrestricted income funds:				
Designated funds - charitable activities	-		410,151	
Designated funds - maintaining Bede's premises fund	246,955		100,000	
Designated funds - fixed asset reserve	40,410		35,440	
Revaluation reserve	155,900		159,660	
General funds	761,906		363,968	
	<u></u>		<u></u>	
Total unrestricted funds		1,205,171		1,069,219
Total charity funds		<u><u>1,778,558</u></u>		<u><u>1,618,612</u></u>

Approved by the trustees on 27 June 2024 and signed on their behalf by J Flechais, Chair and S Dingomal, Treasurer

bedehouse.org

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Photos: Jon Archdeacon,
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Design: How Content