



2016-2018 REVIEW

Bede
Believing in community.

CELEBRATING

on the threshold of

Bede is a local community charity. We believe strong, confident communities enable people to flourish.

In 2018 we are celebrating 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.

They named the building 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 has become Bede 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.

80 YEARS

an exciting new future

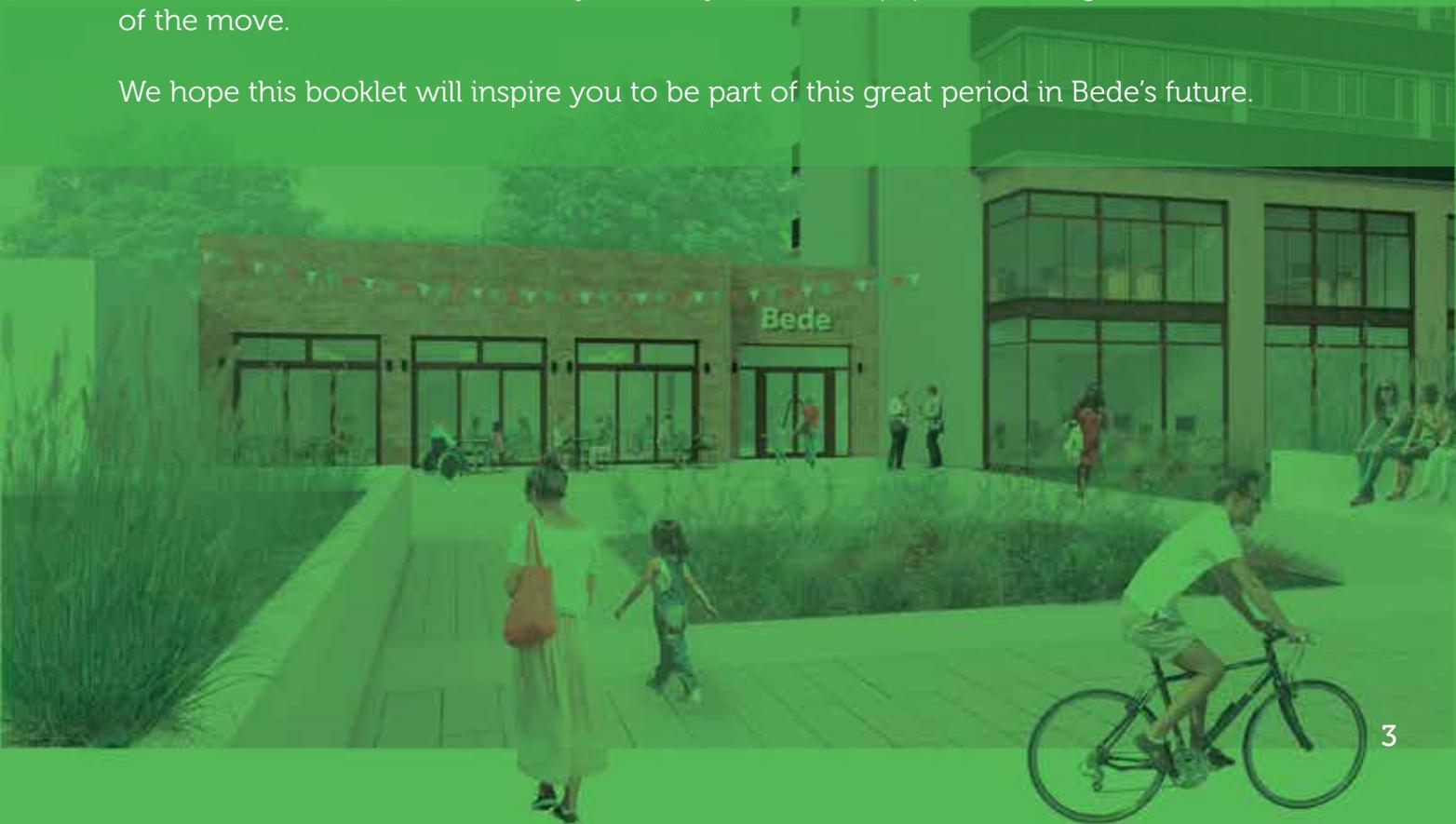
According to government reports, some of our local neighbourhoods are still among the 10% most deprived in the country, with over 39% of children growing up in poverty. We work hard to reach those who need our support the most. Bede's flexible 'local and personalised' approach is very effective in helping 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 Poverty and Increasing Employment Prospects
- Reducing Isolation and Finding Fresh Purpose in Life
- Improving Health and Well-Being
- Caring for our Environment

At our 80th birthday, 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 are building 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 2020.

It is a wonderful opportunity, but, just 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 future.





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 wellbeing and caring for our environment is significant.

“**Bede's much better than sitting in the house bored, laying around like nothing**”



Alleviating poverty and increasing employment opportunities

For example, we alleviate poverty and increase employment prospects by enabling carers of children and disabled adults from low income families to go out to work, and by providing 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 35 clients Food Bank vouchers last year because they didn't have the money to feed themselves and their children.

Reducing isolation and finding fresh purpose

Bede reduces isolation and helps people find fresh purpose in life through our youth clubs, social events and 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. Also our Starfish Domestic Violence project enables women who have "suffered in silence" for years to tell their story and live safer lives.





Health and wellbeing

Being involved with Bede improves a person's health and wellbeing in a variety of ways, for instance by enabling young people and those who have a learning disability to be physically active and to 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.

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

Bede helps care for our environment by involving volunteers who have a learning disability in looking 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 on one of these trips.

Bede's New Centre, which we hope will be open in 2020, is being designed to create an environmentally friendly building we can be proud of.



LEARNING DISABILITIES SERVICE

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 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 finding employment, as well as plenty of social, artistic and sports activities to help those who come to Bede to flourish.

We are able to support 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 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



RESPECTED VALUED & ACTIVE

T, born with Downs Syndrome, was 25 and living in supported housing, with nothing to do all day, and few friends, when he came to Bede two years ago.

He started attending every day. At first his communication skills were limited – he relied a lot on sign language and got frustrated when he couldn't understand or be understood. But he wanted to try everything that we had to offer: dancing, visits to the nature garden and allotment, playing football, work in the café, and doing jobs for elderly neighbours.

T's skills increased, and it became clear that he had a talent for football, and for getting on well with people. Thanks to his involvement with Bede he became part of the Millwall team that won the Special League in 2017, and was also employed for three months one day a week by British Land as a Kitchen and Meeting Room Assistant.

T is taking on more and more responsibility as his confidence increases. He's got plans to do even more next year!

“ **Bede helped me get work experience and a part-time paid job** ”

- 74 individuals currently benefit from one or more of our activities
- 12 of those who attended Bede this year were young people under 25 years of age
- 19 people trained in our café, serving an average of 35 customers each day
- 12 volunteers who have a learning disability gave over 3,400 hours of voluntary work helping 57 local elderly householders through Bede's Inside Outside Project and through organisations like Surrey Docks Farm, Roots and Shoots, and Time and Talents
- Luke Holmes (right) was named Southwark Stars Young Volunteer of the Year for all he has achieved through Inside Outside
- 3 new work experience placements were completed, 2 paid jobs on fixed term contracts were found and we continued to support one person who works one day a week in a hotel kitchen



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 significantly safer lives after working with Bede. External agencies, such as social services and 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, a third of whom have been in abusive relationships for over 5 years. In fact most have been in abusive relationships for over 10 years. The project works with them for as long as is necessary to break the cycle of domestic violence.

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 2016/17, 29 of our clients came to Bede with, between them, a total of 66 children on the Child Protection Register at risk of being taken into care.

After working with Bede, attending the Freedom Programme and making changes in their lives, six of the women had their children taken off the Child Protection Register, and five had their children's level of risk reduced. The Bede Starfish team continued to work with the remaining 18 women whose children were still being monitored closely by Social Services.

In 2016/17, the small team at the Starfish Project helped 229 clients, 155 of whom were new referrals. 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. So 141 of their children also benefitted from a safer home.

Breaking the cycle of **DOMESTIC VIOLENCE**

We work very closely with the Police and our 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 domestic violence perpetrator to justice. It is very rare for civilians to receive such an honour.

Ms G was married and she and her husband had two children.

Arguments and controlling behaviour had escalated into physical assaults. During one heated argument, her husband strangled her until she passed out. The abuse continued for 10 years. Ms G was so anxious she would sometimes lose control of her bowels.

She finally got help after a teacher at her son's school noticed bruising to her arms and referred her to Bede House.

When she came to us she was so frightened, it took the caseworker over an hour to stop her shaking. Ms G could not believe she was talking to us and was terrified of what would happen. But eventually the caseworker was able to persuade her to speak to a police officer.

Ms G was worried because her husband had said that no one would believe her. We ensured that the police visually recorded her comprehensive statement. This provided compelling evidence of the physical effects of the abuse.

As a result, the husband was not allowed back in the home and the tenancy was transferred to Ms G.

A year on and she is much happier and healthier, has received counselling at Bede and has attended the Freedom Programme which is helping her recover her self-confidence.

Ms G's children are happier and she is now considering taking on volunteer work.

“ **My children feel safer
because they *are* safer**

**I couldn't have done that
without Bede's help** ”

YOUTH ADVENTURE PROJECT

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 need somewhere outside home and school where they can belong, find friendship and excitement and benefit from wise guidance from people 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 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 2016-17 there were 2,116 attendances by 397 young people aged 8 to 19. 149 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 homelessness, losing a job, getting arrested, and being attacked or robbed. We helped five young people facing exclusion from school to re-engage with their studies and sit their exams.

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. 40 members have been attending regularly for over six months.

Several former members are now at university or college and have come back to help as volunteers. One even organised a fundraising concert at Bede in June 2016 that attracted an audience of nearly 100 young people.

We've trained two former youth club members as Youth Workers and introduced nine ex-club members to work with a local building contractor.

“It's good to have someone to talk to other than your parents”



DISCOVERING WHO YOU CAN BE

The **Youth Adventure Project** runs clubs, school holiday activities, adventure residential trips and healthy relationships courses in schools for 44 weeks of the year.

These 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 2016, we took a group of 12 young people to Hereford where the BODS team organised a programme of horse riding and adventure activity in the forests and gorges of South Wales.

Edwina (not her real name) was truanting from school for several years. But she has found some degree of stability at Bede and attends our youth clubs regularly.

“ I like getting my hands mucky and having fun with all the other children ”

She needs time and her issues can be dramatic and dangerous. Our youth workers liaise with family, school and social services outside of club hours. Teenage girls like Edwina are vulnerable to abuse, and often naïve about the dangers of social media.

Communicating with an unsettled teenager, who acts on impulse and seems not to listen and learn from experience, is a skilled job. Edwina has been coming to Bede for nearly two years now. Sometimes the fact that she still comes seems to be a miracle.

Our hope is that she can learn just enough to avoid her life becoming even more difficult whilst she continues to find her place in the world.



COMMUNITY WORK & SUPPORTING OLDER PEOPLE

Our city is constantly changing, yet some people feel they don't belong or are forgotten. Fortunately, there are many others who want to nurture community spirit, to act as volunteers and to 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.

Our **Inside Outside** project enables 57 elderly and housebound neighbours and 12 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 is collecting oral histories of black Millwall fans and engaging 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 has been the lead agency for the **Big Local South Bermondsey Partnership** (BLSB) - an ambitious 10 year investment by the Big Lottery Fund into grass-roots community action on five of the most disadvantaged estates around the Old Kent Road. Working with a core group of 45 residents, activities designed to improve opportunities for children and young people, reduce the isolation of older people, and improve the care of local green spaces have the potential to influence the lives of up to 7,500 people on the Bramcote and Bonamy, Ledbury, Caroline Gardens, Astley Cooper and Avondale estates and others nearby.

Big Local South Bermondsey won the 2016 Southwark Star Award for Community Group of the Year. We are now working to help them become an independent charity.

Bede's facilities are also used as a community hub by other groups benefitting local people, for instance, Tower Christian Centre, Aikido Alive UK and Siblings Together – a charity which works with children in care.

The income derived from community use of Bede's facilities contributes to Bede's ongoing running costs.

“When you're old and housebound like me, regular visits from the young people with learning disabilities gives me a real boost”



OVERVIEW OF 2016/17 FINANCES

Only about two thirds of our income is secured 12 months in advance. Which 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 up in 2016/17 at £1,258,076 - compared to £1,185,577 in 2015/16, with **expenditure** slightly down at £1,185,682 - compared to £1,215,930 in 2015/16.

This resulted in an **end of year surplus** of £72,394 - compared to a deficit of £30,353 in 2015/16. This surplus enables us to manage the previous year's deficit and the uncertainty of funding in the next financial year.

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 2016/17, and employed 16 Southwark residents. Bede brought in £497,271 from funding sources outside the borough to benefit Southwark.





Thanks to our funders and supporters

Bede's impact is made possible by the generous support of many individuals, families, companies, trusts and grant-making bodies.

Below are just some of those who deserve a special mention and we would like to thank each and every supporter for helping us deliver these results for Bede's clients.

The impact we achieve is thanks to your generosity.

Alan & Babette Sainsbury Charitable Fund
 Amicable Society's School, Rotherhithe
 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
 Capital International
 Choice Support
 City Bridge Trust
 Clare & Bermondsey Trust and 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 and the Westminster Foundation
 Henry Smith Charity
 Heritage Lottery Fund
 Jack Petchey Foundation
 John Laing Charitable Trust
 Keepmoat
 Kestrelman Trust
 Kevin Ireland (photos)
 Lambeth Palace
 Lewisham Disability Team
 Local Sustainability Fund (Cabinet Office)

London Mayors Fund Kitchen Social
 Meeting Needs
 Mercers' Company
 Millwall Community Trust
 Ministry of Justice, Victims General Fund and MOPAC
 Newcomen Collett Foundation
 Noel Buxton Trust
 North Southwark Environment Trust
 Norwegian YWCA
 Observer Charitable Trust
 Peckham Settlement
 Periscopix
 Printworks
 Rank Foundation
 Sainsbury Canada Water Store
 South London and Maudsley (SLAM) NHS Trust
 Southwark Bermondsey and Rotherhithe Community Council
 Neighbourhoods Fund
 Southwark Children's and Adults Services
 Southwark Cleaner Greener Safer Fund
 Southwark Community Learning Disability Team
 Southwark Community Engagement,
 Housing & Community Services Department
 Southwark Joint Security Initiative (JSI)
 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
 Trusthouse Charitable Foundation
 29th May 1961 Charitable Trust
 United St Saviour's Charity
 Wakefield & Tetley Trust
 Winckworth Sherwood
 Your Turn Initiative

BEDE'S FUTURE PLANS FOR THE NEW BEDE CENTRE 2020

Southwark Council are redeveloping the Abbeyfield Estate in SE16

This provides 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 2021. We have successfully negotiated for Southwark Council to replace our two existing premises with one, purpose designed new Bede Centre.

The new 1,000 sq metres premises 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 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 2020. 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 2020, 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 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 £1.2 million. Members of the community who donate over £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 would 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

Wendy Cookson

John Kent

Jamaria Kong

Fr Mark Nicholls

Julie Cotton, Vice Chair

Nitu Panesar, Honorary Treasurer

Martyn Hickson

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Youth Adventure Project 020 7231 6027
Starfish Domestic Violence Project 020 7237 9162
Community Engagement 020 7237 3881



Awarded 2008