



# ceda

community, equality, disability action

creating opportunities with disabled people



## annual report & accounts 2016/17



**ceda**  
community, equality, disability action

## **REPORT OF THE CHAIR**

CEDA continues to grow and thrive as a charity supporting people with disabilities to achieve their personal goals and to lead fulfilled lives. CEDA has a great deal to celebrate: through the Lottery Celebration Fund and with over 170 nominations we held an Oscar style Award Ceremony for all service users, families, staff and supporters in Exeter.

Our hub is the Clare Milne Centre, Exeter. CEDA aspires to make the difference to people's lives, a place to enjoy, a space to be happy, to learn and to achieve. Working with over 200 people a month CEDA provides a range of services to different ages. This Annual Report explains these services and how our supporters and funders help us achieve high levels of satisfaction and performance.

CEDA is passionately committed to improving the chances of all disabled people in every aspect of life. By measure of success, demand for our Youth Services outstrips our current ability to supply Holiday, Afterschool and Saturday Clubs. To reduce waiting lists we are looking at ways in which we can increase the number of places on offer. Our Youth Music Project is now funded to the end of 2018 and we have many other arts based initiatives as well.

Our Community Services offers one-to-one support for the achievement of personal goals and the Developing Me scheme helps people manage their transition towards independence. Our Activity Hub is as popular as ever with a programme created through consultation with service users and drawing upon our community including businesses and the Met Office. Arts Council England funding has been engaging disabled artists in a wide range of creative opportunities showcasing activities, performances and theatre.

BIS-Net is a specialist service that offers support to families who have within them a member with challenging behaviour. Through a BIG Lottery Grant CEDA is entering a final fifth year of ground breaking work that makes a huge difference to each individual and their family to cope with change, think flexibly and develop socially. The project has worked with over 30 schools and community organisations. So much to celebrate!

Our Annual Report will explain in much more detail these services, our funding and our plans for the future. Thanks go to The Clare Milne Trust, whose continued support provides the charity with the wonderful facilities within the Clare Milne Centre; to all those named organisations and the many unnamed individuals who support our activities. For CEDA to continue we need your support as much as ever to help us meet the challenges ahead!

**Steve Keable**

**Chair to the Board of Trustees**

## AIMS AND OBJECTIVES



CEDA works for disabled adults and children in ways which make sense for them, always keeping the individual at the centre of the service. We will listen, learn and act, to enable each person to be who they want to be, as visible and valuable members of the community.

### Our services are:

**Activity Hub** — Delivered for 51 weeks of the year with people over the age of 18.

**Youth Services** — Delivered through all school holidays, each Saturday and after school for children and young people.

**Community**— Enabling and Short Breaks, offered all year round as requested.

**Developing Me**— Supporting disabled people to make changes in their lives.

**Arts**— Creative opportunities for and with disabled people.

**BIS-net**— Behaviour support for individuals, parents and professionals.

### Purposes and aims

The charity's objects and principal activities are:

- To promote the social inclusion of people with physical, sensory or learning disability living in the South West of England.
- The provision of respite care for young disabled people.

### Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help. The review also helps us ensure our aims, objectives and activities remained focused on our stated purposes.



## CEDA CELEBRATES



Thanks to the National Lottery we were able to hold an Oscar style award ceremony for all our service users, their families, staff and CEDA supporters, over 150 people attended the event. We received over 170 nominations for awards, 50 people were shortlisted with 14 overall winners in various categories. The event was a huge success and was an excellent reminder about just how much the charity offers and how much is achieved by service users and supporters each year.

### 2017 Roll of Honour



#### **Developing Me Award**

Hannah C

#### **Creativity Award**

Natalee H

#### **Sports Personality Award**

Scott L

#### **Cheeky Monkey Award**

Oliver H    Stacey M

Emily H    Callum N

#### **Unsung Hero Award**

Chris B

#### **Supporting Others Award**

Shannon B

#### **Volunteer of the Year Award**

Rosie B

#### **Speaking up Award**

Kevin B

#### **Heart of CEDA Supporting CEDA Award**

Gareth C

#### **Milestone Award**

Stephen G

#### **Special Recognition Award**

Moya Harris

# CEDA CELEBRATES



## ACTIVITY HUB



The Hub is as popular and vibrant as ever with service users helping to create an engaging programme of activities each term.



The sensory room has been a welcome and wonderful addition to CEDA. Service users enjoy both loud and quiet sensory experiences each week and the immersive projector allows service users to travel the world exploring different countries; to travel through space exploring the universe and to experience different periods of history.

Service users from the Hub were asked to put on an exhibition of our 6 foot, 3D map of the UK at the local museum in Exeter. Members of the public created their own weather symbols and used the map to forecast the weather.

**Over 50 people access the hub each week.**

Our 'Access Group' worked in partnership with Euans Guide and spent time visiting various locations, evaluating and reporting on the accessibility of shops across Devon.

**780 sessions delivered.**

CEDA participated in the Disability Athletics Festival which was inspired by the spirit of the Rio Paralympic games, everybody really enjoyed the day.

**139 different sessions delivered.**



## ACTIVITY HUB



This year journalism has featured within the Hub activities for the first time. A group of service users came together to explore all aspects of journalism, focusing on the use of mobile technology. This included how to film video on a mobile phone, how to record sound for interviews as well as developing interview skills. At the end of the course the group had an exclusive interview with the Met Office team, getting an early scoop on the Christmas forecast .

Once again service users from the Hub enjoyed planning and creating our Christmas tree, which was displayed, along with trees from other charities, in Princesshay, Exeter. The trees are a fantastic visual reminder of the number and variety of small local charities working in Devon, and the annual event always creates some friendly rivalry amongst the charities. Of course our tree was the best, or so the service users reported!

## YOUTH SERVICES



The holiday, afterschool and Saturday clubs remain as popular as ever. Almost all other accessible clubs in the local area closed in 2016 which has increased the demand for spaces at CEDA's clubs and we now have growing waiting lists, especially for the very busy holiday clubs.



Funding from BBC Children in Need has enabled us to take the children out and about across the region on a wide range of trips. Theme parks, local tourist attractions, parks, beaches, woodland and moors are always firm favourites. The children have had the opportunity to explore and join in activities such as pond dipping, fire lighting and cooking over fires. The children have lots of opportunities to discover new things, to learn about the world and to make friends.

**138 young people  
accessed our clubs.**

**240 trips organised over  
the year.**

**8820 miles travelled.**



## A PERSONAL STORY



### Levi's story

*Levi is 16 years old and has been attending CEDA for over 8 years, we help her to develop her social skills and provide her with opportunities to try new things. At CEDA Levi has shown a keen interest in singing and learning new musical instruments. Over the years Levi's love of music has led her to perform to live audiences on stage at 3 different music events doing Taiko drumming, singing and playing guitar.*

*Levi decided that she would do her work experience placement with the activity hub at CEDA. Here she used her knowledge, passion and enthusiasm for music to help run the music sessions with the adult service users, which she loved and the adults within the hub loved her too!*

## COMMUNITY SERVICES



**26,751 miles travelled.**

**93 different activities  
accessed.**

**15 short breaks arranged  
this year.**



CEDA offers one to one support to individual's so that they can achieve their own personal goals, manage their independence successfully or engage in new activities.

Among the many outcomes achieved last year we have supported several service users to become more active and to lose weight; to participate in the Disability Sports Festival and to access regular trampolining, surfing; sailing; horse riding and swimming sessions.

We have supported an individual to access speech and language therapy and have successfully introduced a communication device to her. Information can be recorded onto the machine creating more opportunities for sharing experiences between CEDA, home and friends. This is the first time that she has been able to share her experiences in this way.



## A PERSONAL STORY



### Olivia's story

*When Olivia joined CEDA in September 2016 she was struggling with her verbal communication, her mum said, "Olivia's communication was "hard". She would often use words or phrases out of context, or repeat a word or name over and over again. She would also sometimes shout and swear." Olivia was also displaying behaviours that were challenging; this included aggression to others and stealing food. CEDA created a consistent team to work with her, they gave her confidence in her everyday interactions and her speech and behaviour improved dramatically. By Christmas, Olivia's parents were even reporting that they were seeing a difference at home, saying that her communication had improved, she was saying things in context a lot more and had started talking about how she felt about things. Olivia's mum thought this was because Olivia felt comfortable and happy, she was able to make her own choices and was working with people who had encouraged and helped her to become her own person. Mum said that she thought CEDA was "exactly what she needs". Olivia remembers people's names; she is able to have short conversations with people she greets; she talks about her feelings and is now making her own choices about the activities she wants to do.*

## DEVELOPING ME



We are now in our third and final year of our grant from Lloyds Foundation for England and Wales which is funding the post of the Developing Me Project Leader. We support disabled people to manage transitions in all aspects of their lives. For some this means big changes for others the changes are small but significant to them.

We supported Daisy to move out of a residential care setting to live independently. Unfortunately there were problems and she was left feeling very lonely and isolated in her new home. We were able to support her to learn strategies to cope when things felt difficult; to make resources and plans for the agency staff that came in to see her so they understood what she needed and how she wanted to be treated. We also supported her to ask for more adaptations that would make her home more accessible for her. Daisy has made lots of changes and is now much happier. The quality of the care she receives has improved and there are plans to make her home fully accessible to give her the independence she deserves.

**67 people have more control of their lives.**

**26 people feel more connected to the community.**

**75 people have improved basic skills.**



## DEVELOPING ME



LLOYDS BANK FOUNDATION  
England & Wales



A number of our service users feel lonely and isolated and would love the opportunity to develop a romantic relationship but need support to do this safely and successfully. Through the project we have supported people to understand and access online dating sites safely and to explore and understand relationships. There have been some successes and we aim to support even more people to find love or companionship in the future.

Volunteering opportunities can help develop a person's self-esteem and can be the first step to entering paid employment. We supported Matthew to explore what volunteering means, how to behave and to identify areas that may be difficult for him. Matthew's disability meant that he did not always understand how to behave in social situations and his behaviour could feel threatening to those around him and could be unwelcome, especially when he is around people he does not know. Matthew came up with the idea of creating a series of cards to help him remember how to manage his behaviour when he was struggling. He wears these on a lanyard around his neck and they have helped him to make his volunteering experiences much more successful.

## CEDA ARTS



**15 artists employed at CEDA over the year.**

**185 people participated in the arts programme.**

**90 exhibition days in public spaces.**

Arts Council England have funded our Total Immersion Arts project which runs from April 2016– March 2018 . We have been engaging disabled artists in a wide range of creative activities and the project allows participants to fully engage and immerse themselves in these art forms.

Service users have had the opportunity to participate in a ceramics workshop over 32 weeks; we have focussed on the sense of touch during the making process. We celebrated the end of this part of the project with a public tea party, using ceramics created during the workshops.

CEDA's service users have been experimenting with virtual reality and 360° processes and technology. Service users were able to enjoy immersive experiences in CEDA's sensory room and this went on to inspire participants to create their own 360° images, landscapes and experiences. CEDA has worked with EMG Symphony Orchestra to create 360° film from a range of points within the orchestra, so that disabled (and non-disabled) people can experience what it's like to be part of an orchestra.



## CEDA ARTS



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

*James Lake is well known for his cardboard sculptures and through the Total Immersion Project he has created a 6 foot cardboard story book. The book opens revealing a space in which you can sit and immerse yourself in stories. The book has captivated everyone's imagination and has been displayed across the county. Working with CEDA with the Extreme Imagination Festival, James ran two workshops at Exeter Phoenix. These workshops provided an opportunity for CEDA members, other disabled and non-disabled young people and their families to create cardboard sculptures of objects from stories which are displayed inside the storybook.*

**total / immersion**



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



**ceda community arts**

## YOUTH MUSIC



CEDA completed its second youth music project and successfully applied for and was awarded further funding which will allow the project to continue until December 2018. The children and young people that have engaged in the project have received over 1,500 hours of music input and participation over the 2 year project. This has included music sessions both at CEDA and in the community, performing and participating at music events.

CEDA supported young people to access musical experiences across the region, including the Respect Festival, DartsFest, We Will Rock You Festival, various musicals and the Taiko festivals. These activities have been a huge hit with the young people that we work with, many of whom would not otherwise have the opportunity to go to a music festival with friends. The highlight for everyone was the CEDA Rhythms Community Celebration event held at Exeter Phoenix centre. This event created the opportunity for disabled and non-disabled performers to get together to showcase their skills and to share music together. Over 100 people attended the show.

**117 hours outreach music delivered this year.**

**591 hours of music delivered at CEDA's clubs this year.**

**30 CEDA music awards achieved.**



## YOUTH MUSIC



*CEDA has developed an outreach service, where a music practitioner has worked at various settings in the community, such as Pupil Referral Units, special needs schools, secure children's homes, supported housing for young people coping with a variety of issues, after school clubs, and pupils at risk of under-achieving in mainstream secondary and primary schools. One young person at a secure children's home went on to achieve the national Koestler award (The Art Award Scheme for offenders, secure patients and detainees) for his work and song writing produced with CEDA.*



## BIS-NET



The BIS-Net project has been supported through a 5 year grant from the National Lottery's Reaching Community Fund to support individuals, families, care givers and professionals to understand, manage and change behaviours that may challenge. We have just completed the 4th year of the project. BisNet is able to offer RDI (Relationship Development Interventions) to families who are supporting a person with Autism, to develop socially, think flexibly and appreciate different perspectives. CEDA has invested in training 2 RDI consultants. One parents commented,

*'This intervention has made the biggest difference to us as a family than anything else so far'.*

We have just begun to offer shorter 6 week programmes; these address single issues, introducing simple strategies to make improvements within the home environment as well as a series of group training opportunities. At the group training parents are able to meet other families and to share their stories with a group of people who are experiencing similar difficulties, finding reassurance in the fact that they are not alone.

**66 people reported improved relationships because of Bis-Net.**

**246 young people have made new peer relationships.**

**60 people now access more community facilities because of Bis-net.**

**29 community services have accessed Bis-net training.**

**72 families now report that they now feel less isolated.**





**LOTTERY FUNDED**

### **Charlie's' story**

*Charlie can be extremely aggressive and challenging on an almost daily basis at home and his family were finding things very difficult. Over the course of 6 sessions the Behaviour Support manager worked with Charlie's parents to identify triggers to his behaviour and to put in place approaches to support and reduce the behaviours that were causing difficulties at home. By the end of the 6 sessions the parents saw a significant decrease in the frequency and intensity of these behaviours.*

*Charlie's mum said, 'The support and guidance offered through this programme has been invaluable. We were in a spin at home with our child's behaviour, but the weekly sessions with Sam have helped us to identify, unpick and understand possible root causes and triggers and in turn has guided and supported us through implementing structure and routine. A life line! Thank you'*

## FINANCIAL

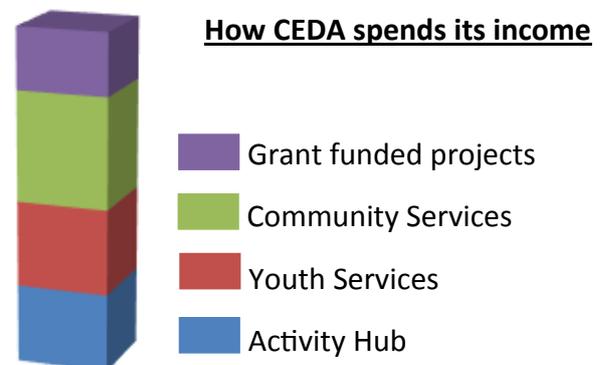
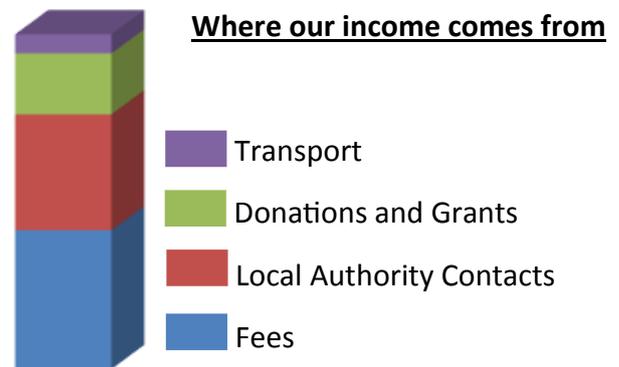
Our thanks also go to all those individuals who support CEDA through taking part in personal challenges, fundraising and donating on our behalf. There have been marathons, car boot sales, cake and seasonal sales. We look forward to seeing what our supporters challenge themselves to do next year!

CEDA has also been honoured to be a member of the Exeter Foundation during the 2016/17 season for the Premiership winning Exeter Chiefs.

Over the past year CEDA has received grants and financial support from:

The Clare Milne Trust  
BBC Children in Need 2015 – 16  
BBC Children in Need 2016 – 17  
Grants for the Arts  
Arts Council England 2016-18  
National Lottery, Reaching Communities  
Exeter Dispensary and Aid in Sickness  
Lloyds Bank Foundation England and Wales  
Youth Music Foundation 2014-16  
Youth Music Foundation 2016-18  
Mike Ellis Charitable Trust  
Spectrum Community Forum  
Big Lottery, Celebration Fund  
National Lottery, Local Sustainability Fund  
Wolfson Foundation (pledged)  
Roger and Jean Jefcoate Trust

CEDA extends its thanks to the Clare Milne Trust for their ongoing support of the charity, without this support so much of what we are able to offer could not happen.



**Donate to CEDA online**  
[www.cedaonline.org.uk](http://www.cedaonline.org.uk)

## FINANCIAL

	Unrestricted Funds	Restricted Funds	Total Funds 2017	Total Funds 2016
	£	£	£	£
<b>Income</b>				
Donations and legacies	5,048	4,740	<b>9,788</b>	13,650
Charitable activities	915,779	204,099	<b>1,119,878</b>	1,109,509
Other trading activities	-	-	-	840
Investment income	3,217	-	<b>3,217</b>	1,635
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<b>Total income</b>	924,044	208,839	<b>1,132,883</b>	1,125,634
	=====	=====	=====	=====
<b>Expenditure</b>				
Raising Funds	-	-	-	500
Charitable activities	882,181	199,925	<b>1,082,106</b>	1,040,189
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<b>Total expenditure</b>	882,181	199,925	<b>1,082,106</b>	1,040,689
	=====	=====	=====	=====
<b>Net income</b>	41,863	8,914	<b>50,777</b>	84,945
<b>Transfers between Funds</b>	(36,270)	36,270	-	-
	-----	-----	-----	-----
<b>Net Movement in Funds</b>	5,593	45,184	<b>50,777</b>	84,945
<b>Reconciliation of Funds:</b>				
Fund Balances Brought Forward	342,524	134,877	<b>477,401</b>	392,456
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<b>Fund Balances Carried Forward</b>	348,117	180,061	<b>528,178</b>	477,401
	=====	=====	=====	=====

## FUTURE PLANS



It is with thanks to support from the Wolfson Foundation and the Roger and Jean Jefcoate Trust that we are now planning to replace our large accessible minibus, we expect to receive the new bus by early summer 2017. The new bus will ensure that those who do not have access to their own transport can still access CEDA's services.



Along with this replacement bus we have also been awarded a new accessible minibus from the Community Transport Fund, this minibus will be used to support the adults and children to get out and about into the community and will also allow the Youth Services to maintain their capacity following the withdrawal of transport from Devon CC. The vehicle should be received between September 2017 and December 2018.



We are currently working with local community groups to try and seek appropriate accommodation to expand the youth service's provision.



Next year will be the final year of funding from the National Lottery's Reaching Community Fund for the BisNet project. During this period we will be working towards making the service sustainable and to expand services so that we are able to support more families and individuals who are experiencing difficulties. To supplement the Behaviour Support project we are seeking additional funds to develop family support sessions that are based in nature.



The Developing Me Project is also coming to the end of its funding from Lloyds Foundation for England and Wales, we are currently applying for continuation funding so that the project can continue.



Through this reporting period we have been working towards improving all of the systems at CEDA. We have commissioned a new software system and will be improving our internal IT infrastructure.

# STATUS



The company is limited by guarantee (company number 4693500) and is a registered charity (number 1096528). It, therefore, has no share capital and makes no distribution to its members by way of dividend or otherwise.

## PATRON

Roger Jefcoate CBE DL



## TRUSTEES

Mr S Keable (Chair)

Mrs K Lyons (Secretary)

Mrs L J Walsh

Mr M Banfield (Treasurer)

Ms R Davison

Mr B Hughes

Ms H Holt

Mr M Moxey

Mrs A Laver



## CHIEF EXECUTIVE OFFICERS

Day to day management of the charity is delegated to the Joint Chief Executives, Diana Cole and Renata Colley.



## REGISTERED OFFICE

The Clare Milne Centre  
Emperor Way  
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EX1 3QS

## BANKERS

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## AUDITORS

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# ceda

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