



Annual report and accounts
2013-2014



REPORT OF THE CHAIR

CEDA continually looks for new ways in which people with disabilities can lead fulfilled lives. Our programmes support some 200 people in excess of 6,000 hours of provision every month. This year we launched the new behaviour support service – Bis-Net – with Reaching Communities funding from the BIG Lottery Fund.

Bis-Net offers interventions and support for families of people with Autism. The approach involves understanding each person's situation and difficulties, with a focus upon developing social relationships, fostering long term goals such as independence, friendships and relationships.

Nicholas has Autism and while he can communicate well he struggles with socialising. A display of aggression, with punches and kicks, on family members was common. The team have helped mum use behavioural strategies to deal with Nicholas' most unsafe and challenging behaviour. This has helped mum 'guide' Nicholas through life rather than battling against socially unacceptable behaviour and emotional outburst. At the same time we have helped Nicholas to develop coping strategies. He now has a group of 3 or 4 local friends who play with him most evenings and he will now go to bed without fuss. There have been no incidents of physical aggression to mum in over 6-months.

Bis-Net is one of many services that we trust you will read about in this report. If you would like to visit us, at the Exeter, Clare Milne Centre, this would be even better. Our approach and impact has created much interest with professionals, caring families, our funding supporters and business. In June this culminated in a Royal Visit by HRH Prince Richard, Duke of Gloucester.

Please consider ways in which you can help us help people with disabilities to lead independent lives.

Steve Keable

Chair to the Board of Trustees

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.

PATRONS

Roger Jefcoate CBE DL

TRUSTEES

Mr S Keable (Chair)

Mrs K Lyons (Secretary)

Mrs L J Walsh

Mr M Banfield

Ms R Davison

Mr B Hughes

Mr P Jeffs

Mr T Dyde

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
Exeter
EX1 3QS

BANKERS

Bank of Scotland
33 Old Broad Street
LONDON
BX2 1LB

AUDITORS

Bush & Co
2 Barnfield Crescent
Exeter
EX1 1QT

SOLICITORS

Tozers
2-3 Orchard Gardens
Teignmouth
TQ14 8DR

AIMS AND OBJECTIVES

YOUR CHOICE YOUR SAY YOUR WAY

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 Person Centred Planning, delivered as and when it is needed.

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 disablement 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.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.



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THE ACTIVITY HUB

The Activity Hub was established in 1988 to provide a real alternative to old fashioned day centres. At CEDA we work with the service users to develop 3 new programmes each year. The service users choose what they want to do—this can be anything from IT to Tai'Chi and everything in between.

Last year we offered a choice of 147 different sessions over the year, offering lots of choice and opportunities for people to try different things.

Service users develop a close relationship with their linkworker. Together they create plans about the things they would like to achieve or to change. Sometimes these are things they would like to do at CEDA, sometimes they are about changing their lives away from CEDA. These Individual Development Plans support each person to focus on short, medium and long term goals, they are broken down into small chunks that are easier to achieve.



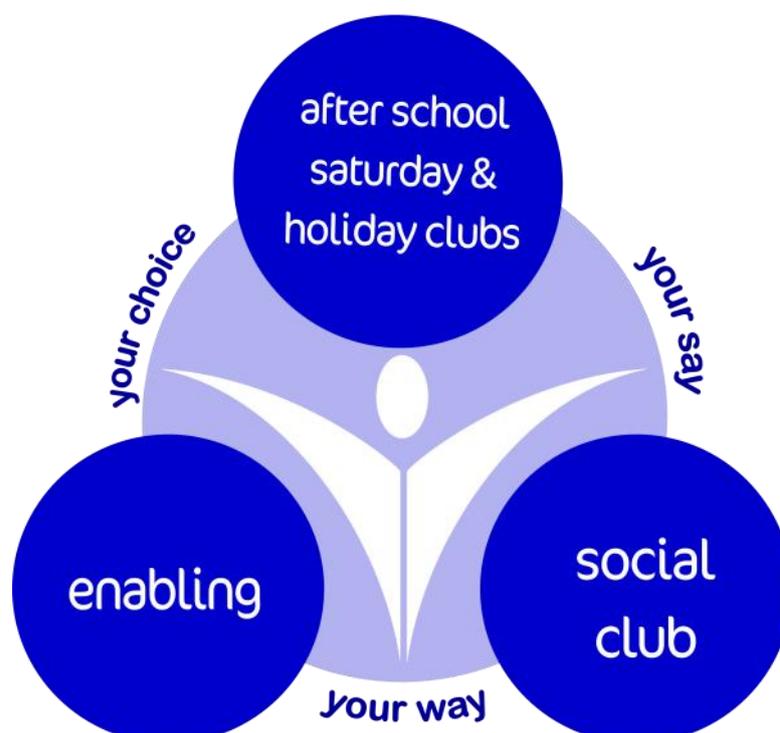
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YOUTH SERVICES

The demand for services for children when they are not at school is still high. CEDA offers lots of different play and social experiences to children and young people aged 5 and over. Grant funding from Devon County Council has meant that we were able to buy a dedicated youth services minibus. This has meant that we were able to take the children to lots of different places across the region, 201 trips in total for the year! Among the favourites were mountain boarding, surfing and trips to the beach. These trips have been supported in part by a grant from BBC Children in Need, without this support we would not be able to deliver the same number of trips and level of experiences to the children and young people.

Trips away from the centre remain as popular as ever and they create lots of opportunities for children and young people to try new things with their friends. We always talk to the children and young people and ask them what things they like to do. The Devon and Cornish theme parks are always popular but trips to local parks, beaches and woodlands can be just as exciting, especially when they are experienced the CEDA way!



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COMMUNITY SERVICES

Enabling services continue to expand and is now delivering 271 hours of support each week. These sessions are completely led by what each person wants to achieve and their long term goals. For some there are goals of losing weight, becoming more confident in the community and using public transport, learning new skills such as cooking and swimming and trying new things such as horse riding, looking into housing options for the future, managing anxiety, managing finances and maintaining friendships. CEDA supported a young couple to develop their relationship, not only supporting them to go on dates but to also go on holiday together.

One service user designed and is now undertaking a series of sponsored walks making up a total distance of 1000 miles! He researched and planned each walk, producing a guide for others to use when choosing walks including length of walk, accessibility, point of interest and level of difficulty.

SHORT BREAKS

CEDA provided support to service users on 25 short breaks this year. We work with each person to identify what type of break they want, when they want the break and which staff they would like to support them. The breaks vary from person to person and have included trips to London, which remain a firm favourite, activity breaks at The Calvert Trust, as well as visits to Canterbury, Newcastle and Butlins. CEDA has also supported an individual to participate in a National Citizen Service activity week staying in a residential outdoor centre with his peers. We worked with the staff at the residential centre so that they could develop skills and confidence to support disabled young people in the future.

2013-2014 A REVIEW



BIS-net is a new project funded by the National Lottery 'Reaching Communities Fund' which will aim to look at establishing a range of behavioural support services for parents and carers, as well as creating a better network of understanding and support within the local community for Behavioural based difficulties and disabilities.



BIS-NET BEHAVIOUR INTERVENTION SUPPORT NETWORK

The Big Lottery's Reaching Communities Fund has awarded CEDA 5 year's funding to develop services that will support individuals, their families and the community to understand and support those who have behaviours which challenge.

There is no quick fix to changing behaviours, particularly those associated with disability. The work is time consuming and needs a great deal of investment from everyone who works or lives with the individual.

The BIS-Net manager has undertaken Relationship Development Interventions (RDI) training in the US and he will be a fully qualified consultant from April 2014. This approach is widely used in the US, Australia, New Zealand and across Europe but is relatively unknown in the UK.

The first Behaviour Support Conference (Bis-Con) also took place with well renowned key note speakers, there were also workshops aimed at parents and professionals; we aim to make this an annual event.



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SPORTS

The Peter Harrison Foundation have been very generous in their support of CEDA and have provided the costs of employing a dedicated sports and activities leader. We are now approaching the end of the funding and are thrilled with everything that has been achieved over the last 5½ years. Sports and physical activities are now embedded across all services with most service users participating in some way. The service users feel more confident, they feel happier and healthier and they have improved their self esteem and confidence.



One of the most exciting programmes through the year was My Big Challenge. The programme was funded through a grant from Awards for All and created a real opportunity for the service users to challenge themselves. Each person set a personal goal, the challenges included learning to surf, looking after animals, horse riding and cycling. The Challenge culminated in a special event at Exeter University where we organised a day of challenges and events, including track events, accessible cycling, wheelchair accessible pony rides and music activities.

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YOUTH MUSIC

The CEDA Rhythms project, launched in October 2012, has created new opportunities for children and young people to participate in music, not only listening to but actively participating in the production of music. The young people have participated in a large variety of workshops, including Taiko Drumming, playing and listening to a range of musical instruments, singing, making group music, making electronic music, Beatboxing, percussion, making and playing the didgeridoo and DJ'ing. CEDA has purchased a range of equipment including Accessible Music Technology, which has been well received and used by all.

A series of music awards has also been created which will recognise and reward participants as they successfully learn new music skills, helping each person to gain confidence. The young people have also enjoyed making and taking part in music at various venues in the community, and have even performed in front of an audience at our Big Challenge Event in February.

The project also seeks to support young people with challenging behaviour to attend focused sessions on urban music making. The co-ordinator has visited schools and secure children's homes in Exeter to support young people to develop singing, DJ'ing and computer music making skills.

One of the highlights of the year was when 11 young people attended an outdoor concert at Powderham Castle. For many of them this was their first experience of a big concert and it turned out to be very memorable for all participants.

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ARTS

2013-14 saw CEDA deliver the second of a three year Arts project with funding from Arts Council England as a National Portfolio Organisation. This long term support has provided CEDA with the opportunity to develop a programme of activities that would span the whole period, as well as providing short term projects. The long term project, a play called Impisi, was developed more fully in year two working with the playwright Clive Esseme and will be the main focus for the third year being performed in March 2015.

As well as planning this play we have engaged with disabled artists in a wide range of activities. To help celebrate Soundbeam's 25th anniversary they launched an international competition to find the best original soundtrack using the Soundbeam. CEDA were runners up in the competition, John Paul Jones of Led Zeppelin commented the "video and sound composition was imaginative and fun", and world renowned conductor Charles Hazlewood said "it is a bit mad and rather beautiful."

CEDA also entered the Teignmouth T.R.A.I.L. (Teignmouth Recycled Arts In the Landscape) competition for the second year. The 6 emerging artists worked with a professional artist and took their inspiration from traditional seaside postcards to create a giant seaside postcard, we were awarded joint first place.

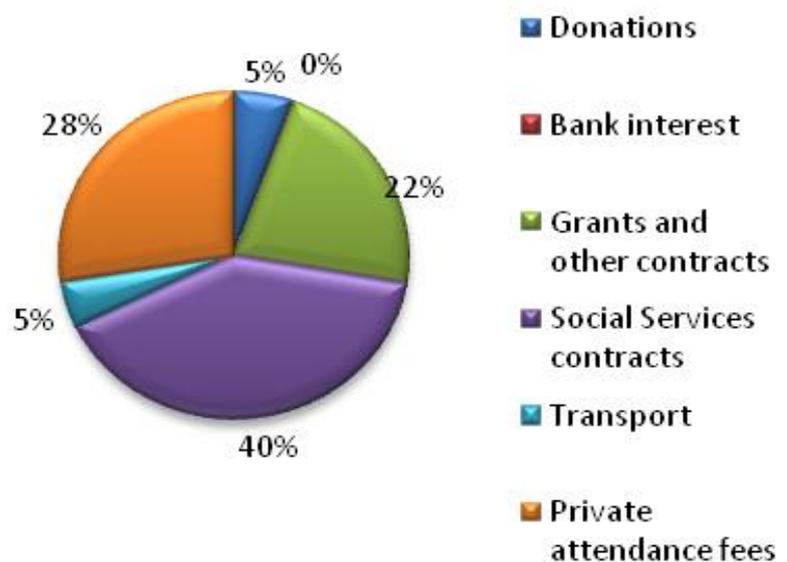
CEDA's service users had expressed a real interest in understanding how TV shows were developed, from script writing, prop making, using green screens, filming and editing. This culminated in a series of workshops where users created a series of TV shows, which is now available to view on CEDA TV's YouTube channel. In July we received funding to put on a 'Big Gig' event in our community. The day was really well attended and it was a wonderful opportunity to showcase many of the musical accomplishments that many of our artists have developed.

FINANCIAL REVIEW

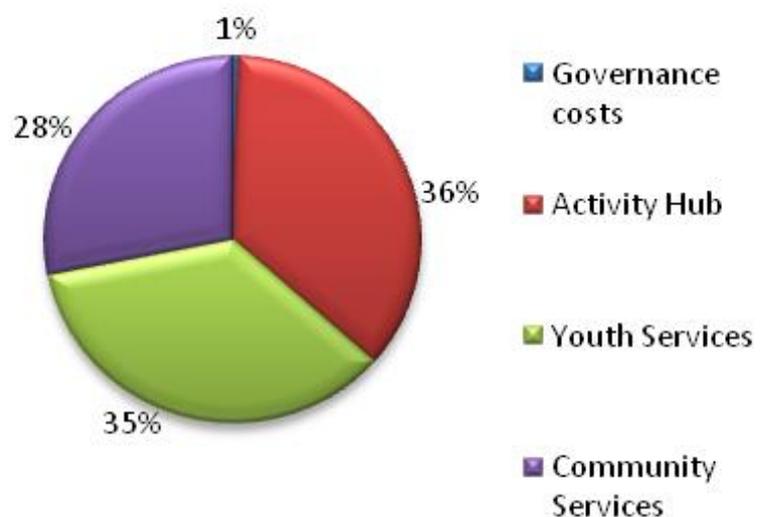
CEDA received grants and financial support from:

Clare Milne Trust
Arts Council England
Arts Council England Catalyst Fund National Lottery
Reaching Communities
Youth Music
Awards for All
Greggs Foundation
DCC Short Breaks for Disabled Children grant
BBC Children in Need
ATASS Foundation
James Tudor Foundation
B-CH Charitable Trust
Peter Harrison Foundation

Where our money came from

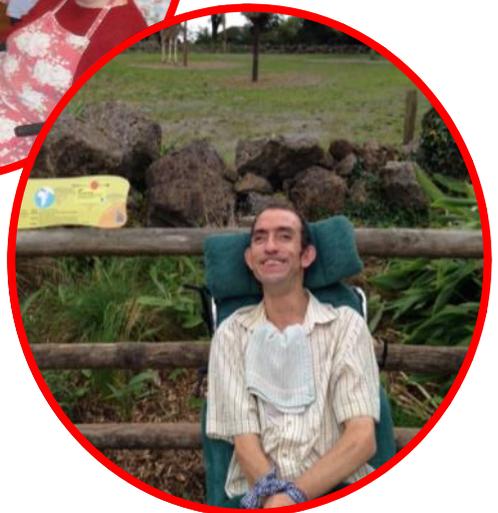


How we spent it



	Unrestricted Funds	Restricted Funds	Total Funds 2014	Total Funds 2013
	£	£	£	£
INCOMING RESOURCES				
Incoming Resources from Generated Funds				
<i>Voluntary Income:</i>				
Donations	17,501	36,000	53,501	52,567
<i>Activities for Generating Funds:</i>				
Fundraising	336	-	336	675
<i>Investment Income:</i>				
Bank interest	2,407	-	2,407	1,208
Incoming Resources from Charitable Activities				
Grants and other contracts	-	219,905	219,905	210,068
Social Services contracts	399,016	-	399,016	365,600
Transport	45,737	-	45,737	25,936
Private attendance fees	273,221	350	273,571	215,004
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Total Incoming Resources	738,218	256,255	994,473	871,058
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RESOURCES EXPENDED				
Costs of Generating Funds				
Charitable Activities	706,724	232,498	939,222	788,013
Governance Costs	5,084	-	5,084	4,590
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Total Resources Expended	711,808	232,498	944,306	792,603
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Net Incoming Resources/ Net Income for the year	26,410	23,757	50,167	78,455
Fund Balances Brought Forward	242,325	113,663	355,988	277,533
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Fund Balances Carried Forward	268,735	137,420	406,155	355,988
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**THE NEXT
YEAR
2014-2015**



As always we are indebted to the Clare Milne Trust who continue to support us by providing a base out of which to work. The building is a valuable resource without which we would not be able to provide services to such a wide range and number of people.

Our Catalyst funding has allowed us to explore different ways of raising funds and we will use these skills to support the organisation with both core and project costs alongside the Trusts and Foundations who continue to support us. During 2014-15 CEDA will be concentrating on delivering services of the highest quality and working towards expanding its existing work and projects.

The BIS-Net project will increase its activities, working with more individuals who have behaviours which challenge and supporting their families and carers. A Behaviour Support Conference will be held in July 2014, offering workshops and information sharing opportunities to anyone who wishes to attend.

New funding applications will be submitted to Arts Council England to continue to support CEDA's work as a National Portfolio Organisation into 2015, 2016 and 2017. The Impisi Theatre project will be the main focus for 2014 with lots of collaborative work with different organisations and individuals, bringing new skills and inspiration to the organisation.

A further application has also been made to Youth Music to continue to provide music opportunities for the children and young people to engage in. A big musical event is currently being planned which will be held in Exeter, this will be an inclusive event.

In March 2014 an Inclusive sports club will be established for children and young people, and is open to all abilities.

Various projects are also in development, including a new Heritage project, looking specifically at Coasts and Countryside and we are also seeking funding to update the Sensory Room.



Registered in England and Wales as
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Registered Charity no. 1096528 | www.cedaonline.org.uk



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