



creating opportunities with
disabled people for 30 years

annual report & accounts 2017/18

www.cedaonline.org.uk



ceda
community, equality, disability action

REPORT OF THE CHAIR

CEDA is an inspirational charity committed to providing high quality services to reflect service user choice which also meet the needs of families, carers and commissioners. This brief report touches on some of our undertakings from the Clare Milne Centre, Exeter. There is so much I can only highlight a few!

Our busy and vibrant Activity Hub delivered 115 different session types which included new activities including the broadcast of the weekly radio show, 'Access All Aerials', Zoobeedo session which utilised the immersive environment of our creative sensory room and our participation in the fourth Disability Sports Festival in partnership with South West Athletics Academy.

Total Immersion, supported by Arts Council England, offered our service users opportunities to work beside local disabled artists with imagery and film. This has led to the development of many new projects, including the creation of 360° film footage within the RAMM museum in Exeter of exhibits that are too high for smaller people and wheelchair users to view.

Community Services continues to thrive offering a wide range of opportunities, delivering 440 hours of support each week to the benefit of 42 service users, many of whom engage in healthier diets, lifestyles or physical activities including swimming, surfing and walking. Every service user is carefully matched with a CEDA Enabler, not just for the activity, but also to foster positive relationships at home and with families and to meet the whole family's needs.

BBC Children in Need will continue to financially support the Youth Services programmes through to 2021 across a variety of activities within CEDA, the community and our great Devon landscape. Last year CEDA provided 3,438 sessions to children and young people. Youth Music blooms with Fump, our Friday evening music club, and support to young people to access music and festivals, such as d'artsfest.

Bis Net, the Behaviour Intervention Support Network, is at the fifth and final year of a National Lottery Reaching Communities grant and has achieved 2 trained and experienced Relationship Development Intervention Consultants who work with over 30 families each week in a growing service provision with a sustainable demand.

Tailoring these programmes to over 200 people of individual ability every month; the management of 100 support staff, where ratios can be as high as 2 staff to 1 service user; shaping the logistics of people's needs to appropriate staff skills and opportunities and managing those unforeseen last minute changes is a huge task to undertake. With the support of the Cabinet Office and a grant of £74k from the National Lottery's Local Sustainability Fund we now have systems and software to manage our sessions, staff and individual users efficiently and effectively.

Our full Annual Report will explain the detail of our services our funding and our plans for the future. Thank you for your interest and for the support of our funders and especially to the Clare Milne Trust by providing The Clare Milne Centre as our base and flagship.



Steve Keable

Chair to the Board of Trustees

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.

Our objectives are :

- To increase user's independence and empowering adults, children and young people to make choices and take control of their own lives
- To develop people's knowledge and skills so they are supported to live the life they have chosen for themselves
- To actively promote inclusion overcoming barriers and achieving equality for Disabled People
- To develop play, social skills and short breaks for children and young people

CEDA values a person centred ethos that empowers people

CEDA treats everyone with dignity and respect

CEDA promotes a "can do" attitude

CEDA 30– HOW WE GOT HERE



2018 sees CEDA celebrating its 30th anniversary. We have a year of celebration and fundraising activities planned. The year will culminate with the 2018 Celebrate CEDA event, our yearly highlight recognising the achievements of our users from all CEDA services.



1988- DYAC formed arising out of the D.R.I.V.E pressure group which focussed on the lack of facilities available to young disabled adults who had left school and were not in employment.



1994– DYAC was recognised as leading the way in using technology to create new opportunities for disabled people. This included introducing the MAC chair system allowing people to control the chair themselves using switches.



1999- DYAC began offering services to children's aged 8-18. A new holiday scheme was established providing exciting trips out and fun activities within the centres.



2004– The Clare Milne Trust purchased and adapted a new building for the charity; DYAC rebranded as RISEsw and focused on expanding services. Afterschool and Saturday clubs were opened.



2007– The name CEDA was adopted in Spring 2007. New opportunities introduced included a Cyber Café, CEDA Arts, Community Services and Short Breaks in 2011.



2018– CEDA celebrate their 30th anniversary and newer services including the Bis-Net behaviour support and Developing Me continue to grow.

CEDA 30



ACTIVITY HUB



The Activity Hub is as busy and vibrant as ever and during this reporting period has delivered 115 different session types, including life skills, movement for health and horrible histories to name but a few. The programmes of activities, which take part within The Clare Milne Centre, are developed through consultation with hub participants to reflect their choices and preferences and is renewed 3 times each year.

The sensory room continues to be a favourite space for all service users; the equipment allows us to create a diverse range of sessions within the Activity Hub. The quiet, calm environment continues to offer individuals the opportunity to get out of wheelchairs and to relax, enjoying the lights and immersive experience created by the projected images. By contrast the space can also be used to create a high energy environment where a group of people come together to create music, and dance.

Service users from across CEDA also participated in the fourth annual Disability Sports Festival in partnership with South West Athletics Academy. There were lots of opportunities for people of all abilities from across the region to join in with the fun and to try a new sport.

30 certificates
of achievement
awarded

115
different
sessions
delivered

54 people
access the
hub each
week



ACTIVITY HUB



One of the most successful sessions offered this year was our Pods and Blogs session. Service users looked at various ways that they could share their thoughts, feelings and experiences with the wider community to create a series of pod casts and online blogs; this evolved into the group taking these blogs and broadcasting them in a weekly radio show called 'Access All Aerials' from a fully accessible radio station in Newton Abbot. The participants of the session have developed a range of skills, from creating interesting stories to broadcast, editorial and production skills, presentation skills and technical skills. Everyone involved with the sessions has been very excited about what has been achieved and audience participation has been high.

One of the reasons that the hub is so successful is that each person is able to challenge themselves to make improvements in all areas of their lives and we are there to support each person with these challenges. This year 80% of Activity Hub users achieved at least one goal that they had set for themselves.

YOUTH SERVICES



135 young
people accessed
our youth
services

94 physical
or sporting
activities
organised

230 trips
organised
this year

It has been a busy and productive 12 months for the children and young people who access CEDA's youth service clubs. The service operated over 249 days; offering 3,438 sessions to children and young people across all our clubs. Demand for places, especially within the holiday club, continues to increase. The children who come to CEDA have increasingly complex needs, requiring higher levels of skilled support from the staff team.

The children enjoy accessing a variety of activities, within CEDA and in the community. Funding to pay for trips was awarded by BBC Children in Need for the period July 2017 - July 2018. A further grant was awarded by BBC Children in Need for a 3 year period, from March 2018 – March 2021. The children enjoyed trips across the region and the introduction of a third new minibus funded by the Department for Transport meant that we were able to support more children each day; this has been particularly important as we are now working with increasing numbers of wheelchair users who require the use of accessible transport. The children have enjoyed exploring coasts, parks, forests, moorlands, theme parks, cities and towns. Swimming has been very popular this year and the water confidence of the young people has significantly improved.



A PERSONAL STORY



The number of young people accessing CEDA who require higher levels of positive behaviour support continues to increase, matched by increasing skills across the staff team. 18 months ago a 6 year old child, Sami, started attending our Afterschool, Saturday and holiday clubs. Sami has autism, is non-verbal with English as a second language. When Sami first started at CEDA he would become fixated with various things, many of which were unsafe for him and he would become very distressed if he could not have what he wanted. Sami would also find the transition from the school minibus into CEDA very difficult and this would often lead to a meltdown with Sami trying to run away from staff and the situation; staff had to work hard to keep him safe. Over the last 12 months we have made significant progress with him; by using a consistent approach we have reduced Sami's anxieties, resulting in fewer meltdowns which has reduced his fixations. By building trust with Sami we have enabled him to try new activities and to build relationships with the staff.

COMMUNITY SERVICES



**31,800 miles
travelled by
community
users**

**120
different
activities
accessed**

**17 short
breaks
delivered**

The community services continues to thrive, offering a wide range of opportunities to 42 service users across the year providing over 440 hours of support each week. The service provides opportunities that are requested by the individual to meet their own personal outcomes. For some this might be to have a healthier lifestyle so we can support each person to engage in a range of physical activities such as swimming, surfing and walking, as well as supporting each person to adopt a healthy diet; for others it might be to manage their finances or be able to participate in activities in the community. Each service user is carefully matched with our enablers who successfully foster positive relationships between each service user and their families, continually listening and adapting to meet the whole family's needs.

CEDA continues to offer a short break service. Each short break is created with the supported person who is in control of where they would like to go, what they would like to do when they get there and which staff they would like to have to support them on their break. This year we have organised 17 holidays, including breaks to Butlins, walking holidays and visits to various UK cities as well as breaks that have included concerts or theatre visits.



A PERSONAL STORY



Tom has very complex needs and, whilst he is generally very happy, some of the behaviours he displays, matched with his large stature, can be very intimidating to those who don't know him. Tom had previously attempted to access other services, however these quickly broke down as they were unable to manage his unique range of behaviours. Tom started at CEDA and, at first, things were very bumpy while the CEDA team had to establish what activities and behaviour support approaches would work for him whilst in our care. With the support of one of CEDA's behaviour consultants, the social worker, Tom's mum and the enthusiasm of the CEDA team he is now very settled and happy. He is able to access the community, enjoying trike rides, iBounce, trips to the cinema and visits to various local attractions, as well as trips to the beach, woods, and countryside. Tom enjoys swimming each week, he loves to visit various cafes and is able to cope, even if they are busy and is also using public transport. Tom's team support him to be active; to be visible in the community and to be safe.

DEVELOPING ME

Lloyds Bank Foundation for England and Wales had supported CEDA with funding for a 3 year project to employ a Developing Me Project Leader. The project was established to support disabled people to manage transitions in all aspects of their lives. For some this meant making big changes, for others the changes were small but significant to them. In December 2017, the funding from Lloyds Bank Foundation for this project came to an end, however CEDA has successfully secured a further grant from the Henry Smith Charity to continue the good work that had been started. The new post holder was appointed in March 2018.

In the final year of the Lloyds Bank Foundation project the Developing Me Leader was able to support 60 people to take control of their lives and to actively be involved in decision making, something many of those we support find difficult to achieve. 21 people created person centred plans (PCPs), these plans helped each individual to think about what is important to them; what is important for them and how they would like to be supported by their friends, families and support workers. 6 people were supported to challenge the local authority following proposed cuts to their care packages; 6 beneficiaries were trained to support others to develop PCPs and 8 people were supported with seeking romantic relationships.

18 people feel
more connected
to the
community

62 people
have
improved
basic skills

60 people
have more
control of
their lives



DEVELOPING ME



LLOYDS BANK FOUNDATION

England & Wales



David approached CEDA for support to change his living arrangements. David has autism and found himself in a position where he was living in an environment that was no longer appropriate for him. He felt that he was being controlled by those he lived with and that he was not able to live the life that he would like to. David loved spending time with extended members of the family; listening to loud music and he also wanted to get out and about in the community, all of which were difficult to achieve in his current situation, but David was scared of change and was worried about upsetting those that he lived with. The Developing Me Leader was able to work with David and help him to clearly identify the things that were important to him and to think about what he would like for his own future. With a clear plan in place David was able to envisage what his future might be like if he was brave enough to make the changes. David's emotional wellbeing improved considerably following these meetings and he changed from being fearful and apprehensive about the changes he wanted to make to excited and enthusiastic about his own future. With the help of his family David began to make the changes that he had planned, which included moving house and joining various local clubs so that he could get to know others who lived in his new community.

CEDA ARTS



**185 people
participated in
the arts
programme**

**120
exhibition
days in the
community**

**30 artists
employed
at CEDA**

In June 2018 our 2 year Total Immersion project, funded by Arts Council England, will come to an end. The project is centred around the participant become immersed in different art forms. Virtual reality and the creation of 360 footage has featured heavily within the project. We worked with the RAMM in Exeter to film exhibits that are too high for smaller people and wheelchair users to view so that in the future nobody will be disadvantaged during their visits to the museum.

Much of the year has been spent working with renowned disabled artists Sue Austin and Mark Ware. Sue Austin used her experience and skills to support CEDA service users to create their own 360 immersive film. The service users have used their wheelchairs and UV lights to create sound and images for a virtual disco. These images are projected onto a pop up dome and members of the public are able to experience the disco within the dome or by using virtual reality systems. The finale of the project was for all the service users to participate in Art Week Exeter where we performed and exhibited across the city during the last week of May 2018. Through the project CEDA service users worked with 30 artists.



CEDA ARTS



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

Paul was part of the group sessions with the Double Elephant Print Workshop, he has cerebral palsy which makes it difficult for him to control his arm and hand movements and needs to use a wheelchair for his mobility. Paul had not previously had any success with or interest in art before he joined the group, however, this art form really sparked enthusiasm and creativity within him. Paul worked closely with the workshop leader to come up with different ways to create images. They collaborated to create large stencils that wheelchairs could drive across to create an image. Paul freely admits that he always likes to be in control of any situation and he was able to harness and develop these skills to direct others within the group to create and manage the stencilling.

The local TV came to visit CEDA and filmed Paul making his prints, this led to members of the public requesting commissioned pieces of work, boosting his confidence and enthusiasm for the art form. Paul is now being mentored on a one to one basis to support him to develop his artistic skills. In September Paul will become a mentor to others, making online tutorials as well as working with individuals to help develop their artistic skills and confidence.

YOUTH MUSIC



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

**12 music
professionals
delivered
sessions**

**11 live music
events
attended**

The children and young people continue to enjoy all aspects of music and music making thanks to continued funding from Youth Music, with 245 music sessions being delivered in this reporting period. The children and young people have enjoyed more music trips than ever, including pantos, festivals, tribute acts and musicals; we even did an impromptu performance on the stage at d'artsfest! The children and young people have accessed 11 music events in the community this year.

FUMP, our Friday evening music club, has been going well with a steady attendance; the young people are currently writing their own music ready for a performance at our end of year event. The in-house music has also gone from strength to strength with support from 3 regular practitioners, all with different musical skills and experiences. The relationships they have created with the children has allowed them to open up and increase their confidence. In addition to this various external practitioners have also come into to CEDA to create new and interesting musical experiences for the young people within the various clubs.



YOUTH MUSIC



Jake loves music and attended our FUMP music club on a Friday night. He found the environment too busy for him to manage and stopped attending after a few weeks. However, while he was accessing the holiday club one of the music practitioners was able to engage Jake to use the loop pedal and he began to construct a music track. Jake's enthusiasm for music was unleashed and now every time he comes in to CEDA he heads straight for the music room asking to use the equipment. Jake also seeks out other young people to see if they will make music with him; he very proud of what he has achieved and wants to showcase his music to anyone who will listen. Through these activities it is not only Jake's musical knowledge and skills that have improved but his confidence and social and emotional development have increased too.

BIS-NET



CEDA received a grant from the National Lottery's Reaching Communities Fund to support individuals, their families and the community to understand and change behaviours that challenge and this reporting period was the fifth and final year of funding. During this period 2 RDI consultants (Relationship Development Intervention) worked with over 30 families each week to support them to understand and make changes to improve the outcomes of those they support. We are currently holding a waiting list and are receiving regular new referrals.

Group training and support for parents, carers and professionals is offered through workshops, and these have become increasingly popular as the reputation of the Behaviour Support Service increases. Training was initially delivered across the Exeter area; building on this success we have started to offer courses in North Devon and are planning sessions in South and East Devon during the next reporting period.

There has been a 50% increase on training delivered to community settings, compared to last year. Settings range from schools, care providers, police and various charities who engage with people in a variety of ways. The training is tailored to the setting and delivered in a positive, upbeat way, which is generating repeat bookings and recommendations to other settings.

The project has grown beyond our expectations and we have trained and employed an additional consultant to provide more family support. Long-term sustainability is concerning; whilst the need is evident, funding constraints within the local authority and a culture of accessing the limited NHS and social services free of charge requires a shift in attitude and additional grant funding if the service is to develop further.

66 people reported improved relationships

246 young people have made new peer relationships

72 families report that they feel less isolated



BIS-NET



LOTTERY FUNDED

Jane is a mother supporting her son Ian who is 15 and has Autism. Ian is accessing main stream school and is a high achiever academically, however, Ian struggles to cope with the pressures of socialising and managing his school days. When Jane started accessing BISnet services Ian was displaying physical aggression towards his Mum, as well as self-harming behaviours in response to the stresses and challenges of school and becoming a more independent teenager. These behaviours are now almost non-existent, Jane said, 'Sam [BISnet] has stuck with me, guided, encouraged, challenged and supported so I am empowered to stick with, support and quietly guide my son. Through this I have watched him develop his own skills, confidence and relationships.'

FINANCIAL

CEDA received grants and financial support from:

Clare Milne Trust

BBC Children in Need 2016 – 17

BBC Children in Need 2018 – 2021 3 year funding for trips and activities for children and young people

Grants for the Arts, Arts Council England 2016-18

National Lottery, Reaching Communities BisNet funding 2017-2018

Exeter Dispensary and Aid in Sickness Fund

Department of Transport

Sainsburys Local Sidwell Street

Lloyds Bank Foundation for England and Wales

Henry Smith Charity 3 year funding for Developing Me

Youth Music 2016-18

Mike Ellis Charitable Trust

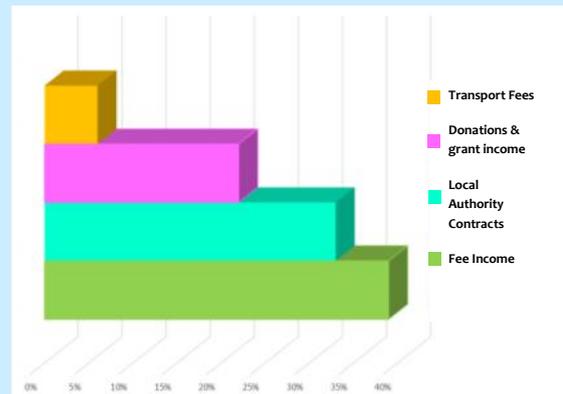
The Exeter Foundation

National Lottery, Local Sustainability Fund

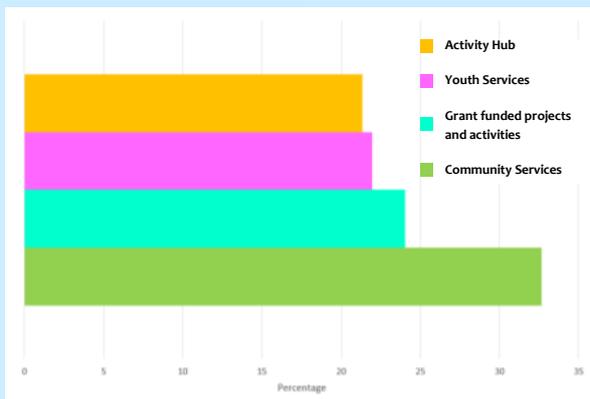
Wolfson Foundation

Roger and Jean Jefcoate Trust

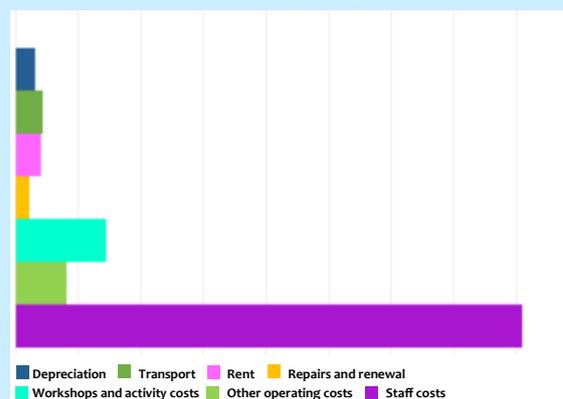
Where CEDAs income comes from



How CEDA spends its income



What the money was spent on



Our thanks also goes 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. Special thanks also goes to The Clare Milne Trust for their continued support.

FINANCIAL

	Unrestricted Funds	Restricted Funds	Total Funds 2018	Total Funds 2017
	£	£	£	£
Income				
Donations and legacies	11,636	-	11,636	9,788
Charitable activities	943,565	262,374	1,219,179	1,119,878
Investment income	1,604	-	1,604	3,217
	-----	-----	-----	-----
Total income	956,805	262,374	1,219,179	1,132,883
	=====	=====	=====	=====
Expenditure				
Charitable activities	888,729	280,990	1,169,719	1,082,106
	-----	-----	-----	-----
Total expenditure	888,729	280,990	1,169,719	1,082,106
	=====	=====	=====	=====
Net income	68,076	(18,616)	49,460	50,777
Transfers between Funds	-	-	-	-
	-----	-----	-----	-----
Net Movement in Funds	68,076	(18,616)	49,460	50,777
Reconciliation of Funds:				
Fund Balances Brought Forward	348,117	180,061	528,178	477,401
	-----	-----	-----	-----
Fund Balances Carried Forward	416,193	161,445	577,638	528,178
	=====	=====	=====	=====

FUTURE PLANS



CEDA continues to work with local groups to seek appropriate additional accommodation to support youth service's provision, especially during school holidays where the demand for space within the Clare Milne Centre and the car park is problematic.

Following the completion of our Reaching Communities' project Bis-Net now has to work towards generating sufficient income to be self-sustainable. The benefits of the services to parents, professionals and carers is significant and mismanaged and misunderstood behaviours can have a detrimental impact on the individual, the families and the organisations who support them. To ensure we can continue to deliver this CEDA will be seeking additional external funding to support the project as it works towards a sustainable future.

The Youth Music project will come to end in December 2018, this has been so successful that we will be seeking a new grant in order to continue to offer a new generation of children and young people the opportunity to access music and to develop not only musical skills but the opportunity to feel part of something, as well as to use music as a tool to connect with others, to make friends and to develop social skills and confidence.

The IT suite within CEDA is no longer able to cope with the demands of modern technology and we find ourselves in a position where we urgently need to update all the computers within The Clare Milne Centre; this is now possible following the recent improvements which has provided faster internet connectivity to the building.

**CEDA aims to
fundraise £30,000
during the
anniversary year.**

**CEDA aims to
partner with
three new
organisations**

**CEDA30
continues
until January
2019**

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)

Mr M Banfield

Mrs L J Walsh

Mrs K Lyons (Resigned 24/05/17)

Ms R Davison

Mr M Moxey (Resigned 14/02/18)

Ms H Holt

Mr M Picken (Appointed 06/09/17)

Mrs A Laver

Mr T Smale (Appointed 24/01/18)

Mr B Hughes

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
Exeter Business Park
Exeter
Devon
EX1 3QS

BANKERS

Bank of Scotland
33 Old Broad Street
London
BX2 1LB

AUDITORS

PKF Francis Clark
Centenary House
Peninsula Park,
Rydon Lane
Exeter
EX2 7XE

SOLICITORS

Tozers
Boardwalk House
Southernhay West
Exeter
EX1 1UA

CEDA is a
registered charity
no. 1096528

CEDA has
1040
Facebook
Followers

CEDA has
1035
Twitter
Followers



ceda
community, equality, disability action

Registered Office

The Clare Milne Centre
Emperor Way
Exeter Business Park
Exeter
EX1 3QS

Phone

01392 360645

Email

info@cedaonline.org.uk

Web

www.cedaonline.org.uk



Registered in England and Wales as Community, Equality, Disability Action limited by guarantee no. 4693500

Registered Charity no. 1096528 | www.cedaonline.org.uk