



**ceda**

community, equality, disability action

**annual report & accounts 2015/16**

creating opportunities with disabled people



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## **REPORT OF THE CHAIR**

CEDA continues to thrive and grow its charitable work of supporting people with disabilities and for them to achieve their personal goals and to lead fulfilled lives.

Everyone involved with the charity has had another busy and productive year to report. We try to bring this to life through the stories of Loki, Stephen, Rona and Ash and how the things we do bring lasting benefits. We tell you about our energetic and vibrant services offered, the activities undertaken, and about the people and organisations that have enabled and supported us.

This report will take you on a journey through Youth Services, Youth Music, Community Services, Developing Me, the Activity Hub, Arts, BIS-Net and how so many individuals, businesses and trusts were able to create a wonderful new sensory room at CEDA at the Clare Milne Centre, Exeter.

Discover how we support families who often feel isolated and ill-equipped to cope and manage a challenging family member. Understand the importance of a home of your own for independent living and wellbeing. Obtain insight on our approach, thinking and practice in support of over 200 individual stories every month.

Demand for spaces in all services areas has continued to increase. The range of opportunities for individuals to engage has been expanded. While both have generated additional income, through fees, service contracts and grants, expenditure also is up proportionately to match this increase in activity.

This report tells our financial story and our plans for the future. It sets out some challenges and opportunity for new partnerships, it celebrates local support and nationally how the Cabinet Office is investing in us to be more efficient and effective in reducing costs.

Our thanks go to all those named organisations and the many unnamed individuals who support CEDA. To continue we need your support as much as ever and we look forward to seeing what our supporters challenge themselves to do next year!

**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.

## ACTIVITY HUB



*“I loved being part of something really different, its something I wanted to do forever”*

CEDA Activity Hub Member

It has been another busy year in the hub with lots of new sessions which were chosen by the service users.

One of the most popular sessions delivered last year was the broadcasting sessions. CEDA developed links with organisations such as BBC South West and Heart Radio to make the sessions more interesting and the highlight of the project were tours of their broadcasting centres. The group learnt how a show was put together and broadcast. They also explored the qualities and skills required to become a successful presenter or producer.

Chris, pictured above, has had a lifelong ambition to sit behind and operate a broadcasting desk. This dream was made possible by Heart FM who have height adjustable consoles at their studios. This system meant that Chris was able to get right up to the control panel, rather than watching from the side lines.

Chris has kept in touch with the station and hopes to visit again soon—you never know he may be broadcasting to all of us in the future!

**140 different sessions delivered over the year**

**27 achievement awards presented to users**



**Over the year 90 different trips took place related to activities within the hub.**

**100% of hub users are working towards personal goals**

### **Ashley's story**

CEDA supports Ash, who has an acquired brain injury as a result of recklessness in his youth, he is passionately committed to sharing his story in the hope that others will be deterred from making the same mistakes. Through this project he has created a powerful video which is now being used by the national road safety campaign ,Think!, the department of Transport's dedicated website, Facebook and twitter pages for the promotion of road safety. The video entitled "Road Safety... I Have a Cunning Plan" is two minutes long and can also currently be found on the CEDA website and YouTube channel.

## YOUTH SERVICES



The demand for spaces within our clubs continues to increase; they are all vibrant and energetic, offering the young people who access these services lots of new experiences. BBC Children In Need have supported CEDA again with a grant to enable us to provide the trips and excursions that are a wonderful addition to the range of activities we are able to provide within the centre.

Within the building the young people engage in a whole range of activities. The kitchen is always busy and the wonderful smell of cooking and baking permeates throughout the building. Music also punctuates the quiet office space each day with the children and young people participating in various singing and performance activities.

CEDA encourages each child to connect with their peers, they seek these interactions together and they enjoy sharing their experiences, developing bonds and friendships, something that can be problematic for so many. We give children space and freedom to explore their environment so that they can discover what they are capable of, to experiment and to try new experiences. These experiences transform the children's understanding of their own potential and the possibilities that exist for them.

**We organised  
243 trips for  
young people  
out into the  
community this  
year**

**138 young people  
accessed our clubs**

**254 club days were  
provided**

### **Lokis Story**

Loki is 10 years old and has autism and is non-verbal. Previously he would self-harm and bite staff if he was distressed. We have been able to take Loki to places he enjoys and also to new places. Loki has been less anxious, he giggles and makes eye contact with staff and he has started to build relationships with other children and has also engaged in play with others.

His mother said: *“CEDA does an amazing job in supporting my son in his play, helping him not only while he is at CEDA but also supporting us at home to play and work with him. Loki has severe ASD and does not play with toys or any objects in any conventional sense, but CEDA works very hard to find ways to play with him and also in taking Loki out and about on fun filled activities. They support all his sensory needs, and keep the communication links between them and us at home open all the time so we can all work together to provide the safest, fun-filled, educational and calming environment for Loki. The whole family would be lost without the wonderful respite and all round support they offer us.”*

## COMMUNITY SERVICES



Community Services continues to expand, we are currently working with 40 people. Service users enjoy a range of activities that they decide upon each day. Many have made friends within CEDA and they enjoy spending time and participating in activities together.

CEDA has also supported another 2 young people who had been excluded from school to regain their confidence and to transition back into full time education.

Service users have enjoyed a wide range this year; some of the favourites include trampolining, horse riding, surfing, and rambling.

The short breaks continue to be possible and we have supported 8 people to plan and enjoy a break of their choice. This year's favourite destinations have included Butlins, Manchester, London and Cardiff.

**“CEDA has been invaluable not only for our son but us all as a family. There is no way we would have survived the last year without your support and I would like to shout your praise from the rooftops!”**

**CEDA supported 8  
people to have 15  
short breaks this  
year**

**Over 20,000 hours  
of community  
support provided  
this year**

### **Stephen's story**

Stephen lives at home with his parents. For many years, Stephen had not left his house which has not been good for his health or well-being. Over the last year, CEDA have worked with Stephen and his parents to help him leave the house, to meet new people and to experience new things in the community. We initially worked with him for one day a week.

Stephen has really enjoyed discovering the world outside his home and has made some very good friends, so much so, that he now works with CEDA for 4 days a week. His health and confidence are improving and he enjoys walking the dog and playing basketball along with many other activities. Stephen's Mum says "He loves it there, it's the only place that he's been to that really care about him and take an interest in his life". We look forward to helping Stephen explore his world even more next year.

## DEVELOPING ME



**LLOYDS BANK FOUNDATION**  
England & Wales 

The Lloyds Bank Foundation for England and Wales have funded a post here at CEDA. The Developing Me Leader offers support to individuals to achieve all sorts of changes that they may be experiencing in their lives. This can be anything from moving house, challenging the local authority regarding care packages, challenging parents, engaging in new relationships, learning to be independent and everything in between. The project has been running for 15 months at and we have had a positive impact on so many people's lives in this short time.

We are working with individuals to create Person Centred Plans, the plan will help each person to achieve their goals. We are also using various multi-media tools to create a visual plan that gives each person a voice so that their thoughts and opinions become the driving force for the change that they want for themselves.

### **Over the past year...**

- 3 people changed care providers
- 3 people switched to personal budgets
- 1 person exploring gender identity
- 2 people challenged parental authority
- 2 people challenged local authority cuts

### **Over the past year...**

- 27 community connections have been made
- 37 people have improved life skills
- 42 people supported to understand and use public transport
- 98 people are reporting that they feel less isolated in their communities

### **Rona's story**

11 years ago Rona moved into a nursing home, primarily for elderly people with dementia, as a temporary measure. 10 years later, she was still living there and was finding life restrictive - she wasn't able to do what she wanted when she wanted. The home was on a busy road with no safe access for a wheelchair. Rona was lonely and was also facing financial cuts which were going to make her even lonelier and life more restrictive. Rona wanted to move and spoke to us at CEDA about helping her to make that a reality. The Developing Me Leader worked with Rona to find a new home where she could take back control of her life and start to enjoy it again. In September 2015, Rona moved into her very own flat and is living the new life she hoped for. Life isn't without its hiccups as it isn't for any of us, but Rona now has the strength and support to overcome these and is very happy.

## CEDA ARTS



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

CEDA secured funding from Arts Council England to continue with the excellent arts programme across the organisation. As part of the Rugby World Cup CEDA worked in partnership with Phonic FM and Encounter Theatre to create an event in the city centre with a flash mob style performance in the centre of Exeter. The performance also fed into the Phonic FM Rugby Stories project which aired in October 2015.

25 disabled artists came together to create our Teignmouth TRAIL entry this year. The 'Digital Graveyard' used old computer parts and wires and was exhibited on the seafront for 7 weeks .

Children and young people have also engaged in storytelling, puppetry and animation as well as visiting arts exhibitions and live performances and 15 young people have achieved a Discover Level Arts Award.

The CEDA Selfies project encourages disabled people with complex impairments to document the ordinary and extraordinary things they do using mobile technology and digital cameras. Led by professional photographer Rob Darch, participants learnt the many different techniques and skills required to take photographs using their own mobile technology. Participants have also used the latest apps to enhance photographs and learned about sharing the photos on social media such as Twitter, Snapchat and Instagram.

**“I love the fact  
so many  
people were  
involved in  
creating such  
a great piece  
of art”**

**“Excellent, so,  
so clever”.**



*"a phenomenal piece of work that shows great skill and accuracy"*

Met Office Staff Member

## **CEDA Arts projects this year**

#HearMe#SeeMe

ExeWhirr Printing

Rugby Stories

TRAIL Teignmouth

WeatherAbility

Princesshay Christmas Tree

CEDA TV

Colouristic

CEDA Selfies

Members of the Activity Hub worked in partnership with the Met Office and local disabled sculptor James Lake to create a 7ft interactive sculpture of the United Kingdom. The idea for the project came from CEDA members following the development of a new relationship with the Met Office. This led to CEDA users appearing on BBC Spotlight to help David Braine forecast and present the weather. The piece was unveiled in the main foyer of the Met Office on 17th August and remained onsite for two weeks. During this time Met Office staff changed the weather symbols and kept it up to date. Over 7000 people viewed this piece.

In March 2016 the piece was also exhibited at Exeter's museum as part of their larger exhibition 'Whatever the Weather'. CEDA hosted a workshop to talk about how the work was created and show the public how to interact with the weather map and create a daily forecast of their own.

## YOUTH MUSIC



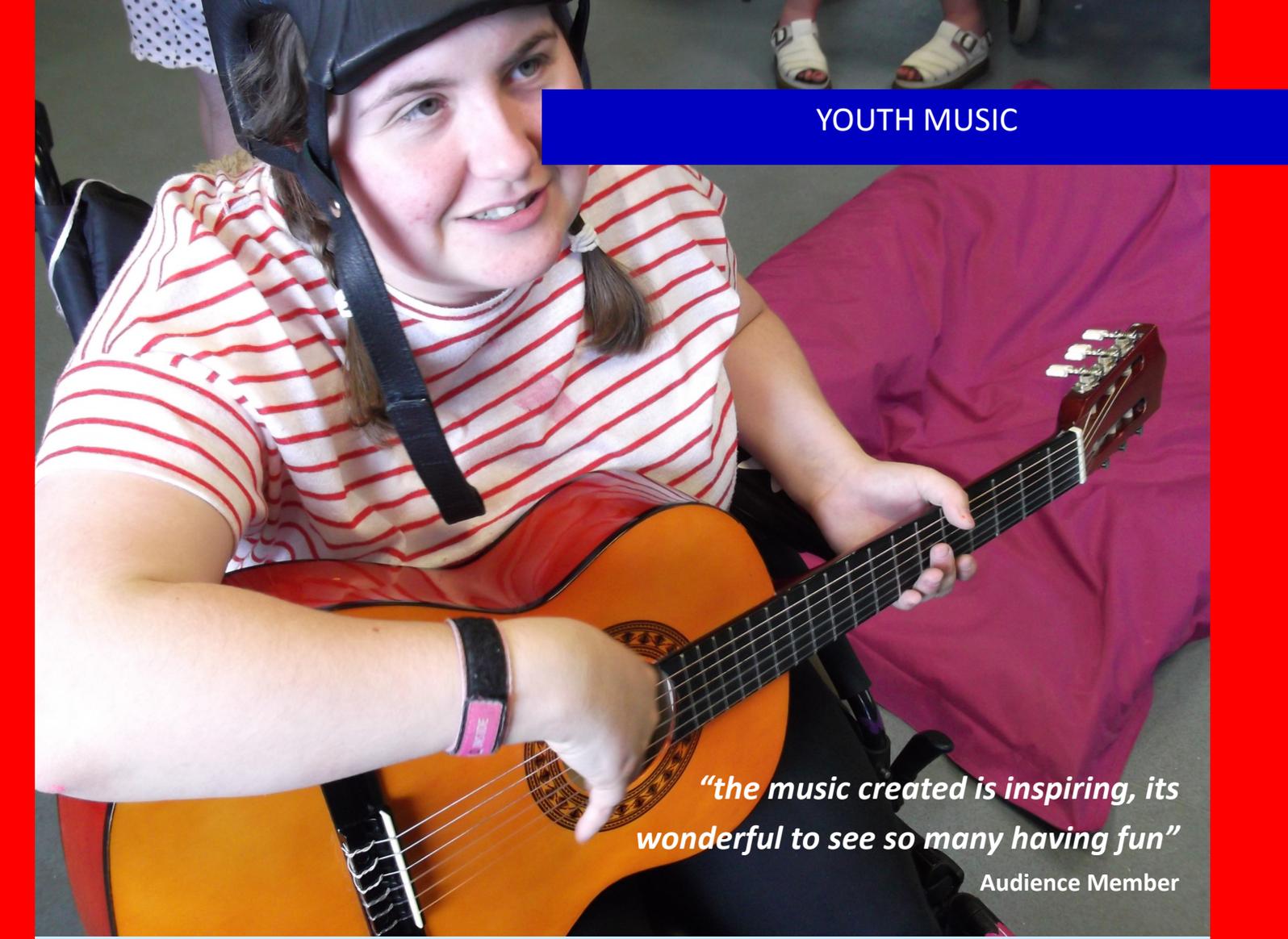
 National Foundation for  
**Youth Music**

We are now well over half way through our second Youth Music project and young people continue to enjoy coming together to listen to and participate in making music. Performance to peers encourages those who have not joined in with music making to participate next time increasing young people's social opportunities and decreasing isolation as new friendships are made through shared music experiences.

The young people often struggle to share, again through the music sessions, they are shown that sharing can make something far better than they might make alone.

CEDA has been able to bring in a wide range of skilled professionals to work with young people, including classical, folk and urban musicians as well as the ever popular DJs; this has increased the level of engagement and experiences for all.

**147 music  
certificates have  
been awarded to  
young people**

A young woman with a prosthetic left arm is smiling while playing an acoustic guitar. She is wearing a red and white striped t-shirt and a black cap. Her prosthetic arm is visible, holding the guitar's neck. The background shows a red fabric and the feet of other people.

## YOUTH MUSIC

*“the music created is inspiring, its wonderful to see so many having fun”*

Audience Member

New Music Awards have been created to encourage participation and develop skills and the young people have been very motivated to achieve more and more certificates. The young people at CEDA have also accessed various community events including Darts Fest and the Respect Festival.

CEDA has also been involved in taking music to various groups and organisations across the county to engage disadvantaged young people in music and this has been very successful, including the Atkinson Unit in Exeter, On Track educational services Ltd, Ratcliffe School, Marlands School and Combe Pafford School, all working with disabled or disadvantaged young people. Through this project we have delivered 855 hours of music access to children and young people in challenging circumstances, both internally and through the outreach work. For all participants self-esteem has improved, being part of something, being successful at it and being able to share your achievements have all contributed to this throughout the whole project.

**855 hours of music  
has been  
delivered to  
children in  
challenging  
circumstances**

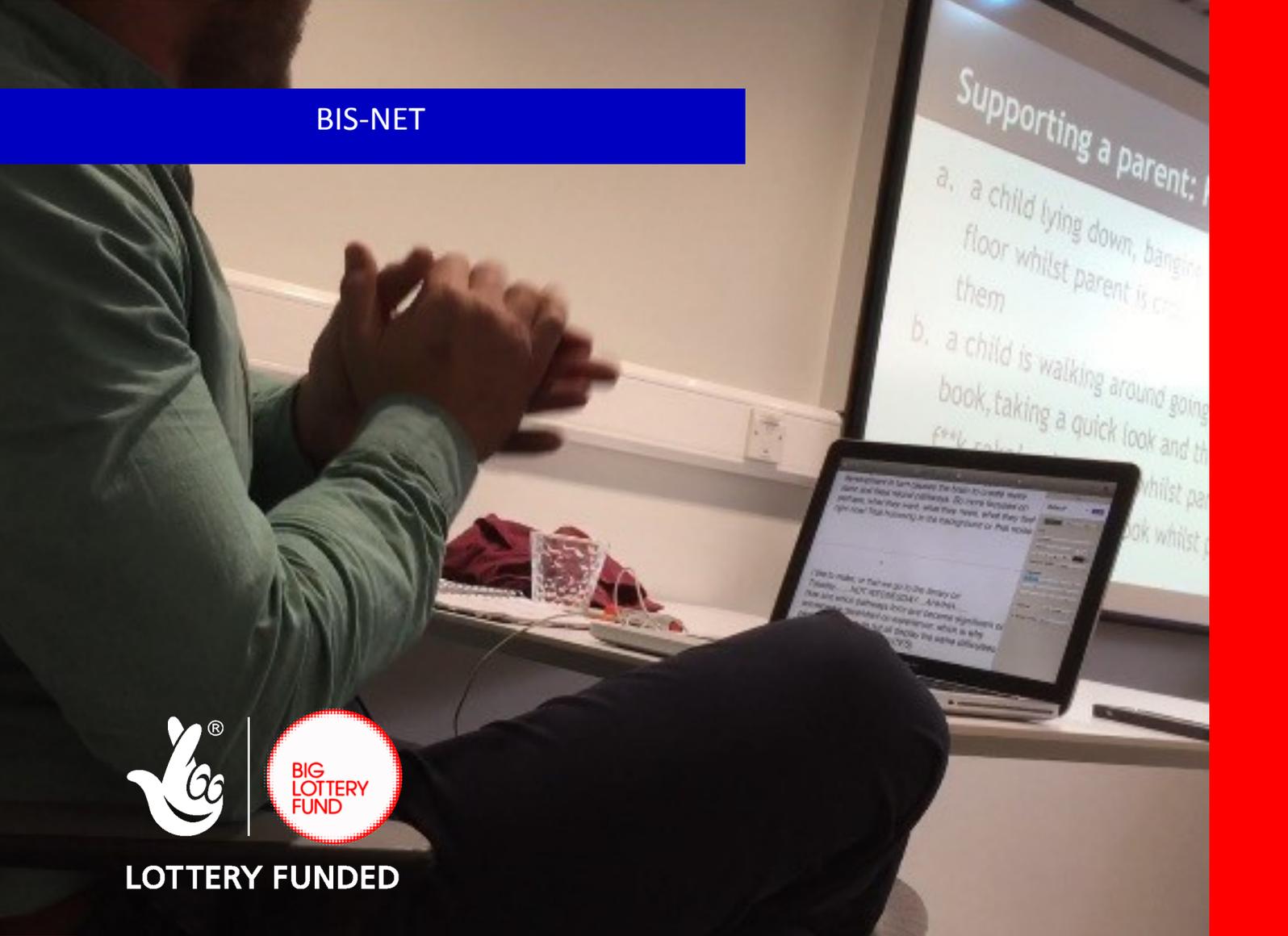


LOTTERY FUNDED

The National Lottery are supporting CEDA with 5 year funding to develop a Behaviour Support Service and we have just completed a very busy and productive third year. Through the project we work with individuals, families, carers and communities so that behaviours can be better understood and appropriate measure can be introduced to reduce and manage challenging outbursts more effectively.

CEDA is able to offer direct support to families through our RDI (Relationship Development Interventions) programme. This is a long term programme and the RDI consultant works on an individual basis. The changes are deep rooted and long lasting and support individuals to develop socially and emotionally. We have also invested time and resources to train a second consultant who should qualify in October 2016. Families can often feel isolated and ill-equipped to deal with the numerous difficulties associated with managing a member of the family who displays behaviours that challenge. The impact on the whole family can be significant and it can be difficult to break the cycle that they find themselves in.

**29 community settings have engaged with CEDA and learnt about understanding and managing challenging behaviour**





**97 parents and carers have accessed a range of Challenging Behaviour workshops**

Through the project we have been able to offer support to families in different ways.

Family training workshops provide a safe environment in which to learn about triggers, how to de-escalate outbursts and how to change things for the future.

*One of the participants at a family workshop said, "At a very low point in our lives the training made a considerable difference, assisting understanding of our child's behaviours to family members, and making us feel we were not alone. Meeting other parents who had gone through equally traumatic experiences, and who were desperately trying to find help for their children, drowning amid judgement and accusation; feeling somehow responsible for their children's difficulties even though they'd engaged with a myriad of agencies and so called experts and professionals. Sam's course was like a breath of fresh air; finally an expert and other parents who understood what we were going through and could offer effective support. Thank you."*

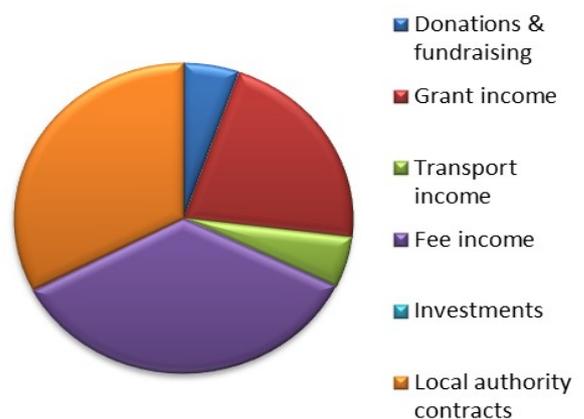
# FINANCIAL

## CEDA received grants and financial support from:

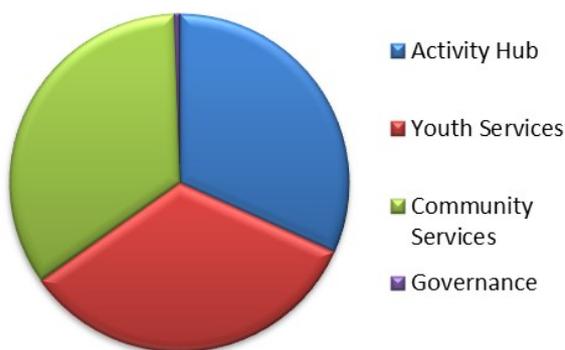
The Clare Milne Trust  
BBC Children in Need 2014-15  
BBC Children in Need 2015 -16  
Grants for the Arts 2015-16  
Grants for the Arts 2016-17  
National Lottery, Reaching communities fund  
Lloyds Bank Foundation for England and Wales  
Mike Ellis Deceased Charitable Trust  
Roger & Jean Jefcoate Trust  
Screwfix Foundation  
Adrian John Howard-Blood Charitable Foundation  
St James Place Wealth Management Fund  
Exeter Dispensary and Aid in Sickness  
Sainsbury's Alphington Road

Various donations from family, friends and community organisations

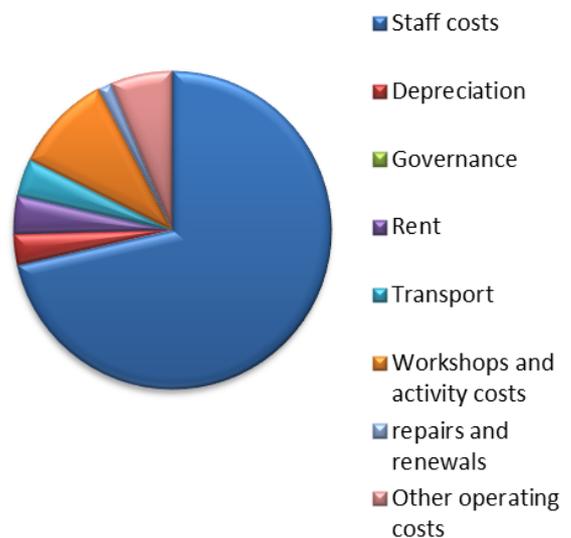
Where our income comes from



How CEDA spends its income



What the money was spent on



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

## FINANCIAL

	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £	Total Funds 2015 £
<b>Incoming Resources from</b>				
<b>Generated Funds</b>				
<b>Voluntary Income:</b>				
Donations and legacies	9,826	3,824	13,650	16,089
<b>Activities for Generating Funds:</b>				
Fundraising	-	840	840	200
<b>Investment Income:</b>				
Bank interest	1,635	-	1,635	2,138
<b>Incoming Resources from</b>				
<b>Charitable Activities</b>				
Adult services	261,541	141,664	403,205	319,230
Child services	285,943	83,097	369,040	299,616
Community services	271,876	65,388	337,264	360,769
	-----	-----	-----	-----
<b>Total Incoming Resources</b>	<b>830,821</b>	<b>294,813</b>	<b>1,125,634</b>	<b>998,042</b>
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<b>RESOURCES EXPENDED</b>				
<b>Costs of Generating Funds</b>	500	-	500	94
<b>Charitable Activities</b>				
Adult services	238,028	97,537	335,565	381,165
Child services	286,356	82,064	368,420	304,228
Community services	286,538	49,666	336,204	326,254
	-----	-----	-----	-----
<b>Total Resources Expended</b>	<b>811,422</b>	<b>229,267</b>	<b>1,040,689</b>	<b>1,011,741</b>
	-----	-----	-----	-----
Net income/(expenditure)	19,399	65,546	84,945	(13,699)
Transfers Between Funds	52,738	(52,738)	-	-
	-----	-----	-----	-----
Net Movement in Funds	72,137	12,808	84,945	(13,699)
Reconciliation of Funds:				
Fund Balances Brought Forward	270,387	122,069	392,456	406,155
	-----	-----	-----	-----
Fund Balances Carried Forward	342,524	134,877	477,401	392,456
	=====	=====	=====	=====

## FUTURE PLANS

A young man in a red shirt is assisting an older man with a VR headset. The older man is wearing a black VR headset and holding a controller. The young man is leaning in, looking at the older man. In the background, a tablet is visible on a desk.

*"I enjoy every activity I do with CEDA, I couldn't imagine not being able to meet my friends there".*

CEDA Activity Hub Member

We have received funding for the next two years from Arts Council England to continue with our Arts programme. 'Total Immersion' will be the most ambitious project that we have embarked upon; we will work with internationally acclaimed disabled artists to deliver a range of immersive artistic experiences that will challenge the senses. The project will comprise of three main components; Immersion in Sound, Immersion in Space and Immersion in Touch.

We were successful in our application to the Local Sustainability fund to review and update all our systems within CEDA. This gives us the opportunity to update all the internal IT systems, helping to make CEDA a more efficient and effective organisation; this will also help reduce costs.

The large wheelchair accessible bus that CEDA owns is nearing the end of its useful life, we are experiencing frequent breakdowns and we will need to replace this over the next 12 months. CEDA has historically been able to hire Devon County Council minibuses at an affordable rate during the school holidays. This support has been withdrawn and we now face the challenges of delivering services to increasing numbers of children with fewer resources. Solutions will have to be found and alternative transportation secured quickly.

A second RDI consultant will be qualified to work with families in October 2016; this will help increase the scope and reach of the Behaviour Support Services offered within CEDA.

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 LJ Walsh	Mr M Banfield (Treasurer)
Ms R Davison	Mr B Hughes
Ms H Holt	

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  
EX13QS

**BANKERS**

Bank of Scotland  
33 Old Broad Street  
London  
BX2 1LB

**AUDITORS**

Bush and Co Ltd  
Chartered Accountants  
2 Barnfield Crescent  
Exeter  
EX1 1QT

**SOLICITORS**

Tozers  
Boardwalk House  
Southernhay West  
Exeter  
EX1 1UA



# 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](mailto:info@cedaonline.org.uk)

**Web:**

[www.cedaonline.org.uk](http://www.cedaonline.org.uk)



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