



Basingstoke & District Disability Forum

Trustees Annual Review & Accounts

1st April 2019 – 31st March 2020

A message from our Chairperson

With the external world changing at pace both economically and environmentally and more directly changes occurring within our board, it seemed like the perfect opportunity for Basingstoke and District Disability Forum (BDDF) to undergo a review of its core ambitions, to ensure our charity remains focused on the current needs of our disabled community.

As such the board spent time reflecting and evolving our Vision and Mission, providing clarity and purpose to help BDDF position ourselves to be the main local adult disability charity.

Vision: To create a community that sees the person, values the difference and embraces awareness.

Mission: To facilitate increased awareness, active involvement and healthy promotion of disability and those who live it.

We would like to take this opportunity to thank:

- our members for their continued support and active participation of our activities and services. You make BDDF who we are. It is your voice and the needs of our members that continue to guide BDDF as to which services to offer.
- our two key funding stakeholders Basingstoke and Deane Borough Council and Hampshire County Council for their funding and support.
- our volunteers, without your support we would not be able to reach as many members or raise the vital funds needed to sustain our services.
- our Trustees past and present for their time, advocacy and experience. All kindly donated supporting BDDF to continue services provided and grow its reach within the borough.

BDDF would not be able to provide the valuable services without your continued support.

Sadly, we lost 2 members of the BDDF family Pamela Heyfron and Lee Ocean, both greatly missed. We thank them for all they brought to us and our local community. Our thoughts remain with their families.

In March 2020, we welcomed our New Chairperson Ani Spalding. With her personal understanding of challenges facing families living with disability, I am confident BDDF is in good hands to become an even brighter beacon within our community.

Tony Capon & **Ani Spalding**
Interim Chair, **(New) Chair**

Key Stats and Facts – year in snapshot

- BDDF have supported over 3,500 people in Basingstoke and Deane Borough between 2019-20.
- Films to Schools. Taking our 2 videos into 14 local Primary schools and 3 Scout huts. Providing disability workshops to 3,169 pupils.
- ConneXions programme supported:
 - 35 learners via our courses held in partnership with local learning providers
 - 136 signpost enquiries
 - 133 attendees to our talk & support sessions
 - 104 supported with physical activity
- Seated Yoga. New service as at Jan 2020, 96 attendees so far.
- Disability Awareness Days. Attracted 26 local organisations who support those living with disability.
- We extended our social media reach and surpassed 600 Facebook followers. Important step to help reach more people and share the services available.



BDDF – Who We Are

BDDF formed in 2008 with a mission to support the local disabled community to reach its potential in Basingstoke. At the last census, 1 in 5 people identified as having a disability, and there was no clear organisation representing them. In addition, there was a gap in the accessibility of services available as well as a lack of inclusion or opportunities for less-abled people. BDDF was founded by a group of residents living with disabilities with the aim of supporting the community, giving them a voice and addressing the stigma.

With over 24,426 people in Basingstoke and Deane living with a disability we're committed to offering a programme of core services that are relevant, impactful and empowering.

Our People

Trustee Board updates

The BDDF Team:

- New Interim Chair, Tony Capon - welcomed March 2019
- Julian Thomas, Trustee – remaining Trustee
- Lynsey Spillane, Trustee - welcomed September 2019
- Amanda Knowles, BDDF Service Coordinator (Part Time)

BDDF Board members stepping down.

Thank you all for your hard work and dedication as trustees of BDDF. The energy and enthusiasm for those living with disabilities across the Boroughs of Basingstoke has been inspiring and we wish you all the very best.

- Jane Brydges, for her leadership as Chairperson during the 5 months prior to March 19 and for her role of Treasurer.
- George Hooper, Pamela Heyfron, Rob Heyfron, John Jessup and Brian Catchpoole

BDDF Patrons:

- Rt Hon Maria Miller MP, Patron
- Cllr. Simon Bound, Patron
- Cllr. Jane Frankum, Patron
- Lady J. Coleman, Life Patron

Services & Activities – all are free to attend

Films to Schools (3,169 supported)

BDDF created 2 films starring local children living with disability, who helped us to bring the key messages to life. Watch the videos - [Here](#)

'Films to Schools' takes these films into local primary schools to teach children a little more about disability and provide an interactive workshop session. The children were then given the opportunity to write a letter to a fictional child with a disability who would be joining their school. The winning letter would show empathy and inclusion.

BDDF have so far visited 14 Primary Schools and 3 Cub Packs six schools and reached over 3,000 children mainly at Key Stage 2.

Looking to relaunch the project as we were recently awarded a Tesco Groundwork grant, we are hoping to expand the project to older age groups and community-based organisations.

'Treat everybody the same', 'you can be whoever you want to be'

Disability Awareness Day (EST. 7,000 attendees)



Our main event sees BDDF partnering with local organisations, highlighting disability services available in the community. BDDF held two disability awareness days in The Malls in the heart of the town centre.

Approximately 6000 people attended our summer Basingstoke Roll event and a further 1000 people attended the Disability Awareness Day in September. Thank you to the 26 local partner organisations who offered information to attendees.

"we saw so many people, all with different requirements, one of the best events I have attended for some time"

ConneXions

This is the second year of our 3-year funding programme, kindly supported by Basingstoke & Deane Borough Council.

ConneXions - Signposting (136 supported)

Signposting is an information service available for people with a disability, their family and friends. Supporting those who do not know which way to turn about a disability query or issue. Providing useful information on subjects such as transport, benefits, education, activities. Requests for help are received in person, via telephone, email and Facebook Messenger.

If you have an enquiry please telephone 01256 423869, or email info@bddf.org.uk

"BDDF are a brilliant support network for local people seeking help and advice with regards to disability"

ConneXions Talk meetings (133 supported)



A monthly networking programme promoting inclusion and alleviating social isolation. Providing an opportunity for local people affected by disability to network and feel included and to reduce isolation in the community. Each session offers a speaker on relevant topics, the participants enjoy free refreshments in an informal setting.

Guest Speakers are invited to showcase local groups and services and to help our members build skills and a network locally. Guest speaker examples; a Time Bank volunteer, Glass Maidens, The Army Flying Museum

Courses offered (35 supported)

Offering Learning via bite-sized training and development programmes focused on education, personal skills, confidence and employability. Learning opportunities offered to our members through our partnership with RCS. The courses are held in central and district locations, listed are examples of some of the courses this year:

◆ Money Management ◆ IT ◆ Anxiety Management ◆ Employability ◆ Confidence Building

Time For You

A 6-week course. Led by qualified life coach – covering meditation and mindfulness to provide skills to manage emotions and stress.

Chronic Pain Support Group

Offered within the community both of an evening and afternoon, these groups look to bring together people living with chronic pain, to create a safe space to talk about the difficulties this brings, share help and advice and to form a social network group they can each lean on outside of BDDFs meetings.

Physical activity (104 supported):

Fun Fit Friday



One-off sports and physical activity event for children with disabilities and their siblings, aged from 5 to 18. It took place in Basingstoke Sports Centre and was supported by Hampshire FA and Irwin Mitchell Solicitors. The all-day event during the Christmas holidays in December 2019 saw groups of up to twelve per group take part in football practice and 'boot camp' style activities.

Mobility Improving - Seated Yoga

Led by the fantastic Marzia from Cherry Yoga. Starting in January 2020. BDDF provided open to all seated yoga & meditation sessions within the community. It is understood that yoga promotes mobility while reducing stress and anxiety.

"Marzia was very welcoming and made a perhaps daunting thought into a very relaxed, welcoming and enjoyable experience. There was no pressure to take part in all aspects, but do what you are comfortable with, and within your ability. It opens up the opportunity to be able to help yourself, with others. I never know how much breathing and movements I am able to do even with restrictions. What a fab class. Thank you"

"She is calm & compassionate. There is no pressure, but it is good to be able to do something and not feel a failure. The techniques are easily adapted, and the breathing helps too. Thank you. An invaluable opportunity. Also gives you a chance to be in a setting with similar situations so you are not singled out".

Local community collaboration & Partnerships - Thank you!!

BDDF aims to collaborate with the local community to better support people affected by disability. We are proud of our many local partnerships.

We would like to take this opportunity to thank each of the local charities, groups, businesses and individuals who have supported BDDF a small selection of whom are featured below.



Basingstoke
and Deane





Basingstoke Discovery Centre



Financial update - April 1st, 2019 - March 31st, 2020

- Copies of our annual accounts may be requested by emailing info@bddf.org.uk
- In the previous financial year, it was anticipated that the BDDF would be closing. However renewed efforts were made to continue operating, including an interim Chair and refreshing of the board.
- The Charity continued operating generating an income of £17,869 however costs exceeded income generating a loss of £6,560 in the financial year.
- Cash funds remained healthy at £16,982 (restricted funds: £10,312)
- Decision was made in the year to increase head count to hire a targeted fundraiser. Whilst we are confident this is the right strategy long term; in the initial year, the outlay did not translate through to increased income.
- Ongoing the main task is to generate more income and self-fund raise.
- Confirm there has been no spending outside of England and Wales.
- Confirm there were no serious incidents that may or may not have been reported in the last year.

Grants & Fundraising

- Total Grants income of £14,677. Key grants included:
 - Basingstoke and Deane Council awarded BDDF a community grant to run our ConneXions Programme 2018-2021. Totalled £13,989 for this financial period.
 - Groundworks (Tesco) supporting Films for Schools (£2,750), Tesco bags of help (£688)
 - Magic Little Grants supporting Yoga (£500)
- Total fundraising activities in the year amounted to £1,452. Key activities included a quiz and coin collections at Tesco Chineham. Thank you to all who volunteer, attended and donated.

- Profit & Loss



CHARITY COMMISSION
FOR ENGLAND AND WALES

Basingstoke & District Disability Forum	1155660
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Receipts and payments accounts

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For the period from	Apr-19	To	Mar-20
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Section A Receipts and payments

	Unrestrict ed funds to the nearest £	Restrict ed funds to the nearest £	Endowme nt funds to the nearest £	Total funds to the neare st £	Last year to the neares t £
A1 Receipts					
BDBC Grant	-	13,989	-	13,989	14,618
Tesco Bags for Help	-	688	-	688	-
Fundraising Events	1,452	-	-	1,452	3,293
Donations	1,720	-	-	1,720	4,519
Training Income	-	-	-	-	600
Grants	-	-	-	-	3,339
Bank Interest	20	-	-	20	15
Other Income	-	-	-	-	2,363
<i>Subtotal(Gross income for AR)</i>	3,192	14,677	-	17,869	28,747
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
Total receipts	3,192	14,677	-	17,869	28,747

A3 Payments

Gross Salaries, PAYE, Pensions & Payroll Charges	4,553	10,073	-	14,626	7,068
Rent & Office Fees	366	1,149	-	1,515	2,992
Telephone charges	39	125	-	164	329
Room Hire	-	648	-	648	1,003
Events	1,522	1,740	-	3,262	1,129
Staff Expenses	42	-	-	42	147
Postage, Printing & Stationery	193	394	-	587	542
IT Expenses	239	1,109	-	1,348	1,411
Recruitment Fees	61	99	-	160	40
Insurance	50	114	-	164	268
Accountancy Fees	54	276	-	330	317
Professional Fees	407	948	-	1,355	-
Marketing	-	-	-	-	98
Sundry	221	7	-	228	248
	-	-	-	-	-
Sub total	7,747	16,682	-	24,429	15,592

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

Total payments	7,747	16,682	-	24,429	15,592
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Net of receipts/(payments)	-	-	-	-	-
	4,555	2,005	-	6,560	13,155

A5 Transfers between funds	-	-	-	-	-
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A6 Cash funds last year end

	6,670	10,312	-	16,982	-
<i>Cash funds this year end</i>	2,115	8,307	-	10,422	13,155

Balance Sheet

Section B Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	2,115	8,307	-
			-	-
			-	-
	Total cash funds	2,115	8,307	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Insert Independent auditor report??

Objectives for the coming year

As at the end of the financial year (March 2020), a virus now known as Covid-19 is becoming prominent globally, one that has potential to change the world.

Focusing on what is in BDDFs control, with our updated vision and mission and a passionate Trustee board we want to continue to build on the successes seen from the Connections grant.

Post the board management changes we will be looking to solidify the new skills and experience available and focus on delivering our projects well.

A key priority will be to secure funding to continue our core work. As such we will be looking to employ a formal part time Fund Raiser.

Contact us - How to get in touch & Keep up to date

Please get in touch with regards to any of our updates via email info@bddf.org.uk or via Facebook Messenger.



Newsletters

We offer regular newsletters via email, noting a paper version is available by post if you do not have internet access. To be added to our postal mailing list please call **01256 423869** leaving your home address, name & telephone number.

Information on all our free services is updated regularly on our **social media** and via our [website](#)

Social Media

Keep up to date by liking our page on Facebook @BDDForum, Insta @BasingstokeDisabilityForum via our website www.bddf.org.uk, or tweet us @BDDForum.

- **Facebook:** @bddforum
- **Twitter:** @bddforum
- **Insta:** @TheDisabilityForum

Physical and Registered address

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Registered Charity in England & Wales since 2014: **no.1155660**