



Basingstoke & District Disability Forum

Trustees Annual Review & Accounts

1st April 2020 – 31st March 2021

Table of Contents

Welcome from our Chair	2
2020 - 2021 at a glance	3
Who we are:	4
Our People	5
BDDF Board:.....	5
Our Services:.....	6
Our Reach	7
Our Awareness Events & Community Collaboration	8
Financials	9, 10
Independent Audit	11
Grants & Fundraising.....	11
Chineham & Sherfield Park Scarecrow Trail	12
Volunteering with BDDF Come and Get Involved!.....	13
Our Impact of Lockdown Survey	13
Digital Divide.....	13
The Future of BDDF	14
How to Donate.....	14
Contact us - How to get in touch & keep up to date	15
APPENDIX – ONS statistics	15

Welcome from our Chair

Welcome to our report for our financial year April 2020 to March 2021.

Thank you for taking the time to find out more about Basingstoke & District Disability Forum (BDDF). We exist to offer support to Disabled people, their friends, family and carers, who live within our local community.

Delighted to be reviewing another very successful year where we raised almost £42k and we spent £33k to support the Disabled people in our community.

Having formally taken position of Chair mere weeks before the pandemic hit, it has been a privilege to lead BDDF through the coronavirus crisis. It was heartening to see the commitment of our staff, doing everything they could in unprecedented circumstances to keep our services going. Thank you to our team for their courage, agility, dedication and commitment in keeping BDDF open when our members needed us most.

This required us to swiftly switch to virtual methods and work with our members especially those affected by the Digital Divide to help them get online. BDDF has worked hard to remain inclusive and to support our members by removing barriers to getting online. This access to the internet was essential to our members to stay connected with loved ones and to keep up to date on the latest advice as well as being able to continue to engage with BDDF during lockdowns.

In 2020, based on inputs from our team, our members and the wider community the board refreshed our core ambitions to better reflect our passion for inclusion and social justice. I'm hugely inspired by the commitment of our team who have set about turning our ambitions into a reality.

As we look ahead, we must remain prepared for further occurrences of the pandemic and set a strategy that supports our main challenges. These include the growing demand for support and services that provide support for a growing number of Disabled people. Coupled with an ageing society and a need to tackle the Digital Divide in a world where technological advances are happening rapidly and those left behind are becoming disadvantaged.

Many events and avenues of fundraising were compromised for several months putting our fundraising income under threat. We reacted rapidly to ensure our financial stability. We cut back on all non-essential costs and made use of the government job retention scheme. Our fundraising became focused on online activities and launched our one (now annual) major fundraiser – the Chineham & Sherfield Park Scarecrow Trail.

We recognise that fundraising ability may be constrained for some time as the economic climate remains uncertain. Nevertheless, our goal remains to listen to our members, enhance the impact we can have and increase our membership base, so we are supporting more members of the Disabled community from across Basingstoke.

If you are financially able and would like to donate, details about how to do this are at the end of this report.

Collaboration is a core value of our charity and we're engaging with the NHS and other organisations that support Disabled people so that BDDF can be the voice of our members and provide insights and guidance on how to be more inclusive and to support Disabled people better.

On behalf of Basingstoke & District Disability Forum, I would like to express our thanks for the generosity, dedication, and hard work of our staff, our network of many partners, supporters, volunteers and our members – it is each of you that have made this possible.

A. Spalding

Ani Spalding, Chair of the Board of Trustees Date: 01/12/2021

2020-2021 at a glance:

- 1x Virtual Disability Awareness Day (881 attendees, 35 organisations)
- 29x Yoga / Walks (643 attendees)
- 19x Tea Breaks (327 attendees)
- 1x Ongoing Signpost service (121 interactions)
- 2x IT courses (22 attendees)
- 2x Wellbeing Courses (21 attendees)
- 1x Community Café (19 organisations)
- 1x Scarecrow event, 2 days, 95 scarecrows, c£5k raised

Last year we helped more than 1134 people directly and reached over 11k more!

Who we are:

BDDF formed in 2008 to support the local disabled community. At the last census (2011), 1 in 5 people identified as having a disability, and there was no clear organisation representing them. 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 Disabled people living in Basingstoke and Deane living we're committed to offering a programme of core services that are relevant, impactful and empowering.

Our Aim: To healthily promote both visible and nonvisible disability. By increasing awareness, providing information and bringing people together.

BDDF partner and collaborate with fellow disability charities/groups and provide guidance to local businesses who are striving to be accessible and inclusive.

Membership:

BDDF is a free to join, membership-based organization. BDDF is for all Disabled adults, offering support for those over 18 with visible and invisible impairments, be that physical, learning, mental health or chronic conditions.

Members receive access to all our free services, our newsletter and activities which are guided by feedback from our members.

Increasing Demand:

BDDF follows the definition consistent with the Equality Act 2010. A person is considered disabled if they have a self-reported long-standing illness, condition or impairment, which causes difficulty with day-to-day activities.

The UK has an ageing population. By 2040, it's predicted that the number of people in the UK aged 85+ will double from 1.6 million to 3.2 million. People are living longer with multiple conditions.

Demand for inclusion, support and services will continue to grow. In addition during the pandemic, many people have unexpectedly been affected by disability.

Our Mission:

To facilitate increased awareness, active involvement and healthy promotion of Disabled people and their impairments and health conditions.

Supported by our **Strategic Objectives:**

1. Involvement - to improve the involvement and representation of Disabled people and their families/carers within Basingstoke.
2. Promotion - to promote greater awareness of disability through initiatives and activities that champion inclusivity, understanding and reduce barriers.
3. Partnerships - To improve partnership working between agencies, both voluntary sector and statutory, who are involved in supporting disability.

Our Vision:

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

Actively promote awareness and understanding of the barriers faced by Disabled people.

Supported by our **Operational Objectives:**

1. Improve the mental and physical wellbeing of Disabled people in Basingstoke.
2. Tackle feelings of loneliness and reduce social isolation within the disabled community.
3. Increase knowledge amongst members and the wider disabled community about support services available, both directly through BDDF and signposting to other local charities and organisations.

Our People

Our 2 employees each play a vital role in helping BDDF to provide support and services to Disabled people and their families. We are so very proud of their achievements.

Staff:

- Amanda Knowles, BDDF Service Coordinator (20 hours a week)
- Sarah Pinnell, BDDF Fundraiser & Partnership Coordinator (16 hours a week)

Updates:

- We encourage our employees and volunteers to have an active part in providing feedback and helping to shape the future of BDDF.
- We actively consider health and safety.
- We encourage our staff and volunteers to undertake relevant training including accredited courses such as the Trusted Trustee and First Aid.
- We support our staff by providing a training budget and undertaking an annual payment review.
- Moving from one employee to a team of 2, we are working together to establish clear Roles and Responsibilities and updating the Job Descriptions.
- Regular feedback is given to staff. It is our intention to move towards clear established objectives that support each member of staff within their roles to understand their key deliverables. These will support quarterly accountability reviews that will focus on areas of strength and areas where further development support is required.

Volunteers:

We estimate that more than 50 volunteers generously donated over 700 hours to support our work across the many facets of BDDF. Thank you.

BDDF Board:

- Chair, Ani Spalding - welcomed March 2020
- Vice Chair, Rachel Hicks – welcomed February 2020
- Original Trustee, Julian Thomas – welcomed January 2014
- Becki Meakin – welcomed October 2019
- David Chatten-Smith – welcomed March 2020

We welcome our two new Trustees to the board.

- Mark Soutter – welcomed November 2021
- Alderman Jane Frankum- welcomed November 2021

BDDF Board members stepping down:

Thank you for your hard work and dedication as trustees of BDDF. The energy and enthusiasm for the Disabled Community of Basingstoke has been inspiring and we wish you all the very best.

- Tony Capon for his leadership as Interim Chairperson.
- Lynsey Spillane, Trustee.

BDDF Patrons:

We give thanks to our Patrons who actively support BDDF within the community:

- Lady J. Coleman, Life Patron
- Rt Hon Maria Miller MP, Patron
- Cllr. Simon Bound, Patron
- Cllr. Jane Frankum, Patron (Jane has since stepped down from the Councillor role and her position as Patron. Now titled Alderman Jane Frankum, Jane has become a Trustee for BDDF as of November 2021).

We continue to embed our updated Trustee recruitment policy and are actively seeking Trustees who will bring both action and passion to the board through lived experience as a Disabled person, Diversity and skills.

Our Services:

Activities that BDDF undertake are to improve the lives of our beneficiaries and make a difference. All are free to attend

Signposting Service (SPS)	Our Signpost Service remains a central aspect of BDDF. Receiving queries in person, via email, telephone and messenger on Facebook. This is a tailored service where our volunteers support the member with bespoke responses signposting them to organisations who can support their specific needs.
Buddy/Befriending	BDDF contacted every member during lockdown 1 to ask them how they are and if we could help them. This coupled with the Impact of Lockdown survey demonstrated that several our members felt isolated, lonely, and were also often shielding. We piloted a Befriending /Buddy scheme. Where a key volunteer made weekly care calls to x14 members. This included x4 calls on Christmas day where the member would have had no other human contact. Hope to launch a more structured official buddy service x15 members have offered to be 'Buddy' volunteers.
Tea Break	Continued our isolation breaking virtual coffee mornings (called Friday Tea Break Club). These have taken place nearly every week (19 sessions to date) & have provided a regular support group for our members to chat. Used as mini awareness events BDDF organised a wide range of activities, key speakers / guests & information sessions including: <ul style="list-style-type: none"> - Singalong to live guitar music; - Origami, baking and other crafts; - Wellness session with Andover Mind. - Historical Huzzahs & Red Sauce Theatre - The Army Flying Museum - Quizzes, games, collage & drawing sessions - Xmas & Chinese New Year crafts with Tesco

	<ul style="list-style-type: none"> - HHCR Christmas Quiz - Basingstoke Heritage Society talk - Face Yoga & Meditation
Yoga	Weekly seated yoga sessions via Zoom. In between lockdowns we returned to in person sessions, running the online lessons simultaneously in a hybrid approach. Additionally launched 6 short meditation videos online to help people remain calm during crisis.
Courses	<p>Wellbeing courses</p> <p>Partnered with RCS to deliver Wellbeing Courses launched in direct response to our survey. These virtual wellbeing courses were tailored to requests of members to help with anxiety, confidence and self-care. Ran over 5 weeks we offered a daytime course (9 attendees) which was so oversubscribed we added an evening option (13 attendees).</p> <p>Managing Anxiety Course</p> <p>Partnered with Learning in Libraries (LIL) to deliver a virtual 'Managing Anxiety' workshop (4-week course) 6 unique learners.</p> <p>IT and Zoom course</p> <p>Partnered with RCS to deliver IT and Zoom lessons. Face to face in a Covid secure location. Course helped our members get more from their own technology allowing them to better connect and to avoid isolation, enabling them to attend our services most importantly help them stay connected to friends and family. During lockdown we organised 2 refresh sessions via Zoom from individual's homes.</p>
Walking Group	Due to Covid the Walking group has been running intermittently. At some points BDDF were able to offer 2 walking groups a week when lockdown restrictions allowed.
Films to Schools	On hold due to Covid.
Chronic Pain support Group	On hold due to Covid.

Service	Number of sessions YTD	Number of unique participants
Disability Awareness Day (DAD) - virtual	1	881 attendees 35 organisations
Signposting	Ongoing	121 requests for signposting support
Walking group / Seated Yoga	29	643
Tea Breaks	19	327
Community Cafe	1	19 (organisations)
Courses (including IT skill, anxiety and wellbeing)	2	22

Above table shows in rows the Services, the number of sessions YTD and number of unique participants.

Our Reach

Social Media Reach:

- Facebook 1214 followers (+104% on last year)
- One post reached 11.2k people
- Using Twitter, Instagram and Linked in platforms more.

Website:

Launched our brand new BDDF website that showcases our work & enables us to update & inform our members more easily and clearly.

Tested before launch by members and Trustees who have different disabilities and feedback on accessibility has been positive.

Amongst other features the new website has a dedicated [signposting page](#) full of information split into easy-to-understand subcategories.

Newsletters:

Sent every 2 months. March 2021 newsletter sent to 596 recipients.

Mainly sent via email with printed copies sent via post to c12 members.

Contains information our services and signposts to other local groups and organisations that support Disabled people

Leaflets:

Our main BDDF leaflets have been finalised with support from Basingstoke & Deane Borough Council.

Non-Digital:

Provide service updates via local parish magazines, in the local newspaper (BVA community section) and on local radio.

Events such as the Scarecrow Trail and DAD help us to promote BDDF and the services available in a face-to-face environment.

Our Awareness Events & Community Collaboration

Supporting our community through partnerships that deliver innovative projects that focus upon improving health and well-being.

Disability Awareness Day (DAD)

Due to the ongoing pandemic this was a fully virtual event. The agenda was built in direct response to our members survey. Our focus was to showcase services that support their mental health and wellbeing and tackle isolation. The event included a mix of informative and interactive sessions including a demonstration of seated yoga.

The highlight of the event was a 2-hour video montage. The videos were provided by over 35 local Disability Charities & groups and showcased their currently available services and activities. We also included an hour of videos by NHS mental health service Talk Plus.

We thank Helping Hands Community Radio who live broadcast the event & the streaming and editing of the videos supported by local company 7 stream media.

The event was a great success with 631 views on Facebook & 250 views on YouTube (to date 649 views Facebook & 309 YouTube).

Community café

Usually a highlight of the in-person DAD is that the charities hosting stalls can also network with one another. Being online we decided to create a virtual networking session to provide this opportunity and called it the Community Café. Led by our Trustee, Becki Meakin we had 19 organisations attend and this was so well received it will become a quarterly event.

Signpost Sundays & Our Newsletter

Continue to regularly share information from member organisations regarding their activities and services via our website, social media and our newsletters. On Sundays we post a *Signpost Sunday* article raising awareness of a group or service. Each featured organisation is added to our website, invited to have a stall at DAD and is welcome to attend Tea Break and Community Cafe.

Awareness Videos / Films to Schools

- [Talk To Me](#) (Views globally since launch 364k)
- [Like Everyone Else](#) (Views globally since launch 37k)
- [Just Ask](#) (Views globally since launch 98k)

Before Covid our Films to Schools programme took these films into local primary schools to teach children a little more about disability and provide an interactive workshop. The children were 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. We hope to restart this initiative.

BDDF have so far visited:


- 14 Primary Schools
- 3 Cub Packs
- 6 schools
- and reached over 3,000 local children mainly at Key Stage 2.

BDDF & BVA

We continue to work closely with Basingstoke Voluntary Action (BVA) not only through our rental of an office within The Orchard, but also via referrals to their Reboot scheme, which helps those without the hardware to gain access to the internet. BDDF offer IT courses to provide the skills to use the machines.

Noting BDDF are supported by BVA's BOSS (Back Office Support Services) for accountancy and bookkeeping support, payroll & pension processing, desk hire & archiving facilities. We thank BVA for their continued support and guidance.

Financials

	CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name BDDF	No (if any) 1155660	CC16a
	Receipts and payments accounts			
	For the period from	Period start date 01-Apr-20	To	Period end date 31-Mar-21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
grant income	-	39,214	-	39,214	14,677
fundraising	5,562	-	-	5,562	1,452
donations	2,228	-	-	2,228	1,720
bank interest	2	-	-	2	20
HMFRC job retention scheme	2,749	-	-	2,749	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,541	39,214	-	49,755	17,869

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,541	39,214	-	49,755	17,869

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A3 Payments					
gross salaries, PAYE, pensions	6,387	15,441	-	21,828	14,626
rent and office fees	-	1,620	-	1,620	1,515
telephone charges	-	257	-	257	164
room hire	-	292	-	292	648
events	1,395	3,665	-	5,060	3,262
staff expenses and training	32	27	-	59	42
postage, printing, stationery & equipment	12	630	-	642	587
IT software, subscriptions and support	14	1,140	-	1,154	1,348
recruitment fees	-	-	-	-	164
business insurance & Bank fees	-	215	-	215	160
accountancy services & payroll	-	1,681	-	1,681	330
professional fees & subscriptions	-	377	-	377	1,355
Sundry	-	-	-	-	228
marketing	-	100	-	100	-
Sub total	7,840	25,445	-	33,285	24,429

A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,840	25,445	-	33,285	24,429
Net of receipts/(payments)	2,701	13,769	-	16,470	- 6,560
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,115	8,307	-	10,422	16,982
Cash funds this year end	4,816	22,076	-	26,892	10,422

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	HSBC Current Account (Bank)	6,770	21,072	-
	Petty Cash	27	-	-
		-	-	-
	Total cash funds	6,797	21,072	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £

No members or Trustees have required the company to obtain an audit of its account for the year in question. The accounts have been prepared under the accruals basis and the Trustees acknowledge their responsibility for complying the reporting requirements for the charity.

The Financial Statements were approved by the Board of Trustees on and were signed on their behalf by:

Spalding

R. Hicks

Ani Spalding, Chair of Trustees

Rachel Hicks, Vice Chair of Trustees

Notes to the accounts

1. Accounting convention

The financial accounts have been prepared under the historical cost convention and in accordance with the Charities Act 2011.

Incoming resources

All incoming resources are included in the Statement of financial activities when the charity is legally entitled and the amounts can be quantified with reasonable certainty.

Resources expended

Expenditure is accounted for on a 'payments and receipts' basis and has been classified under headings that aggregate all costs related to each category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from taxation on its charitable activities.

Fund accounting

All funds are unrestricted and can be used in accordance with the charity's charitable objectives at the discretion of the Trustees.

Capital and Reserves

Of the £26,867.64 held in Capital & Reserves there is committed expenditure on 3 grants:

1. Hampshire Isle of Wight Community Funding (£4,260 carried forward in full).
2. The Good Exchange (3,030 carried forward of £4,000 grant)
3. Magic Little grant (£500 carried forward in full)

Reserves Policy

BDDFs policy is to hold 3 months expenditure as reserve (£8,323.5)
Remaining balance covers BDDF in eventuality of charity closure (£10,754.14).

2 Voluntary income



The Trustees greatly appreciate the generous grants, donations and income and sponsorships from charitable events that were received. Those received in the year to 31 March 2021 are listed below. The totals reflect voluntary income received as related to its activities in the year in question.

Donations	£
Lord Lymington	750
HSBC	1,000
Basingstoke & District Lottery	103
The Anvil Trust	25
Other donations	350
	<u>2,228</u>
	£

Fundraising events

Grant income	£
The National Lottery Community Fund	8,550
Basingstoke & Deane Council (CVS)	12,354
Hampshire & Isle of Wight Community Funding	4,500
Hampshire & Isle of Wight Community Funding **	-
Energise me	3,750
The Good Exchange ** (£4,000 grant of which the balance is carried forward in deferred income)	970
Groundworks – Tesco Bags of help fund	500
Groundworks – Tesco Bags of help fund	500
Local Giving Support Groups	500
Hampshire County Council	300
Magic Little Grant (MLG) **	-
	<u>39,214</u>

Independent Audit

 CHARITY COMMISSION FOR ENGLAND AND WALES		Independent examiner's report on the accounts	
Section A Independent Examiner's Report			
Report to the trustees/ members of	Basingstoke & District Disability Forum		
On accounts for the year ended	31 st March 2021	Charity no (if any)	1155660
	Set out on pages 1-2		
Responsibilities and basis of report	<p>I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2021.</p> <p>As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").</p> <p>I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.</p>		
Independent examiner's statement	<p>I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:</p> <ul style="list-style-type: none"> accounting records were not kept in accordance with section 130 of the Act or the accounts do not accord with the accounting records <p>I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached. <i>* Please delete the words in the brackets if they do not apply.</i></p>		
Signed:		Date:	13 th January 2022
Name:	Patricia Fox		
Relevant professional qualification(s) or body (if any):	Association of Chartered Certified Accountants		
Address:	36 Essex Road		
	Basingstoke		
	RG21 7TB		

Grants & Fundraising

We're investing in new fundraising technology to make donating to BDDF easier than ever, including:

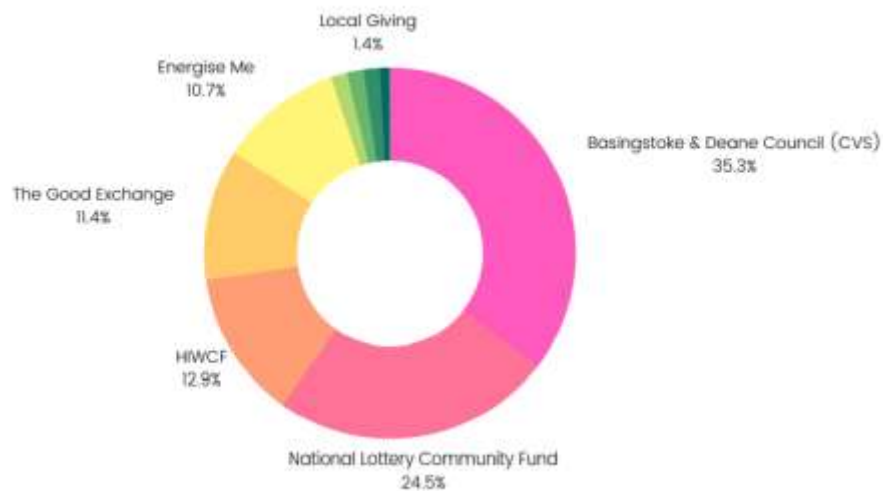
- Cashless payment systems for collections so people can donate digitally.
- Raffles
- Lotteries. BDDF is a member of the Community Lottery ran by Basingstoke Voluntary Action.

As a charity, we believe you need to know we're using our resources effectively. That's why we make these promises to you:

- We promise to provide information about our work and our finances so you can see how your money is being spent and what a difference you're making to the Disabled community in Basingstoke.
- We promise to communicate with you in a way that suits you. If you tell us you'd prefer less contact or don't want to hear from us at all, we'll respect your wishes.
- We promise never to sell your data to any third party. We will not share your details with other charities.
- We promise to adhere to all industry guidelines and regulations and require others acting on our behalf to do the same.
- We'll take appropriate action promptly if we find any failure to meet our standards.
- We promise to make it easy for you to tell us your contact preferences and we're here to talk to you about our work or answer any questions.

We thank each of the individual donators, fund and grant providers that have supported BDDF. Your donations enable us to continue to provide all services and activities to our members all of which we provide for free.

Split of grants received



Chineham & Sherfield Park Scarecrow Trail

We wanted to self-raise funds and reduce our reliance on grants. Covid put a stop to many of the usual fundraising options available to charities. We decided to host a scarecrow trail around 2 local areas of Basingstoke. This offered the community something to look forward to and get involved in. The theme for 2020 was Books. 96 Scarecrows had to be found across the trail of over 6 miles!

“In 20+ years of living in Chineham I’ve never seen this amount of people walking (and cycling) around” local resident

The event surpassed our expectations with over 500 families attending. We give enormous thanks to the local community, volunteers, venues and to the amazing local businesses who provided 28 generous raffle prizes.

“The Rolls-Royce of Scarecrow Trails” local resident

The winners’ trophies are sponsored by Loddon Properties who have championed the event from inception though our event boards and printing extra maps when we sold out on the weekend!

“It has been an amazing community event and such good fun! Hearing the chatter and excitement outside our house has been wonderful” local resident

You can watch a video and see the gallery of entrant photos here - [Scarecrow Trail video](#) For this we thank Ewa Jones Photography.

This year our chosen partner charity was the fantastic Sebastian’s Action Trust (SAT). SAT support children with life threatening or life limiting illnesses and their families. We thank them for their collaboration.

The event raised **£5,077!** With 25% donated to SAT. These vital funds enable both charities to continue the fantastic work they do.

Volunteering with BDDF Come and Get Involved!

Are you passionate about people, a good listener or have skills with regards to sport, IT. Maybe you enjoy socialising, or walking, we have roles for everyone that play to your strengths and interests. We need volunteers who can donate time, energy and skills to support our work. Most of all you just need to want to help. If you would like to help but feel there is a barrier please talk to us, we will do everything we can to make the volunteer opportunity accessible to all. We can find a way for you to help us.

Get involved, get active and have fun! There are a variety of ways you can help BDDF to raise vital funds.

- Join us at our Scarecrow event on a stall and/or as part of the organising committee.
- Become a corporate sponsor.
- Help with our collection tin days at supermarkets.

Why volunteer

- | | |
|-------------------------------------|-------------------|
| • Meet new people | Learn new skills |
| • Help people | Make a difference |
| • Give back to your local community | Highly rewarding |

Become a BDDF in the Community Ambassador

During our virtual Disability Awareness Day in March 2021 we announced our first BDDF in the Community Ambassador. Matt has volunteered for BDDF since 2014 on events such as the Basingstoke Roll, the scarecrow trail, collecting money for the charity in Tesco and at the Disability Awareness Days. Matt works for Basingstoke Mencap as a leisure support worker.

Matt became confident enough to lead the walking group. He was supported to do this after attending the group since the launch. We made Matt our first BDDF in the Community Ambassador as a thank you for his proactive promotion of BDDF and our services and for volunteering his time at every opportunity.

Our Impact of Lockdown Survey

BDDF have always been a member led charity. We launched a survey to ask our members how they had been impacted by Lockdown. 162 responses were received. The results were extremely helpful in planning our immediate response to covid.

Top 3 challenges respondents were facing:

1. Psychological distress / mental health = 48%;
2. Social isolation / loneliness = 42%
3. Difficulty accessing NHS healthcare / treatment = 35%.

You can read the full survey here - [Impact of Lockdown survey BDDF](#)

Digital Divide

Digital exclusion is affecting our communities and the move to technology triggered by the pandemic is deepening the divide.

56% of adults not on the internet are Disabled people. (ONS statistics 2019)

Independence is heavily reliant on access to information and with more information than ever before being online we must break down the barriers and reduce the digital gap. BDDF have been offering free IT courses to teach members to get the most out of their personal devices to help combat social isolation as they will be able to join in on-line activities and better stay connected with friends & family.

BDDF swiftly moved services online where possible, created a more accessible website and established IT support sessions to help our members get online. However, there are still a vast proportion of the population who are not able to access the internet and more must be done by BDDF and society in general to be inclusive. We were featured on Meridian ITV News at 6pm highlighting the impact of the digital divide including the many barriers. This will become a key focus as we move through 2021.

The Future of BDDF

We will make our organisation fit for the future by directing our resources to:

- We will also focus on helping the most vulnerable members of our communities build resilience, including digital resilience.
- Respond to the impact of climate change, we will develop our roadmap to becoming a greener organisation and reduce our environmental impact.
- Raise awareness and support the tackling of Hate Crime.

People:

- We will evolve and begin to deliver our new people strategy.
- We will make sure everyone has the right tools and systems, help our people grow their skills and capabilities, ensure they feel valued and rewarded, and build a strong and authentic leadership.
- We will also deliver against our new diversity action plans as part of our anti-racism agenda, and ensure we have a diverse and inclusive organisation.

Data and systems:

- By prioritising data collection and improving our use of evidence, we will ensure we have the insight and information we need to operate in a way that is relevant, impactful, transparent and accountable.

How to Donate

Easy Fundraising

Raise donations for BDDF for free as you shop

[HTTPS://WWW.EASYFUNDRAISING.ORG.UK/CAUSES/BASINGSTOKE/](https://www.easyfundraising.org.uk/causes/basingstoke/)

Amazon Smile

Simply shop on smile.amazon.co.uk and select Basingstoke & District Disability Forum as your chosen Charity! It is that simple!

Every time you shop through AmazonSmile, Amazon donates 0.5% of the purchase price from your eligible purchases to BDDF.

Basingstoke and Deane Community Lottery

[Support BDDF when you play Basingstoke and Deane Community Lottery - Basingstoke and Deane Community Lottery \(bandcommunitylottery.co.uk\)](https://www.bandcommunitylottery.co.uk)

PayPal

Please add us as your chosen Charity

Or donate directly here [Donate with PayPal Giving Fund](#)

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

Please get in touch via:

- Email info@bddf.org.uk
- Facebook Messenger
- Phone 01256 423869
- Or pop in to see us in person at The Orchard (by prearranged appointment only) or by joining us at one of our services

Newsletters

- We offer regular newsletters via email.
- 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.

Website

Information on all our free services is updated regularly on our website

<http://www.bddf.org.uk/>

Social Media

Keep up to date by liking our page on Facebook, Instagram or tweet us!

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

Physical and Registered address

Basingstoke & District Disability Forum

White Hart Lane

The Orchard

RG21 4AF

T: 01256 423869

E: info@bddf.org.uk

W: www.bddf.org.uk

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

APPENDIX – ONS statistics

- Housing
 - Disabled people aged 16 to 64 years in the UK were less likely to own their own home (40.9%) than non-disabled people (53.4%)
 - Disabled people are more likely to have rented social housing (at 24.9% compared with 7.8%) (year ending June 2020).
- Wellbeing
 - Disabled people's (aged 16 to 64 years) average well-being ratings in the UK were poorer than those for non-disabled people for happiness, worthwhile and life satisfaction measures.
 - Average anxiety levels were higher for disabled people at 4.47 out of 10, compared with 2.91 out of 10 for non-disabled people (year ending June 2020).
- Loneliness
 - The proportion of Disabled people (13.9%) aged 16 years and over in England, who reported feeling lonely "often or always" was almost four times that of non-disabled people (3.8%) (year ending March 2019).
 - The proportion of disabled people feeling "often or always" lonely varied by age:
 - 7.2% of people aged 65 years or over feeling lonely, significantly lower when compared with 20.7% of 25 to 34-year-olds.
 - The largest disparity between disabled and non-disabled people was seen for the 35- to 49-year age group (17.8 percentage points).
 - The level of loneliness for disabled people (20.6 %) in this age group, and only for non-disabled people (2.8%)
- Domestic Abuse
 - Around 1 in 7 (14.3%) disabled people aged 16 to 59 years in England and Wales experienced domestic abuse in the last 12 months, compared with about 1 in 20 (5.1%) non-disabled people.
 - Disabled women (17.5%) were more than twice as likely to experience domestic abuse in the last year than non-disabled women (6.7%) (year ending March 2020).

Source [Outcomes for disabled people in the UK - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)