

Impact Report



Empowering people
for over 40 years

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Our Mission

We aim to promote inclusion, encourage independence and build self-confidence through the safe provision of adventurous activities.

OUR CORE VALUES



PEOPLE

We listen and empathise; working together to support and value everyone for the part they play



SOLUTIONS NOT PROBLEMS

Everyone is different. With a flexible approach, we adapt and encourage everyone to achieve their potential



SAFETY AND RISK BENEFIT

Everyone's wellbeing is paramount in everything we do and we believe in the benefits of adventure and learning to manage risk



THE OUTDOOR ENVIRONMENT

We value our natural environment. Together with our visitors, we foster a sense of appreciation and environmental responsibility



INNOVATION

As a specialist centre, we are forward thinking, pioneering and continually developing to ensure we remain a leader in our field



OUTDOOR LEARNING

We believe in the long term benefits of outdoor learning and the essential part it plays in the growth and development of our visitors

Past

Fiona Adams, Mary Kinross Charitable Trust

“In 1975 John Kinross approached his friend Roy Jenkins, the then Home Secretary, seeking a suggestion for the next project for the charitable trust he had started in 1957. The result was a collaboration between the Mary Kinross Charitable Trust and the Home Office Voluntary Services Unit to create, in England, a permanent base for what was already happening on an occasional basis in Scotland, the Six Circle Camps.

Offenders, acting as leaders, were mixed with groups of disabled people, so that together they could camp and undertake adventurous activities. It was hoped that people with different needs, but from the same community, would come to Bendrigg and maintain relationships on their return home.

From the start volunteers were a vital part of the team and some of them coined the term 'the Bendrigg percentage' - the extra amount that could be eaten without putting on weight while working at Bendrigg! The nylon sheets and ex-Borstal metal bunk beds that we started with 40 years ago would look very strange today, but the spirit of 'co-operative community care' remains, as does the 'Bendrigg percentage' that volunteers need to keep going.”



Present

Rachael Hodgson Bendrigg Chairman

“Bendrigg has celebrated its 40th Anniversary in 2018, a year in which we have also had Acorn House open for a full year. Acorn House has been developed specifically for wheelchair users and is proving to be extremely successful not only for the latter but also family groups and increasing our capacity for all our clients. A superb addition for Bendrigg especially in such a special year!



The first ever Activity Festival in September was a huge success attracting over 600 visitors. It celebrated so much of what Bendrigg represents: the wide range of activities for visitors of all ages, the wonderful rapport between visitors, staff and volunteers and above all the enthusiasm, joy and inclusiveness for everyone who has the privilege to experience all that Bendrigg offers.

Thanks must be given to the continuing tremendous support that we receive from our sponsors and supporters. It is impossible to name you all, but you know who you are and please accept our deep gratitude to you. However, we do name the Mary Kinross Charitable Trust from which, since the day Bendrigg was founded, we continue to receive such great support. We could not survive without you all! Throughout the year Bendrigg benefits from the dedicated, professional and enthusiastic support that we receive from our fantastic teams of staff and supporters. In addition, the time, effort and added value contributed by our Trustees is second to none. We could not operate without everything that all of you named above give throughout the year.

2018 has been another outstanding year. We enter 2019 with great confidence, looking forward to strengthening and constantly improving all that we offer to our visitors.”

Future

Nick Liley Bendrigg Principal

“Moving forwards, continuing to achieve our mission must be our focus. We are regularly told that Bendrigg really does make a huge difference to people’s lives and it’s the ‘Bendrigg Experience’ that brings people back, year on year.



We can see that the nature of our groups are changing at Bendrigg. Acorn House has influenced this as we are now attracting many more people with severe and complex physical disabilities. This is really positive for people in society who would not have previously had access to these opportunities, however, we must also not lose sight of the need to develop our services for people with hidden disabilities. Fundamentally, as a specialist facility, we remain determined to provide amazing experiences for people of all abilities.

Due to the rise in people who use wheelchairs at Bendrigg, we plan to ensure the site is fully accessible and we look forward to building a new accessible pathway in 2019. This will enable free access around the site for everyone. Beyond 2019, we will soon turn our attention to building an accessible toilet and changing facility on the activity field, at the lower area of the site.

We will then be focusing our efforts on renovating and refurbishing the main Lodge. We hope to see more bedrooms with en-suite facilities, better access to bedrooms and bathrooms and a larger lounge and dining area. This will be essential work to make sure we continue to meet our visitor’s expectations and to ensure the long term sustainability of the Centre.

As part of these renovation projects, Bendrigg will also be committed to becoming more environmentally sustainable. Over the coming years, we must support the call for reducing carbon emissions by using more sustainable energy sources.

We continue to hear that visitors find it difficult to fund their trip to Bendrigg and we will be forever grateful to the grant making trusts who have provided us with the much needed funding which has enabled us to provide sponsorship for many of our groups. The requirement for sponsorship is an ever increasing trend and we will continue to work hard to ensure our fees are affordable for our visitors, yet sustainable for the organisation.

Fortunately, Bendrigg has a highly committed and dedicated team of outstanding people on board. From trustees, to staff and volunteers; they all play a crucial part in its mission and ultimately, its success. It is because of these great people that I can be incredibly excited and optimistic for Bendrigg’s future.”

The Bendrigg Timeline

1976

Bendrigg Lodge was purchased in 1976 by the Mary Kinross Charitable Trust. The aim was to enable groups of trainees from 'borstal' to live alongside and support groups of people with disabilities to take part in adventurous activities.



1978

After much work to make the old hunting lodge suitable for residential courses, the first groups visited Bendrigg Trust in the summer of 1978



1982

To improve residential facilities, a series of capital improvements began in 1982 with the addition of a ground floor extension.



1985

The Oakwood Annexe was completed in 1985 and allowed groups to benefit from a completely self-contained accommodation block.



1987

The building of a new resource centre and outdoor climbing wall gave Bendrigg fantastic new accessible activity facilities.



1990

In 1990 the Mary Kinross Charitable Trust started an endowment fund to help meet the ongoing fundraising needs of Bendrigg. This is a separate charity called the Bendrigg Support Trust.



1993

The dining room was extended in 1993 to provide more access and space for disabled users.



1996

In 1996, 4 years of work started including the addition of a second floor to provide additional accessible bedrooms, a lift, a new entrance and a volunteer wing in the eaves of the new extension.



2000

To continue increasing access to the outdoors for people with disabilities and provide somewhere accessible for families, groups and individuals to stay, Fell End Bunkhouse was acquired in 2000.



2007

The Kinross Building opened in 2007. With a sensory room, sports hall, state-of-the-art climbing wall and indoor cave; the building allows groups the versatility to continue trying new activities even in bad weather.



2017

Acorn House is a 24-bed, accessible accommodation unit which replaced the Oakwood Annexe. It is a flexible, state-of-the-art facility enabling Bendrigg to support more people with severe and complex disabilities.



2018 & Beyond

In the past 40 years, over 86,500 people with disabilities have benefitted from the 'Bendrigg Experience' supported by almost 30,000 carers/leaders and 5,000 volunteers. It is our hope that we continue to support people with disabilities to experience the huge benefits of outdoor adventure for the next 40 years and beyond.

The Challenges

1 in 5 people in the UK have a disability 

Disabled people or people from disadvantaged backgrounds face multiple barriers to reaching their full potential and being 'all they can be' in a fully inclusive society.

Prejudice remains a major problem, with many people seeing negative attitudes as one of the most significant barriers to living the life they choose.

Access

86%

of families with a disabled child go without leisure activities



7/10 people, caring for someone with profound and multiple learning disabilities reported coming close to 'breaking point' because of a lack of short break services

Attitude

It's estimated that there are

62,000

disability motivated hate crimes each year

6

56% of disabled people said they had experienced hostility, aggression or violence from a stranger because of their impairment or condition

'Benevolent prejudice' also exists with around **1 in 3** people believing disabled people are less productive and thinking disabled people need to be cared for some or most of the time. **75%**

Finances

Disabled people on average pay
an extra
£550 per month
on costs relating to their disability

The **annual cost** of bringing up a
disabled child is
3 times greater
than that of bringing up a
non-disabled child

1/3 of households with a disabled person couldn't afford to pay
for a **week's annual holiday** away from home

Young People

75%

of young people
spend **less time**
outdoors
than
prisoners



Isolation

65%



of families with
disabled children
reported **feeling**
isolated 'frequently'
or 'all the time'

With the number of disabled children expected to rise - much more needs to be done to help tackle these prejudicial issues in wider society.

Bendrigg Trust, together with our staff team, beneficiaries and volunteers, hope to create a ripple effect; contributing towards independence for disabled people and a more inclusive society.

40 Years of Bendrigg...



86,683
Disabled People

4,500
Volunteers

Supported by..

The equivalent of..

29,428
Leaders/Carers

20 Years
Voluntary work

**£7.7
million**

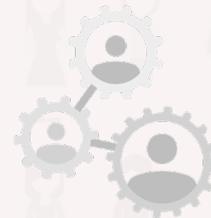
raised through
fundraising



1

Royal visit

42



People trained to be
“Instructors of the future”
with the skills to support
people in the outdoors

377

**Volunteer
placements**
for **prisoners** or
people **at risk of
offending**



1



Volunteer who went
on to become
**Principal of
Bendrigg Trust**

more than

4,000

wheelchair users
supported



The Bendrigg Team

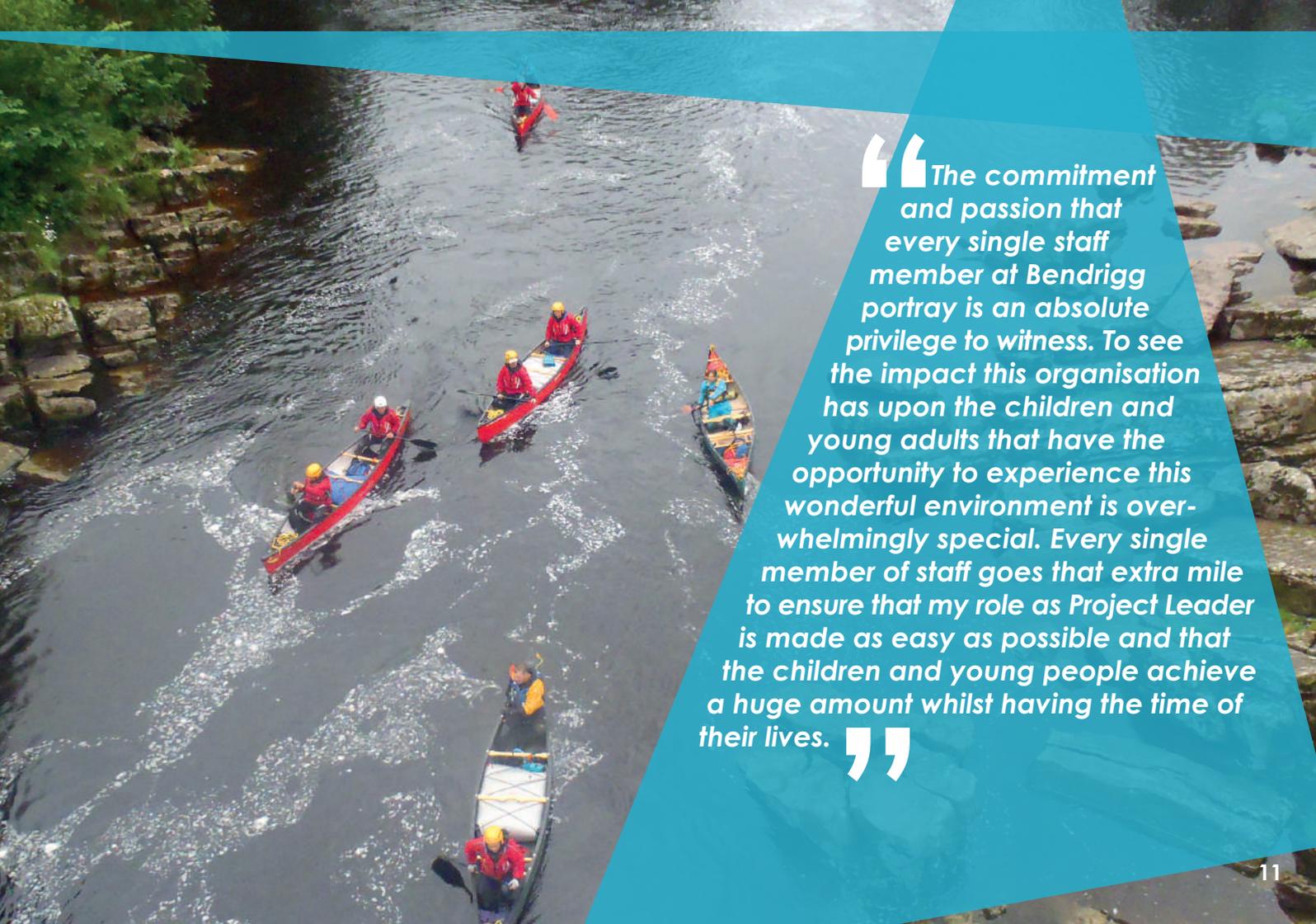
The dedication and enthusiasm of our highly trained staff makes Bendrigg Trust a special place.

We are lucky to have a committed team, many of whom have been at Bendrigg for a significant number of years. The expertise of our staff comes from continuous training and development, both internally and at National Governing Body level, backed-up by years of practical experience.



“ Creativity, patience, empathy and a ‘can do attitude’ are the key qualities of the people that work for us at Bendrigg. We have always attracted and retained highly motivated, hardworking and talented people. Our visitors regularly tell us that it is because of these amazing people, they continue to return to us, year in, year out. ”

Nick Liley, Bendrigg Principal

An aerial view of a river with several rapids. Five people are in canoes and kayaks, navigating the turbulent water. The water is dark and churning with white foam. The banks are rocky and covered in green vegetation. A large teal triangle is overlaid on the right side of the image, containing a quote.

“The commitment and passion that every single staff member at Bendrigg portray is an absolute privilege to witness. To see the impact this organisation has upon the children and young adults that have the opportunity to experience this wonderful environment is overwhelmingly special. Every single member of staff goes that extra mile to ensure that my role as Project Leader is made as easy as possible and that the children and young people achieve a huge amount whilst having the time of their lives.”

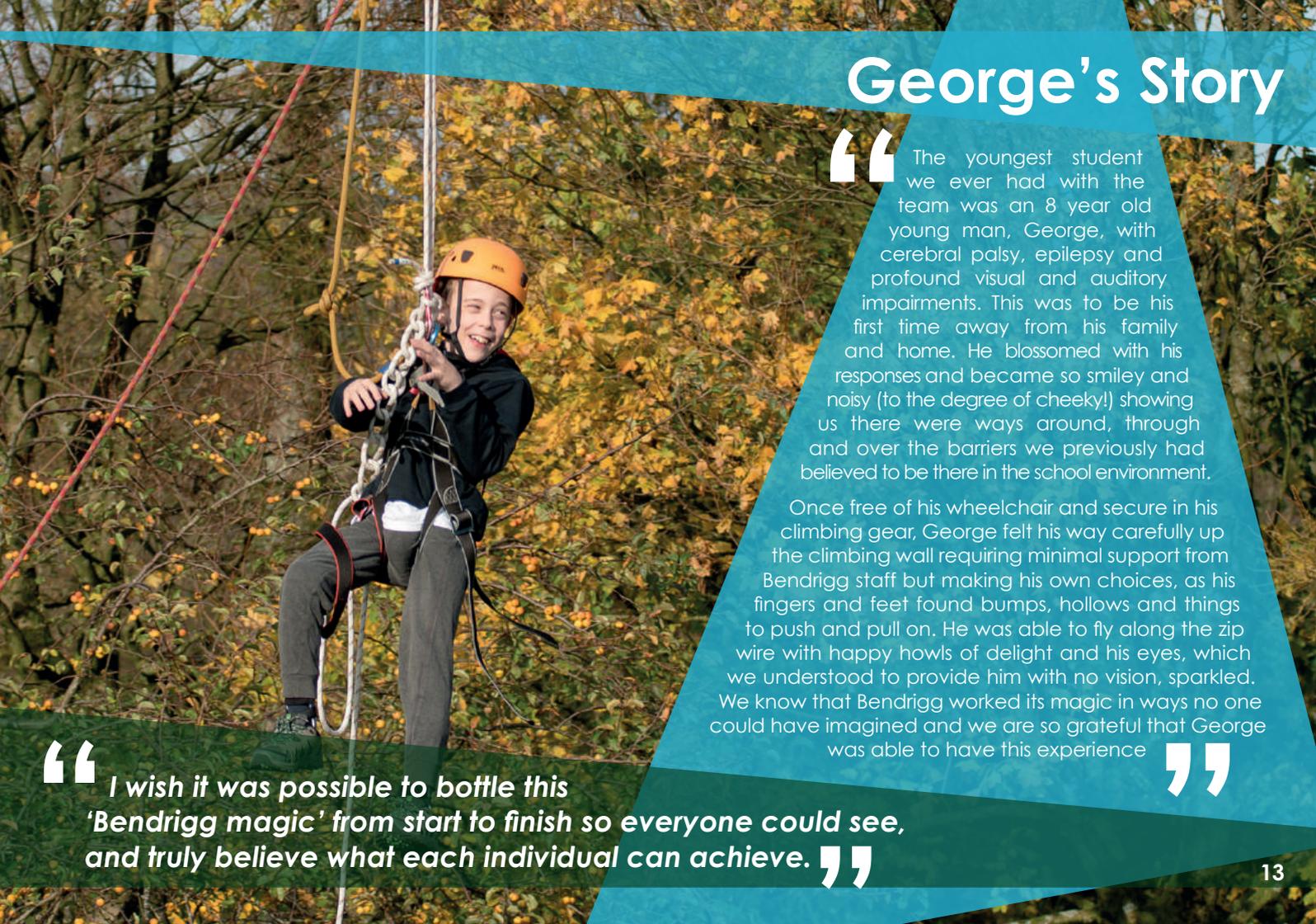
Residential Courses

We pride ourselves on our flexible, affordable and innovative approach to high quality residential. Situated between the Yorkshire Dales and Lake District National Parks, Bendrigg serves as the ideal base to explore some of the country's finest landscapes.

Courses can be tailored to meet specific objectives such as fostering team work, building confidence or increasing independence or simply provide an inclusive recreational or 'holiday' experience.

Constant fundraising allows Bendrigg to keep costs as low as possible and support the most disadvantaged users with additional financial help from our '**Adventure for All Sponsorship Fund**'. In 2018 the Sponsorship Fund was boosted by a £75,000 grant from the ScottishPower Foundation - enabling hundreds of disabled people to have opportunities they never thought possible.





George's Story

“ The youngest student we ever had with the team was an 8 year old young man, George, with cerebral palsy, epilepsy and profound visual and auditory impairments. This was to be his first time away from his family and home. He blossomed with his responses and became so smiley and noisy (to the degree of cheeky!) showing us there were ways around, through and over the barriers we previously had believed to be there in the school environment.

Once free of his wheelchair and secure in his climbing gear, George felt his way carefully up the climbing wall requiring minimal support from Bendrigg staff but making his own choices, as his fingers and feet found bumps, hollows and things to push and pull on. He was able to fly along the zip wire with happy howls of delight and his eyes, which we understood to provide him with no vision, sparkled. We know that Bendrigg worked its magic in ways no one could have imagined and we are so grateful that George was able to have this experience ”

“ I wish it was possible to bottle this 'Bendrigg magic' from start to finish so everyone could see, and truly believe what each individual can achieve. ”

Volunteering

For 40 years, volunteers have supported Bendrigg staff to challenge perceptions of disabled and disadvantaged people.

Over 150 people each year volunteer at Bendrigg, some on a day-by-day basis and others as a residential volunteer for a week or weekend. However long someone volunteers for, they are provided with the ideal opportunity to develop personal skills and strengths whilst giving time and energy to others. Residential volunteers are partnered with a specific group whom they will help and support in all aspects of their stay - from meal times to activities and everything in between. Day volunteers help out in the office, work with day visitors, lend a hand in the kitchen or even do a spot of gardening, and this is equally as valuable. Many of our volunteers return time and time again and truly become part of the Bendrigg Trust family.

“It really has expanded my mind and widened my heart. My week there was incredible and I met some amazing young people, making memories that will stay with me for the rest of my life. All the staff were brilliant, friendly and so helpful when I asked them anything. I cannot express the enjoyment my short week at Bendrigg brought me. I feel like I gained more from my stay than I gave, as I learned and grew so much as a person. I would love to return and hopefully contribute more and more each time.”





Paul's Story

“

In 1992 I was studying to become a youth and community worker at Bradford and Ilkley community college. I needed to do a long-term placement and somebody recommended Bendrigg. At the time I didn't realise how much my life would change as a result. From the moment I walked through the door I was made to feel special and welcome, the place exudes energy and friendliness. I realised at this moment how steep my learning curve would be around the issue of working with disability. The reason I chose to go to Bendrigg was that I had heard that they were doing pioneering work using the outdoors with profoundly disabled people. I had done many pieces of voluntary work around disability but nothing was as exciting as this. I heard people in wheelchairs abseiled, went rock climbing outside, people went underground caving, plus most importantly all guests learned the importance of teamwork and supporting each other to make this possible. During my time at Bendrigg I was trained in working with groups to really push the boundaries of what is possible we did all of the above plus much more. I was taught the moment a guest comes through the door they are the most important person and we have a very limited time to work with them to identify their potential. This place gets them to believe that anything is possible. We did this by using the beautiful outdoor environment that surrounds Bendrigg. This has been a fundamental foundation stone I have carried forward in my work for over 24 years since my placement. I met the person who was to become my future wife at Bendrigg in 1992, and she also felt the magic of this wonderful place. Our second home we named Bendrigg House and we have brought up two wonderful children who are just turning into amazing young adults. Our parenting was massively informed by lessons we learnt at the centre, and they have been brought up thinking of others, valuing difference and being strong young women who believe in inclusion and challenging injustice. My youngest daughter has just applied to do her Duke of Edinburgh Gold residential at the centre and this would be the best possible place for her to go. The ripple effect of your work has changed thousands of lives.

”

“ I want to wish you good luck and to let you know that I am one of the ripples of your amazing work - thank you. ”

Specialist Courses

Bendrigg Trust is renowned for its innovative and pioneering work.

Duke of Edinburgh Award

The fully inclusive Duke of Edinburgh training and assessment courses have been hugely successful at Bendrigg, giving people with disabilities the opportunity to be independent, to learn about self-sufficiency and team work, whilst gaining this nationally recognised award. We are one of the few organisations that runs these fully inclusive DofE courses.

“ Tim loved doing the DofE Gold Residential with Bendrigg Trust and it boosted his self-confidence and raised his spirits so much that friends commented on the change. Thank you so much! ”

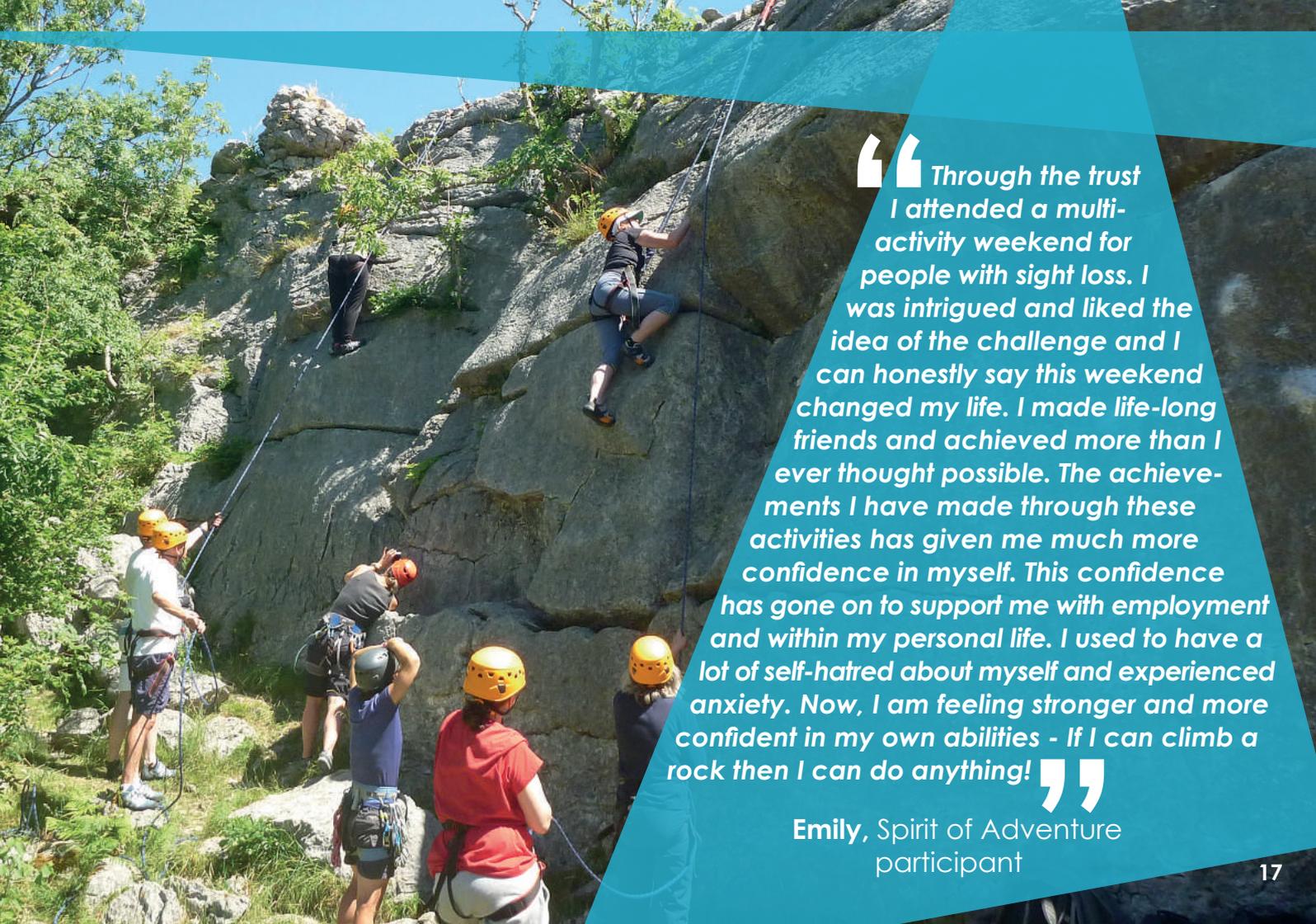
Hilary Croydon

Spirit of Adventure

In 2018 our Spirit of Adventure programme reached new heights and became a registered charity in its own right. The programme enabled individual adults, with a visual impairment, to participate in outdoor activities such as climbing, canoeing and caving. Our courses and expeditions helped individuals to gain the skills, knowledge and expertise they needed in order to progress in the activities they enjoyed most. The project was so popular, it simply became too large for Bendrigg to continue supporting, with limited resources. It therefore continues under its new charity named **“Vision of Adventure”**.

Bendrigg are proud to have been a part of this amazing projects inception.





“ Through the trust I attended a multi-activity weekend for people with sight loss. I was intrigued and liked the idea of the challenge and I can honestly say this weekend changed my life. I made life-long friends and achieved more than I ever thought possible. The achievements I have made through these activities has given me much more confidence in myself. This confidence has gone on to support me with employment and within my personal life. I used to have a lot of self-hatred about myself and experienced anxiety. Now, I am feeling stronger and more confident in my own abilities - If I can climb a rock then I can do anything! ”

Emily, Spirit of Adventure participant

BA Scheme

In the early 1970's innovative work was being done in rural Scotland, bringing young people with disabilities together with trainees from 'Borstals' (run by HM Prison Service to reform 'seriously delinquent young people').

Barriers were quickly broken down as Borstal trainees accepted responsibility for others who were more vulnerable than themselves and children with disabilities were supported to take part in activities they never thought possible. Taking inspiration from this project, John and Mary Kinross, a husband and wife from Birmingham, purchased Bendrigg Lodge in 1976. They wanted to build on this project and create a residential centre, in a rural setting, where they could bring people from different walks of life together to mutual benefit, to foster a sense of understanding, awareness and compassion.

The Bendrigg Alternative ('BA') Scheme builds on the initial inspiration for Bendrigg Trust by providing opportunities for offenders, or those at risk of offending, to work alongside disabled people.

'BA' placements are supported to reacquaint themselves with life outside of prison, gain valuable skills, build strong support systems and overall reduce re-offending. 'BA' placements support and encourage their partner group throughout their whole stay and benefit from such a positive and powerful experience, often changing the way they think and relate to others thereby reducing their offending behaviour.



“ Bendrigg has helped me through the toughest time of my life. It has given me goals to reach in terms of time... in terms of a distraction from my current position. My experiences at Bendrigg have given me the mantle to really believe in and value myself in a more positive light.”



“ The Bendrigg Alternative Scheme allows people such as myself to show who we can be. It gives us the opportunity to repay the faith shown in us, that we can make amends for our mistakes and channel those efforts into something amazing. The Bendrigg experience allow us, as offenders to remove the institutionalised feelings we have, where we are rewarded with trust, kindness and honesty. It helped me personally accept who I was and that I have a worth. This has held no bounds upon release as I am now finding success in work and most importantly with my family. ”

Consultancy

With 40 years' experience of working in the outdoors with disabled people, Bendrigg Trust is a specialist centre and a leader in it's field.

We are continually developing to ensure we remain at the forefront of disability innovation and are proud to share our knowledge, expertise and skills. We help schools, colleges, outdoor education centres, climbing centres and a variety of other organisations to develop their services to enable participation by people of all abilities. This includes disability awareness training, Climbing for All, moving and handling as well as advice on access, equipment and inclusivity.

8 organisations and **105** people
in total attended our **disability awareness courses** or received **bespoke advice days**
in 2018.

This is an increase of

62%
on 2017.



“

The experience was fantastic and we certainly gained lots of knowledge to apply to our sessions.”

TreeTop Trek, Manchester

Community



Although Bendrigg supports people from across the UK we also have a lot to offer the local community.

As well as our other services, local people can take advantage of a weekly free sensory room session, fortnightly climbing club for teenagers of all abilities and access our “Aiming High” community play field. This includes an inclusive play area, adapted bike and trike hire, safe cycle paths, picnic benches and a large grassy area for games.

Over the last 40 years, Bendrigg has also held numerous events for our local community such as the annual Fete and the Bendrigg 10k which sees local people come together and run a sponsored 10k circuit at Bendrigg. These events bring our local community together, raise awareness for our charity and help to raise vital funds.

2018 saw Bendrigg host its very first Activity Festival, where individuals, families and community groups came together to enjoy a fun filled day of inclusive on-site activities, music, food and drink.

“ My kids’ achievements at Bendrigg have outstripped anything I ever thought possible. The staff are so keen for them to achieve and have fun - and they always make sure they do! The feel-good factor here is brilliant. The activities are a real challenge but set up in such a way, and supported so well, that they come away feeling on top of the world. ”

Clare Millington

2018 in summary

2,798

Disabled People

1,301

Leaders/Carers

155

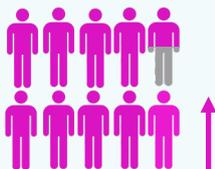
Volunteers

2 Years

Voluntary work
saving Bendrigg
over **£15,500**

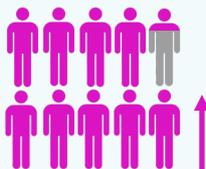
Supported by...

The equivalent of...



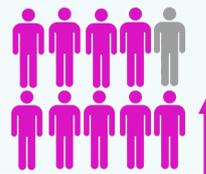
95%

of participants saw a
significant increase in
self-confidence



92%

of participants saw a
significant increase in
independence



90%

of participants saw a
significant increase in
self-esteem

£287,200
raised through
fundraising

£97,000
Given in sponsorship to enable **888**
people to visit Bendrigg so that their
financial situation was not a barrier to
taking part

33

Volunteer placements
for prisoners or people
at risk of offending



388

Wheelchair users
supported,
a **44% increase** on 2017



453

People visiting our
accessible
Fell End Bunkhouse



Participants **climbed**
the equivalent
3
height of Everest
times in 2018



Zipped the equivalent
distance from
Bendrigg Lodge
to **Manchester**

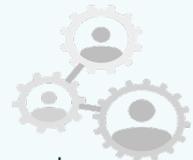


Crossed the equivalent
of the **English Channel**
39 times in **rafted**
canoes



Consumed
mars bars
in the form
of **Mars bar cake**
1,024

3



People trained
to be "**Instructors of the**
future" with the skills
to support people
in the outdoors

Financial Summary

Year ending 31st December 2018

This information is drawn from the audited accounts and annual report of the Trust for the year ending 31st December 2018. The full set of accounts and our annual report is available on the Bendrigg Trust website.

Incoming Resources	£
Donations, Grants & Legacies	287,200
Charitable Activities	731,252
Investment Income	965
TOTAL INCOME	£1,019,417

Resources Expended	£
Fundraising	30,357
Charitable Activities	1,054,746
Governance	13,021
TOTAL INCOME	£1,098,124

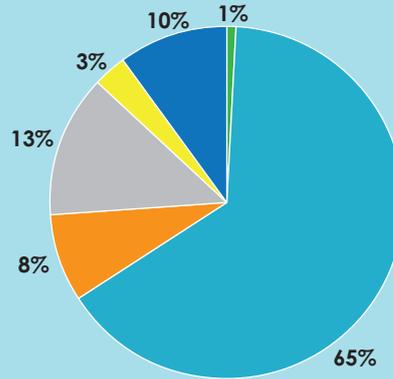
Reserves Policy	£
Present target (equivalent to 4 months total expenditure and working capital)	£338,000
Undesignated, unrestricted funds at year end (free reserves)	£402,000

Notes:

1. The total expenditure figures includes a depreciation charge of £166,000
2. Total incoming resources (excluding restricted donations) for 2018 increased to £839,803 and resources expended on activities increased to £762,359. This resulted in the Trust making an operating surplus of £78,872 on unrestricted funds. Without the restricted donations of £180,000 and unrestricted donations of £108,000 received in 2018, the Trust would have to charge significantly higher fees, which our client groups would not be able to afford.

Fundraising is a vital part of our work, without which we wouldn't be able to continue supporting over 4,000 people to achieve through adventure each year.

In 2018 almost £100,000 of sponsorship funding was used to enable people to access our services.



Voluntary Income Breakdown

- Trust & Foundation Grants
- Donations from Individuals
- Fundraising Events
- Corporate and organisational support
- Legacy and in Memory donations
- Gift Aid

For every £1 donated to Bendrigg, 96p goes directly to our service users...



For every £1 spent on fundraising **£9.46** is raised





How you can get involved

Volunteer

A week, a day or just a few hours - it all helps

Stay in touch

Sign up to receive our monthly e-newsletter and follow us on social media

Donate

Just £20 can enable a disabled person to access a weekend of life-enhancing opportunities or join our Bendrigg Supporters Club and set up a regular donation

Fundraise

Challenge yourself to raise vital funds

Leave a Legacy

A gift in your will can make the world of difference

Corporate Support

Get your employees and colleagues involved

**Bendrigg Trust, Bendrigg Lodge,
Old Hutton, Kendal, Cumbria, LA8 0NR
01539 723 766 office@bendrigg.org.uk
www.bendrigg.org.uk**

Registered charity no: 508450
Company limited by guarantee: 1396557

