



# FREEDOM

2021 IMPACT REPORT

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## 2021 IMPACT REPORT

2021 was a year which started with (yet another) lockdown, but ended with hope on the horizon. After a rapid roll out of Covid-19 vaccinations, 2021 gradually became a year of promise and for many, freedom.

This report will take you on a journey of how Bendrigg Trust navigated the challenges of reopening our specialist outdoor centre, how we were there for our visitors throughout the year and with immense support, how we pulled it back from a predicted £150,000 deficit to end the year on a high.

A huge thank you must go out to all of our amazing trustees, staff, volunteers, funders and supporters. No thank you could ever be big enough, for all you have done to get us through this turbulent time. We are so grateful to all those who have been there for Bendrigg. Your support has made it possible for us to continue our work and make a huge impact on the lives of over 2,202 disabled people and their carers in 2021 alone.

**Nick Liley, Centre Director**



**“We love coming to Bendrigg it's a place that allows my son, in his words, to feel free.”**

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# FROM SURVIVING TO THRIVING

## CHAIR OF TRUSTEES STATEMENT

Despite a great degree of uncertainty about the future brought on by the Covid-19 pandemic, we were finally able to reopen our doors on 22nd June 2021 following fourteen months of closure. Since then, Bendrigg, with one or two inevitable setbacks, has moved from strength to strength. For this, we are so greatly indebted to all of our stakeholders: the professionalism and support of our staff team and trustees, our volunteers, sponsors and visitors. To all of you I say, "Thank you. You truly do not know how deeply you are appreciated."

A key development in 2021 has been the restructuring of the Management Team which is now in place. Given the enormity of events and their impact on Bendrigg during the last two years, we have the opportunity to assess our current situation, priorities and challenges. In turn this will lead us to consider our strategy and business planning for the future: these are exciting times.

Feedback from groups visiting Bendrigg since June 2021 has been outstanding: they have, without exception, stated how much Bendrigg has been needed – how important it has been to come back and reconnect with the outdoors and other people. And it is indeed the needs of our visitors that are our priority. With the truly exceptional leadership of our Director, Nick Liley, and the superb contribution of all of our stakeholders we can surely look to the future with great positivity and vision.

**Rachael Hodgson, Chair of Trustees**



# MISSION, VISION & VALUES

## OUR MISSION

To promote inclusion, encourage independence and build self-confidence through the provision of adventurous activities

## MISSION



## VISION



## OUR VISION

An inclusive society where everyone is equal

## VALUES



## OUR VALUES

Our 6 core values are at the heart of everything we do



# DRIVEN BY OUR VALUES

## 2021 ACHIEVEMENTS & PERFORMANCE



### PEOPLE

The heart of Bendrigg is our people and we did everything we could in 2021 to keep in touch with our staff team. Thanks to Government funding and strong internal governance, we were able to keep connected with staff throughout the lockdown and make no redundancies.



### SOLUTIONS NOT PROBLEMS

Throughout 2021 Bendrigg adapted to the changing restrictions and guidance. When able, we opened up our grounds for free access for shielding families; during the summer we offered free day activities and before our residential services reopened, we hired out our accessible accommodation.



### INNOVATION

In 2021 we embarked on our Hidden Disabilities Project to help ease anxieties of people with learning disabilities, communication difficulties and autism. The four part project has seen us develop a range of resources giving people more details about our facilities to help put them at ease.



### OUTDOOR LEARNING

Funding to continue to develop our Trainee Tutor Scheme means future trainees joining the scheme will be able to gain a Level 3 Outdoor Activity Instructor Apprenticeship. This has been developed by the Institute of Outdoor Learning and employers from across the breadth of the outdoor sector.



### OUTDOOR ENVIRONMENT

Thanks to funding from the Rural Community Energy Fund Bendrigg was able to commission a feasibility study looking at the various options for renewable energy sources. This study looked at the technology available as well as planning, finance and legal issues and produced a report detailing possible options for Bendrigg to consider.



### SAFETY AND RISK BENEFIT

We reopened our doors to residential groups in late June 2021, after being closed for over 14 months. After gathering feedback from our visitors, we listened and took extra measures to ensure that all would feel safe during their stay. Various Covid-secure measures were implemented to ensure the safety of our staff, volunteers and visitors, including limiting capacity.

# NEEDS ANALYSIS

## PHYSICAL ACTIVITY & DISABILITY

The benefits of sport and physical activity are well reported to have positive effects on physical, mental, social and emotional development. Sport and physical activity are also linked to cognitive benefits, learning ability and better grade attainment for disabled children.

Reports conducted by Sport England and The Activity Alliance in 2020, reinforced the activity gap between disabled and non-disabled children and adults. The report shows that disabled children are less active than their non-disabled peers and experience more barriers.

By looking at the main barriers and motivations for being active, we can build a picture of what is preventing disabled children from being more active and what motivates them to take part in physical activity.

### BARRIERS FOR PARTICIPATION



DISABILITY/  
IMPAIRMENT

**40%**



NOT FEELING  
COMFORTABLE

**37%**



IT COSTS  
TOO MUCH

**27%**

40% of disabled children think 'their impairment, health condition, illness or disability' stops them from being active. This means **many children, even at an early age, view their impairment as a top barrier, rather than considering societal barriers.**

### TOP 5 MOTIVATIONS FOR DISABLED CHILDREN TO BE ACTIVE



**TO FEEL A SENSE  
OF BELONGING**



**TO SPEND TIME  
WITH FRIENDS**



**TO BE MORE  
INDEPENDENT**



**FOR FUN**



**TO IMPROVE  
PHYSICAL HEALTH**

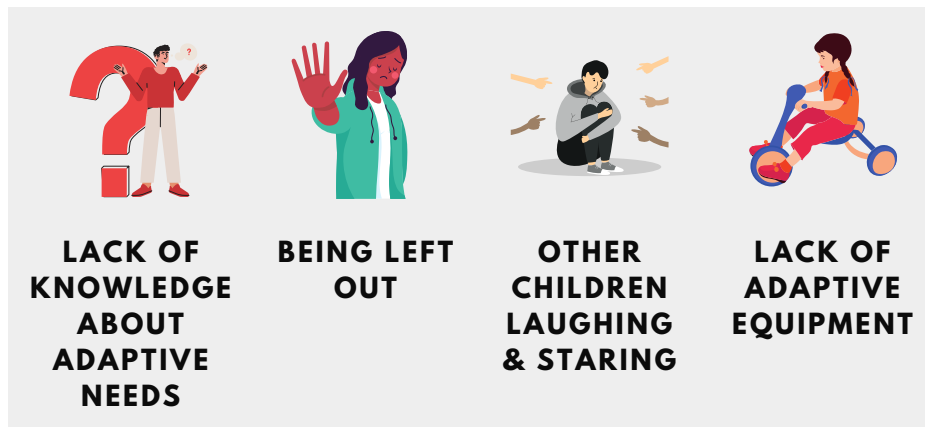
Reference: The Activity Alliance My Active Future: Including every child report - March 2020 and Sport England Active Lives survey.

# NEEDS ANALYSIS

## CHILDRENS PHYSICAL ACTIVITY AT SCHOOL

Disabled children are significantly more likely to be less active, compared to non-disabled children during school term-time. Research showed that this gap widened further, the older the child.

It is also reported that disabled children are less likely to enjoy physical activity and sports at school than non-disabled children. Some of the reasons include :



Disabled children who are more active are significantly more likely to say they enjoy sports and being active (85%). For the least active children, this falls to 53%. **This highlights the association between enjoyment and activity levels, especially for those that are less active.**

This shows the importance of ensuring disabled children have access to physical activity, but sadly, many disabled children report being left out of PE lessons at school altogether.



More needs to be done to address the barriers for disabled people to take part in physical activity. Empowering and educating schools to source adaptive equipment; building a more inclusive environment with positive attitudes; and developing a greater awareness of individual's needs, would help to close the gap.



# NEEDS ANALYSIS

## FINANCIAL CHALLENGES

Life costs more for disabled people and their families, many of whom spend more on essential goods and services like: heating, insurance, equipment and therapies. These extra costs mean disabled people have less money in their pocket than non-disabled people, or simply go without. The result is that disabled people are more likely to have a lower standard of living, even when they earn the same.

**1 in 5**  disabled people face extra costs of more than **£1,000 a month** 

### Employment gap

**Only half** of disabled people are in work



Compared to **four in five** non-disabled people



**2 in 5**  disabled workers were pushed into hardship during the pandemic

### Debt



More than **1 in 6** disabled workers said their **level of debt has increased**

### Food banks



Disabled workers were **twice as likely to have had to visit a food bank** than non-disabled workers

**one in five employers** say they would be **less likely to employ a disabled person** than a non-disabled person

In the UK

**50%**

(7.2 million people)

**of all people in poverty live in a family that includes a disabled person**

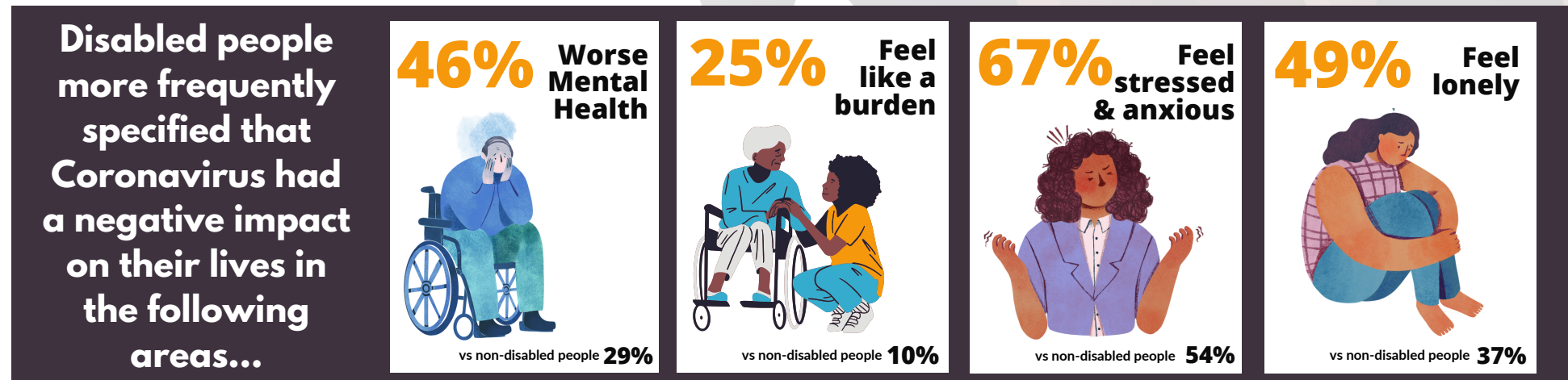





# NEEDS ANALYSIS

## WELL-BEING CHALLENGES

There are many surveys, reports and feedback in the public domain, which show disabled people continue to be disproportionately affected by the pandemic, in comparison to non-disabled people. **Impact on well-being (65%)** and **lack of freedom and independence (62%)** were the most mentioned ways of life, that disabled people said they were affected during the pandemic.



The Office for National Statistics gathered data in February 2021 relating to the social impacts of coronavirus on disabled people. Factors relating to health and well-being were the most reported areas of concern.

|   |                   |   |
|---|-------------------|---|
| <b>5 ELEMENTS OF WELL-BEING</b>  | <b>BE ACTIVE</b>  | 40% of disabled children think 'their impairment, health condition, illness or disability' stops them from being active.  |
|   | <b>GIVE BACK</b>  | Disability is reported as a main barrier for volunteering, especially those that are "limited a lot" by their condition.  |
|   | <b>CONNECT</b>    | 32% of disabled people reported that their relationships have been affected by the pandemic and 42% reported that they spend too much time alone.                       |
|   | <b>LEARN</b>      | Disabled men are three times less likely to attain qualifications than non-disabled men.  |
|   | <b>BE PRESENT</b> | Disabled people reported poorer ratings for all well-being measures than non disabled people, and life satisfaction ratings have decreased further during the pandemic. |

# ADDRESSING THE NEED

## WHAT IS BENDRIGG DOING TO TACKLE THE NEED?

Our analysis shows that there is an overwhelming need to address the many issues facing disabled people and their families. These are some of the areas which are in need of addressing:



**RAISE GREATER  
AWARENESS IN  
SCHOOLS, THE  
WORKPLACE AND  
THE GENERAL  
PUBLIC TO TACKLE  
ABLEISM AND LACK  
OF INCLUSION**



**PROMOTE  
GREATER  
INDEPENDENCE**



**INCREASE  
LEVELS OF  
WELL-BEING  
FOR DISABLED  
PEOPLE AND  
THEIR FAMILIES**



**IMPROVE  
ACCESS TO  
PHYSICAL  
ACTIVITIES  
AND SPORT**



**PROVIDE  
BETTER  
FINANCIAL  
ASSISTANCE  
FOR DISABLED  
PEOPLE AND  
THEIR FAMILIES**

Initiatives that encourage participation in sport and leisure activities, together with social and cultural activities, influence health and well-being. But as the needs analysis shows, there is much to be done to address barriers to participation and access, including providing financial assistance and raising a greater awareness to tackle a lack of inclusion.

The needs and depth of work to be done is of a huge scale and whilst we acknowledge we are not able to completely solve the issues, we are committed to tackling these issues through our charitable activities and working as part of the wider network of services provided to disabled people to help make a collective difference.

## A COLLECTIVE APPROACH

The social model of disability is a way of viewing the world developed by Disabled people. The model says that people are disabled by barriers in society, not by their impairment or difference. Bendrigg takes on this model through our services and acknowledge that we are not able to tackle the barriers alone. We know that to have a wider impact, a collective approach is vital.

One of our core values is "People". We work with many people and organisations who also play their part in addressing the issues faced by disabled people.

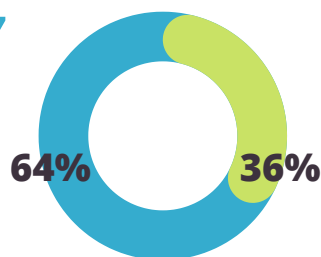
Bendrigg play it's part through providing a range of inclusive services which are not only for the individual, but can also include their family, friends, carers, educators and the wider community. Through our services we are proud of the impact we have and are told this does lead to a "ripple effect" throughout other areas of the individuals life.



# 2021 SUMMARY

2,202  
Total visitors

1,407  
Clients



795  
Leaders



129

Wheelchair  
users

56

Residential  
visits

86

Day  
activities

People who accessed our services in 2021  
noticed improvements in...

96%

Increased  
confidence  
& self-esteem



93%

Greater  
independence



90%

Improved  
physical &  
mental well-being



96%

Felt  
more  
included



93%

Improved  
social  
skills



and rated their overall experience 4.6 out of 5 stars



# OUR SERVICES & THEIR IMPACT



## RESIDENTIAL EXPERIENCE

We provide **accessible accommodation** for people of all abilities to enjoy a **residential experience** with their families, friends and peers

### LIFE SKILLS

People are encouraged to do things for themselves in a safe environment

### SOCIAL

Living alongside and working with others as part of a team

### INDEPENDENCE

This generates a sense of responsibility and purpose leading to an increased sense of independence

### RELATIONSHIPS

This helps to build positive relationships and develop social skills in turn reducing loneliness



## ADVENTURE ACTIVITIES

We offer a range of **adventure activities** which are **adapted using specialist equipment and knowledge**, so that even people with the most complex needs can experience them

### OUTDOORS

Exposure to new experiences in the great outdoors

### WELL-BEING

Freedom and space to connect with nature and benefit from it's mood boosting impact

### CHALLENGE

People learn to embrace uncertainty and achieve more than they believe themselves capable of

### CONFIDENCE

This gives them a sense of achievement and accomplishment



## AWARENESS BUILDING

We provide opportunities for people to be **involved with our work** through volunteering schemes. We also provide training and consultancy services for disability awareness

### CONSULTANCY

Training and educating people about inclusion, disabilities and the use of adaptive equipment

### INCLUSION

This educates others to build a more inclusive society where everyone is equal

### VOLUNTEERING

Giving people the opportunity to give back and working alongside people of all abilities

### COMMUNITY

Bringing people of all abilities together to bridge the disability gap and help to build inclusive communities

# RESIDENTIAL COURSES



Our residential courses are open to many groups of people including schools, colleges, charities, organisations, families and adults. We have accessible facilities onsite with up to 64 beds across 2 accommodation buildings. Facilities have been designed to make it possible for visitors to be as independent as possible, with open social spaces to help bring people together.

Residential trips are held throughout the year and provide organised groups from schools, charities and other organisations, the opportunity to stay away from home often for the very first time.

We also run "open" courses for adults and families, providing the chance for adults or families with a disability, to meet new people, and practise greater independence through the residential experience. Many of these participants report feeling more confident as a result and go on to try new activities or join a club when they return home.

“Bendrigg is the most accessible place we have ever been and the most inclusive. Keep doing what you're doing here, it makes such a difference to young people's lives.”



“Our pupils flourish in this environment.”



“It is due to yourselves that our pupils have the chance to grow.”

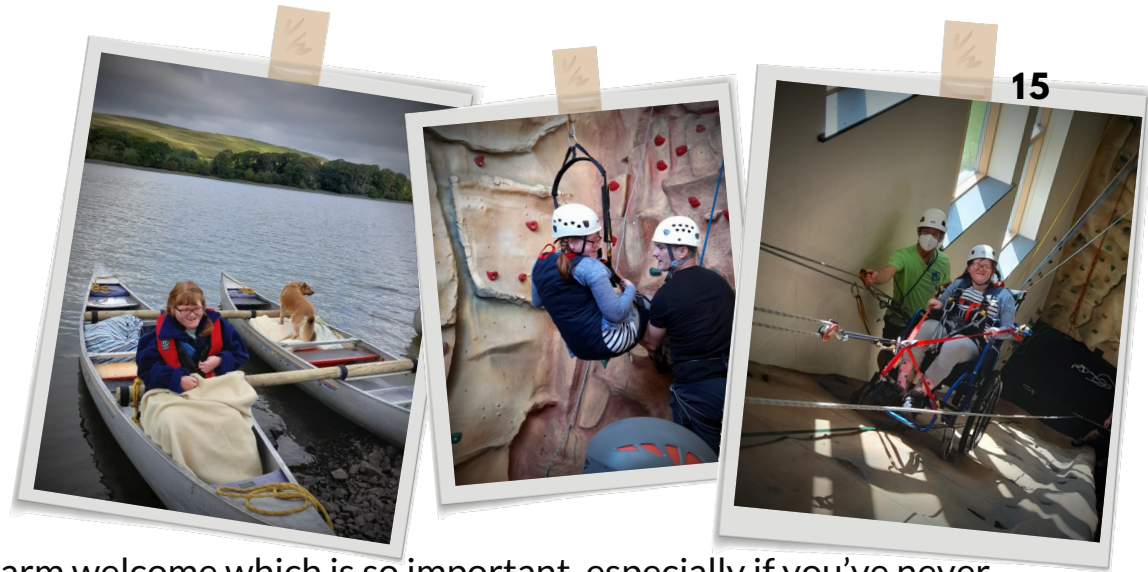
## WARD FAMILY STORY

On arrival at Bendrigg, your initial reaction is to the beauty of the surrounding countryside. You leave the motorway and within minutes you are transported to an area of open fields and woodland. You feel a sense of peace and breathe a sense of relief. No matter how far you've travelled, you realise it's worth the journey.

You're then met by a Bendrigg representative - a most warm welcome which is so important, especially if you've never been before and are unsure what to expect and it is here that you know you are in safe hands. The staff are so easy to get along with - very friendly and you get the feeling that nothing is too much trouble for them - they are here to help in any way they can.

For children and adults on the go you can be active all day, or for those that may need a rest, there is absolutely no pressure at all to take part in all the activities. You are encouraged obviously, but only if you wish to take part in everything. But why wouldn't you? The activities on offer are amazing! From canoeing on open water to abseiling, archery to roasting marshmallows over an open fire pit, it is all there for you to enjoy. When it comes to the activities and individuals abilities, there are no barriers - the staff will make it work no matter what. Plus other family members are more than willing to help - it is always a group effort because everyone is in the same boat.

**As a family we have been to Bendrigg lots of times now and will continue coming back. We have been fortunate to meet wonderful people and look forward to seeing them again. The work the staff and volunteers do cannot be valued highly enough. Bendrigg has become a highlight of our year - this year we're booked in twice and we are already thinking about the following year. All the team at Bendrigg are there to ensure you have the best time possible and that is exactly what you will have.**



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# KEY OUTCOMES OF A HIGH QUALITY RESIDENTIAL EXPERIENCE

There is substantial research and evidence surrounding residential for young people in an education capacity, to suggest that high quality residential learning can positively impact the following areas:

## ATTITUDES, BELIEFS & SELF-PERCEPTIONS

Examples of outcomes include independence, confidence, self-esteem, self-perception, self-efficacy, personal effectiveness and coping strategies;

### INDEPENDENCE

RESILIENCE, SELF-CONFIDENCE & WELL-BEING

IMPACT ON LEADERSHIP & FACILITATION

## ATTAINMENT

An outcome of enjoyment in learning leading to higher achievement and improved knowledge, skills and understanding.

IMPROVED ENGAGEMENT WITH LEARNING

IMPACT ON KNOWLEDGE, SKILL & UNDERSTANDING

IMPROVED BEHAVIOUR

## INTER PERSONAL & SOCIAL SKILLS

...such as social effectiveness, communication skills, group cohesion and skills in working with others.

IMPACT ON COHESION

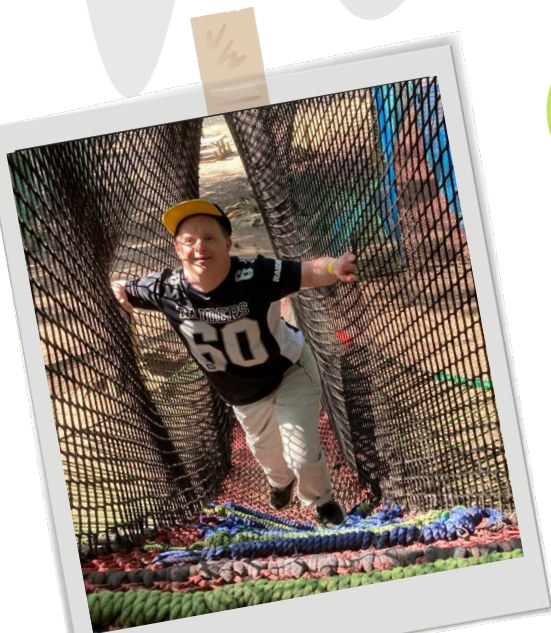
IMPACT ON RELATIONSHIPS

BEING PREPARED FOR TRANSITIONS INTO NEW ENVIRONMENTS

Much of the research is focussed around people from mainstream education. At Bendrigg, we believe that due to the disability gap and the scale of challenges faced, the positive impacts are likely to be more profound for disabled people.



## CARYS ANN & ROB'S STORY



The facilities at Bendrigg Trust are just brilliant for Rob. He was able to have freedom to explore in a safe, nurturing environment and did not need to be right next to me the whole time. This enabled him to be much more independent.

One of the most illuminating things to come from the experience was how myself and Rob bonded in a far more meaningful manner than just being his support worker at home. I was able to see a different side to him and his personality really shone through. I was able to see his lack of confidence and also his courage when he was faced with challenges. It was humbling to witness. Rob was able to conquer his fear of see through stairs and heights whilst on the zip wire. I nearly cried when I saw how scared he was, but despite his fear, myself and the Bendrigg tutor gently nurtured and supported him. The tutor took her time (I was scared too!) and she went down the zip wire with him. I screamed all the way down the zip wire and Rob thought it was hilarious.

Although my official capacity was to support Rob to participate in the activities, the nature of the week broke down any barriers that may have been there between support worker and individual. We were in a different setting and the week is devised to be fully inclusive and it is 100%. The timetable of activities is action-packed so you're kept busy from the moment you get up to when you're ready to go to bed. It was fantastic and both myself and Rob had an amazing time experiencing the activities together.

**CARYS ANN HUGHES**



# ADVENTURE ACTIVITIES



At Bendrigg we offer a whole host of adventure activities. All of which are adapted and made fully accessible to people with even the most complex needs.

Research shows that there is a great benefit when pairing a residential experience alongside outdoor adventure activities, but there is also an impact for regular day visits for outdoor activities. By providing a combination of day visits and longer residentials, people who are more anxious about staying away can have a "taster" during a day session, then progress to try longer residentials, thus having a greater impact.



“One of our full-time wheelchair users, when on the swing said that it made her feel free, without pain and not disabled. Such a powerful experience.

## GROUPS ACCESS DAYS

Due to restrictions from the pandemic, there were times that we were unable to provide our adventure activities. After talking to our visitors there was demand for safe, accessible outdoor space. Through providing free access days in our accessible grounds, we removed the financial barrier for people and supported them to get outdoors helping to increase their physical activity levels which in turn can help to improve overall health and well-being.

## DAY ACTIVITIES FOR FAMILIES & SCHOOLS

We provided a range of fully accessible day activities for families and schools at a subsidised rate.

## WINTER WONDERLAND EVENT

Our Winter Wonderland is a low cost event to encourage people to get outdoors, whatever the weather and have lots of fun. This event is open to the local community, helping to bring together people of all abilities.

# KEY OUTCOMES OF OUTDOOR ADVENTURE ACTIVITIES



**“I was able to do things I never thought I could.”**



## BENEFITS OF PHYSICAL ACTIVITY

Various developmental benefits are associated with regular physical exercise (such as regular outdoor adventure experiences can provide), e.g. humour, patience, energy, optimism, self confidence, self-esteem, self-assurance, emotional stability, improved body image, etc.



## EXPERIENCE OF THE NATURAL ENVIRONMENT

Outdoor adventure can have significant mental and physical health benefits, can enhance self-esteem and self-confidence, and can provide opportunities for spiritual development.



## SOCIAL SKILLS

Strong anecdotal evidence indicates that outdoor adventure experiences can enhance interpersonal relationships and improve socialisation, and can facilitate group bonding and co-operation. Outdoor adventure can help to reduce formality in relationships and develop awareness between young people, and between young people and staff.



## PERSONAL DEVELOPMENT

Some kinds of outdoor adventure can cause short-term gains in self-esteem and self-efficacy. It can cause short-term improvements in individuals' perceptions of themselves. These gains appear to be more significant on longer adventure programmes.

**“As a family, lockdown hit us very hard. This was just what we needed to show us that we can start having fun again.”**



**“The only thing that stops me is me!”**





## CLIMBING CLUB

After much anticipation, we were able to restart our fortnightly climbing club in September 2021 after 18 months of closure due to the pandemic.

We welcome people of all abilities to attend the club and many of the attendees have been coming for several years, building great friendships and going from strength to strength improving their climbing skills.

The club offers an opportunity not only for regular physical activity and climbing coaching to improve skills, but the social aspect of the club is also important. As well as climbers focussing on their own growth, people are encouraged to support other attendees by belaying and doing important safety checks - helping to build a sense of responsibility, confidence and independence.



“Lockdown was a huge setback for Chris as he physically lost many skills. By the time he tried to get out and take part in climbing again, he was struggling to stand and unable to get up the wall. It was a huge blow and he was determined to get back what he'd lost. Climbing club staff have been a huge support and the climbers support each other. He's worked so hard in rehab, driven by progress on the wall each session.

September to  
December 2021



8 Climbing  
sessions



11 Regular  
attendees  
AGED 29-14

ALL ABILITIES

ADHD AUTISM  
ADRENAL INSUFFICIENCY  
DOWNS SYNDROME  
DDX3X  
NON VERBAL  
DYSPRAXIA



# AWARENESS BUILDING

Bendrigg recognise the importance of building awareness and understanding the challenges faced by disabled people and how others can play their part to tackle them. We provide a number of services and programmes to learn more about our work as well as providing specialist training and consultancy to help people tackle challenges head on. Through our other charitable activities we are helping to improve disabled peoples lives directly through our services, but thinking back to the social model of disability, it is important that we also work on raising awareness and supporting others to do more to tackle needs.



## CONSULTANCY & TRAINING

Bendrigg provides consultancy and specialist training to organisations across a number of industries including the outdoor sector. We also provide accredited training courses for professionals including Climbing For All, Disability Awareness, Paddle-ability and Moving and Handling In The Outdoors.

## VOLUNTEERING OPPORTUNITIES

We have many volunteering opportunities available at Bendrigg for people to give back and learn a new skill. It also helps people to gain experience working alongside disabled people, learning more about their challenges and needs.

“All full-time staff have taken part in two Disability Awareness Training days to help our staff grow in confidence and help with the delivery of inclusive activities at our sites. The team have fully embraced this training and we've seen a huge change in their confidence and ability to welcome people with additional needs to Treetops.”



# VOLUNTEER SCHEME

## 2021 OVERVIEW

We were supported by

**144**  
**Bendrigg**  
**volunteers**  
**in 2021**

Since re-opening for residential visits in June 2021 we have been supported by 144 volunteers, helping with everything from residential groups to supporting our maintenance team and working in the grounds.

“I'd like to say a huge thank you to everyone who has volunteered at Bendrigg in 2021. It was a monumental effort to reopen after such a long period of closure and a special thank you must go to our maintenance volunteers who have continued to be a huge support through this time. We were also delighted to welcome a number of longer term volunteers who supported us with domestic duties and projects throughout the year.

**KATE MCCALLUM - VOLUNTEER CO-ORDINATOR**

Due to the pandemic and restrictions within the prison services, we were unable to restart our Bendrigg Alternative Scheme in 2021. The scheme is something we're incredibly proud of and are looking forward to having it back up and running in 2022.

## ALLIANCE MANCHESTER BUSINESS SCHOOL (AMBS) PROJECT

In September 2021 students from Manchester Business School carried out a comprehensive analysis of our volunteer programme. The students surveyed a number of volunteers and identified a high satisfaction rate with key comments being; - **working with people from various backgrounds, exceptional friendliness and support of the Bendrigg staff, and excellent food and accommodation facilities.** They also made several recommendations to attract more volunteers and inspired the trust to look at a "revamp" of the volunteer scheme which we look forward to developing in 2022.



## UNDERLEY GARDEN PUPILS' STORY

When Underley Garden School first got in touch with Bendrigg about work experience opportunities for their students, they expected to be turned down because of the students' complex educational needs, explaining they had previously been told, "volunteering for children like ours is deemed too risky," and said that, "people are usually too scared to let them try in case it 'all goes wrong'."

Of course, Bendrigg were keen to support the school and the pupils, who shortly after getting in touch, embarked on a four week program. The students and teachers came each week for two hours to support Ed, our Site Supervisor, with much needed assistance in our grounds.

**I just want to say a huge thank you for giving our young people the opportunity to volunteer at Bendrigg. They got so much out of it and could not wait to tell the rest of their class what they had been doing. Ed was fantastic with them and had them all engaged from the minute he introduced himself. A few of them were very nervous to begin with, but by the end of the session their self-esteem was sky high.**

We were absolutely blown away by the way Ed was able to engage and adapt his approach with each and every student in the group; enabling them to achieve things that many of the staff never thought the young people would be able to do. He was teaching the children health and safety, science, design technology, environmental science, geography and team work.

One of the teachers commented that through volunteering at Bendrigg, they had seen more out of one of the children in a few hours, than what they had seen in the entire year at school. It was a magical moment when one of the young students turned round to his teacher as he was carrying a spade saying, "Miss, I did it, this is my first real job and I love it."



# 2021 HIGHLIGHTS

## REOPENING

The Covid pandemic meant that Bendrigg was closed to residential visitors for 14 months. However on the 22nd June 2021 we welcomed our first residential groups back once more. The achievement was covered by BBC North West News team and MP Tim Farron came to site to lend his support after being a strong voice for the 'Save Outdoor Ed' campaign throughout the pandemic.

## ACHIEVING A SURPLUS

There was such uncertainty as we entered 2021 as to how much longer the pandemic would affect our services and what support would be forthcoming, that we were cautiously predicting an £150,000 deficit for the year. We are therefore delighted to report a £29,040 surplus for the year (before depreciation). This is thanks to the demand from our visitors, to return in greater numbers and more quickly than predicted, as well as fundraising success with existing and new funders and supporters.

## NEW MINIBUS

The Hartley Trust granted us £65,000 towards a new minibus in 2020. By agreement, Bendrigg delayed purchasing this vehicle until the centre was reopen. When the delay meant that the cost of the vehicle had increased, the Hartley Trust once again stepped in to cover the shortfall. Delivery of the new vehicle was taken in Autumn 2021, increasing the size of our accessible fleet allowing us to transport more people in a Covid-secure way.

## THE BIG GIVE CHRISTMAS CHALLENGE

The Big Give Christmas Challenge has become a regular feature in our fundraising calendar and 2021 was our fifth year taking part. We set ourselves our most ambitious target yet - £30,000 - as we knew the need for our services was great. Over the seven day challenge our supporters raised a staggering £34,239 including gift aid. Thank you to everyone who donated, shared and supported this event.





## REBOOT CAMPAIGN

With the centre being closed for over a year, our grounds, buildings and equipment needed some tender loving care before we could welcome our visitors back to Bendrigg. But as we had been closed, our income levels were extremely low. We therefore created the Reboot Campaign, to ask our local community for help with five projects to rejuvenate our grounds and buildings. After the support of many volunteers, gift-in-kind donations and financial support, we were able to complete four out of the five projects with very little expenditure for the charity. This was due to the generosity of our community and corporate partners.

*Thank you to all of the individuals and businesses who gave their time, made donations or gave gifts in kind to support the charity with this campaign including: The Breedon Group, The Roofbox Company, Amphigean LTD, Sealy UK, B&Q Kendal, Homebase Kendal, Asda Kendal, THINK Recycling, Joseph Strong Frazer Trust, Cumbria Community Foundation and Simply Moving & Sleeping.*

## RAISING AWARENESS

Despite being closed, we wanted to ensure we were communicating with our visitors, supporters and the general community as we knew when we reopened our visitors would need our services more than ever. We played a part in the Save Outdoor Ed campaign which featured on the national news and various newspapers including The Guardian. The BBC also came out to cover our first groups returning to Bendrigg which was a wonderful moment to capture and share with the nation. Our corporate partners at Cicerone Press invited us to be a guest on their Footnotes podcast and we were also featured in Trail Magazine as part of an "Access for all" feature. We attended the Keswick Mountain Festival to spread the word about our work in the local area and BBC Radio Cumbria included us in their charity feature throughout the first week in December.





# FUNDRAISING

## SUMMARY OF FUNDS RAISED & SPENT

Ordinarily, we would see costs for staffing and other unavoidable core costs covered by a large proportion of income from our residential services. However, as we remained closed for half the year, much of this income was lost. Therefore, fundraising has been paramount to the survival of Bendrigg throughout the pandemic and the fundraising team has worked incredibly hard to make up for the additional loss of income.

It is worth noting that Bendrigg doesn't ordinarily receive Government funding, but in 2021 we received £135,449 towards staffing costs through the Coronavirus Job Retention Scheme (CJRS). Without this funding Bendrigg would have had to consider redundancies or use up a large proportion of our reserves to retain our highly skilled staff team, leaving the charity in a vulnerable position going forward.

**£559,182**  
raised through  
fundraising in 2021



**£327,467**  59%

General Funds to support our charitable activities and unavoidable running costs



**£82,698**  15%

Specific funding for equipment, capital, IT and other projects



**£135,449**  24%

Specific funding claimed for staffing (CJRS)



**£13,568**  2%

To use for group and individual sponsorship for those unable to afford our services



# FUNDRAISING

## TRUSTS & FOUNDATIONS

There is no doubt that, once again, funding from charitable Trusts and Foundations has been incredibly important for Bendrigg. We are grateful to all of our funders for their continued understanding and flexibility in terms of their grants to us. We would particularly like to thank the Mary Kinross Charitable Trust, Bendrigg Support Trust and Cumbria Community Foundation whose long-term support is greatly appreciated.

### We give thanks to all of our funders including:

|                                |   |
|--------------------------------|---|
| 1 Life to Live                 | Homelands Charitable Trust              |
| The 29th May 1961 Charity      | Local Energy North West Hub             |
| The Alchemy Foundation         | Marsh Charitable Trust                  |
| Arnold Clark Community Fund    | Mary Kinross Charitable Trust           |
| Baily Thomas Charitable Fund   | P F Charitable Trust                    |
| Bendrigg Support Trust         | POM Charitable Trust                    |
| Cumbria Community Foundation   | The Frieda Scott Trust                  |
| Drapers' Charitable Fund       | ScottishPower Foundation                |
| The Joseph Strong Frazer Trust | The Souter Charitable Trust             |
| Garfield Weston Foundation     | Sir John Fisher Foundation              |
| The Gene Aid Trust             | St. James's Place Charitable Foundation |
| The Edward Gostling Foundation | YWCA Kendal                             |
| The Hartley Charitable Trust   |   |

“My son has been withdrawn and anxious over the past year but this has really boosted his confidence again. It's been lovely. Without the funding we really would have struggled to find the money to come and therefore we are really grateful for everyone raising funds.”

Our sponsorship fund helps to subsidise our services so that people who are facing financial hardship are still able to access our services.

## INDIVIDUAL DONORS

An enormous thank you must go to the many individual donors who have kept Bendrigg going over the past year. The part that this support plays in changing many people's lives for the better cannot be underestimated. Together, all of our individual donors make a huge difference and it is a simple fact that Bendrigg might not be here without these wonderful people. Thank you from the bottom of our hearts.

# FUNDRAISING

## CORPORATE PARTNERS

Despite organisations facing another year of incredible hardship, we were fortunate to be supported by a number of corporate and organisational partners, both old and new. Through financial contributions as well as gifts or services-in-kind, the support we receive from the community is humbling and we are grateful to everyone who has supported us in this way. Special thanks to :

Cicerone Press, Tree Top Treks, Cunningham's Outdoors, The Rum Shack, Upper Eden Rotary, Windemere and Ambleside Lions, Simply Moving & Sleeping, The Breedon Group, The Roof Box Company and Amphigean.



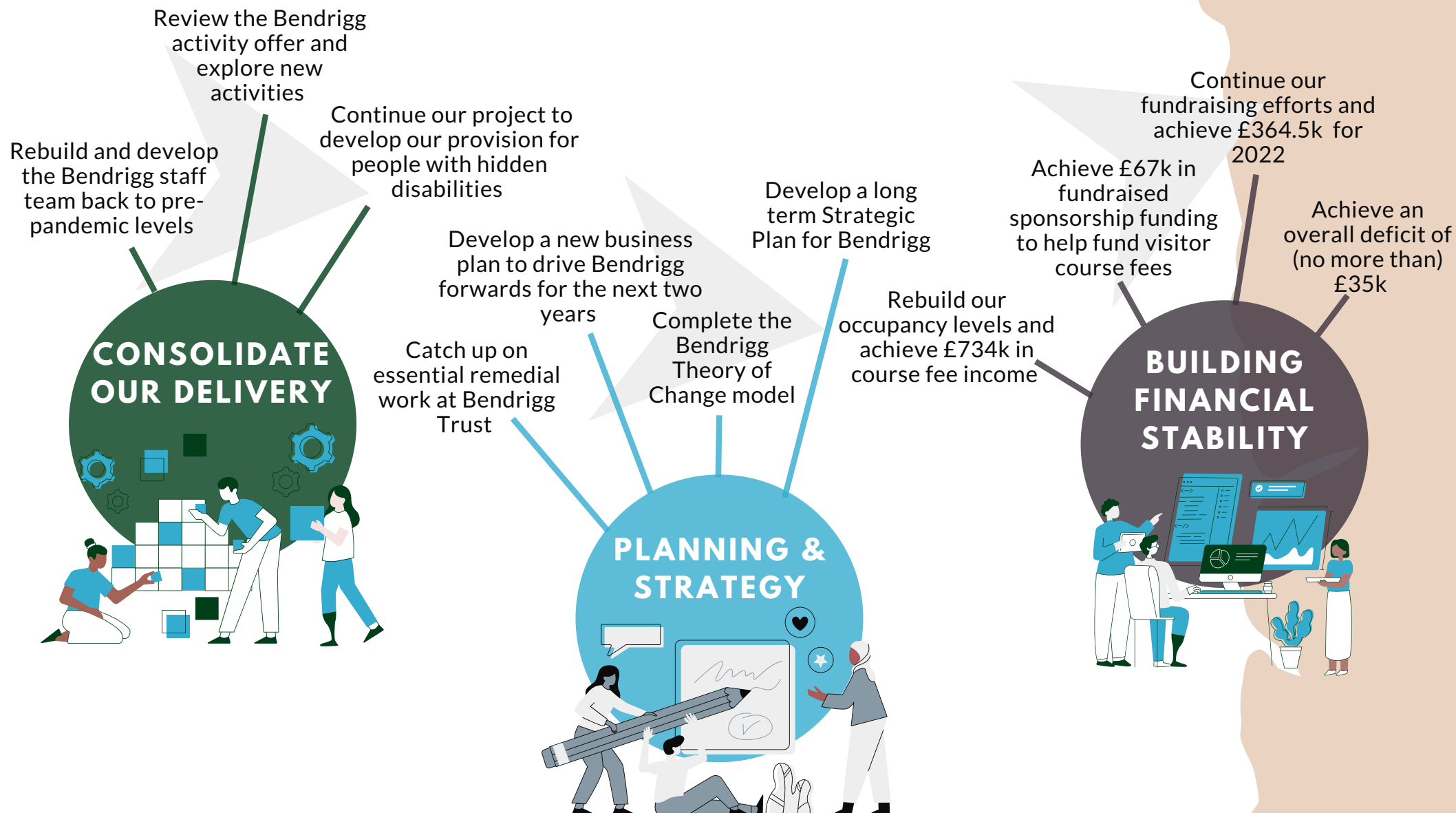
## FUNDRAISING EVENTS

When lockdown measures began to ease, many people took on a challenge to raise funds for Bendrigg, more than doubling our normal funds from events. A huge array of physical challenges were undertaken by our supporters including the **Coniston to Barrow Walk**, **London Marathon**, **Great North Run** and **Yorkshire 3 Peaks** as well as personal challenges such as 'A Dip A Day' and 'Brightening Up Our Spirits'. Thank you to all those people involved in these incredible feats of endurance and generosity.



# LOOKING AHEAD

As we emerge from the pandemic and a long period of closure, we now look to the future. In 2022 we plan to:



# FINANCIAL SUMMARY

## YEAR ENDING 31ST DECEMBER 2021

This information is drawn from the audited accounts and annual report of the Trust for the year ending 31st December 2021. The full set of accounts and annual report is available on the Bendrigg website.

### Incoming Resources

|                              |          |
|------------------------------|----------|
| Donations, Grants & Legacies | £423,733 |
| Charitable Activities        | £363,900 |
| Investment Income            | £212     |
| CJRS Income                  | £135,449 |

**Total Income** £923,294

### Resources Expended

|                       |          |
|-----------------------|----------|
| Fundraising           | £41,654  |
| Governance            | £7,946   |
| Charitable Activities | £960,608 |

**Total Expenditure** £1,010,208

### Reserves Policy

In previous years we have established a target range for free reserves, based upon holding an amount equivalent to at least four months' worth of normal expenditure. Given the emerging economic uncertainties, and also given the ongoing potential for a resurgence in Covid-19, we will continue to adopt an alternative and more cautious approach, whereby all of our unrestricted funds are re-purposed entirely towards enabling the Trust to overcome any ongoing financial challenges in the year ahead. As a result, our entire unrestricted funds balance of £422,975 remains re-purposed for the next 12 month period at least, as are all available unrestricted cash balances. Our normal Reserves Policy will therefore remain suspended until such time as the Trustees consider it appropriate and sensible for this to be re-instated.

### Notes :

1. Although the Statement of Financial Activities (SoFA) for the year shows a total deficit of £86,914, this is made up of an unrestricted surplus of £37,920 and a restricted funds deficit of £124,834. We are delighted to be able to report this return to surplus in our unrestricted activities in 2021, in spite of another very challenging year.



# HOW CAN YOU SUPPORT US?

If you'd like to help address the needs of disabled people in the UK, there are many ways you can do that through supporting our work.

## MAKE A DONATION

If you make a donation to Bendrigg, it will enable hundreds of people to have life changing experiences in 2022.

## FUNDRAISE FOR US

Fancy taking on a challenge? There are lots of great local and national events to choose from.

## CORPORATE PARTNERSHIPS

Maybe you'd like Bendrigg to be your charity of the year? Or perhaps you'd like to do a team "give back" day? There are plenty of ways you can support our work.

## SPREAD THE WORD

Help to spread the word about who Bendrigg are and what we do through our social media channels and word of mouth.

## LEGACIES

Legacy gifts are vital to ensure we continue to challenge perceptions of disability. Your gift could make the world of difference.

## GIFTS & SERVICES IN KIND

We are grateful to receive gifts and services in kind from individuals and businesses.

## VOLUNTEER

We can always use an extra pair of hands. You can sign up to support us as a residential or day volunteer on your own or as a work party with colleagues.







Bendrigg Trust, Bendrigg Lodge,  
Old Hutton, Kendal, Cumbria LA8 0NR  
01539 723766 [bookings@bendrigg.org.uk](mailto:bookings@bendrigg.org.uk)  
[www.bendrigg.org.uk](http://www.bendrigg.org.uk)

Charity number: 508450  
Company Limited by guarantee: 1396557