



ESTABLISHED IN EDINBURGH IN 1902

Ecas mission statement

Ecas promotes equality, choice and integration for physically disabled people. We promote opportunities for physically disabled people to be self-fulfilled and to participate in all aspects of society. We also work to promote disability equality throughout society.



annual report
2015-2016

Honorary President

The Countess of Rosebery

Vice-Presidents

Dr Iain M.M. MacMillan

Rev Dr W. Graham Monteith

Rt Hon Dr Gavin Strang

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Dr Alastair McIntosh (Interim
Chairman)

Mr John Abbott

Miss Elaine Boyd

Mrs Catherine Dowell

Mr John Laurie

Mrs Caroline Loudon

Mr Robin McKendrick

Mr Ian McInnes

Cover painting by Anne.
We are grateful to Ecas
staff for the photographs
in this report.

Staff

David Griffiths *Chief Executive and Company Secretary*

Sunil Bhatnagar *Manager*

Janice Todd *Administrator*

Ally Irvine *Befriending Manager*

Ken Fisher *Befriending Assistant*

& Seated Tai Chi Group Leader

Sue Barclay *Craft 1 Group Leader*

Lia Burton *Craft 2 Group Leader*

Sheila Donnelly *Yoga Group Leader*

Veronica Hay *Standby Yoga Group Leader*

John Glynn *Computer Group Leader*

Martin Hensey *Art Group Leader*
Jonatha Kottler *Reading and Writing
Group Leader*
Graham Young *Art Group Leader*
Akin Fatunmbi *Music Group Leader*
Neil Russell *Swimming Group Leader*
Greg Watson *Lifeguard*
Mathilda Dyson *Standby Lifeguard*
Amy Flynn *Standby Lifeguard*

Volunteers

John Ballantine, Kelly Barbour,
Lee Bates, Marion Blake, John
Bowles, Carina Brandbu, Margaret
Brown, David Cockburn, Jan Craig,
Michael Currie, Fania Cuesta,
Maureen Fish, Veronica Forcina,
Mark Hammond, Douglas Harrison,
Ben Hart, Lucy Holroyd, Stephanie
(Xiaolin) Jin, Jona Kottler, Jennifer
Learmonth, Claudia (Xin) Li,
Leslie Liu, Robyn Macbeth, Paul
McCay, Emma McKendrick, Robin
McKendrick, Ann Millar, Margaret
Morton, David Nicol, Andrew Niven,
Ben Notman, Marcin Ostapko,
Hannah Parkin, Marion Paterson,
Nova Patterson, Donald Peden, Jenny
Snowden, Rafal Stefanski, Stacey
Stewart, Stephanie Voytier, Kate
Walshaw, Jiexin (Jessie) Xie

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A Company Limited
by Guarantee with
Charitable Status Reg.
No. SC102790
Scottish Charity Number:
SC014929

Auditors

French Duncan,
Chartered Accountants
56 Palmerston Place,
Edinburgh EH12 5AY

This report is available
in an electronic version
(pdf). Please contact the
office.

Chairman's Remarks

I think that 2015/16 can best be described as an "interesting" year due, in the main, to factors beyond the charity's control.

The number of applications for grants in the first half of the year exceeded even our highest estimates. External factors such as government policy on benefits, council policy on grant giving to individuals and the general availability of other support can all affect the number of applications and we have seen fluctuations before, but nothing on this scale. At the same time the income from our investments continued to fall and so the Board reluctantly took the decision in October to suspend the grants scheme. A significant factor in this decision was the need to remain within the fiscal limits set by the members at the AGM in 2005, which can be summarised as restricting the annual capital drawdown to 2.5%.

Since that limit was set Ecas has grown its services with some new group activities as well as the creation, and subsequent expansion, of the befriending service, as well as an increase in grants awarded. We

have also increased the amount of partnership work we do with the public sector on policy issues. The Board are now in the position where they cannot continue to meet the fiscal target set by the membership whilst still continuing with the current level of activity. They are therefore in the process of consulting with members, clients and other interested parties on the best way forward for Ecas, and will report the findings, and a proposed way ahead, at the AGM in November 2016. I hope that all members of Ecas will read the AGM papers and contribute to the debate.

I am very grateful to my fellow directors, the Finance & Personnel Committee and the staff for the support they have given me since I unexpectedly took over as Chair in October 2015. I

would also like to record my thanks to the many other people who make the excellent work that Ecas does possible: our volunteer befrienders; activities volunteers; sponsored runners; funders and other supporters who provide goods in kind; and our various business partners. I would like to thank our CEO, David Griffiths, in particular, for his outstanding leadership of Ecas. Since becoming interim Chairman, I have begun to realise just how much hard work he puts in behind the scenes. The Charity would be in a much poorer place if it were not for his skill and dedication. Thank you David.

Finally I would like to publicly thank Val Calder, who stepped down as Chair of Ecas during the year, for all her years of hard work for Ecas in various capacities. There is a fuller tribute on page 35. But, as Vice Chair I am acting as Interim Chair until after the AGM so I can see how much Val was doing behind the scenes and what a good legacy she has left for me and my successor. Her years of dedication have not gone unnoticed.

Alastair McIntosh
Interim Chair

*Top: Traffic cartoon - Elizabeth
Middle: Autumn Tree - Bob
Bottom: Fighting Stags - Bill*



Summary of Ecas Services

Classes and other activities

For information about all classes and activities, please contact the office - 0131 475 2344 or info@ecas-edinburgh.org.

The programme does change occasionally, so check with the office for the latest details.

day	what	when	where
Monday	Computer 1	9.30 - 12.30	Norton Park
	Computer 2	1 - 3	Norton Park
	Swimming	4.30 - 7.30	Astley Ainslie ¹
Tuesday	Yoga	12.45 - 2.45	Longstone Centre ²
	Seated Tai Chi	2 - 3.30	Norton Park
Wednesday	Art 1	9.30 - 11.30	Oxgangs ³
	Art 2	12 - 2	Oxgangs ³
Thursday	Craft 1	10.30 - 12.30	Norton Park
	Reading Group	1 - 3	Norton Park
Friday	Craft 2	10.30 - 12.30	Norton Park
	Art 3	1.15 - 3.15	Norton Park
	Music Group	2 - 3.30	Drill Hall ⁴
	Swimming	3 - 6	Astley Ainslie ¹

¹ Scientific Block, Astley Ainslie Hospital
² Longstone Centre, 62 Longstone St
³ Oxgangs Neighbourhood Centre
⁴ Out of the Blue Drill Hall, 36 Dalmeny St

Chief Executive's Report

The Chairman has provided some details of the review of Ecas operations, and I intend to look back at the past year. The two main areas of Ecas' work, group activities (formerly classes) and befriending have continued to provide a valued service for our clients. Our grants scheme provided support to 53 people during the first half of the year before the Board had to suspend it. We have also continued our partnership work with the public and private sectors, and with other charities.

There is a fuller report of the progress of our befriending service elsewhere in this report, but I would like to highlight a couple of things. The service relies entirely on the support of our volunteer befrienders and I would like to pay tribute to them and all that they achieve. Please read some of the stories; they are inspiring. I have always wanted our befriending service to be innovative and I am pleased that we continue to achieve that. We are now working with a major IT company to see how we can use modern technology to help maintain contact between befrienders and befriendees when the volunteer

befriender is away from Edinburgh. I have high hopes for this initiative although we still have a few issues to resolve.

The trial of the reading and writing group was a real success and it is now an established activity. Swimming was, again, disrupted and had to move to Astley Ainslie Hospital's hydrotherapy pool. The future of that pool, and the only other Edinburgh hydrotherapy pool for humans at the Western General Hospital, remains in doubt. I really do hope that NHS Lothian will keep at least one pool available for disabled people to use. And, right at the end of the year, we heard that yoga will have to leave Firrhill and move to Longstone. Our other groups continue to go well, albeit with some staffing changes as outlined later on.

Our landlord, the Albion Trust, has some ambitious plans for a new reception building at Norton Park and these will impact on the parts of the building that we lease. We are discussing the details with the Albion Trust and hope to keep disruption to an absolute minimum.

These are difficult times for all charities and there are some tough choices ahead for all those who govern and manage them. I am very fortunate at Ecas to have such a strong and supportive Board and F&PC, a talented and dedicated staff team, an amazing group of volunteers, some really helpful funders and good support from our business partners. And some wonderful clients as well! Many thanks indeed to you all.



David Griffiths
Chief Executive

Craft 1

Taking over the craft group after Sylvia's retirement felt like very big shoes to fill! I'd like to thank Lia for showing me the ropes and where all the many many art treasures are kept; I think it would have taken me months to figure it all out by myself. I'd also like to thank the group, who have been so welcoming and so patient as I've tried to settle into my new role; the group has been running for such a long time with Sylvia at the helm, so I'm very grateful for everyone's kindness in helping to settle my nerves, and for being open to trying a few new ideas out.

We had an enjoyable time making artwork to be turned into panels for Crawford Bridge, and we look forward to seeing them all in place, it's great to be part of a community project.

We've also branched out a little from painting, with Marion knitting

what will be a fabulous hat, and David creating papier mache birds. As I also work in a pottery, I'm working on ideas to bring clay to the group and get messy!

I look forward to the year ahead, I'm sure we will see lots more crafts and some new and exciting projects being undertaken.

Sue Barclay *Craft Group 1 Leader*

Craft 2

There has been a lot of change over the last year, we were all sad to bid farewell to Sylvia on her retirement in July. I was privileged to work as her group assistant in Craft 1 and 2 and learned so much from her guidance. So, I'll begin with a thank you to Sylvia and all of the Ecas team for their support in my transition to Group Leader for Craft 2.

The group members continue to work on their individual projects, as ever varied in their chosen art and craft interests. We have seen some very detailed paintings completed over months, with fantastic technique and skill. One group member continues

to translate their flare for colour and pattern into various materials, from drawing, card making and crochet, to ceramics painting. There are artworks underway involving textiles, paint, stamps and stickers being added to canvas to build up an image. Some clients are also working on 3D model making for an Easter project, we're looking forward to seeing how these turn out! Well done to the group members who won the joint prize in the Norton Park Halloween competition for their fantastic glass painted lanterns. The group has also had an exciting

Marion honing her knitting skills



opportunity this year to work on a community arts project in partnership with Edinburgh Council, which will see the Crawford Bridge, just a stone's throw from Ecas, decorated with the artwork of various community groups. Many striking pieces have been created, including paintings of the Forth Road Bridge, Calton Hill and depictions of a client's family outings in Edinburgh. Thank you to Scotmid for kindly donating the funds to purchase the art materials for this project.

We currently have space in the group

for some new members. There is no previous experience needed to join the class, working at your own pace and with one-to-one guidance. A constant amongst the recent changes is that the group remains a friendly and supportive place to explore your creativity and develop individual skills.

Lia Burton

Craft 2 Group Leader

Art 1 & 2

It occurred to me that Ecas Annual Report readers might find it interesting to see how one class member copes with producing art in the face of physical obstacles such as the lack of use of her hands. I have compiled a photomontage of Elaine Boyd tackling a large canvas over the period April 2015 to December 2015 in Art 1 which I hope is illuminating.

Some of the members of Art 1 and 2 exhibited in the Small Works (6" x 6" canvases) Exhibition with the theme of music which took place in the Space Artworks premises in Morningside Road during August. The work was then 'on tour' to the Biggar Little Festival in October.

There was excitement when a film crew came to Oxfangs Neighbourhood Centre in January 2016 to film members at work and interview people about their experience of the Ecas activities.

Everyone who comes to the art classes is free to choose whatever medium they wish and the group leader responds with advice and

encouragement. Tutoring is on a one to one basis and appropriate to each class member's stage of development. The classes stock a full range of art materials including, acrylic, oil, and water colour paints as well as all the dry drawing and collage materials. Air drying clay is available for modelling small sculpture and we have a stock of mosaic tiles for creating bright and hard wearing images. A laptop and graphics tablet continues to be offered for those who find traditional materials difficult or who just want to express themselves digitally.

Numbers remain healthy but there are vacancies in both Art 1, 9.30h – 11.30h and Art 2, 12.00h – 14.00h. Both classes are held on Wednesdays at Oxfangs Neighbourhood Centre in the South West of Edinburgh where we are made welcome and where there is an excellent community café offering inexpensive meals served with a smile.

Graham C Young
Art Group
Leader
(1 & 2)



Elephants - Maggie



Elaine's artistic process

Above: sketching with charcoal in a mouthpointer, working with a paintroller, using a toe for blending, and a paintbrush between her toes. Below: the finished piece



Art 3

So here we are again, looking back on another year at the Ecas Friday afternoon art class in which, as in the previous year, noteworthy changes did not take place which speaks, in my opinion, for the consistency of the class. If clients are notably absent then it is not down to lack of interest but usually because of health or organisational issues.

The group consists of 6 clients, most of them wheelchair users who need often plenty of support in terms of sketching out a painting or getting the details right due to movement disorders. However, once they are "off" with their artwork I am always amazed about the wit and creativity expressed in their paintings. With one client focussing on humorous art, and others following suit, I have created a new folder in the picture archive with

Iain at work



images featuring cartoon artwork and some of the fantastic art which introduces a different flavour to the usual display of landscape, animals or flowers. I strongly believe in art as a mean not merely to decorate but also to amaze, even entertain, and it seems that this view chimes with the view of some of our clients.

In November last year a small exhibition at Norton Park displayed the result of or artistic endeavours and one of my clients was fortunate enough to sell a painting.

Rachael's Jungle



It was, indeed, one she did from the new collection of fantasy art.

Right now we are in cooperation with the City of Edinburgh for a project displaying artwork on a new bridge. The technicalities still have to be worked out but it is an encouraging way of promoting the creativity of disabled people in the public domain, and as expressed in previous articles, it would be desirable if we could expand on that. Many of my friends whom I tell about Ecas often don't know about our work and mission and would be more sympathetic if they would see more of the work done by our classes. One of my clients produced a cartoon of Alex Salmond (with my help) and recently showed a video clip to me in which he is seen showing this work on his mobile to Nicola Sturgeon. Scotland's First Minister took his phone and showed it to one of her companions saying "Quite talented, isn't he..?!!" Nothing more to add to that.

Ecas helps to arrange framing of artworks completed in the art & craft groups and this is a very popular service particularly when works of art are to be given as a gift.

I keep scanning in artwork by all classes as I own an A3 High End Scanner and it proves to be a valuable asset as I now have a large digital archive of all images in high resolution ready to be used by other tutors as well. Just contact me...

All in all 2015/16 remained steady and encouraging, sometimes challenging, but always rewarding. The one who learns most is actually me!

Martin Hensey *Art Group Leader (3)*



*Above: Simon and Charles with their finished artwork
Below: Barbara beside her artworks*



The Crawford Bridge Mural

The Crawford Bridge is a pedestrian bridge over the railway line and connects Albion Road with Easter Road. It is opposite the entrance to Norton Park and can be seen from our art room. It is used by many people every day, and thousands of people when Hibs play at Easter Road. In 2015 Ecas was approached by a Community Safety Officer from the Council who was tackling the problem of graffiti on the bridge. He was keen to cover the bridge's panels with artworks which could then be covered in anti-graffiti varnish. He had arranged for some panels to be painted by professional artists and some by a local primary school, but also wanted contributions from a community group.

The Ecas Art and Craft groups took to the task with typical skill and enthusiasm and their work now covers many of the panels on the bridge. The official unveiling was attended by a large group including the four local Councillors and many Ecas clients. As always, the standard of the work of the Ecas clients attracted many well-deserved compliments. If you are near Easter Road do take the time to admire the art on the bridge; it is well worth visiting.

David Griffiths

Reading and Writing

What an amazing year! It's been my privilege to join Ecas, start the Reading and Writing Group and to be made to feel so welcome by everyone. Our Reading and Writing Group isn't a traditional book group where people read the same book by themselves and then come back to talk about it. Each week we split up our time between lots of different activities: first we chat about the books we've been reading separately at home, making recommendations to each other; next clients read aloud their own writing that they've done at home. We've written ghost stories, sonnets, haiku, pantoum poems, acrostics, and all sorts of other genres and styles. Next we usually spend time discussing and learning about a particular author:

we've read Shakespeare's A Midsummer Night's Dream and Macbeth, The Strange Case of Dr Jekyll and Mr Hyde, The Just So Stories, and Sherlock Holmes stories. We talk about the writers and read aloud together from the works.

People in our group are so talented! Their writing is full of amazing images and creativity, beautiful thoughts and fantastic rhymes and rhythms. This year we have been very lucky to seize the opportunities offered on the Scottish Book Trust's website,

from taking incredible 50-word short story challenges to writing the much more personal Journey stories (which eight members of class wrote and had published on the SBT website). We even had a class member interviewed by the Sunday Herald about how reading and writing have made a huge difference in her recovery after a stroke.

We are deeply grateful to the Scottish Book Trust for awarding us a Live Literature grant, with which we were able to invite Scottish poet Claire Askew to give a reading from her newly published volume, *This Changes Things*. Claire was brilliant, sharing her poems, inspiring us to write, and telling us what life is really like for a working poet.

We hosted several parties this year honouring great writers. One

of our first meetings was a celebration of Shakespeare's birthday, and we had a lovely silly time donning moustaches to commemorate Robert Louis Stevenson's birthday.

The next year will see all sorts of adventures: new kinds of writing, new speakers, and new chances to keep making reading and writing a fulfilling part of our lives.

Jonatha Kottler
*Reading and Writing
Group Leader*



Swimming

We are grateful to the following for their support of our swimming groups:

Awards for All, The R S Brownless Charitable Trust, The JTH Charitable Trust, The Albert Hunt Trust, The Lynn Foundation, The Sir James Miller Edinburgh Trust, The Margaret Murdoch Charitable Trust, The Ryvoan Trust, J Smart & Co (Contractors) plc, The Souter Charitable Trust, The Bruce Wake Charitable Trust



The last year has seen a lot of change for the swimming group. With the sale of the Capability Scotland site the swimming groups have had to find a new home and are now using the hydrotherapy pool at Astley Ainslie hospital. With the groups having to move to new days Sue, the group leader, sadly had to give up as swimming teacher. Sue has moved over to leading the Thursday Craft 1 group and Neil took over as Group Leader on Mondays and Fridays. There have been a number of changes in our Lifeguard over the year with Hanna moving back home and Amy busy with her studies. Our current Lifeguard is Greg with Mathilda as

cover when needed.

Many thanks to Hanna for her sterling service leading up to the move.

New facilities and equipment have been a great help with all who attend the group. The use of handrails and modern hoist facilities have made a huge difference and have allowed us to work on a 1:1 basis when needed. After some time getting used to the new location, both the Monday and Friday groups have settled in

well. This year has seen new faces and great achievements. Barbara has shown fantastic progress with her swimming and her confidence continues to increase every week. Esther has also made fantastic progress and is now moving around in (and under) the water with confidence and ease.

A visit from the trio filming crew, making a promotional video for Ecas, was a highlight for the group this year with Tony giving great comic material for the film, as he does for the rest of the group every week, and Colin gave a big thumbs up to Ecas and the services it provides. With the swimming group running so well since the move, we hope to continue to grow in numbers and continue to help each client towards their individual goals.

Neil Russell *Swimming Group Leader*



Above: Plane - Bruce

Below: David trying out papier mache

Butterfly - Maggie



Seated Tai Chi

At the Seated Tai Chi Group we do a sequence of simple movements that improve breathing, strength, flexibility and co-ordination. The way the movements are done is important too – it's all about working when you need to, and relaxing when you can – good skills to have, particularly if your movement or strength is restricted.

We always have a tea break in the middle of the class, when we can have a pleasant chat before starting on the second half (which is always shorter than the first half!).

If you have a physical disability and this mixture of gentle exercise, relaxation and conversation appeals to you, get in touch on 0131 475 2344 as we usually have one or two places available.

Ken Fisher
Group Leader



Lighthouse - Maggie



Yoga

We are most grateful to the JTH Charitable Trust for their support of our yoga group.

The Tuesday yoga group (currently seven strong) has continued to meet and practise throughout the year as usual. However, just before the Easter break came news that our Firrhill venue would no longer be available to us. The questions of where to go and what to do arising from this caused some initial consternation but the matter has now been happily resolved by a move to the Longstone Centre and we are looking forward to the new term there. One or two small logistical matters such as the details of space available to us etc. remain to be ironed out but I will check these out by visiting there with Janice before the re-start.

On our last day at Firrhill the group had a special DVD Hatha yoga session which was a little treat and enjoyed by all concerned. Our other special session this term was another Laughter yoga meeting. Everyone turned up for this - even a few carers! - and, as with the previous session, there was a good response from the group and much fun was had by

all. It takes a surprising amount of effort to laugh seriously but it is well worth the effort - and who knows, even the back room staff might like to give it a try if/when we do it again!

A few words on the rationale behind yoga to finish off. The basic aim is very simple - to help and try to give support in facing some of life's issues and challenges. Of course, some of these are bigger than others but by following simple, effective, calm and unhurried procedures, by communicating feelings, by noticing others and giving support we can - and do - help at least a little at least some of the time.

By following a gentle regime of procedures, by taking things at a steady, unhurried pace we can

help make things a little calmer, a little more comfortable physically we can encourage and share as best we can and make our little group, I hope, a little special for us all for at least some of the time.

Sheila Rebecca Donnelly
Group Leader

Support for Disability Sport

For the last few years Ecas has been supporting athletes nominated by Scottish Disability Sport. The aim has been to give financial support to talented athletes who are trying to make the very difficult step up to the GB squad in their chosen sport. In recent years Ecas has supported between three and five athletes each year and, with limited space, we have chosen three case studies.



Above: Bird - Ruth
Below: Landscape - Bob



paintings by Bob - Beach and Zeppelin





Robyn Love is a wheelchair basketball player. In June 2015 she was heading to Worcester with the hope of joining Team GB and being selected for the Paralympic Games in Rio 2016. Robyn had previously represented Scotland and Ecas provided support to help her buy a new wheelchair, as well as with some of the general costs of participating at the highest levels.

David Griffiths, Ecas chief executive, met up with Robyn in June 2015 just after she got her new chair and as she was moving to Worcester. Robyn commented: "The funding for my new chair and the support I have received in moving down to Worcester has been vital in supporting my development as an

elite athlete. I would like to thank Ecas and Scottish Disability Sport for their generosity and support in my bid to be the first Scottish person to represent GB in a Major tournament for 15 years. My first objective is to be selected for the European Championships in August this year and hopefully I can make the team for the 2016 Paralympic Games in Rio. The work SDS and Ecas do is incredible, and they make a real difference in assisting people with a disability realise their full potential."

Shortly after that meeting Robyn was selected to represent Great Britain at the European Championships. In February 2016 she represented the UK in Japan and she is now training hard for Rio.





Nathan MacQueen is an archer from Polbeth, West Lothian, who has a proven track record as a performance athlete. After a few years as a wheelchair basketball player, following a spinal injury when he was 18 years old, he made the switch to powerlifting in a bid to reach the Glasgow 2014 Commonwealth Games. Unfortunately he narrowly missed out and decided to make the transition to archery, a sport he enjoyed prior to his accident. He has recently been selected for the GB programme in the W2 classification and has his sights set on Rio 2016 Paralympic Games.

Sunil Bhatnagar met up with Nathan (see picture) when he returned to Edinburgh after a Rio

2016 selection shoot, where he currently sits in first place. He has further selection shoots in June and we wish him all the best.

Nathan said "I would like to thank both Ecas and Scottish Disability Sport for their continued support during this very busy year, where I hope to be selected for ParalympicsGB to compete in Rio. The financial assistance has been very well received, particularly with the weekly travel commitments to Lilleshall National Sports Centre, where the GB team train."





Ecas has also supported **Beth Johnston**. Beth lives in the Scottish Borders and has to travel a lot to both squad training sessions and competitions. Beth's mother told us: "To be part of the Achieve 2014 programme and to be such a part of Team Scotland during the Commonwealth Games is a memory she will cherish forever. We have travelled almost the length and breadth of the UK and she has had overnight training camps and weekends away in competition for the Scottish para-squad. To receive a grant like this one does give her so much confidence as it's clear that people really do believe in her. Beth always gives 100% and we sincerely hope she has a great many swimming years ahead of her."

In June 2015 Beth had a fantastic time at the Scottish Nationals. She had 6 swims in total and qualified for 5 finals. She had 4 personal best times all of which were Scottish S10



records. The icing on the cake was her 100m backstroke in which she broke her record and became the Scottish Open Champion!

Music For Fun

It has been said that the only constant is change, so the Music Group proves to be no exception! I feel very fortunate to have taken on the role of Music Group Leader in May 2015, following on from music therapists Jenny Laahs and Grainne Foster. I was able to work alongside Jenny for a few weeks, providing a smooth transition for music group members and enabling the continuation and development of existing themes (pun intended). I thank the group and Ecas staff for their warm welcome.

The music group has continued to explore creative musical approaches, including vocal work, use of drums and melodic percussion instruments such as the glockenspiel and xylophone and exploring the more exotic instruments such as the autoharp and ocean drum. Listening sessions have enabled group members to not only share some of their favourite music but also to discuss how imagery, memories and mood are associated with sounds.

The group has further developed in the areas of creating and recording music, particularly embracing the concept of multitrack recording. This has proved particularly useful because it enables group members to record songs in sections over a period of weeks, singing and playing on the same recording without having to do both at the same time. Time spent creating a version of the old Rod Stewart hit 'Sailing' has proved very fruitful, not only for the fun in recreating a well-known song but also for the experience and skills developed in song arrangement and instrument choice.

The group is continuing to create new songs and has ambitions for some original seasonal recordings. Lyrics and music currently in development...

Music for Fun really describes the group very well, capturing the enthusiasm, creativity and engagement of all the members. Group members have been keen to take part in opportunities to share their experiences, submitting testimonies to the Computer Group and being interviewed by university students. I enjoy facilitating the group and look forward to more music making and recording.

Akin Fatunmbi *Group Leader*

Computing

In the past year the Computing group has seen a small, but regular, number of clients. Their needs are varied and interesting, as they have different abilities, skills and some have their own computers. This means not only supporting their learning needs, but also overseeing their computers and managing updates, antivirus software, etc.

There are two computer sessions on a Monday; three hours in the morning and a two hour session in the afternoon. Some clients stay on for both sessions.

The clients usually work on their own personal projects, whether that is downloading music, photographs or searching online for information. However, since the summer, the afternoon session is producing a small publication about Ecas written by the clients. This project is now in the final stages with the clients (at the time of writing) proof reading the work and making sure that it fulfils their expectations.

The main aim of the Computer group is to support the clients in using,

learning and encouraging their use of the computer. In doing this the client is then able to use these skills, and new found confidence, outside of the group and feel less overwhelmed when dealing with organisations online, such as electricity suppliers, renewing the TV license, etc.

This class is open to all computer abilities and welcomes new people to the group whatever the client's computer knowledge.

John Glynn *Computing
Group Leader*

Befriending Service

We are most grateful to the Red Cross and The Russell Trust for their support of our Befriending Service.

Introduction from Ally Irvine, Befriending Service Manager

It's been a busy first year since we moved from being a Befriending Project into the more permanent sounding Ecas Befriending Service! In this time, we have introduced tablet computing into our working processes; this has helped us be more efficient, save paper and brought a greater flexibility into our day to day work. Also, we attended team meetings of housing associations, occupational therapists and neighbourhood offices to help promote the service and ensure quality referrals. Year on year, the number of volunteers who have completed the Befriender Training has increased by over 50% which is a positive step forward! Along the way we have met some amazing volunteers and clients and introduced some great befriending matches too.



Ally Irvine, Befriending Manager (right) and Ken Fisher, Befriending Assistant prepare for Volunteer Training

Research has shown that loneliness and social isolation is as damaging to our health as smoking 15 cigarettes a day; friendships not only have an impact on reducing the risk of mortality, but they also help people to recover when they do fall ill. These findings can only further highlight the importance of what our Befriending Service does.

Here are some of the things we have been up to last year:

Volunteer Focus Group and Activity Day – June 2015

The day started off with a brilliant interactive session from the British Red Cross. Our volunteers learned a range of first aid skills which could help support them within their role as befrienders and beyond. Having worked up an appetite, we headed off for lunch at the Royal Botanic garden. This was followed by a walk around the gardens to help burn off our lunch! Many thanks to Shaheen Ahmed from the British Red Cross and her volunteer team for both an informative and fun morning.



Group Outing for Befriending Matches – May 2015

Some of our befriending matches had a great day out attending the Friends of the Pentlands' Access for All event outing to Threipmuir Reservoir. Despite challenging weather conditions a good day was had by all. Many thanks to befriender Donald Peden for co-ordinating the day!

National Befriending Week. 1st-7th November 2015

Organised by Befriending Networks, with the aim to help increase the profile and awareness



of befriending. Befriending organisations across the country came together to promote their service with the tag line 'Befrienders Beat Loneliness'.

Volunteer Focus Group and Activity Day – December 2015

Derek Phaup, Service Manager from RNIB Scotland gave a brilliant presentation to our volunteers on what it's like living with a visual impairment and how best to provide support. After a tasty lunch, our volunteers were given a free guided tour around the National Museum of Scotland in recognition of all they do as volunteer befrienders! Many thanks to the National Museum and tour guide Robert for a great afternoon.

Find a Volunteer!

Do you know someone who might make a good Befriender? Please spread the word and ask anyone interested in becoming a Befriender to get in touch with Ally or Ken on 0131 475 2344
www.ecas-edinburgh.org



Wheelchair Training

If a volunteer is matched with someone who is in a wheelchair, Ecas provides suitable training to allow a befriending match to get out and about safely.



Befrienders Stephanie and Leslie complete their training at the SMART Centre, Astley Ainslie hospital

Volunteer Training

Volunteer Befriender training sessions were held in June, August, October, November, February and March. Thank you to all who have participated. Here are some training photos of our volunteers in action.



Volunteer Befrienders proudly displaying their completion certificates



Current Befriending matches

At the moment we have 31 active matches with 1 being a facilitated friendship. 5 of our volunteer befrienders have a physical disability. We are in the process of matching 6 newly trained volunteers so we expect the number of active matches to increase soon.

Ecas befriending service would not be possible if it wasn't for our amazing volunteer befrienders. The time commitment and support they give makes a HUGE difference to those who really need it. Thank you!!



Special thanks to befriender Donald Peden (above) for his continued help and in producing our Volunteer Befriender training packs and role as Volunteer Facilitator!

A 'Snapshot' of some of our Befriending matches

Dave and Tam were introduced in December 2015. Dave and Tam have a wide range of discussion topics ranging from banking (they both spent time working in the financial sector) to ornithology, music and football. Whatever the topic, there is always lots of laughter and banter involved!



Leslie and Gillian were introduced in November 2015. Leslie and Gillian tell each other what's been happening for them over the course of the week and also take the chance to learn about each other's culture. Leslie learns about what it was like to grow up in the UK in the 20th century, and Gillian learns about life in modern China. And of course, they just enjoy a cup of tea and a chat!



Ben and Stuart were introduced in October 2015. Ben and Stuart like to go out to watch a film if they can. Thrillers and action films are their favourite. Also they like to chat, usually about football, girls and booze – or so they tell us!



Stacey and Marilyn were introduced in August 2015. Stacey and Marilyn like to spend their time chatting, having tea and cake. This befriending match also enjoy making things and doing jigsaws. Stacey: 'I look forward to my befriending visits as every week is different. Becoming a befriender has given me more confidence, which I wasn't expecting. Marilyn: 'Meeting Stacey has been great as we get along so well, I feel as if we have known each other for ages!'



Veronica and Joan were introduced in July 2015. Veronica: 'I like being part of someone's weekly routine and enjoying chatting about every day events. It's great listening to Joan's memories too.' Joan: 'I look forward to Veronica coming to see me, and I enjoy her companionship!'



Robin and Roy were introduced in May 2015. This befriending match like to get out and do different things. Robin and Roy enjoy going to the cinema, having coffee and recently went to Musselburgh races. Robin: 'Befriending is a real pleasure as Roy and I have many of the same interests and always have a great time together.'



A 'facilitated friendship' involves two disabled people who have lost touch through housing or mobility issues being supported by Ecas to maintain a friendship. If you would like to find out more about Facilitated Friendship, please contact Ken or Ally on 0131 475 2344.

Our Facilitated Friendship pair **Anne and Pat** have known each other since they were 8 years old. Having lost contact a few years ago, they were brought back together by Ecas. Here they are enjoying a day out shopping at Cameron Toll celebrating Ann's birthday.



Personnel News

Val Calder, who was involved with Ecas for over 25 years, retired from the Board of Directors in February 2016. A former chair of the Access Committee, as the Grants Committee was previously called, Val had been chair of the Ecas Board since November 2011. She was involved in so many aspects of Ecas, nearly always behind the scenes, it is impossible to pay full tribute. She interviewed many of the current staff when they applied for their jobs, sold raffle tickets, quietly lobbied people at drinks receptions, persuaded supermarkets to raise cash and so many other things. She was a great supporter of all that we did and, as so often happens, we only realise

Val Calder and Sir John Leighton view the Portrait Triptychs exhibition at the Scottish National Gallery in 2011



how much she did when she stopped doing it. We wish her well in her well-deserved retirement.

Sylvia Williams retired from Ecas in July after 14 years as group leader for the two craft groups. The depth and breadth of her knowledge of crafts is remarkable. As well as being a valued colleague, she was a great friend to staff and clients, a very keen supporter of our art and craft shows and a hard act to follow! **Sue Barclay**, the former group leader for swimming, has taken over Craft 1 and **Lia Burton** has taken

Sylvia is delighted with her gift



over Craft 2. **Jonatha Kottler** was appointed Reading and Writing Group Leader in August 2015

Kevin Telfer has left the Board of Directors, and we wish him well for the future and are grateful for his support in recent years. With the move of swimming from Capability Scotland to Astley Ainslie Hospital **Neil Russell** took over as Group Leader and we welcomed **Greg Watson** as Lifeguard.

Grants

A rapid rise in the number of grant applications in the first six months of the financial year, combined with a drop in investment income, led the Board to make the very difficult decision in October 2015 to suspend the Ecas grants scheme. It is most unlikely that the scheme will recommence before April 2017, and it may well be later than that. In the period April to October 2015 we considered 53 cases compared to 82 for the whole of 2014/15. The number approved was 37 (57 in 2014/15), with the amount awarded £24,859 (£34,437 In 2014/15). The Board agreed to allocate a further

£3,000 (last year £15,000) to Scottish Disability Sport to help talented disabled athletes with the costs of competing for places at the Paralympics. You can read more about this on page 21-24.

I am most grateful to Alastair McIntosh who stood in for me when I was away from Edinburgh thus ensuring that grants were processed as normal.

Caroline Loudon

Donations

In addition to those listed under befriending, yoga and swimming we are most grateful to the following for their generous support of our transport scheme for classes: The Binks Trust, Mrs C D Brigden's Charitable Trust, Forth Ports plc, Leith Benevolent Association, The Sir Jules Thorn Charitable Trust

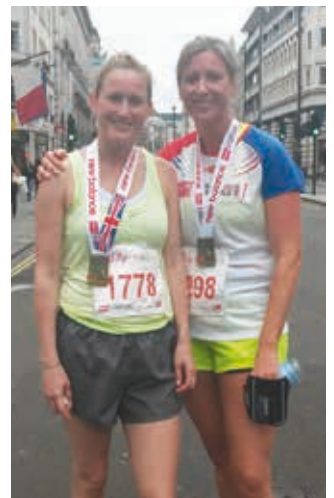
And to the following for their generosity in making general donations: Mrs Christine Black, Mr Norman Cockburn, Professor Sir David Edward, Dr Sheila Griffiths, Dr John Hunter, Dr Iain Macmillan, Miss Gillian Probert, Lord Rosebery's Charitable Settlement, South Leith Women's Group, Mr Colin Stewart, Ye Corporation O'Squaremen

Alice McIntosh and Cat Fortune and their sponsors for their 10km run

The Playhouse and their donors for bucket collections.

Microsoft and Adobe for gifts in kind

If Ecas has helped you, or someone close to you, please consider supporting Ecas by leaving something in your Will or by making a donation. Your support really will make a difference. Thank you.



*Alice and Cat
after their
run*

Finance & Personnel Committee

John Laurie *Chair*
Jeanette Curtis
Andrew Herberts
Kristin Leslie
Anne McDonald
Alastair McIntosh

Finance Report

The summary accounts show that Ecas must continue to tread a fine line in balancing the need to support people with a disability now, whilst also securing the future of the organisation. Our investment income fell slightly from £152,552 in 2014/15 to £152,174. Donations and Legacies fell from £22,650 to £18,599 but these figures include a donation from Awards for All in 2014/15 nearly all of which was spent in 2015/16. It is therefore clear that the underlying voluntary income remains around £15,000 and this is what we must assume for planning purposes.

We are aware that our investment income is likely to remain relatively low for some years. We achieved a capital drawdown, excluding investment management fees and legacies, of 2.33% which is slightly down on the 2.37% last year and within the 2.0 to 2.5% guideline set by the membership. However, in order to achieve this we had to suspend the grants scheme in October. In addition to reviewing expenditure we are currently looking at other ways to measure our financial performance which would allow the Board more freedom to govern the

charity without risking its future. We intend to place proposals before the AGM in November.

We could not achieve what we do without the support of the trusts, companies and individuals that make donations, support sponsored events, provide gifts or services in kind and support us in so many ways. We are most grateful for your support and hope it can continue.

I would like to thank our investment managers, Adam & Co, our accountants, French Duncan, and my fellow committee members for their continued help and support.

John Laurie *Chairman*

Ecas Criteria for Clients

1. Ecas is established to aid all disabled people with a long-term physical impairment.
 2. Ecas' policy is to prioritise our resources for the benefit of disabled people who have a physical impairment which substantially affects their mobility, manual dexterity or physical co-ordination, and the impairment:
 - has an adverse effect on their ability to carry out normal day-to-day activities *and*
 - is long-term (meaning it has lasted for 12 months or is likely to last for more than 12 months, or for the rest of their life).
 3. Potential users will be asked to complete an application form appropriate to the service they require.
 4. Ecas also welcomes opportunities to work in co-operation with other organisations in order to benefit disabled people indirectly.
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Accounts

SUMMARY FINANCIAL STATEMENT

The financial information set out in this Summarised Financial Statement is only a summary of information derived from the charity's annual accounts. It does not contain additional information derived from the trustees' annual report. It does not contain sufficient information to allow as full an understanding of the results and state of affairs of the charity as would be provided by the full annual accounts and report.

Anyone requiring more detailed information can obtain a full copy of the charity's annual accounts and trustees' annual report from the Ecas office. Members who wish to elect to receive a full copy of the annual accounts for all future financial years should contact the Ecas office.

STATEMENT OF FINANCIAL ACTIVITIES

31 MARCH 2016 (INCORPORATING THE INCOME AND EXPENDITURE ACCOUNT)

	Restricted funds 2016	Unrestricted funds 2016	Total 2016	Total 2015
	£	£	£	£
INCOME FROM:				
Donations and legacies	13,191	5,408	18,599	22,650
Charitable activities	-	6,559	6,559	6,098
Other trading activities	-	872	872	1,807
Investments	-	152,174	152,174	152,552
Other income	-	-	-	7,830
TOTAL INCOME	13,191	165,013	178,204	190,937
EXPENDITURE ON:				
Raising funds	-	24,914	24,914	29,399
Charitable activities	22,699	256,026	278,725	295,269
TOTAL EXPENDITURE	22,699	280,940	303,639	324,668
NET EXPENDITURE BEFORE INVESTMENT (LOSSES) / GAINS	(9,508)	(115,927)	(125,435)	(133,731)
Transfers between Funds	5,936	(5,936)	-	-
NET (EXPENDITURE) / INCOME BEFORE OTHER GAINS AND LOSSES	(3,572)	(121,863)	(125,435)	(133,731)
Gains/(losses) on investment assets	-	(124,401)	(124,401)	188,681

	Restricted funds 2016	Unrestricted funds 2016	Total 2016	Total 2015
NET MOVEMENT IN FUNDS	(3,572)	(246,264)	(249,836)	54,950
RECONCILIATION OF FUNDS:				
Total funds at 1 April 2015	6,039	4,707,531	4,713,570	4,658,620
TOTAL FUNDS AT 31 MARCH 2016	2,467	4,461,267	4,463,734	4,713,570

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared. All activities relate to continuing operations.

BALANCE SHEET 31 MARCH 2016

	2016	2015
FIXED ASSETS		
Tangible assets	-	403
Investments	4,436,568	4,681,236
TOTAL	4,436,568	4,681,639
CURRENT ASSETS		
Debtors	10,746	10,693
Cash at bank and in hand	41,602	37,546
TOTAL	52,348	48,239
CREDITORS		
Amounts falling due within one year	(25,182)	(16,308)
NET CURRENT ASSETS	27,166	31,931
NET ASSETS	4,463,734	4,713,570
CHARITY FUNDS		
Restricted funds	2,467	6,039
Unrestricted funds	4,461,267	4,707,531
TOTAL FUNDS	4,463,734	4,713,570

The financial statements were approved by the Trustees on 31st May 2016 and signed on their behalf, by:

Dr Alastair McIntosh

INDEPENDENT AUDITORS' STATEMENT TO THE MEMBERS OF ECAS LIMITED

We have examined the summary financial statement for the year ended 31 March 2016

Respective responsibilities of the trustees and the auditor

The trustees (who also act as directors of the charity for the purposes of company law) are responsible for preparing the summary financial statement in accordance with applicable United Kingdom law. Our responsibility is to report to you our opinion on the consistency of the summary financial statement with the full annual financial statements, and its compliance with the relevant requirements of section 427 of the Companies Act 2006 and the regulations made thereunder.

We conducted our work in accordance with Bulletin 2008/3 issued by the Auditing Practices Board. Our report on the company's full annual financial statements describes the basis of our opinion on those financial statements.

Opinion

In our opinion the summary financial statement is consistent with the full annual accounts of Ecas Limited for the year ended 31 March 2016 and complies

with the applicable requirements of section 427 of the Companies Act 2006, and the regulations made thereunder.

French Duncan LLP
Chartered Accountants
and Statutory Auditors
56 Palmerston Place
Edinburgh EH12 5AY

3rd June 2016

STATEMENT OF TRUSTEES

The auditor has issued unqualified reports on the full annual accounts and on the consistency of the trustees' annual report with those annual accounts. Their report on the full annual accounts contained no statement under sections 498(2) or 498(3) of the Companies Act 2006.

Signed on behalf of the trustees by
Dr Alastair McIntosh

Summary of Ecas Services

Group Activities

See timetable on page 6. For information about all group activities, please contact the office - 0131 475 2344 or info@ecas-edinburgh.org.

Internet Café When not being used for classes, the computer classroom can usually be used by clients provided they do not need assistance. Ring the office first to check availability.

Use of Ecas facilities Clients are welcome to use Ecas facilities, including the IT equipment, when they are not needed for routine activities or meetings. Please contact the office to discuss any ideas you may have.

Film shows There is usually a film show for Ecas clients on one Tuesday or Wednesday afternoon every month, with no admission charge and free popcorn. Ring the office to check what's coming soon.



ESTABLISHED IN EDINBURGH IN 1902