



e|c|a|s

ANNUAL REPORT
2019-20

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.

STAFF

Honorary President

The Countess of Rosebery

Vice-Presidents

Iain M.M. MacMillan

W Graham Monteith

Gavin Strang

Board of Directors

Caroline Loudon (Chair)

Alastair McIntosh (Vice Chair)

John Abbott

Elaine Boyd

Dale Davies

Catherine Dowell

John Laurie

Jennifer Learmonth

Robin McKendrick

Ashleigh De Verteuil

Permanent Staff

Ally Irvine, Chief Executive,
Befriending Manager and Company Secretary

Sunil Bhatnagar, Manager

Janice Todd, Administrator

Sam Collins, Deputy Befriending Manager

Megan Hood, Outreach Officer

Diane Wild, Social Media and Communications Co-ordinator

Sue Barclay, Craft Group Leader

Neil Russell, Swimming Group Leader

Sheila Donnelly, Yoga Group Leader

John Glynn, Computing Group Leader

Martin Hensey, Art & Craft Group Leader

John Mackay, Reading and Creative Writing Group Leader

Graham Young, Art Group Leader

Akin Fatunmbi, Music Group Leader

Ann Richards, Seated Tai Chi and Relaxation Group Leader

Julia Allard, Swimming Lifeguard

Registered Office

Ecas,
Norton Park,
57 Albion Road,
Edinburgh,
EH7 5QY

Telephone: 0131 475 2344
or 07500 221 618

Email: hello@ecas.scot

Website: www.ecas.scot

A Company Limited by Guarantee Reg. No. SC102790
Scottish Charity Number: SC 014929



CHAIR'S REMARKS

No one could have imagined the extent and impact of Covid-19 when it fully hit UK shores in March. Covid-19 has changed the way we work and how we support those accessing Ecas services to ensure everyone is safe in these unsettling times.

As the situation with Covid-19 escalated Ecas had to take in to account the risk it poses to our clients who have underlying health conditions. Therefore, from 16th March all activities (with the exception of the reading and creative writing group which continued via email), in person befriending and face to face meetings within the Young People's Service were suspended. Ecas' Grants fund was also suspended due to a sharp fall in portfolio value and uncertainty regarding future income through dividend pay-outs.

We do have to remember that the virus arrived in the last month of what had been a busy year. A highlight was holding our AGM event in November which showcased the talents and achievements of our service beneficiaries.

(See pages 5 and 6). Our Chief Executive, Ally, gave an overview of how **Ecas has been supporting people with a physical disability for over a hundred years** and provided an outline for our new Young People's Service which was launched in January 2020. (See page 7).

Let's hope it's not too long before we get back to some kind of normality.

The success of Ecas is entirely due to the hard work of many people: our volunteers (befrienders, Directors, committee members and those who support activities); our funders (individuals, companies and trusts); the staff; our many partners (public, private and voluntary sectors) and, of course, our clients.

Caroline Loudon, Chair



CHIEF EXECUTIVE'S REPORT

Prior to Covid-19, Ecas broadly met the objectives set for the year. Group activities continued to be well subscribed and our grants fund continued to provide financial support to those in need until it's suspension in March.

The Befriending Assistant and I continue to make quality matches, which really make a difference to those vulnerable and isolated due to a physical disability. The Befriending Assistant was promoted to Deputy Befriending Manager in January to help spread my workload in my combined role as Chief Executive and Befriending Manager.

The Annual Report is usually an opportunity to communicate what has been achieved throughout the year and to promote Ecas services. With services under constant review due to the virus, not all activities will be publicised and those which are may be amended. Please visit our website at www.ecas.scot for up to date information.

The focus for Ecas over the coming months will be looking at how we adapt our services to best support our clients whilst ensuring everyone is safe.

Many thanks to all those involved with Ecas for their support.

Ally Irvine, Chief Executive



Please follow us!

 @EcasScot

 /EcasScot

 @EcasScot

 Search for Ecas Edinburgh



SHOWCASE EVENT shines a spotlight on Ecas services

The Ecas AGM Showcase in November provided an opportunity to highlight the work of Ecas and our activity group members. First came a visit to the Art and Craft Exhibition and Sale, where group members displayed their talents and achievements.





SHOWCASE EVENT shines a spotlight on Ecas services

Then, we celebrated our other activity groups at our AGM. Our Music for Fun group kicked things off with a hilarious version of Johnny Cash's "Ring of Fire" called "Wheels of Fire". A few members of our Reading and Creative Writing group performed readings of their own original short works, while the Seated Tai Chi, Meditation and Relaxation group performed a Tai Chi demonstration to soothing music.





WE LAUNCHED a new service for young people

After two years of research into the needs and barriers faced by younger disabled adults, we launched our Young People's Service for 18 to 30 year olds in January. Ecas Outreach Officer Megan Hood is shaping the service and assisting people to identify goals and seek out opportunities.

Councillor George Gordon, the equalities champion at the City Chambers, offered his support to what he called "an exciting and innovative service."



**For further information, please see our website or contact
Megan on 07464 871733 or email megan@ecas.scot**

Councillor George Gordon, Megan Hood
and Ally Irvine at the City Chambers.



VISITING AUTHOR offers inspiration

Thanks to the Scottish Book Trust's Live Literature programme, Edinburgh author Mary Paulson-Ellis visited our Reading and Writing group to talk about her debut novel *The Other Mrs Walker* and her writing process. She arrived armed with a suitcase of props – apostle spoons, laburnum seeds, family photographs, coronation coins, and a fox stole – objects, she says, are the thread that connects the narrative. We were inspired by her mantra to write what you know.



David trying out the props for size.



Mary Poulson-Ellis with her novel *The Other Miss Walker*.

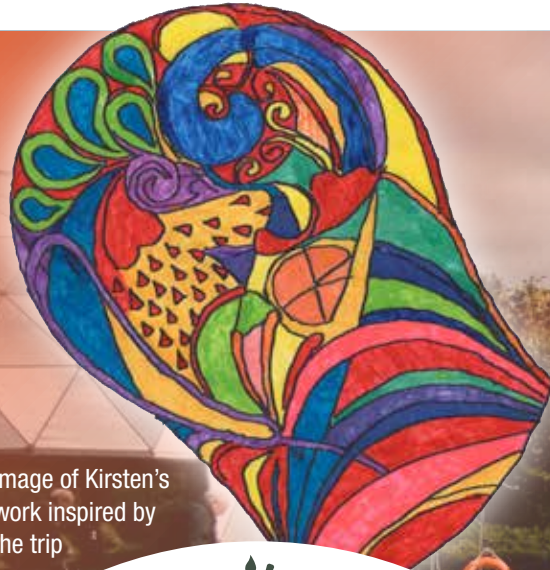


Image of Kirsten's work inspired by the trip



A VISIT TO Jupiter Artland

The intrepid members of our art groups decided to go to Jupiter for some inspiration. Not the far-off planet, but the sculpture park Jupiter Artland where the woods are full of artwork. Some favourites included Laura Ford's "Weeping Girls" bronze casts, and an intricately designed swimming pool by Joana Vasconcelos called "Gateway". With so much more of the park to see, they hope to visit again one day.



Image by Allan Pollok-Morris Courtesy Jupiter Artland



BEFRIENDING

Before the emergence of Covid-19, both volunteers and befriended benefitted from friendship and connection through visits to the befriended's home or out in the community for a walk or cup of coffee. When in-person befriending was suspended in March, the majority of matches transitioned into befriending via telephone or video call. Befriending Networks, who are the umbrella organisation for guidance and support to befriending projects across the UK, drafted distance befriending guidelines when Covid-19 emerged. These guidelines were adapted by Ecas and issued to volunteers. Feedback since the transition has been positive.



If you, or someone you know, has a physical disability and would benefit from having a befriender please contact Ally or Sam on 0131 475 2344/07825 305 376 or visit www.ecas.scot

MICHAEL: “We’re very compatible, the conversation flows easily and never feels forced, and we have similar interests and backgrounds. We learn from each other and he has a good sense of humour.”



MATCH SPOTLIGHT Michael and Tam

Tam and Michael have been meeting up and staying in touch since April 2019.

Michael has been a befriender with Ecas since 2016, balancing volunteering between working and studying, and was interested in meeting somebody new. Tam first got in touch via a community worker, having found himself at home a lot with reduced mobility.

They have a great chat over mutual interests, coming from the same part of the world, though being from different generations. They really enjoy their football chat and getting out for a walk and coffee in the local area.

Michael and Tam at our AGM showcase event.

TAM: “We get on like a house on fire! It’s as if we’ve known each other for years, and he’s very understanding.”





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!!



Befriending

When Ryan Robertson decided to become a volunteer befriender, he thought he might be able to make a small difference in his community and in his befriender's life, and have a challenging and rewarding experience. In reality, as he explained in his funny talk at the Ecas AGM, he got so much more: he gained a friend in Khalid, whose sense of humour and life experiences have made Ryan laugh and learn.

FINANCE REPORT

The summary accounts show headline investment income increased from £179,499 in 2018/19 to £192,519 in the current year. Donations and legacies decreased from £137,828 in 2018/19 to £12,170 in the current year partly due to receiving a substantial legacy of £130,610 in 2018/19. Stock market jitters in March caused by the Covid-19 pandemic in part caused the Ecas portfolio value to decrease by over £838,000 by the end of the financial year.

Fundraising continues to concentrate on the following restricted funds: transport for clients attending activities, computing and swimming.

Ecas could not achieve what it does without the support of the trusts, companies and individuals that make donations, provide gifts or services in kind and help us in so many ways. Ecas is most grateful for your support and hope it can continue.

I would like to thank our investment managers, Adam and Co, our accountants, French Duncan and my fellow committee members for their continuous support. Special thanks are extended to Jeanette Curtis who has retired after 12 years as a committee member.

John Laurie, Chair

Finance & Personnel Committee

John Laurie – Chair

Jeanette Curtis (resigned February 2020)

Andrew Herberts

Caroline Loudon

Anne McDonald

Alastair McIntosh



ACCOUNTS

Summary Financial Statement

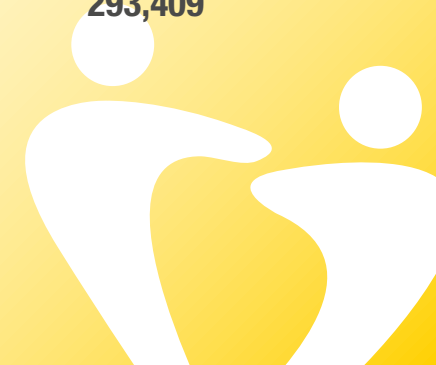
The financial information set out in this Summarised Financial Statement is only a summary of information derived from the charity's annual accounts. It does not contain additional information derived from the trustees' annual report. It does not contain sufficient information to allow as full an understanding 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 by contacting the Ecas office or email hello@ecas.scot



Statement of Financial Activities incorporating the income and expenditure account for the year ended 31 March 2020

| | Unrestricted funds 2020 £ | Restricted funds 2020 £ | Total funds 2020 £ | Total funds 2019 £ |
|--------------------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| INCOME FROM: | | | | |
| Donations and legacies | 1,844 | 10,326 | 12,170 | 137,828 |
| Charitable activities | 6,987 | – | 6,987 | 8,191 |
| Other trading activities | 249 | – | 249 | 157 |
| Investments | 192,519 | – | 192,519 | 179,499 |
| TOTAL INCOME | 201,599 | 10,326 | 211,925 | 325,675 |
| EXPENDITURE ON: | | | | |
| Raising funds | 30,753 | 3 | 30,756 | 36,318 |
| Charitable activities | 262,693 | 17,971 | 280,664 | 257,091 |
| TOTAL EXPENDITURE | 293,446 | 17,974 | 311,420 | 293,409 |



Statement of Financial Activities incorporating the income and expenditure account for the year ended 31 March 2020

| | Unrestricted funds 2020 | Restricted funds 2020 | Total funds 2020 | Total funds 2019 |
|--|-------------------------------|-----------------------------|------------------------|------------------------|
| Net (expenditure)/income before (losses)/gains | (91,847) | (7,648) | (99,495) | 32,266 |
| Net (losses)/gains on investments | (733,529) | — | (733,529) | 190,925 |
| Net (expenditure)/income before transfers | (825,376) | (7,648) | (833,024) | 223,191 |
| Transfers between Funds | (7,648) | 7,648 | — | — |
| NET (EXPENDITURE)/INCOME AND MOVEMENT IN FUNDS FOR THE YEAR | (833,024) | — | (833,024) | 223,191 |
| RECONCILIATION OF FUNDS: | | | | |
| Total funds brought forward | 4,990,568 | — | 4,990,568 | 4,767,377 |
| TOTAL FUNDS CARRIED FORWARD | 4,157,544 | — | 4,157,544 | 4,990,568 |

Balance Sheet as at 31 March 2020

| | 2020 | 2019 |
|-------------------------------------|------------------|-----------|
| FIXED ASSETS | | |
| Tangible assets | 7,492 | 9,192 |
| Investments | 4,116,866 | 4,954,983 |
| TOTAL | 4,124,358 | 4,964,175 |
| CURRENT ASSETS | | |
| Debtors | 10,985 | 11,041 |
| Cash at bank and in hand | 50,376 | 33,253 |
| TOTAL | 61,361 | 44,294 |
| CREDITORS | | |
| Amounts falling due within one year | (28,175) | (17,901) |
| NET CURRENT ASSETS | 33,186 | 26,393 |
| NET ASSETS | 4,157,544 | 4,990,568 |
| CHARITY FUNDS | | |
| Unrestricted funds | 4,157,544 | 4,990,568 |
| TOTAL FUNDS | 4,157,544 | 4,990,568 |

The company's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and constitute the annual financial statements required by the Companies Act 2006 and for circulation to the members.

The financial statements were approved and authorised for issue by the Trustees on 12th June 2020 and signed on their behalf, by **Caroline Loudon**



Independent Auditors' Statement to the members of Ecas Limited

We have examined the summary financial statement for the year ended 31 March 2020.

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 2020.

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

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 **Caroline Loudon**



ECAS GRANTS FUND

Over the financial year 2019/20:

- ▶ 20 applications were approved.
- ▶ A total of £17,276.46 was awarded.

The Board made the difficult decision to suspend our grants fund as of 16 March 2020 due to a sharp fall in portfolio value and uncertainty regarding future income. The Board of Directors will look to reintroduce the fund when Ecas' financial position allows.

Dr Alastair McIntosh,
Ecas Grants Fund Chair



DONATIONS

We are most grateful to Aegon, Bank of Scotland Foundation, Bruce Wake Charitable Trust, David Edward, Forth Ports Limited, Hugh Fraser Foundation, James T Howat Charitable Trust, John Hunter, Leith Benevolent Association, Alice McIntosh, Iain McMillian, Irene Ross, The Russell Trust, Colin Stewart and J Smart & Co (Contractors) plc for their generous support of Ecas services. Thanks are also extended to many Ecas clients for their generosity in making general donations.

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.

FUNDRAISE for Ecas

Whatever you do for us, and whatever you raise, whether it's £5 or £50, we are thankful for every last penny. Do get in touch if you'd like to discuss your fundraising ideas.

Or simply link your fundraising to our JustGiving page
www.justgiving.com/ecaslimited



ECAS CRITERIA FOR CLIENTS

Ecas follows the EHRC guideline that: “You are disabled under the Equality Act 2010 if you have a physical or mental impairment that has a ‘substantial’ and ‘long-term’ negative effect on your ability to do normal daily activities.

- ▶ ‘substantial’ is more than minor or trivial, e.g. it takes much longer than it usually would to complete a daily task like getting dressed
- ▶ ‘long-term’ means 12 months or more, e.g. a breathing condition that develops as a result of a lung infection.”

However, please remember that Ecas only provides support to people who have a physical disability.

We regret that the following conditions, on their own, do not meet our criteria: psychiatric disorders, learning difficulties, behavioural disorders, developmental delay, Down’s syndrome, autism, visual or hearing impairment, cancer, diabetes, epilepsy, HIV and back pain.

Potential users will be asked to complete an application appropriate to the service they require. Please visit our website for more information.

**www.ecas.scot or contact our office
on 0131 475 2344 or 07500 221 618**

Anyone participating in an Ecas Activity is precluded from being matched up with a befriender as part of our Befriending Service. Likewise, anyone currently matched up with an Ecas befriender is precluded from attending Ecas Activities. We are happy to discuss this with potential clients prior to referrals and applications being made, or when there are changes in circumstances.

