



ANNUAL REPORT 2020-21

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.



Mute Stop Video

Participants

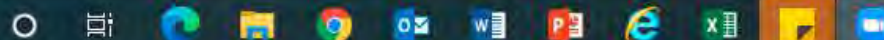
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STAFF

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 (resigned November 2020),
Elaine Boyd,
Dale Davies,
Catherine Dowell (resigned November 2020),
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
(until December 2020)

Grace Hagger, Social Media and
Website Co-ordinator (from January 2021)

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
(until November 2020)



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

Once it became apparent that the Covid-19 restrictions would remain for a longer period than anticipated, Ecas consulted with its activity clients regarding transitioning to online service delivery. Despite understandable anxiety, there was a strong appetite for clients to stay 'connected' with their peers and Group Leaders. Online activities returned in August via Zoom and helped our clients to 'meet', albeit remotely, and lessen their anxiety, stress and loneliness, all of which were further exacerbated during the pandemic.

As not everyone had the right equipment, Ecas provided support with computer software installation and even loaned computers where necessary. Ecas delivered art and craft materials to clients

and offered everyone training on how to connect with Zoom. Some clients have noted they now use Zoom personally which has helped further reduce isolation. In this annual report there are some wonderful examples of what has been achieved by our activities participants, some inspired by the pandemic: they include a poem called *2020* on page 5 written by Angela from the Reading and Creative Writing Group, winning designs from our Christmas card competition on page 8 and a link to hear the Music for Fun group's upbeat response to the pandemic on page 7. Under these difficult and challenging circumstances, the enthusiasm and determination shown by both Group Leaders and clients who have continued with online activities is a praiseworthy achievement.

Jack Abbott and Cathy Dowell retired from the Board in November. Jack is stepping down after serving two 5 year terms with Cathy serving the maximum 3 terms. I would like to thank them both for their support and commitment during this time.

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

Covid-19 has meant a reduction in the number of people Ecas supports as not all clients were able to participate or had no interest in distanced service delivery. However, Ecas has kept going throughout the pandemic and we have done what we can to support existing clients and encourage others to participate through lockdown and other tiered restrictions.

The befriending service continued to introduce new matches via phone and video calling, see page 9, with regular check-ins scheduled to support existing matches to help navigate the ever-changing lockdown rules. Click through to an insightful blog on how [distance befriending has helped reduce isolation](#).

We are grateful that we were able to reintroduce our grants fund in November to provide financial support to those in need.

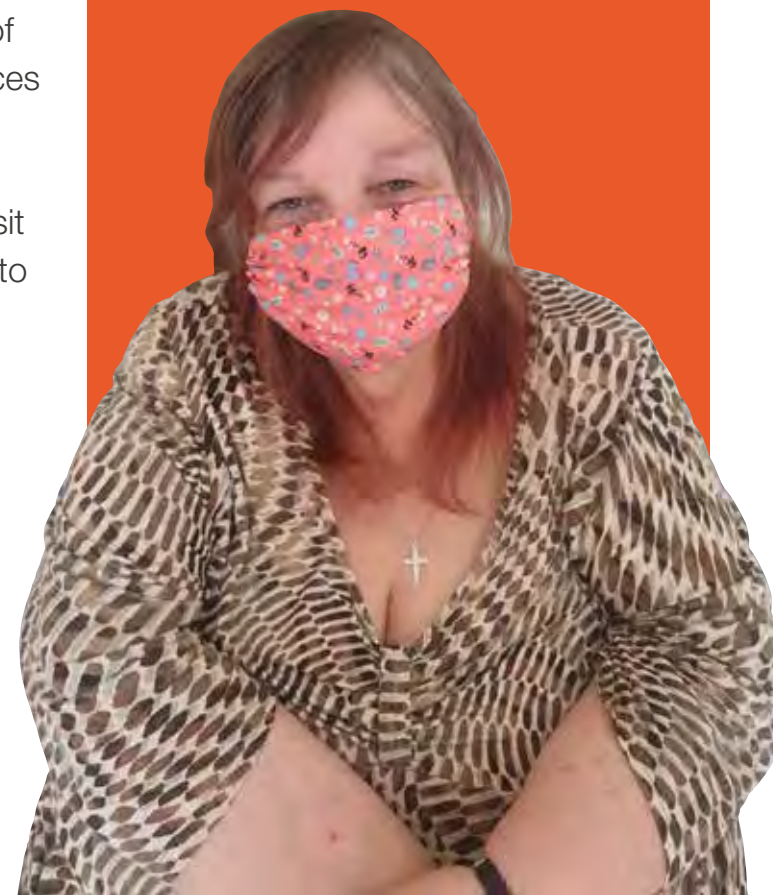
In this annual report there are a reduced number of images of varying quality due to the challenges of the pandemic but still believe it illustrates the achievements of Ecas during this difficult time. As services remain under constant review, not all activities will be publicised and those which are may be amended. Please visit our website at www.ecas.scot for up to date information.

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

Ally Irvine, Chief Executive



**CRAFT MEMBER RUTH PUTTING
HER SKILLS TO GOOD USE DURING
LOCKDOWN BY MAKING MASKS FOR KEY
WORKERS INCLUDING HER DAUGHTER.
THANK YOU, RUTH!**



READING & CREATIVE WRITING GROUP

Thankfully the pandemic has not stopped the group writing lots of wonderfully creative poems and short stories. Angela's take on 2020 mixes humour, sadness and a slice of madness – 'panic buying on toilet rolls' – proving that the smallest room in the house can be home to more than just a welcome flash of inspiration...

JOHN MACKAY, READING AND CREATIVE WRITING GROUP LEADER

2020

It has been quite a year
Not too much to make us cheer
In March, we went into lockdown
So no visits into town
No sport was played
As crowds couldn't gather
We had to keep our hands in a lather
Panic buying on toilet rolls
Which we found rather droll
We used to meet in the classroom
Now we meet on zoom
If going out we have to wear masks
No questions asked
Eventually a vaccine is here
So I hope this virus disappears

ANGELA



"I was apprehensive about using Zoom, but I now find it quite easy. I am happy with how it's going."

ANGELA

"The sessions are extremely enjoyable with sparkling repartee!"

DAVID

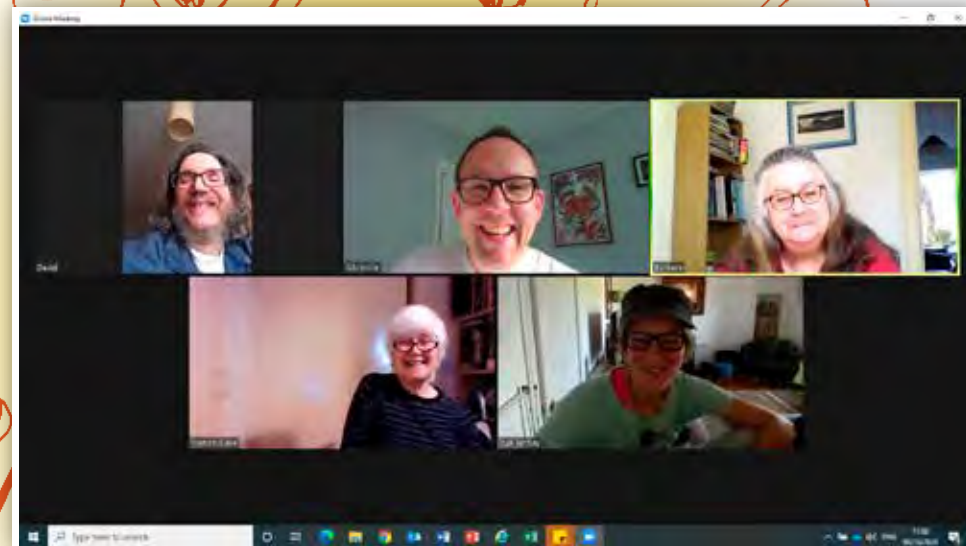
CRAFT

Regular doorstep deliveries of craft materials have meant groups continued to create some amazing pieces of work. Being able to carry on playing music over Zoom as we did in person has led to lots of sing-a-longs and laughter.

SUE BARCLAY, CRAFT 1 GROUP LEADER

"The social connection is very important, especially if you live alone."

MARION



"It's nice not having to wear a mask! It's a good laugh, and being in the group is much better than having no contact."

BARBARA

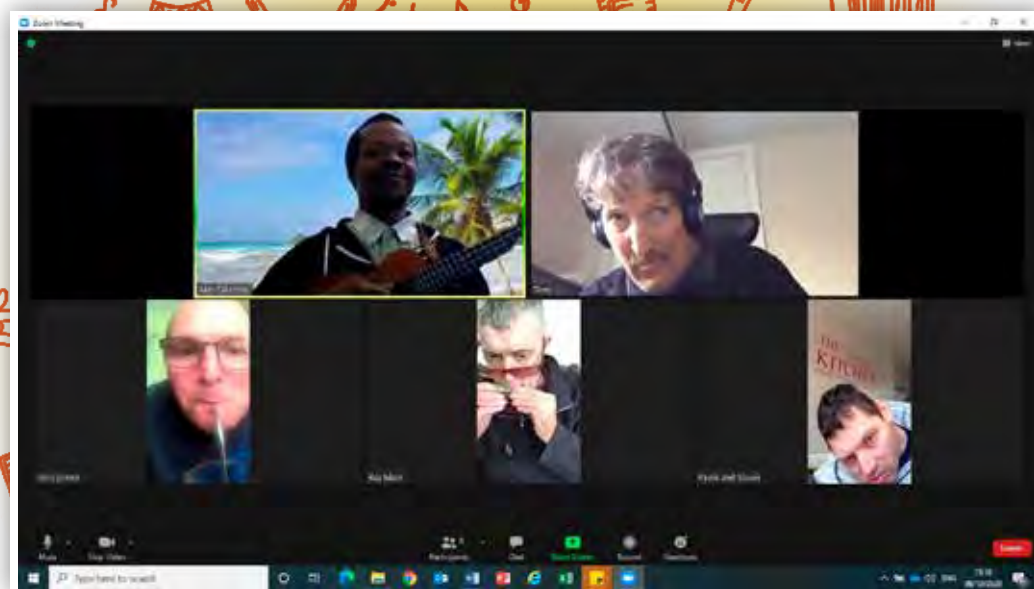


A collective Christmas craft activity brought a sense of shared experience and fun.

MUSIC FOR FUN

The music for fun group have enjoyed playing and composing music including a Valentine's song inspired by Chris De Burgh's Lady in Red. The Ecas Covid Song was the group's upbeat response to the lockdown experience. Both songs allowed the group to explore and discuss musical influences and production styles. We allowed ourselves to create "in the style of... but not copy", as is the pop tradition! The Covid Song was musically influenced by Billy Joel's "Uptown Girl".

AKIN FATUNMBI, MUSIC GROUP LEADER



"Very good. It's good that we are able to keep going."

TONY

NEW CHRISTMAS CARD DESIGNS

As we were running low on Christmas card stock we decided to run a competition within the art and craft groups. See the winning 4 entries which are available to buy and bring lots of Christmas cheer over the festive season. Please contact the Ecas office if you would like to purchase. Cards are available as sets of 10 of the same A6 design.

“Zoom means I can still enjoy my art class whilst staying safe and not having to travel outdoors.”

JK

“Having zoom classes allowed me to pick up my paint brushes at home.”

ELAINE

ROBINA
BY ELAINE



CANDLES
BY RICCO



MUSICAL PENGUINS
BY ELIZABETH



NORDIC
CHRISTMAS
JUMPER BY JK



BEFRIENDING

As the Covid-19 situation escalated in March of 2020, we suspended the in-person befriending service, but the majority of our matches transitioned to telephone or video calls, helping potentially isolated people to stay connected and have some reassurance. The service had to adapt significantly over the last year, adapting online training from Befriending Networks to allow us to recruit and train new volunteers and learning to conduct new client assessments virtually or over the phone. We had an overwhelming response from volunteers and were able to make a number of new interim distance matches. Where possible we plan to support those people into traditional befriending matches. Looking to the future, we aim to support matches to meet in person again. We will continue to adapt the service as necessary, with distance befriending remaining as a vital option.

SAM COLLINS, DEPUTY BEFRIENDING MANAGER

MATCH SPOTLIGHT Nicola and Marilyn

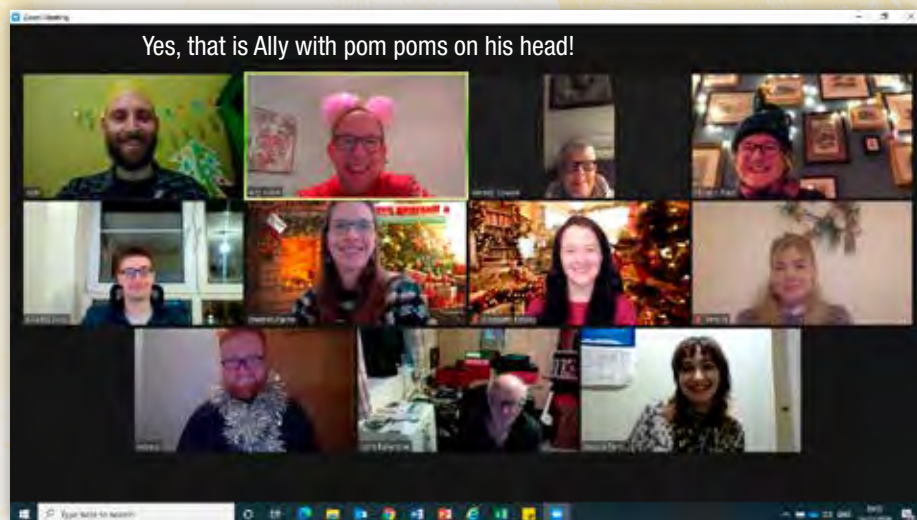


Nicola and Marilyn become a befriending match in May 2019. Marilyn thinks Nicola is funny, caring and chatty. Nicola says there's always something to talk about as they get along so well. Before lockdown, they both enjoyed getting out for lunch and a walk; but mostly a good blether! Since the pandemic they have mostly been keeping in contact over the phone with occasional garden visits.



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

BEFRIENDING



Even our biannual volunteer befriender get-togethers transferred over to Zoom this year! Our volunteers shared some lovely stories about how distance befriending had been for them, and followed it up with a quiz, including a game of online Christmas Pictionary. Drawing cranberry sauce is a challenge!

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

MATCH SPOTLIGHT Robbie and Lee

Robbie and Lee were introduced as a distance befriending match over Zoom in June 2020. Robbie became a befriender to experience a different social environment and to use time outside of work productively. Lee became involved because he was looking for some company and routine. They have enjoyed weekly video chats to catch up, have a laugh and discuss their mutual interest in football and films. With the easing of Covid-19 restrictions, they are looking forward to meeting in-person more often and get out to the cinema.

Lee and Robbie at their socially-distanced introduction. Lee's dog Roxy was also keen to meet Robbie!



YOUNG PEOPLE'S SERVICE

The pandemic has made it easy to feel disconnected from our communities, and it is not as easy to connect to a new service when all the work is remote and you don't get to meet in person. However, our participants have been open to sharing and exploring what they want to see happen in their life.

Our work involved supporting Gemma to apply for the Independent Living Fund (ILF) Transition Fund and she was awarded a grant for a laptop. Gemma then joined the Ecas one-to-one computing lessons so that she could develop digital skills and engage with online opportunities. It was great to link together with the Ecas computer group so that she could learn these skills and build confidence using her new laptop!

Gemma had also disconnected from her external employment coordinator due to the pandemic. Part of the work we did was reconnecting them, and she was able to attend a Zoom employment course through that service using her new laptop and digital skills.

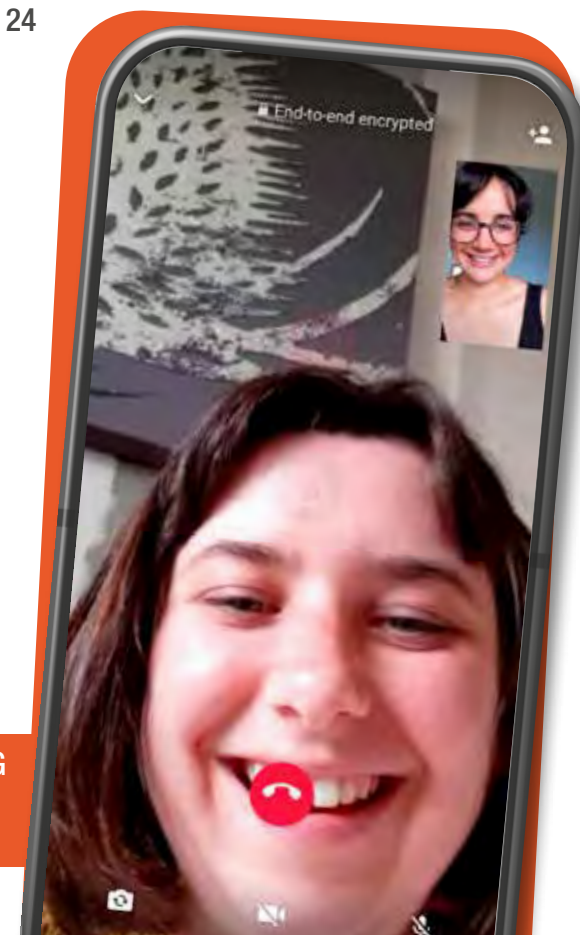
Due to the ongoing uncertainty as to the course of the pandemic, we have taken the difficult decision to pause our Young People's Service. We will be taking some time, reviewing our work to date, and using this information to inform our future decisions around youth engagement.

ALLY IRVINE, CHIEF EXECUTIVE

"Megan gives me a lot of assistance and guidance about many options available... I have a positive experience and I recommend it."

GEMMA, 24

GEMMA, (MAIN PICTURE) CHATTING WITH ECAS OUTREACH OFFICER, MEGAN ON A VIDEO CALL



ECAS GRANTS FUND

We were able to reintroduce the fund from November 2020 after it was suspended in March. Ecas' Grants Fund is open to people of all ages to help assist individuals with increased costs associated with a physical disability across Edinburgh and Lothian.

Between 1st November 2020 and 31st March 2021:

23 applications were approved and a total of £17,276 was awarded.

Awards examples have included purchase of specialist equipment, white goods, electronic goods, UK holidays, sheds to house mobility scooters and much more.

Subject to certain exclusions, grants can be for anything not covered by statutory sources. Exclusions and eligibility criteria are detailed on the grant application form along with further information available on our website: www.ecas.scot/grants

“Ecas has really helped make Rayhana be more independent and much more self-reliant. She can now store and cook food in her own room and video calls her friends and attends online classes with her new phone and iPad.”

Key Grants Fund details:

- For grants up to £750, successful applicants can re-apply after 2 years. For grants more than £750 and up to £1,000, successful applicants re-apply after 3 years; grants over £1,000, successful applicants can re-apply after 4 years.
- We also consider grants above £1,500, please contact our grants administrator for more information.
- We will make a decision within 8 weeks of receiving the application. There are no deadlines; we accept grant applications throughout the year.

If you, or someone you know, would benefit from a grant then please contact the Ecas office for more information on **0131 475 2344** or **07500 221 618**.

Dr Alastair McIntosh, Ecas Grants Fund Chair

FINANCE REPORT

The initial market falls in March 2020 were some of the fastest on record, before unprecedented government support and Central Bank stimulus helped to reassure investors and see equity markets rally. This rally was further bolstered in late 2020 as various vaccines were approved for use.

In the financial year, the total value of the portfolio has increased by £662,878 to £4,779,744 and is closer to recovering the £833,000 decrease from the previous year. Headline investment income has decreased from £192,519 in 2020 to £151,113 in the current year. Dividends from the overall UK market fell by 44% in 2020, whilst Ecas' portfolio income was somewhat sheltered from this falling by 22%.

Donations and legacies decreased from £12,170 in 2020 to £3,028 in the current year. There was also income of £31,048 generated from the Government's Job Retention Scheme. Fundraising previously focussed on transport for clients attending activities, computing and swimming. As in person activities and swimming remain suspended, the remit was broadened to fundraise for general purposes.

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 including Catherine Dowell, (who has joined the committee after completing her full term on the Board) for their continuous support.

John Laurie, Chair

Finance & Personnel Committee

John Laurie – Chair

**Catherine Dowell, 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 from the Ecas office or email hello@ecas.scot

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 2nd June 2021 and signed on their behalf, by **Caroline Loudon**.



Statement of Financial Activities incorporating the income and expenditure account for the year ended 31 March 2021

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
INCOME FROM:			
Donations and legacies	3,028	3,028	12,170
Charitable activities	1,716	1,716	6,987
Other trading activities	342	342	249
Investments	151,113	151,113	192,519
Other income	31,048	31,048	—
TOTAL INCOME	187,247	187,247	211,925
EXPENDITURE ON:			
Raising funds	25,949	25,949	30,756
Charitable activities	280,633	280,633	280,664
TOTAL EXPENDITURE	306,582	306,582	311,420



Statement of Financial Activities incorporating the income and expenditure account for the year ended 31 March 2021 (continued)

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
NET EXPENDITURE BEFORE NET GAINS/(LOSSES) ON INVESTMENTS	(119,335)	(119,335)	(99,495)
Net gains/(losses) on investments	778,185	778,185	(733,529)
NET MOVEMENT IN FUNDS	658,850	658,850	(833,024)
Reconciliation of funds:			
Total funds brought forward	4,157,544	4,157,544	4,990,568
Net movement in funds	658,850	658,850	(833,024)
TOTAL FUNDS CARRIED FORWARD	4,816,394	4,816,394	4,157,544

The Statement of financial activities includes all gains and losses recognised in the year.



Balance Sheet as at 31 March 2021

FIXED ASSETS

Tangible assets

Investments

TOTAL

CURRENT ASSETS

Debtors

Cash at bank and in hand

TOTAL

CREDITORS

Amounts falling due within one year

NET CURRENT ASSETS

TOTAL ASSETS LESS CURRENT LIABILITIES

CHARITY FUNDS

Unrestricted funds

TOTAL FUNDS

2021 £	2020 £
5,142	7,492
4,779,744	4,116,866
4,784,886	4,124,358
11,194	10,985
42,825	50,376
54,019	61,361
(22,511)	(28,175)
31,508	33,186
4,816,394	4,157,544
4,816,394	4,157,544
4,816,394	4,157,544



Independent Auditors' Statement to the members of Ecas Limited

We have examined the summary financial statement for the year ended 31 March 2021.

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 2021.

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



DONATIONS

We are most grateful to Aegon, Bank of Scotland Foundation, Marion Blake, David Edward, John Hunter, Alice McIntosh, Anne McIntosh, Lord Rosebery's Charitable Settlement, Royal London, Barbara Stewart, Colin Stewart, Gavin Strang and Thistledown Trust 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

JustGiving™



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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.

