



# Annual Review

2018 - 2019





## Jacqui Low Chairman

The last year has continued to be busy with many improvements within the organisation bringing benefits to our clients which is always our driving force. Two new trustees were welcomed to the board bringing with them experience in operational process and finance.

We continue to operate in a challenging financial environment but our strategy of working to increase income and keeping our costs to a minimum is paying dividends. As a result, there has been a very significant decrease in our deficit, with the budget being within sight of being balanced in the next year.

All of this would not be possible without the hard work and dedication of our staff, trustees and volunteers, my sincere thanks to you all.

We are proud of the difference we are making to the lives of people living with sight loss in Fife and will continue to make sure we are offering the very best to our clients in the coming months and years.

Finally, I would like to thank the many trusts, companies and individuals who support our work, without your kind donations we would not be able to offer our services to so many.



## Carl Hodson Chief Executive Officer

Last year was again a significant year for change for the organisation as we continue to deliver our strategic plan. After over 150 years of being known as Fife Society for the Blind it was felt a new operating name and branding would serve the charity well and carry us through the 21st century. Following consultation our new name, seescape, was chosen to better reflect our services. We hosted a launch day where staff, volunteers and clients along with Provost Jim Leishman and our Patron, Gordon Brown unveiled our new name and brand.

We have achieved many of our key goals over the year and the following gives a flavour of what has been accomplished:

- Pro-actively reduced the operational deficit for second year running.
- Significantly increased fundraising income.
- All Health & Social Care Partnership Service Level Agreements were re-written to provide a more streamlined and need focused service delivery to clients within the key criteria and outcome areas of the current H&SC Partnership plan.
- A new operational name was developed to bring the organisation up to date and able to move forward. This is allowing us to redefine who we are and who we provide services for.

I hope you enjoy reading about our work in this annual review.

## Sight Support

**Our sight support team assists people who have been referred to seescape enabling them to access information, aids and emotional support. Being diagnosed with sight impairment can be bewildering, frightening and worrying, but our team is on hand to help people through their journey.**

## Betty's Story

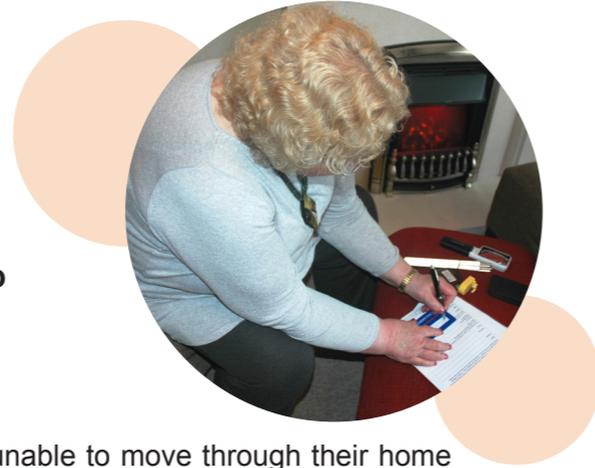
For many people living with a sight impairment can mean being unable to move through their home safely and confidently with little or no time outside of the home unaccompanied.

seescape's rehabilitation team is able to assess clients' needs and work with them to acquire and develop skills to help their mobility.

Betty is a 56 year old lady who was unable to use her cane effectively. She kept looking down and was unable to keep in step with her cane, she was very nervous therefore affecting her confidence and she was becoming frustrated. With guidance from our Rehabilitation team Betty improved and progressed, she was able then to follow a route and locate doors and their handles.

Continuing to use the guiding techniques from our team Betty ascended stairs, but when descending she would suddenly freeze and could not move and began to tremble and shake. This caused significant concern for our rehabilitation officer but with their advanced training and skills, encouragement and close supervision Betty conquered her fear.

Betty can now safely and confidently use her cane both indoors and outside. She has said she feels as though she had regained her freedom and independence.



## Grace's Story

Grace was referred to seescape when she was registered as sight impaired due to age related macular degeneration.

She lives alone in a small village in the North East of Fife. She has little family support and was feeling increasingly isolated due to her sight loss. She was becoming anxious about her ability to cope on her own.

Prior to her sight loss she had an active life. She was out walking every day and she enjoyed reading.

Issues that were highlighted from the assessment were:

- Struggling to come to terms with her sight loss which was causing low mood.
- She was struggling to read her the newspaper and deal with all her correspondence.
- She was struggling to read her kindle which was a great loss as she normally read 2 to 3 books a week.
- She was frightened to go out on her own for fear of falling.
- She was struggling with practical tasks in the kitchen, including making a cup of tea and preparing food.

She was also worried about her finances as she was only in receipt of pension and pension credit.

### Outcome of assessment

- Counselling was offered to help her come to terms with her sight loss.
- A technology assessment was carried out by our Assistive Technology team and an explore 8 magnifier was the best option to help Grace with her reading.
- Advice was given on different settings on her kindle allowing her to read more comfortably.
- Mobility training to gain confidence outside will be given when Grace is ready as part of the phased plan.
- Issues were addressed in the kitchen, advice was given on better lighting and the use of contrast to enable her to peel and chop. She was also given advice on safer ways to pour liquids a liquid level indicator was supplied and demonstrated so that she was confident in using it.
- Given the difficulties that Grace was experiencing due to her vision an application for attendance allowance was suggested. Grace felt this would really help ease some of her worries about her finances.

Following our input Grace has had the confidence to tackle some of her issues on her own. Being able to talk and feel that she was not on her own, helped her to move on. With the extra aids and advice that she received she was able to overcome most of the issues highlighted, be more independent and felt more confident which improved her mental wellbeing significantly.



## Assistive Technology

Thanks to receiving funding from the Karten Trust of more than £17,000, seescape has been able to update and expand the range of technology solutions available to clients for demonstration and training purposes.

We now have a varied range of both mainstream and assistive technology solutions to suit clients' needs. Thanks to this funding, seescape has been able to expand, improve and take our technology service to a whole new level.

## Technology Roadshows

seescape held four technology roadshows throughout Fife in conjunction with the national See Hear project. The events were designed to promote and raise awareness of the huge variety of both mainstream and assistive technology which is available, not only for sight related issues but for hearing impairments as well.

A range of different technology suppliers along with other charities and organisations attended the events, including our technology research partner Abertay University. The events were held in Kirkcaldy, Glenrothes, Dunfermline and St Andrews.



## Garry's Story

Garry is a seescape client who is a member of the Rock Climbing Paralympic GB team and therefore regularly needs to travel to many different locations throughout the world on a regular basis.

He is already very independent as he is a Guide Dog owner; however, his confidence has recently been hugely affected as he has become lost on several occasions. Garry has tried using the Maps app on his iPhone to assist him when this happens, but he has found that mobile data and GPS signals are not always consistent and don't work as they should.

Through the knowledge and skills of our Technology trainer we suggested that a specialist navigation device called a Victor Reader Trek could be of huge benefit to him as no mobile connection is required to use it and he could operate it easily because of its tactile buttons. Garry was delighted with this suggestion and now owns a Victor Reader Trek and is more confident on his travels.

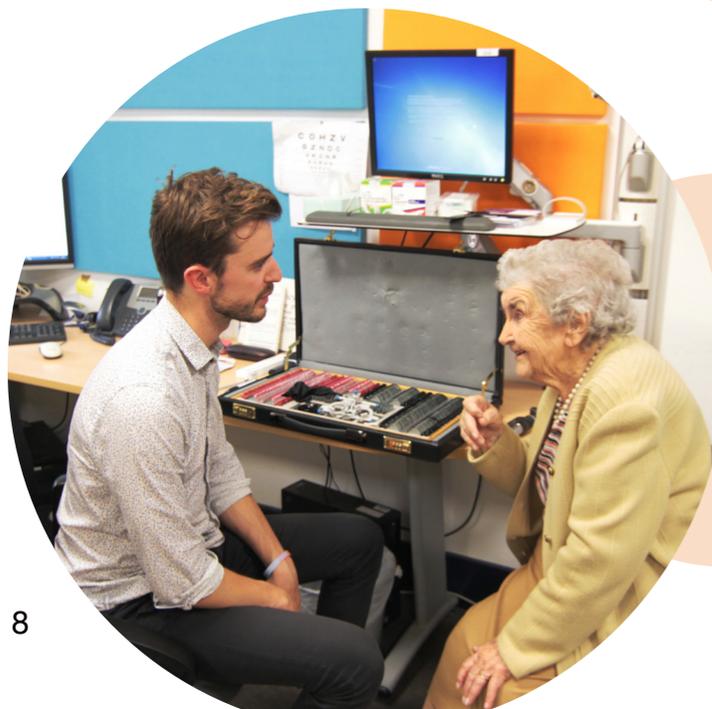
From a recent telephone call Garry states:

***"My confidence has greatly improved thanks to the Victor Reader Trek. I use it every day around my local area to find parks and shops and plan routes. I will also be paying for a map upgrade shortly so that I can use it when I travel abroad."***

## The Optician

It has been a busy year at the Optician.

We have moved into a bigger and brighter dispensing room where we now have all our frames on display. The new room also allows for friends and family to accompany our clients while choosing new glasses. The larger room caters more appropriately for our clients who are wheelchair users who can now manoeuvre freely around in the space to view the frames independently.



We had our first contact lens patient this year and we are now delighted to offer this as another service for any current contact lens wearers and anyone who would like to try contact lenses for the first time.

The Optician now offers an online booking system for those wishing to make an appointment. This is a quick and easy way to choose a date and time convenient for the client. Appointments can be made at

<https://www.seescape.org.uk/book-an-appointment/>

Our Low Vision service continues to go from strength to strength playing a key part in our charity's complete sight support cycle of service.

# Community Engagement

## Befriending

seescape offers a befriending service for clients who are feeling lonely and isolated within their community. For many this can mean being confined in their own home with no contact from week to week.

### Olive's Story

Olive is a widow who lives alone and has severe sight impairment. She has benefitted enormously by having a volunteer befriender for the last year. The volunteer visits Olive at home for an hour every week and through this contact they have become good friends and share a similar sense of humour. Olive describes her befriender as “the person who comes to make me feel happy” while her befriender says her volunteering gives her “immense pleasure and satisfaction”.

Having a regular visitor has helped Olive have something to look forward to every week and she always makes sure she has her befriender's favourite biscuits to share with their cup of tea.



## Social Groups

seescape has a number of social groups throughout Fife. For many clients this can be their only opportunity to get out and socialise with others. The groups meet on a regular basis and have speakers, entertainment, make visits to popular attractions or just be a time and space for a cup of tea and a blether.

### Bill's Story

Bill is a man in his early 70's who has found his sight loss very isolating having to rely on his wife for any outing due to his lack of mobility and the location where they live.

He was referred to our Community Engagement Officer for a place at a local group and following a visit it was clear he could do with some varied company and people to meet. His wife also felt a few hours respite would help her to have a break and catch up on many tasks outside of the home.

Since joining the group and travelling by our Lottery supported minibuss, Bill has enjoyed the varied programme provided and has enjoyed the company of different group members and volunteers. Meeting others who are dealing with sight loss has helped Bill to appreciate there is life to enjoy after a sight impairment diagnosis.



## Our Mission

**expanding horizons for people with sight impairment.**

We aim to help make sight impaired people's lives more fulfilled by empowering them to live and interact with their families, communities and surroundings in a positive way

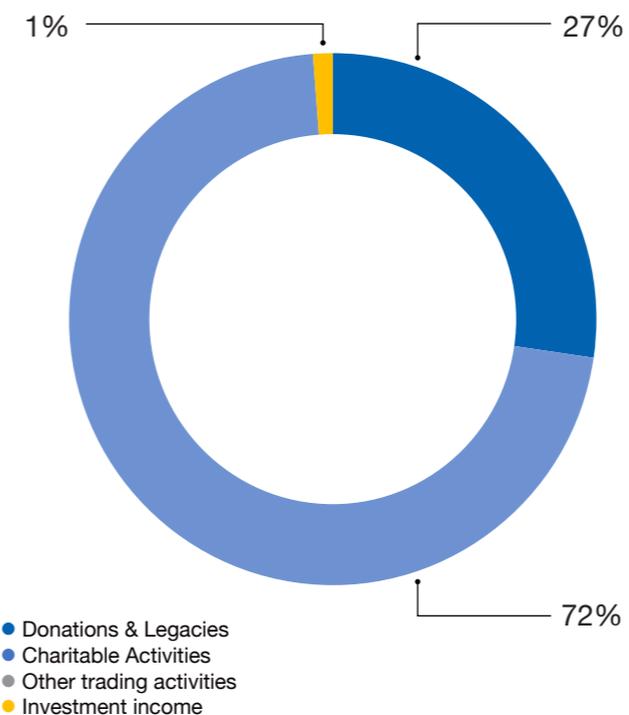
## Our Core Values

- Responsibility** We will strive to ensure we meet our social and financial responsibilities.
- People** We are committed to building and maintaining relationships within our organisation and with the community we serve.
- Respect** We believe in tolerance, acceptance, diversity and equal treatment for each and every one within the workplace and beyond.
- Partners** We value working in collaboration with other organisations and people to benefit our service users and supporters.
- Excellence** We are committed to the highest quality of work, grounded in honesty, integrity, respect and professionalism.
- Safety** We are dedicated to ensuring the health, safety and wellbeing of our staff, volunteers and anyone who may access our services.

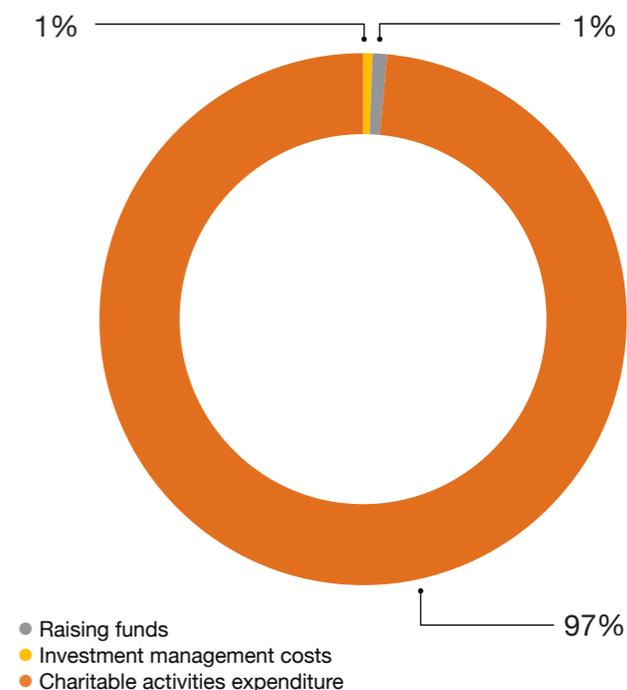


## Summary Financial Information

Year ended 31 March 2019



INCOME	2019 £	2018 £
Donations & Legacies	212,792	68,297
Charitable Activities	556,731	543,842
Other trading activities	-	14,342
Investment income	9,339	12,734
<b>Total</b>	<b>778,862</b>	<b>639,215</b>



EXPENDITURE	2019 £	2018 £
Raising funds	5,006	13,965
Investment management costs	7,613	8,551
Charitable activities expenditure	854,406	741,097
<b>Total</b>	<b>867,025</b>	<b>763,613</b>

Whilst we continue to see growth in sight impairment and the demand in our varied services across all demographics, we are still entering an exciting time at seescape where we can influence and deliver the right type of services for our clients who remain our number one priority.

## Fundraising

A huge thank you to everyone who has helped us with our fundraising over the year. From people running marathons, abseiling off the Forth Rail Bridge to pedalling their bikes for many miles! We continue to grow the numbers of people who donate on a regular monthly basis. This support helps us to plan our work safe in the knowledge we will receive a committed gift.

We are also thankful for the many trusts who have given so generously, the companies whose staff raise funds for us as well as the many groups and organisations.

We have been very fortunate this year in receiving gifts in wills. We are so grateful to the people who have remembered us in this way. Your legacies live on through the people who are benefiting today and into the future.

From the whole seescapes team and on behalf of our clients – Thank you



## Groups & Organisations

Donibristle Lady Probus  
Kirkcaldy Probus Club  
Lochgelly And District Amateur Musical Association  
Rotary Club of Cowdenbeath  
Rotary Club of Kirkcaldy  
Rotary Club of Kirkcaldy Raith  
Rotary Club of Leven  
Touch Primary School  
Glenrothes Christ's Kirk  
Holy Trinity Episcopal Church  
Leven Parish Church of Scotland  
The Parish Church of Cupar Old and St. Michael of Tarvit  
St. John's Episcopal Church

## Legacies

Miss Janet Herd  
Mrs Teresa Slater

## Trusts & Foundations

A M Pilkington Charitable Trust  
The Annie Ramsay McLean Trust for the Elderly  
The Bruce Charitable Trust  
Ian Karten Charitable Trust  
Independence at Home  
The Lady Margaret Skiffington Trust  
Northwood Charitable Trust  
Souter Charitable Trust  
Ward Family Charitable Trust

## In Memorium

Gordon Colville  
Monica Ferguson  
Lesley Graham  
Arthur Langham





Wilson Avenue, Kirkcaldy, Fife KY2 5EF

**t** 01592 644979

**e** info@seescape.org.uk

**w** www.seescape.org.uk

**f** /seescapefife **t** @seescapefife

### Board of Trustees

J. Low (Chairperson)

R. Kennedy

R. S. Oliphant (retired Sept.2018)

D. A. Grisenthwaite (retired Sept. 2018)

S. J. Taylor

C. Easingwood

I. Cuthbertson

J. D. Stalker (appointed 1 April 2018)

C. Watson (appointed Sept. 2018)

### Auditor

Thomson Cooper

### Solicitors

Employease &

Young & Partners LLP

