



ANNUAL REPORT
YEAR 7
21/22



A NOTE FROM THE DIRECTORS

We are delighted to present our Year 7 Annual Report. COVID-19 has continued to be at the forefront of our existence; however, this year we have been able to return to face to face classes across many of our programmes and public settings.

Year 7 brought challenges with it as we found ourselves operating with reduced income streams and reduced staffing hours due to sickness absence. Laura Wilson, our Founding Director is now at home with her new baby Dylan, who is 6 months old, and we look forward to welcoming her back from maternity leave in October.

We remain incredibly grateful to have supported many of the communities we work with through online and face to face yoga classes and resources and to have been able to re-establish some of our programmes that were on hold throughout the pandemic.

We have established several new projects, and secured funding for brand new work with young people in Craigmillar and to extend our Social Prescribing work in partnership with Connecting Craigmillar/Niddrie to include chair yoga and a yoga programme for asylum seekers and refugees in the area.

We are absolutely delighted to have launched our Embodied project - funded by Catalysts for Change at QNIS - and to have launched our Community Connections Programme and ECY Training Network (ECY-TN) encouraging yoga teachers and teacher trainees to learn together through a range of peer support drop-in sessions and bi-monthly workshops with guest speakers.

Our 6-month mentorship programme is coming together just as our 3-year funding programme for our Womanzone comes to an end and we hope to launch this in August 2022.

Lorraine Close, Outreach Director is delighted to have been accepted on to the Queens Nurses Leadership Programme and is looking forward to connecting with community nurses and evolving her leadership skills as we work through the next 12-18 months.

As outlined in our Year 6 Annual Report, at ECY we have always been focussed on accessibility and inclusion, we are committed to social justice and promoting health inequality at a local and, where possible, global level. Our Monitoring, Evaluation and Learning (MEL) development continued to grow under the professional guidance of Kate Dyer, our Non-Executive Director and we now have a clear Theory of Change Model and MEL framework to allow us to report robustly on our work.

We hope the report will be of interest to all our many collaborators, partners and colleagues including those who have provided financial support, those that attend our classes, those who may be interested in yoga outreach in Edinburgh, and in helping us to fulfil our mission, as well as others who may be travelling a similar path in other parts of the country.

We would especially like to take this opportunity to thank all our friends and supporters – those who believe in what we are trying to achieve and have helped along the way: including volunteers, teachers of both mainstream and outreach classes, as well as our students who make ECY what it is.

TABLE OF CONTENTS

“My relationship with my body is not simple and I worried that the practice might unexpectedly trigger my trauma symptoms in a setting that wasn’t really designed to deal with that. ECY has been the ideal setting for me to explore yoga outside of Thursday night trauma informed classes. The ethos of ECY makes me feel safe - I know that it is an inclusive space. I am used to practicing in the same studio as the mainstream classes, so I feel safe and comfortable in the physical space. People might be excused for thinking ‘it’s just yoga’ but I know better! I genuinely think it’s the most important thing I’ve discovered in my recovery and the longer I do it the more pervasive the benefits seem to become. Thank you.”

ECY Yoga Student



1	ECY AT A GLANCE	1
1.1	Our Vision	1
1.2	Our Mission	1
1.3	Our Work	1
2	ECY AS AN ORGANISATION	2
2.1	Our Team	2
2.2	Our Services	3
2.3	Outreach	3
2.4	Public Classes	8
2.5	Workplace Wellbeing	9
2.6	Teacher Training, Talks & Presentations	10
2.7	Social Prescribing	10
3	SCHOLARSHIP & MENTORSHIP	11
3.1	Scholarships for Training run by ECY	11
4	ECY TRAINING NETWORK	13
5	ORGANISATIONAL DEVELOPMENT	14
5.1	Finance Report Year 7	14
5.2	Ethics, Diversity Inclusion & Equity	16
5.3	Monitoring, Evaluation & Learning Policy	16
5.4	Consolidation, Safety & Due Diligence	20
5.5	ECY as an Employer & Contractor	20
5.6	ECY’s Team & Wider Community Support	20
6	FUNDRAISING EVENTS, DONATIONS & AWARDS	21
6.1	Other Support	21
6.2	Awards	21
7	MOVING FORWARD IN A POST-PANDEMIC WORLD	23
	Appendix 1: Overview of Classes in Year 7	24

ECY AT A GLANCE

1.1 OUR VISION 1.2 OUR MISSION

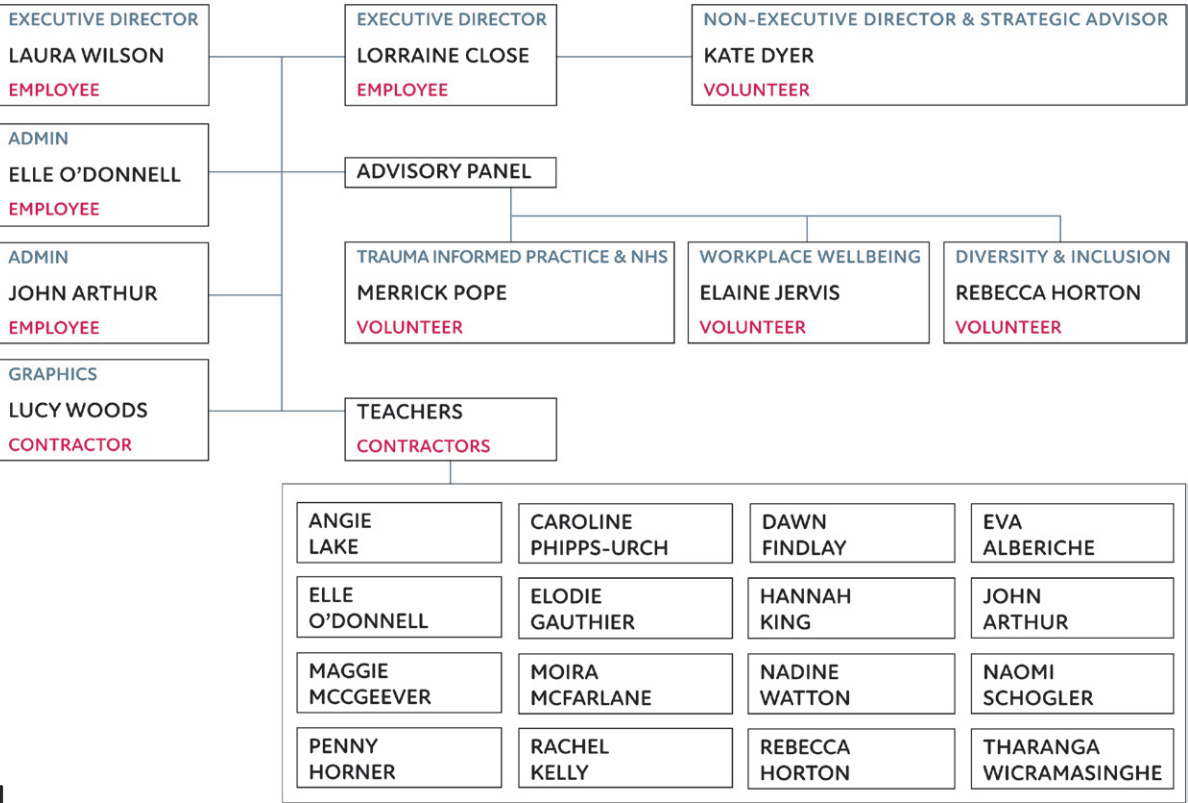
Our vision encompasses the yogic values of respect and compassion and the humanist ideal of unconditional positive regard. We believe in social equality and work towards an inclusive world where each individual has access to and is empowered by doing yoga.

ECY takes the therapeutic benefits of yoga to communities in Edinburgh, ensuring access and inclusion, by working across the cultural, economic and health barriers that inhibit people from taking part. We aim to provide a learning environment that is safe and supportive, and to equip people with the skills to deal with stress and improve their health and mental well-being. We achieve this as a not-for-profit organisation, by offering a range of quality outreach projects, public and workplace classes and retreats, and teacher training.

1.3 OUR WORK

As we emerged slowly (and with several setbacks thanks to Omicron) out of the COVID-19 lockdown we have been able to re-establish many of our face-to-face outreach programmes in the community in addition to many one off and short course teaching blocks and training courses. As of April 2022 we are delivering approximately 15 weekly classes across our public, outreach, and workplace wellbeing streams. These are discussed in more detail in subsequent sections of this report.

ORGANISATIONAL STRUCTURE AS AT 30 APRIL 2022



ECY AS AN ORGANISATION

2.1 OUR TEAM

Year 7 saw some expected and unexpected changes to our organisational structure. Our Founding Director Laura Wilson is on maternity leave until September 2022. To bridge this gap Elle O'Donnell was appointed to an interim role as Operations Manager and we recruited John Arthur, an ECY Outreach Yoga Teacher and experienced Community Development worker to support us in delivering our outreach programmes until June 2022. John's role focuses on growing social prescribing programmes in Craigmillar with current partners and on working with addiction services to develop community-based yoga outreach programmes.

We continue to work closely with our voluntary **Non-Executive Director Kate Dyer** and our three voluntary advisory panel members (see below). We are grateful for their time, expertise and input.

ECY Voluntary Advisory Panel:

- Elaine Jervis, Corporate & Workplace Wellbeing
- Merrick Pope, Trauma-Informed Practice
- Rebecca Horton, Diversity and Inclusion

We continue to be supported by volunteers and teachers who donate their time and expertise to the organisation:

Amy Hughes, Yoga Teacher & Teacher Trainer
Amy co-led our June 2021 Virtual One-O-Eight Challenge.

Andy Barker, Yoga Teacher
Andy donated his time to pilot eight weeks of yoga for a weekly class on our public timetable: The Men Who Yoga (Studio).

Catriona Grant, Yoga Teacher
Catriona donated her time to the Embodied project.

Emma Isokivi, Yoga Teacher
Emma co-led our June 2021 Virtual One-O-Eight Challenge and continues to support us with a regular monthly donation from the Meadowlark

Yoga Mysore Program and Community Events.

Jennifer Opara, Yoga Teacher
Jennifer donated her time to Connecting Craigmillar, an ECY Social Prescribing Project.

Dr Joe Anderson, Co-founder of The Men Who
Joe donated his time to pilot eight weeks of yoga for a weekly class on our public timetable: The Men Who Yoga (Studio).

John Arthur, Yoga Teacher
John donated his time to pilot eight weeks of yoga for a weekly class on our public timetable: The Men Who Yoga (Studio).

Lucy Woods, Graphic Designer
Lucy has donated her time to the organisation for several years and is now employed as a contractor, offering us a reduced rate.

Moira McFarlane, Yoga Teacher
Moira donates her time and subsidises room hire costs for a weekly class on our public timetable: Yoga for Cancer (In Studio and Online).

Nadine Watton, Yoga Teacher & Teacher Trainer
Nadine donates her time to run two monthly classes on our public timetable: Room to Relax (Studio), Breath, Nidra and Relaxation (Online). Nadine has also volunteered her time and expertise to create and set up the ECY-TN (Edinburgh Community Yoga – Training Network).

Norman Blair, Yoga Teacher
Norman donated his time to host an ECY-TN Workshop.

Ranju Roy, Yoga Teacher
Ranju donated his time to host an ECY-TN Workshop.

Sarah Hatcher, Yoga Teacher
Sarah co-led our June 2021 Virtual One-O-Eight Challenge.

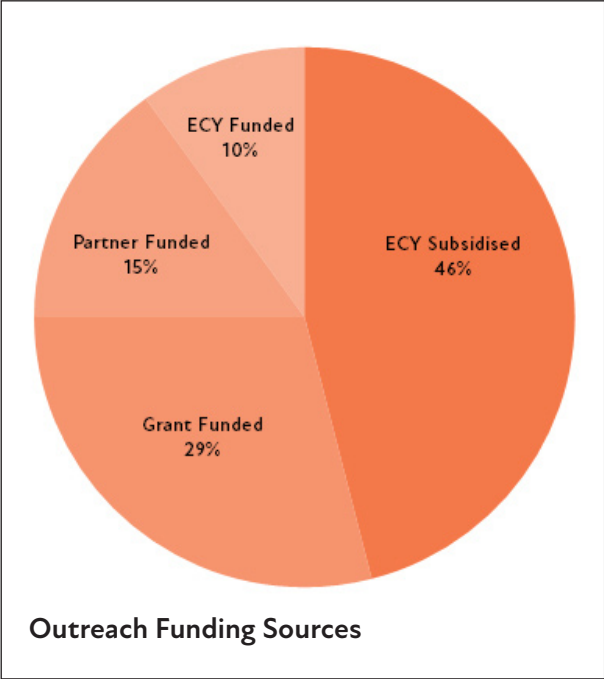
2.2 OUR SERVICES

We continue to offer a range of public classes, workshops, workplace wellbeing programmes and outreach programmes. Engagement with face-to-face classes has significantly reduced. We view this as a direct consequence of COVID-19. The true impact of this remains to be seen as we move forward into Year 8.

2.3 OUTREACH

In Year 7 Edinburgh Community Yoga ran an average of 13 projects per month. Projects vary in terms of length and duration. We have taught 537 outreach classes and one outreach retreat over the year, averaging 10 classes per week.

Our average attendance per class was 5.5 attendees, with 2,981 people attending over the year. Please note this figure is not ‘unique’ attendees. Some of our projects host weekly classes where a number of individuals attend on a frequent or semi-frequent basis.



We are delighted to have worked with over 30 partner organisations including:

B Healthy Together	Health All Round	Space and Broomhouse HUB
Beacon Club	Keymoves	Spring Project
Borders General Hospital	Milestone ARBD	St John’s Hospital (Mental Health Mother & Baby Unit)
Change Grow Live	Pilton Community Health Project	Steps to Hope
Children1st - Domestic Abuse Community Service - Adults	Pilmeny Youth Project	TALO Personnel Recovery Centre Scotland & Northern Ireland
Connecting Craigmillar (ECY Social Prescribing Project)	Royal Edinburgh Hospital (Self Harm Service - Adults)	The Triple A’s
Cyrenians Social Bite Village	Royal Infirmary Edinburgh	University of Edinburgh Residence Life Office
Families Outside	Saheliya	Womanzone by FourSquare
FirstHandLothian	Salvation Army	Two secure prison environments
Girl Guiding	SCOREScotland	
	Shakti Women’s Aid	

Overview of Grant Funded Outreach Programmes

We work with too many organisations to detail each programme. Below is information and feedback from a selection of programmes running in Year 7.

Womanzone by FourSquare

Woman Zone is a community of women in recovery supporting other women in recovery. Our yoga project supporting women affected by trauma and in recovery from addiction with Womenzone reaches the end of its third year in August 2022. This project was funded for 3 years by the Volant Charitable Trust.

We are delighted that these classes have been re-established face-to-face at Santosa with Hannah King, ECY Teacher. We were able to run our weekend retreat in the wonderful surroundings of Eastwood House in Dunkeld (see separate report) offering women space to be in nature, practice yoga and cook food together - building relationships, sharing laughter and spending time away from daily stresses and strains.



“There are so many wide-ranging benefits which start from signing up and committing to coming to the class every week. Women benefit from the weekly regularity of yoga practice which brings routine to their week and offers a safe space to practice. Many women say that being able to regulate themselves through breath work when they are in difficult or overwhelming situations is really helpful and also getting back into their bodies when many have been cut off from their feelings and emotions. It really helps them show compassion and kindness towards themselves and their bodies and connect with other women through the class.”

Womanzone Staff Member



Saheliya

Saheliya is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.

Initially this project was funded from Awards for All Scotland-The National Lottery. This class was taught by Naomi Schogler, ECY Teacher, supporting refugees and asylum seekers in Edinburgh came to an end in December 2019. After a brief hiatus through the beginning of lockdown we were able to continue to support

this class to run with our own funds until December 2020. Fierce Calm then offered us 12 months of funding. OURMALA have been able to commit to funding this programme through 2022 allowing us to continue this project and support the women who attend.

“Excellent teacher who works at the pace of the women, is understanding and sensitive to the women attending and their vulnerabilities.”

Saheliya Programme Staff

Connecting Craigmillar ECY Social Prescribing Project

Connecting Craigmillar is a community development project, supported by Link Up (Inspiring Scotland) and The Thistle Foundation. Connecting Craigmillar works to enable opportunities for local people to meet, have fun, learn together, form new friendships and develop lasting positive change together.

We are currently funding, with support from Wesleyan Foundation, a weekly Yoga for Health class, which is free to attendees. This class is taught

by John Arthur, ECY Teacher and Project Worker and supported by Jennifer Opara, ECY Teacher.

In Partnership with Craigmillar and Niddrie Health Centre and supported by Scottish Government Grant funding for mental health and wellbeing TSI (third sector interface) we are set to expand our existing classes in Craigmillar to include a chair-based yoga class for people with limited mobility and a class for asylum seekers and refugees in the area who experience social isolation.

Steps to Hope

Steps to Hope SCIO is a non-profit charity dedicated to caring for the homeless and those suffering with addiction.

In March 2020 we partnered with local yoga studio Calm on Canning Street to offer an in-person class taught by John Arthur, ECY Teacher and Project Worker and supported by Rachel Kelly, ECY Teacher. These classes successfully moved online during the pandemic and restarted again in-person at Beetroot Wellness in July 2021. We are continuing to support the people who attend in their recovery journey with Steps to Hope.

Spring by Midlothian Council

Spring offers a space for women to access a range of support including meeting with a nurse, occupational therapist, Womens' aid worker or social worker.

This is our newest programme to support women engaged with services at **Number 11**, a Health and Social Care Partnership including Spring (criminal justice services, drug and alcohol services and domestic violence services). This class is funded by Fierce Calm and taught by Nadine Watton, ECY Teacher. The women are referred in by the appropriate services, overseen by Spring occupational therapy staff.

Beacon Club

The Beacon Club offers a safe space for older people with mild cognitive impairment to mild dementia.

We have recently finished a pilot, funded by the University of Edinburgh Local to offer a chair-based yoga programme to attendees at the Beacon Club. We ran four classes a week over several weeks taught by Hannah King, ECY Teacher and Thara Wicramasinghe, ECY Teacher. We are hoping to secure future funding to continue these classes.



Let's Talk Young People CIC

Let's Talk provide services to support young people 11-26 in Edinburgh and Scotland to improve their sexual, emotional and mental health.

We are delighted to be launching a new project in Craigmillar in partnership with Let's Talk. This trauma informed yoga programme will offer support to young people aged 5-26 in the area. Funding for the project is through the Community Mental Wellbeing Fund. We are working alongside organisations working with gardening and music as part of this work. We hope that the programme will commence early in Year 8.



“The yoga session with Jack was very relaxing and calming. She encouraged us all to move at our own pace and trust our knowledge of our bodies and capabilities. She created a calm environment and the choice of venue was ambient and perfect for a small class. I felt the benefits of relaxation from the session afterwards and the next day.”

Participant from a class run with First Hand Lothian



Embodied

Embodied is an addition to our current work with **Womanzone** and the **Royal Edinburgh Hospital (Self Harm Service - Adults)**. Funded through the Queens Nurses Institute Catalysts for Change Programme, this 12 month project focuses on Women Helping Women to explore what activities are of most value in a community response to trauma related practice.

Embodied has been delayed for 2 years due to COVID-19 but is now engaging 18 women affected by trauma and addiction issues.



Embodied will explore a variety of activities, interoceptive experiences, practical tools for managing dysregulation and focuses on safety and stabilisation and facilitated discussion to explore the experience of the project for all women including facilitators and staff. Women are currently taking part in a programme of equine therapy, gardening, yoga, cooking and art projects as practices that encourage and support embodiment and relationship development with community.

2.4 PUBLIC CLASSES

These are the ‘mainstream’ classes and retreats, attended by members of the public. Historically this income supported our outreach projects, however in Year 6 with our focus on affordability and with the pressure of social distancing we anticipated that this income would be less dependable, and this has proved to be the case. Along with COVID-19 the economic uncertainty and rising living costs have resulted in less people returning to our public class programme and paying full price for classes.



Public Non-Income Generating Classes

Edinburgh Community Yoga run an average of 4 Public Non-Income Generating Classes per week. These are classes, which are in line with our organisational mission and vision and are subsidised by ECY.

Our classes this year included:

- Chair Yoga (online)
- Chair Yoga (studio)
- Teen Yoga (studio)
- Trauma Informed Yoga (studio)
- Women’s Trauma Informed Yoga (online)
- Women’s Trauma Informed Yoga (studio)
- LGBTQI+ Yoga (online)
- Yoga for Neurodivergent Folks (online)
- Royal Infirmary Edinburgh Staff Yoga (studio)

We held 237 Public Non-Income Generating Classes, averaging 4 classes per week.

Our average attendance per class was 5 attendees, with 1,161 people attending over the year. Please note this figure is not ‘unique’ attendees. We schedule weekly classes whereby several individuals attend on a frequent or semi-frequent basis.

It should be noted that over the course of this financial year we have run a total of 9 Public Non-Income Generating classes. Some programmes were halted or altered due to a significant decrease in organisational revenue.

86% of the classes were attended by individuals accessing the class for free or at subsidised or concession rates. A full breakdown of our rates is detailed at the end of this section.

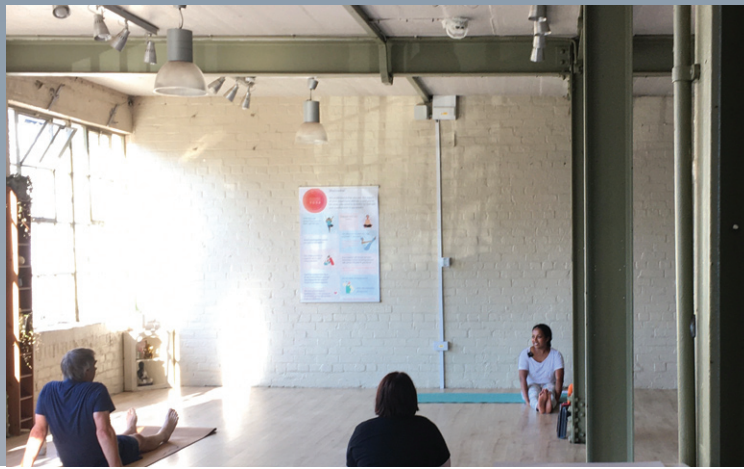
- 14% of attendees utilised our full price rate
- 41% of attendees utilised our concession rate
- 35% of attendees utilised our subsidised rate
- 10% accessed the class for free

We anticipate most attendees in Public Non-Income Generating Classes will access subsidised or concession rates. Classes that continue to run as of 30th April 2022 year include:

- Chair Yoga (online)
- Women’s Trauma Informed Yoga (online)
- Women’s Trauma Informed Yoga (studio)
- Yoga for Neurodivergent Folks (online)

Toward the end of Year 7 we added a yoga class for people living with cancer which runs face-to-face and online. These classes have been added to our schedule with thanks to ECY Teacher, Moira McFarlane who is volunteering both her time and subsidising venue hire costs.

In a bid to offer support to men in our community we also piloted a Friday night community class in partnership with ‘The Men Who’ project. However numbers for this class were not sustainable and we decided to end the project in April 2022.



Public Income Generating Classes

Edinburgh Community Yoga run 2 Public Income Generating Classes per week. These are classes which generate revenue.

It should be noted that over the course of this financial year we delivered 6 Public Income Generating classes along with some adhoc classes and workshops. Some classes were halted or altered due to a significant decrease in attendance and revenue. We believe this to be a result of the COVID-19 pandemic.

Classes that continue to run as of 30th April 2022 year include:

- Wednesday Sessions (studio)
- Nidra, Breath & Meditation (online)
- Gentle Yoga (studio)
- Workshops (online)
- Workshops (studio)

Over the year we offered 193 Public Income Generating Classes, averaging 4 classes per week.

Our average attendance per class was 8 attendees, with 1,522 people attending over the year. Please note this figure is not 'unique' attendees. We schedule weekly classes whereby

several individuals attend on a frequent or semi frequent basis.

Of 1522 attendees:

- 6% of attendees utilised our supporter rate
- 53% of attendees utilised our full price rate
- 27% of attendees utilised our concession rate
- 12% of attendees utilised our subsidised rate
- 2% attended for free in partnership with outreach

59% of the classes were attended by individuals accessing supporter or full price rates.

2.5 WORKPLACE WELLBEING

In year 7 we worked with 15 different corporate partners, including several NHS organisations and a wide range of external organisations including teams at: Chiene + Tait Chartered Accountants, CodeClan, FNZ, Gillespie Macandrew LLP, and Edinburgh Zoo (RZSS - Royal Zoological Society of Scotland). Alongside our existing workshops and yoga classes, our corporate workplace wellbeing expanded into consultancy work and we have been delighted to develop an online login platform where staff from our partner organisations can access bespoke content online.

"Scotland's International Development Alliance has been delighted to work with ECY to bring yoga and wellbeing to our virtual annual conference. Communication was easy and efficient to organise the sessions, the classes themselves were brilliant and we've received fantastic feedback from attendees. Thanks to all the team at Edinburgh Community Yoga."

2.6 TEACHER TRAINING, TALKS & PRESENTATIONS

Our training for teachers' programme continues to attract teachers from all over Scotland and the UK and we have worked to develop a modular format of programmes that can be integrated into the structure of 200hr yoga teacher trainings on inclusion and accessibility, trauma informed practice and working in community settings. We ran our weekend community outreach programme twice in Year 7, once online and once face to face and as always, the feedback from this was encouraging.



"As usual, Laura and Lorraine were excellent. Informative, reassuring, and approachable and left a lot of space for questions and discussion so there was full engagement throughout rather than a lot of information without much space for communication. It's my first training with Laura and Lorraine outside of attending ECY yoga classes and I'd be keen to attend the trauma-informed training next year (I'm in Iceland for this one!). Thanks, Laura and Lorraine!"

Participant at a Community Settings workshop

Lorraine Close, ECY Director facilitated our second 50-hour trauma informed training in partnership with Meadowlark Yoga. 16 participants completed this online training, designed to support yoga teachers to develop skills in delivering trauma informed yoga. Course content is a combination of online self-directed learning and live sessions. Feedback was positive and we hope to run this course again in 2022.

"This was a very high quality training, packed with useful information. I feel I have gained so much from it. Really appreciated stories of Lorraine's experiences and hearing from outreach participants - I felt it contributed to some of the richest learning of how to do this work 'in real life'. Would be fascinated to learn further on the neuroscience side, because the content was so interesting! Also found it useful to discuss the importance self care and how we look after ourselves as practitioners. It was validating and felt important. I found the Saturday 'lives' great and would of been willing to be involved for the whole day. Thank you so much for this experience!"

Participant at a Trauma Informed Training

2.7 SOCIAL PRESCRIBING

As a way of continuing our mission to make our classes as diverse, inclusive and far reaching as possible we continue to work on social prescribing programmes. This includes accessible prices for inclusive classes at the studio and also working with GP practices to offer onsite population specific yoga. Our projects in Craigmillar are focussed on social prescribing with input from CMHT however NHS service demands mean that it is challenging to progress with this work. We hope that with our recent success of funding programmes in Craigmillar we can continue to develop useful models of meaningful social prescribing projects in partnership with Community Link workers and Community health care teams.



SCHOLARSHIP & MENTORSHIP

3.1 SCHOLARSHIP FOR TRAINING WORKSHOPS RUN BY ECY

We offer three discounted places to account for the systemic injustice that disadvantages specific groups on every course and workshop we run. Edinburgh Community Yoga meet 50% of the cost of the course or workshop. The attendee is required to meet 50% of the cost of the course or workshop.

Categories:

- A:** One 50% scholarship for anyone who has a genuine desire to teach in underserved communities and is unable to afford the training at full price
- B:** One 50% scholarship for anyone who has experienced racial inequality
- C:** One 50% scholarship for anyone who identifies as LGBTQI+

Demand for scholarship places continues to be high and in Year 7 we awarded the following 50% scholarships for training courses:

Teaching Yoga in Community Settings Workshop

- 5 x Offered, accepted and attended in Category A
- 2 x Offered, accepted and attended in Category C
- 1 x Applicant was unsuitable for the training and directed to an alternative course subsidised by ECY
- 4 x Applicants were offered a 20% discount to attend the training (3 accepted and attended)

The numbers of places offered in Category A were increased due to no applicants in Category B.

50 Hour Trauma Informed Training (Online) October & November 2022

- 5 x Offered, accepted and attended in Category A
- 1 x Offered, accepted and attended in Category C

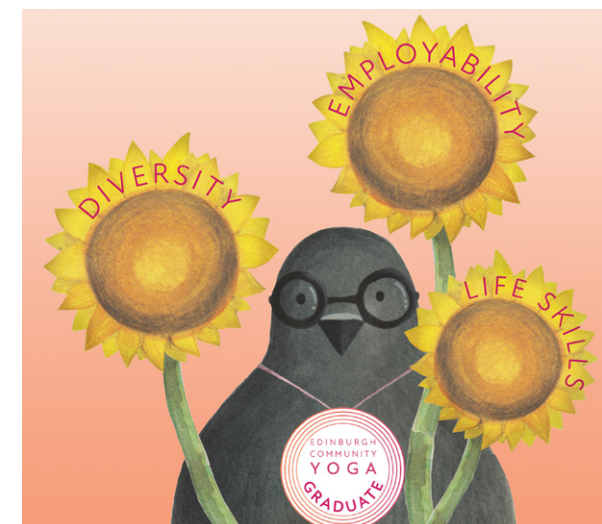
The numbers of places offered in Category A were increased due to no applicants in Category B, availability, and the high standard of applications.

Scholarship for Outreach

We have supported 2 of our students from outreach programmes into further yoga study this year. One student is completing a foundation programme in yoga with Yoga Scotland, supported and mentored by ECY, and another is completing an introduction to Ashtanga programme at Meadowlark Yoga, financially supported by ECY and the Meadowlark Mysore Programme fund. These opportunities support outreach students to be able to explore yoga in a variety of settings, building on the self-confidence and esteem they have developed from accessing our yoga programme in a more supported environment and offering the opportunity to develop their yoga practice and integration in yoga community.

It is our belief that to truly encompass our mission and vision we need to support people who represent the groups we work with to seek further training in yoga. We recognise the challenge and ethical issues around how we approach this and are working hard to create a mentorship and scholarship programme that supports outreach students to further their journey in yoga in a meaningful and supportive way. This programme is under development. We have to date supported one student from an outreach programme through a yoga teacher training and have received initial interest from several others. We are also interested in exploring the idea of offering yoga teacher training in partnership with third sector organisations and prison/institutional environments.

We are developing mentorship training with the Mentorship Network Scotland and hope to be able to extend this training to our teachers in the future. This has been delayed into Year 8 as a result of Covid-19 restrictions, but we are still hopeful that we can launch this in partnership with Womanzone.



"In 2018 I went into fellowship and started my journey of recovery from drug and alcohol addiction. Throughout my recovery I was obsessed with going to the gym and pushing my body to extremes in an unhealthy manner. I had an interest in yoga and read a lot about it and even tried to follow a few videos online, but I never had the confidence to go to a class. A friend in recovery had passed me the details of another person in recovery who had also found yoga on his recovery journey and this is where I made my connection with ECY. My first class was with John. I was full of nerves and anxiety. I was met with a warm friendly welcome and left my first class with a feeling of serenity. After attending John's class regularly, I knew I wanted more."

I was made aware that ECY have a women's trauma informed class at a different location. Again my fear and anxiety kicked in and I arrived late in to my first class, where I met Lorraine. I was again made welcome to the class. The space at Beetroot is calm, warm, welcoming and safe and it became a regular class for me. Yoga has been a vital part of my recovery. When I practice, I get relief from my thoughts, it gives me structure and I take away something new from each class. It has given me the opportunity to connect with like-minded people in a safe environment. It has also given me a healthy way to exercise in a controlled class setting.

I have been able to add to my practice and my knowledge through kind donations of books from Lorraine and have received funding from ECY to take part in a day of Yoga at Meadowlark Studio, which then lead to me getting funding to take a course in Ashtanga Yoga. I wouldn't have known the physical, mental and spiritual growth and well-being yoga would give me without the support and kindness of everyone I have had the pleasure to meet at ECY. Yoga sparked something in me and I intend to keep up my practice and to take my teacher training further down the line, so I can give to someone else what ECY and yoga practice has given me. I can't thank everyone enough for the support and encouragement I have received and for their part in me finding my path to yoga."

ECY – TRAINING NETWORK

In Year 7 we launched our brand new yoga teacher’s Training Network (ECY-TN) which offers a number of ways for teachers to support each other, learn together and connect on our common purpose.

We recognise that being a yoga teacher can often be an isolating experience and we know that community should be at the heart of what we do. Connection is a major pillar of lifestyle medicine and is well understood in the recovery and other social groups we work with. We have a wealth of knowledge and experience amongst our teachers which we hope can be shared.

From January 2022 we introduced monthly Peer Discussion sessions and bi-monthly Community Connections workshops. These sessions will be open to all yoga teachers and teacher trainees and time is donated by teachers and staff to facilitate. All money raised from these sessions and workshops will go to support our outreach programs. These sessions will not just raise funds, but we hope they will help to create a network of support for teachers who need inspiration and a sense of connection. The pricing for our sessions is on a sliding scale of affordability to make them as inclusive and as affordable as possible.

We hope to develop this into a supportive community space for yoga teachers in the area and those working around the country in outreach, supporting teachers to access resources, peer support and informal mentorship.



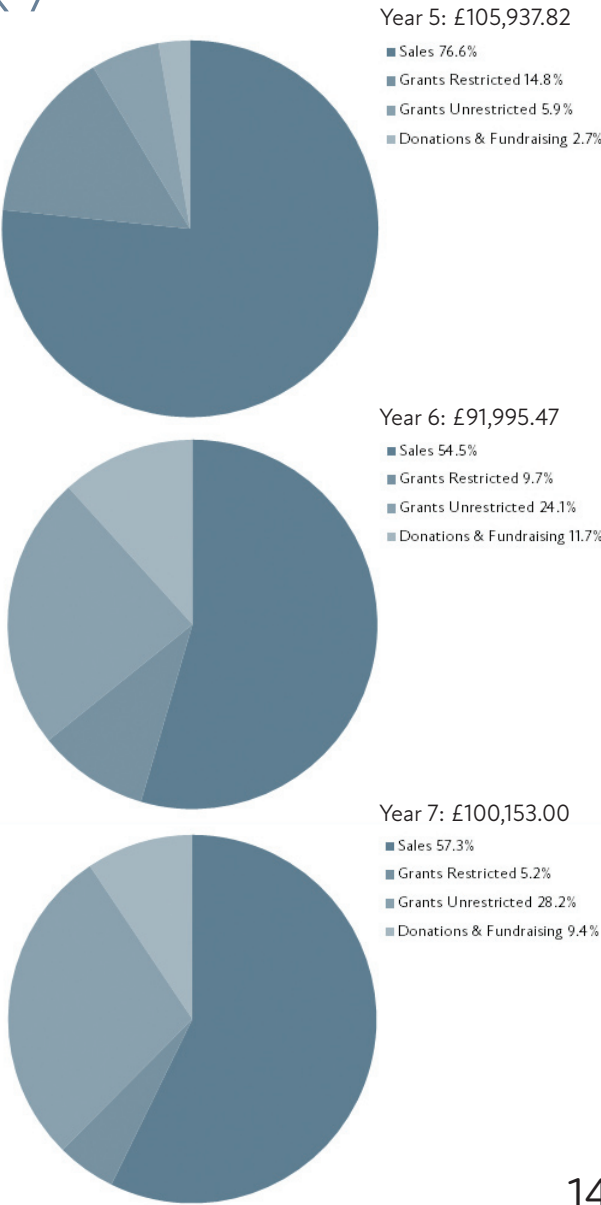
ORGANISATIONAL DEVELOPMENT

This year we have continued to ensure strategic vision and business planning are a central part of our focus. We have developed an annual and five-year planning strategy using Trello boards. The core team meet regularly and are committed to continually assessing risk, threat and opportunity within the organisation and communities we work in. We employed an external accounting company Social Enterprise Accountancy Scotland on a consultancy basis to support us in understanding and developing our financial processes in greater detail and with more certainty. This has encouraged us to meet to review regular financial scheduling and budgeting and has vastly improved our financial tracking processes. The introduction of scheduling has helped us to predict our financial picture in the coming year and has undoubtedly been an essential aspect of our successful navigation through Covid-19 and beyond.

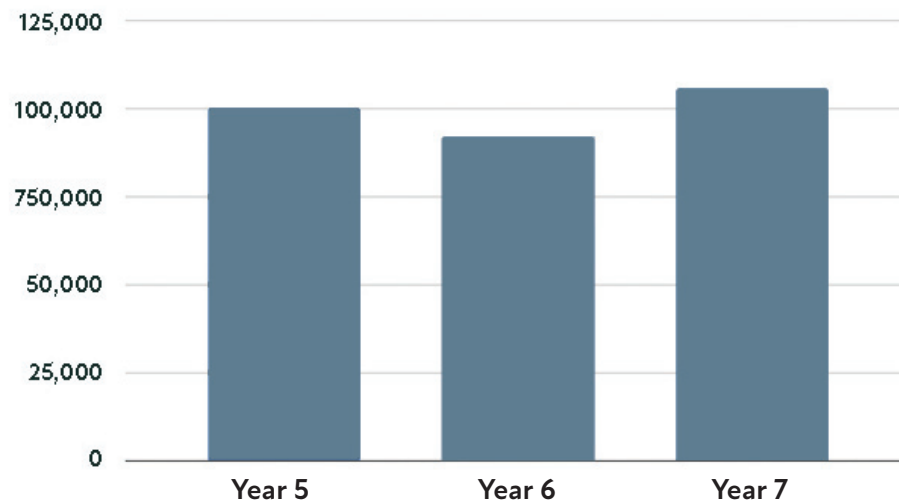
5.1 FINANCE REPORT YEAR 7

Due to Covid-19 and an uncertain global economic picture with rising living costs, Year 7 created a significant amount of financial instability. We anticipated further core funding through Here to Be which we were unsuccessful in obtaining and our financial reserve was not projecting to cover the costs of running the organisation over the next financial year without additional grant funding. We have been able to maintain our financial reserve in line with our reserve policy, however without additional grant funding this will not remain the case.

Although we have not been able to initiate as many new projects as hoped, we still consider the organisation to have grown in capacity and reach (see class information and staffing changes described earlier). In Year 7 our annual turnover was less than in Year 6 and in Year 5. The cancellation of the fundraiser in Year 6 (which subsequently took place in Year 7) was one aspect of the impact of Covid-19, along with reduce sales revenue from studio closure and cancellation of retreats and trainings. We were also more dependent on grant income than previous years. In part this is due to the pandemic and as our staffing overheads increased. We anticipate that until we are fully returned to face-to-face classes, trainings and retreats that we will continue to seek grant funding to support organisational overheads and allow us to continue to run projects.

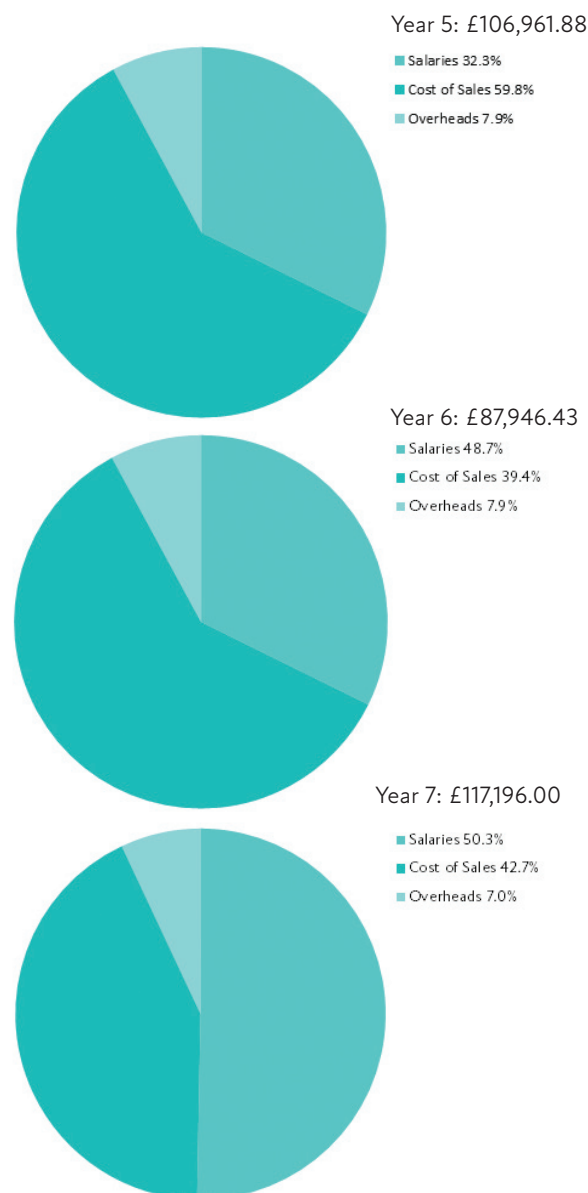


Annual Income Comparison



This figure demonstrates the impact of Covid-19 on our turnover.

(See previous page for further details.)



Financial Outgoings Year 7

Operating costs have increased as a result of increased core salary requirements as detailed earlier in this document. A breakdown of our organisational outgoings is shown below. Cost of sales is undoubtedly reduced as a result of the number of projects halted as a result of Covid-19.

Also a result of Covid-19 we were required to make some significant adjustments to our financial planning, however grant income and income generated from online classes has allowed us to remain in a secure financial position. We anticipate careful financial planning will be necessary over the next 24 months as we emerge from the pandemic and our intention to balance the need for conservative spending with the huge increase in demand for wellbeing services, particularly in relation to mental health.

As can be seen by the figures outlined on the previous page and above, in Year 7 we incurred a bigger financial loss this year than in any previous year. We recognise that this is not a sustainable picture and are taking steps to maintain our 30K financial reserve as outlined in our reserve policy while also seeking further grant funding and reducing core costs as we move into Year 8.

5.2 ETHICS, DIVERSITY INCLUSION & EQUITY

Working alongside external consultants Diversity Scotland, we have undertaken an audit of the organisation's current position with regards diversity and inclusion and from there have been developing an action plan to make changes and improvements where necessary.

As part of this work we have brought in a Diversity and Inclusion advisory panel member, Rebecca Horton, who is working on a framework and process for organisational accountability in our actions around EDI. Our public pledge which lays out our commitments to this work can be found on our website here.

Alongside these developments we also worked alongside UK-wide colleagues also involved in the promotion and delivery of community focused yoga programmes to write a public Ethical Statement which outlines our commitment to maintain a code of professional ethics, both as independent teachers and as an organisation. We recognise that we need to work on improving diversity of our teaching team and are exploring meaningful, long term and tangible ways to do this.



5.3 MONITORING, EVALUATION & LEARNING POLICY

Year 7 has seen us formalise our Monitoring, Evaluation and Learning (MEL) Processes. Building on learning from other yoga not-for-profits (particularly the Africa Yoga Project) and a lot of input from Kate Dyer, we have developed our Theory of Change and from this a robust monitoring and evaluation process, framework and strategy. We have developed this around our Activities, Outputs, Outcomes and Goals. This has allowed us to design processes to collect information on our student demographics, to ensure we meet our goals around inclusion and diversity, and allows us to understand how many people we reach, and what our impact is. Data from our first annual survey is demonstrated under our impact later in this document. More information about our Theory Of Change can be found on our website.

We are collecting data in the following ways:

1. From robust databases measuring output, numbers of classes students, etc
2. Via an Annual Online survey to all students on our mailing list and outreach programmes gathering information on student demographics, experience of yoga and organisational feedback
3. An annual teachers survey to monitor the demographics of our yoga teachers
4. Partner feedback forms for all workshops, outreach programmes and workplace wellbeing programmes

This process has for the first time, allowed us to collect clear demographic data from across our public classes, helping us to improve, and recognise where we need to focus our attention in terms of diversity and inclusion.

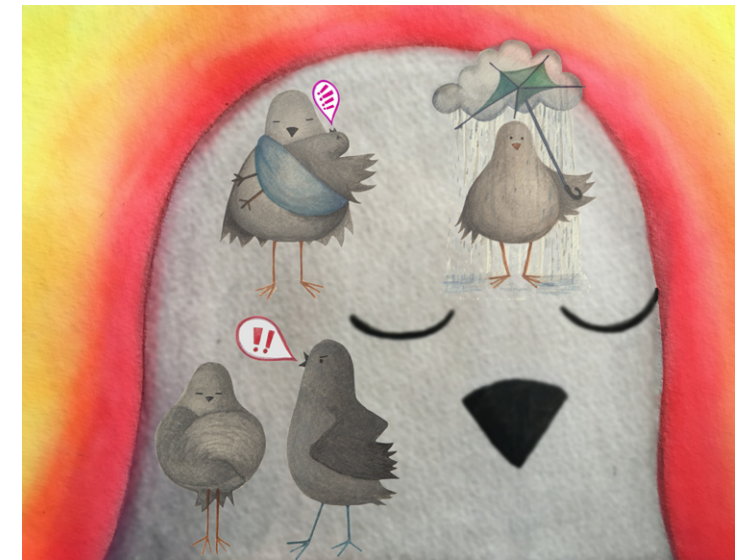
EDINBURGH COMMUNITY YOGA: THEORY OF CHANGE



Edinburgh Community Yoga offers inclusive and accessible classes to all. Everybody is welcome to Edinburgh Community Yoga classes.



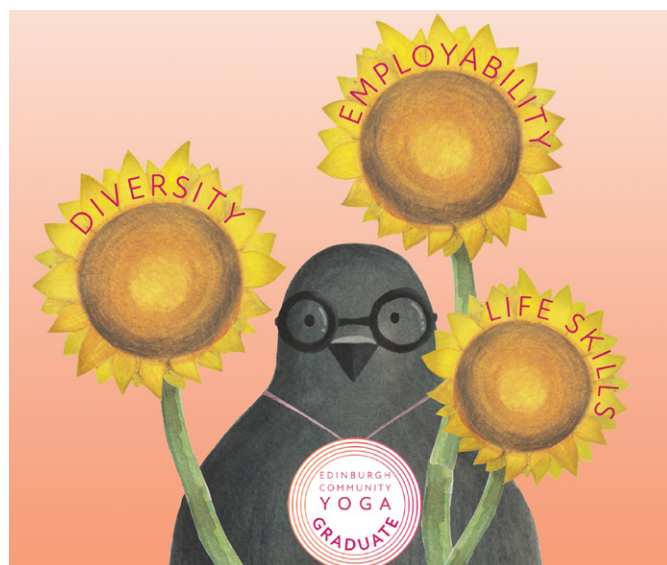
Classes take place in community settings, hospitals and prisons to provide opportunities for everybody to benefit from doing yoga.



Practicing yoga can help to improve mental and physical health. It can help us to feel balanced and to build emotional resilience to support us when we experience stress and conflict in our everyday lives. It can help us stay in the present and perhaps feel safer in our bodies.



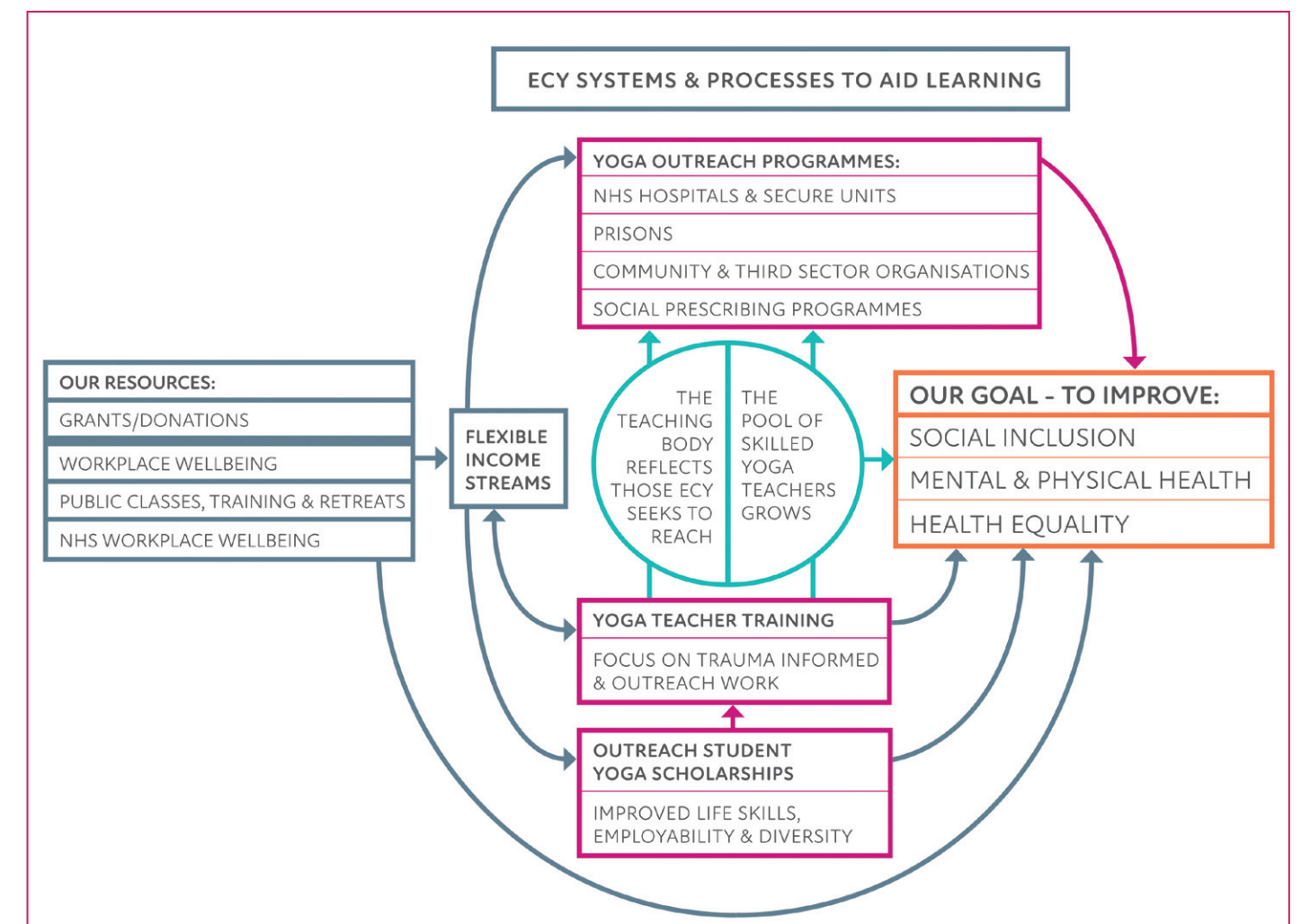
Edinburgh Community Yoga also offer scholarship and mentorship to outreach students who want to study yoga in more depth, or perhaps to become yoga teachers.



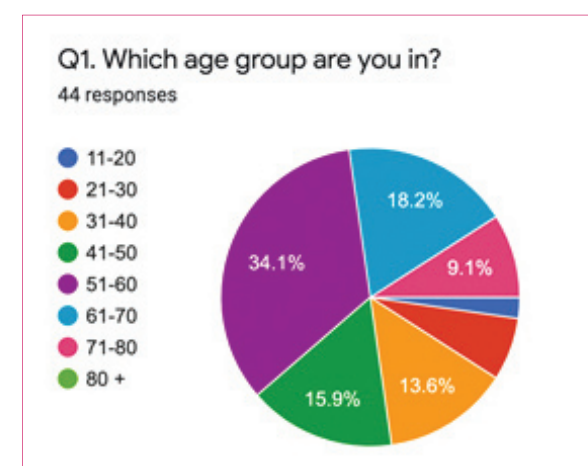
Studying yoga helps with life skills, may improve employability and increases diversity in the yoga community.



New teachers can go on to provide yoga classes in communities with a unique insight into creating inclusive and welcoming opportunities for all.

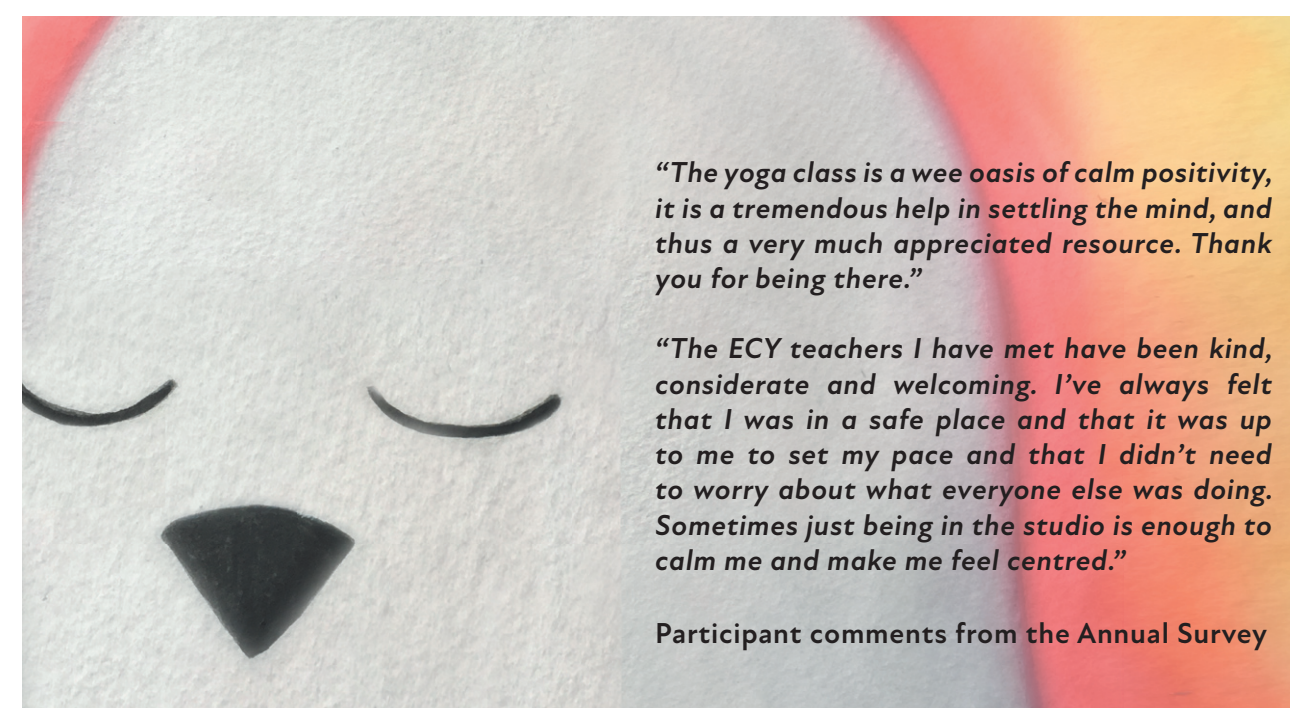
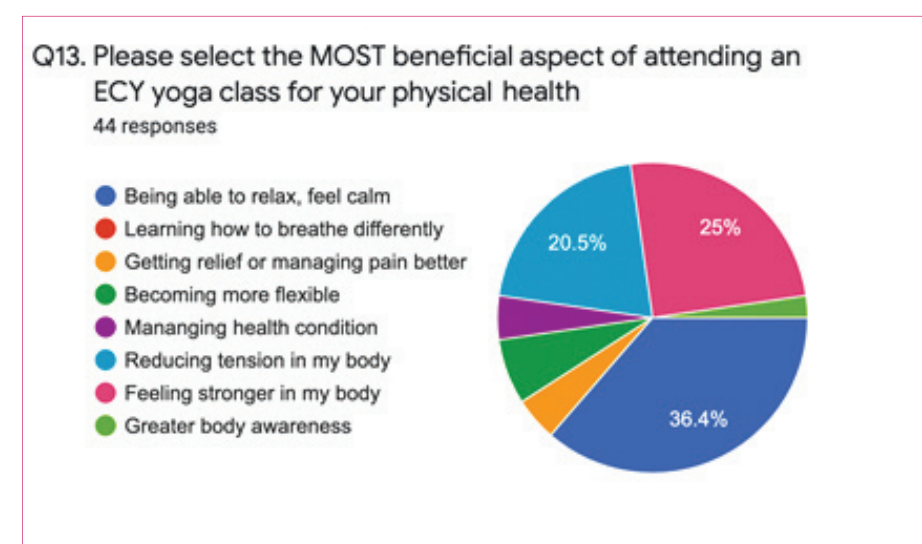


Annual Survey



To the left and below is some key demographic detail from our Annual Survey, which is distributed to all mailing lists and mainly reflects participants in our public classes. Outreach programmes are generally evaluated separately. It is clear from our Annual Survey results that while we have a wide spectrum of age and gender, our client base is lacking racial diversity and this is something we are working to change in line with our diversity and inclusion work outlined above.

The full Annual Survey report can be accessed on our website.



5.4 CONSOLIDATION, SAFETY & DUE DILIGENCE

Year 7 continues to build on the work begun last year ensuring that our organisation is running as well from the back office as it was within the community. Risk assessing has been especially critical and we have worked alongside our partner organisations to make sure all our face to face and online programmes have been running in line with the ever changing Covid-19 regulations.

5.5 ECY AS AN EMPLOYER & CONTRACTOR

In Year 7 we continue to employ a team of 3 people. However as a result of sickness and maternity leave we employed a new project worker for 6 months (see earlier section of report). We remain committed to be a fair and ethical employer. This includes a commitment to annual review of salaries and monthly payments to pensions as well as committing to the payment of sick and annual leave. We have introduced company pensions and employer's insurance and have continued to develop clear documentation around teachers' agreements and job descriptions.

In Year 7 we have committed our teachers' hourly rate across both outreach and public classes and to pay teachers a minimum of a one hour rate regardless of the length of session (i.e classes less than an hour are paid at an hourly rate). Our hourly rate for outreach classes is £4 more than public classes and we feel this reflects the additional practical challenge, skills and training required and emotional labour of running yoga classes in community settings. We are committed to regular reviews of our teaching fees.

5.6 ECY'S TEAM & WIDER COMMUNITY SUPPORT

In Year 7 we looked to consolidate the team we had developed by investing in the teachers and volunteers. We updated our recommended practice document outlining our approach to teaching yoga and gave a copy to all of our teachers. We also opened up our weekend teacher training 'Teaching Yoga in Community Settings' by offering all ECY teachers and volunteers a free space. We continue to develop supervision models and self-care workshops for our teachers as we acknowledge that this is an important aspect of the challenging work that we do and are looking to create embedded supervision models and mentorship and CPD opportunities within ECY and the ECY-TN as we move forward into Year 8.



FUNDRAISING EVENTS, DONATIONS & AWARDS

In Year 7 we were able to run our postponed '108' fundraiser in partnership with our friends at Meadowlark Yoga. This was a hybrid event with people taking part online and in our studio at Beetroot Sauvage. We raised £8000 from

this event which has greatly supported our work this year. We are grateful to the individuals who continue to support the work of the organisation by making a monthly donation and to each person who has raised funds or donated to us this year.

4.1 AWARDS

In Year 7 we were awarded the following grant funding:

Arnold Clark Community Fund donated £1,000 to be used in Year 8 for Womanzone by FourSquare to cover ongoing project costs when the existing funding ends in July.

Community Based Adult Learning (CBAL) donated £650 towards teacher costs for Royal Edinburgh Hospital (Self Harm Service - Adults).

Community Mental Health Fund (CMFH) Contract Award donated £9,450 to be used in Year 8 to establish new weekly classes for young people in Craigmillar and Portobello.

EVOC - TSI Mental Health and Wellbeing Fund donated £9,531.55 to be used in Year 8 to establish and grow our social prescribing project in Craigmillar with the addition of two weekly classes.

QNIS Catalysts for Change donated £5,000 to fund a pilot programme for women affected by trauma, partnering with Womanzone and the self-harm service in NHS Lothian.

Scottish Government Discretionary Business Support Fund contributed £2,000 towards organisational operating costs during the pandemic.

The University of Edinburgh - Micro Grant donated £450 for classes and evaluation at the Beacon Club.

Volant Charitable Trust donated £10,000 for Year 3 of our final year as part of a £30,000 grant award for our project with Womenzone.

Wesleyan Foundation Small Grants Programme donated £2,000 for teacher and support teacher costs for weekly classes at Connecting Craigmillar (an ECY Social Prescribing Project).

4.2 OTHER SUPPORT

This includes all events run either by ECY or our supporters, as well as regular and one-off donations. We are deeply grateful to partners and supporters who have enabled our work to grow and expand through fundraising and offering scholarship opportunities for students.

Fierce Calm and **OURMALA** donated £3360 to fund teacher fees for 48 weeks of yoga for 2 outreach classes at Saheliya Scotland and for women affected by trauma and in criminal justice services at the Spring Project, Midlothian.

Meadowlark Yoga, and in particular **Emma Isokivi**, the Mysore Director, continue to raise funds and support the work of ECY, offering monthly donations and supporting us with fundraising events.



MOVING FORWARD IN A POST-PANDEMIC WORLD

Although 2021-22 saw us move through and to some degree past Covid-19 it has been an exceptionally challenging year for us financially with reduced success in grant funding, a downturn in sales and a loss of one of our core unrestricted income funders.

This has meant us making some tough decisions with regard our priorities and the future direction of the organisation. Going into Year 8 it is likely that based on our financial projection of the year ahead we need to significantly reduce our core running costs, this will be achieved by reducing core staffing ours which undoubtedly affects what we are able to achieve. Our focus is therefore on the following:

- Recover from impact of Covid-19 and reassess financial position as a result of UK lockdown
- Seek core funding opportunities from a variety of sources
- Continue to focus on work that can increase income generation e.g. corporate wellbeing
- Increase activity around scholarship, mentorship and training for our teachers, yoga teachers in the community and outreach students
- Continue to expand our community-based yoga programmes and work in addictions services, prisons and social prescribing

ECY’s strength lies in its ability to be flexible and adaptable and we trust that our small team will make the right decisions to see us through the next few years and beyond. We look forward to the year ahead and to sharing about its successes and challenges in due course.



APPENDIX 1: OVERVIEW OF CLASSES IN YEAR 7

PARTNER	DETAILS	PROJECT
B Healthy Together	B Healthy Together are a community-led health project in SouthWest Edinburgh. Their aim is to improve health and wellbeing within the communities by providing a variety of social health activities.	Ongoing Weekly Chair Yoga Classes
The Beacon Club	The Beacon Club offers a safe space for older people with mild cognitive impairment to mild dementia.	Adhoc 10 Chair Yoga Classes
Change Grow Live	Change Grow Live has grown from a tiny volunteer-led Sussex-based organisation to a nationwide charity that helps tens of thousands of people each day. Specialising in substance misuse and criminal justice intervention project.	Adhoc Mat-based Yoga Class
Children1st Domestic Abuse Community Service - Adults	The Domestic Abuse Community Service (DACS) has a number of locality-based staff supporting adults and children across the Scottish Borders to aid their recovery from domestic abuse. Support is available to adults (both men and women), including victims of abuse within a same sex relationship, parents and single adults without children, as well as children and young people up to the age of 18 years.	Adhoc Workshops
Cyrenians Social Bite Village	Cyrenians is a charity aimed at tackling the causes and consequences of homelessness. The Social Bite Village is a project that combines an innovative housing model, using vacant council owned land, along with a supported community environment. The project is entirely geared at breaking the cycle of homelessness and giving residents pathways into employment and permanent housing.	Adhoc 2 Mat-based Yoga Classes & 1 Outdoor Meditation Session (as part of a course for residents)
Families Outside	Families Outside is the only national charity in Scotland that works solely on behalf of families affected by imprisonment.	Adhoc Block of Mat-based Weekly Classes
FirstHand Lothian	FirstHand Lothian exists to support disadvantaged families and children with disabilities to achieve their full potential.	Adhoc 1 Chair Yoga Trauma Informed Class
Girl Guiding	Girls take what they do in Guiding with them as they grow up. Everything from working in a team, to taking the lead, to speaking out on issues they care about. It helps them develop the skills and confidence to become the young women they want to be and to make a difference to the world around them.	Adhoc 2 Mat-based Yoga Classes
Health All Round	Health All Round is a registered charity and voluntary sector agency which aims to support people living in Gorgie Dalry, Saughton, Stenhouse and surrounding areas of Edinburgh to live longer, healthier lives.	Adhoc 5 Chair Yoga Classes for Chronic Pain (Online) 1 Outdoor Meditation Session
Milestone ARBD	Penumbra Milestone is a partnership with NHS Lothian, City of Edinburgh Council and Waverley Care.	Ongoing Bi-Weekly Chair-based Yoga Classes
Pilton Community Health Project	Pilton Community Health Project has been working in the Pilton area since 1984 – making it the oldest community health project in Scotland.	Adhoc 1 Mat-based Yoga Classes
Pilmeny Youth Project	Part of a health and wellbeing group for vulnerable young people who have experienced childhood trauma and who are at risk of disengaging with school, or anti-social behaviour - connected with YMCA.	Adhoc 2 Mat-based Yoga Classes

PARTNER	DETAILS	PROJECT
Royal Edinburgh Hospital (Self Harm Service - Adults)	Self-Harm Service (SHS) is primarily for people who are inpatients of the Royal Edinburgh Hospital.	Ongoing Weekly Mat-based Classes
Saheliya	Saheliya is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.	Ongoing Weekly Mat-based Yoga Classes (Online)
The Salvation Army	For over 150 years, The Salvation Army has been transforming lives at the heart of communities.	Ongoing Weekly Chair-based Relaxation Classes
SCOREscotland	Strengthening Communities for Race Equality Scotland (SCOREscotland) is a voluntary organisation serving the minority ethnic communities in the West of Edinburgh. The organisation strives to eliminate racism in our society by working for and with those who are affected by racial discrimination.	Ended 6 Week Block of Weekly Mat-based Yoga Classes 1 Mat-based Yoga Class
Shakti Women's Aid	Shakti Women's Aid helps BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, and/ or other members of the household.	Adhoc 1 Mat-based Yoga Class
Space and Broomhouse HUB	The charity that manages and runs the Broomhouse Hub is known as 'Space' Youth & Families. The Youth & Families team provides a range of services that support children, young people and their families.	Adhoc 1 Mat-based Yoga Class
Spring by Midlothian Council	Spring offers a space for women to access a range of support including meeting with a nurse, occupational therapist, Womens' aid worker or social worker.	Ongoing Weekly Mat-based Yoga Classes
Secure Hospital	A high secure forensic hospital which provides a service to patients admitted under The Mental Health (Care and Treatment) (Scotland) Act 2003/2015 and other related legislation.	Ongoing 10 Week Blocks of Weekly Mat-based Yoga Classes
Steps to Hope SCIO	Steps to Hope SCIO is a non-profit charity dedicated to caring for the homeless and those suffering with addiction.	Ongoing Weekly Mat-based Yoga Classes
Strachan House	The nursing home is a purpose-built care home in Edinburgh, near Craigcrook Castle. It provides 24-hour nursing care, in addition to dementia care, for older people.	Ongoing Monthly Chair-based Yoga Classes
TALO Personnel Recovery Centre Scotland and Northern Ireland	Edinburgh House, opened August 2009; it provides residential accommodation for up to 12 personnel and 15 day attendees. The Personnel Recovery Centres (PRCs) offer a residential capacity to those wounded, injured and sick personnel from across the armed forces undergoing recovery as well as providing facilities for day attendees.	Adhoc Six Week Blocks of Mat-based Yoga Classes
The Triple A's	The Triple A's are an entirely autism led peer support charity for Autistic people.	Ended Weekly Mat-based Classes (Online)
Thistle Foundation	Connecting Craigmillar is a community development project, supported by Link Up (Inspiring Scotland) and The Thistle Foundation and works to enable opportunities for local people to meet, have fun, learn together, form new friendships and develop lasting positive change together.	Ongoing Weekly Mat-based Yoga Classes
University of Edinburgh Residence Life Office	The Residence Life team supports students living in university accommodation. They promote wellbeing, build community, and help our residents thrive.	Adhoc 1 Chair-based Yoga Class 1 One Off In-Studio Class
Womanzone by FourSquare	Woman Zone is a community of women in recovery supporting other women in recovery.	Ongoing Weekly Mat-based Yoga Classes
Women's Prison	Edinburgh is a large community facing prison receiving offenders predominantly from courts in Edinburgh, the Lothians and Borders, but also offenders from the Fife area. The current design capacity is 870 and holds on average 900 offenders per day. The prison manages adult male and female offenders for those on remand, short term offenders (serving less than 4 years), long term offenders (serving 4 years or more), life sentence offenders and extended sentence offenders (Order of Life Long Restrictions).	Ongoing 2 Weekly Mat-based Yoga Classes (A one hour Yoga Class and a 30 Minute Meditation Class)