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ANNUAL REPORT
2017-18

ECAS MISSION STATEMENT

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



Chair's Remarks

This has been another busy year for Ecas.

Our Grants Fund, which provides financial support to people of all ages with a physical disability across Edinburgh and the Lothians is now fully up and running after being re-introduced in June 2017. We are pleased to have provided financial assistance to 22 applicants amounting to over £21,000 in the last financial year (2017/18). Please see page 13 for information on how to apply and see the impact the Fund has had for some applicants and their families.

Ecas Befriending Service is 10 years old! Ally will provide more detail in his Befriending report, including some fantastic statistics achieved over this period. I would like to pay thanks to all the volunteers who have taken the time to provide essential social support and friendship to those who are vulnerable and isolated due to a physical disability.

Following the review of Ecas operations in 2016, it was decided to introduce an annual review and evaluation for activity clients to gather their views and help monitor progress. Feedback has been positive and has helped group leaders tailor activities to be more responsive to client needs.

In April, a documentary aired on BBC ALBA on the effects of loneliness and isolation within society featured current Ecas craft activity client David Nicol. David was open in discussing his issues of growing up with cerebral palsy and the lack of opportunity as a person with a physical disability. He credits Ecas in helping him gain confidence following his referral to the Befriending Service in 2008 after becoming isolated. David went on to attend Ecas activities, become an Ecas Befriender himself, Board member of a disability charity and write/perform his own one man show at The Fringe Festival. Filming took place in David's flat and at Ecas along with his fellow crafters! This inspiring video is available to view on our website and YouTube channel.

Ecas would be nothing without the people – the volunteers, our funders, individual donors, the Board and committees, our partners who help with managing investments, accounting and legal aspects, the befriendees and clients. I would also like to thank the staff for all their hard work which is essential to the smooth running and the success of Ecas. Thank you all for your help and support.

Caroline Loudon, Chair



David 'behind the scenes' filming the documentary.

Honorary President

The Countess of Rosebery

Vice-Presidents

Dr Iain M.M. MacMillan
Rev Dr W Graham Monteith
Rt Hon Dr Gavin Strang

Board of Directors

Mrs Caroline Loudon (Chair)
Dr Alastair McIntosh (Vice Chair)
Mr John Abbott
Miss Elaine Boyd
Mrs Catherine Dowell
Mr John Laurie
Mr Robin McKendrick

Registered Office

Ecas, Norton Park, 57 Albion Road,
Edinburgh, EH7 5QY
Telephone: **0131 475 2344**
Email: info@ecas-edinburgh.org
Website: www.ecas-edinburgh.org
A Company Limited by Guarantee Reg. No. SC102790
Scottish Charity Number: SC 014929

Permanent Staff

Ally Irvine, Chief Executive,
Befriending Manager and Company Secretary
Sunil Bhatnagar, Manager
Janice Todd, Administrator
Sam Collins, Befriending Assistant
Sue Barclay, Craft Group Leader
Lia Burton, Craft Group Leader
Neil Russell, Swimming Group Leader

Sheila Donnelly, Yoga Group Leader
John Glynn, Computing Group Leader
Graham Young, Art Group Leader
Martin Hensey, Art and Craft Group Leader
Jonatha Kottler, Reading and Writing Group Leader
Akin Fatunmbi, Music for fun Group Leader
Ann Richards, Seated Tai Chi and Relaxation Group Leader
Greg Watson, Lifeguard and Standby Swimming Group Leader

Chief Executive's Report

As communicated in last year's annual report, Ecas secured the services of a funded intern for 4 weeks. The broad remit was to undertake research into the needs of younger disabled adults (18-30 age bracket), identify the barriers that they face in accessing services and suggest strategies to overcome these barriers.

Recommendations from the final report included:

- ▶ Website redesign to make it more appealing for younger disabled people.
- ▶ Greater use of social media to engage with younger disabled people.
- ▶ Greater networking and outreach activities to raise awareness of Ecas' services.
- ▶ Introduction of new activities targeted at the younger disabled people that are directly responsive to their articulated needs. Intern also identified a gap in services for people in transition (moving from child to adult services).



Thank you to Chloë Marvin for producing the report. Please contact the office if you would like a copy.

If you are aged between 18 and 40, have a physical disability and would like to help us create new services we would like to hear from you.

The limited timeframe of the placement meant there was little opportunity for the Intern to speak directly to young people.

Ecas has secured the services of another Intern from The University of Edinburgh co-funded by Santander on a 10 week placement which is focussed on networking and outreach. Outcomes of the next internship will hopefully enable us to be further informed what the needs of younger disabled adults are and how Ecas can best support them. We look forward to reporting the findings next year.

Whilst talking about the possibilities of new activities, it is important to appreciate what has been achieved by our activity clients in the last year. The soundbites in the annual report help to provide insight from an individual perspective, however, it is clear for all to see the talent on show across all activities from the photos within the report.

Many thanks to all those involved with Ecas for their support. Here's to another busy and successful year!

Ally Irvine, Chief Executive

Computing

The group has been busy creating their own projects which has included making Christmas cards as well as learning how to use Microsoft Word and Publisher software. Although Ecas provides computers, this does not preclude clients who wish to learn on and use their own portable computers, like iPads and other tablet computers. We have helped clients shop on-line, set up email accounts, and download new Apps.

“It’s great to get out of the house to learn more about computing – much better than watching TV at home! It’s good to keep learning, see other faces, have a chat and drink a coffee.” JOHN

“Even when disabled with numerous problems, people are shown how to progress and achieve all sorts of things. Ecas has numerous classes with fantastic teachers who have lots of patience and knowledge to help.” IAN

Computing

Norton Park
Mondays 9.30am-12.30pm
and 1pm-3pm

“Ecas. A good place to be.” LINDA



Abrar (left) hard at work with John, computing group leader looking on.

Art

Rachel has just returned from Peru where she had an exhibition. (see image of her relief work of budgies in the jungle). Rachel, as so many of our artists have shown in the past, demonstrates that disability does not mean a lack of ambition or achievement.



“I have accomplished a lot in the class and it has helped me to appreciate art and what it means to others.” BILL

Jack, who has attended Art at Ecas for eighteen years said ‘I don’t like to think of missing even one class a year. The class has given me the ability to use my hands to an extent that I was previously unable to do. The class creates a strong social atmosphere which is always enjoyable, particularly with tutor encouragement.’



Art

Oxgangs Neighbourhood Centre
Wednesdays 9.30am-12.30pm
and 1pm-3pm
Norton Park
Fridays 1.15pm-3.15pm

Art group leader Graham helping Elaine set up her artwork.



Seated Tai Chi and Relaxation

The gentle sequence of Seated Tai Chi movements promotes a sense of well-being, reduces anxiety and stress, and strengthens body and mind. A regular tea break provides a great opportunity for the group to catch up with one another, before the session concludes with relaxation and releasing stress through the practice of body awareness. Previous experience is not necessary; all are welcome!

“The body is more supple and the mind is less busy. Perfect class. I’m reborn!”

BARBARA

“Tai Chi helps relax me – the tension just melts away. It has helped me regain movement in my left arm.” **DANNY**

‘It is a great activity! I am going out and meeting new people – nice company, rather than sitting at home.’ **MARZENA**

“After only five weeks, I am surprised. It is unbelievable! It worked the first time and I came back for more. Tai Chi is easy to do. The benefits are less tension. I am still in awe about it. It works and fully meets my needs.” **IRENE**

Seated Tai Chi and Relaxation

Norton Park
Tuesdays 1.15pm – 3.15pm

Crafts

Our craft groups enjoy their time together with plenty of music, laughter and good biscuits! Participants have also had time to develop their craft skills which has included making felt to produce individual masterpieces.

“The Friday group is a very important part of the week. I meet friends, have fun and can be creative.” LESLEY

This painting was inspired by a photograph taken by Simon whilst on holiday in France.



“I enjoy craft very much, especially the last few weeks as we have learned how to make felt to produce our own pictures. Being in the group is so enjoyable as we chat while we do our crafts. I would never want to leave this group! Our craft teacher is amazing and has great ideas.” RUTH



Crafts

Norton Park

Thursdays 10.30am – 12.30pm

Fridays 10.30am – 12.30pm



Reading & Creative Writing

This has been a very exciting year. We read Agatha Christie's *ABC Murders*, *The Mousetrap* and had an amazing visit from Natalie Fergie, author of *The Sewing Machine*. Natalie spoke to us about her novel set in Scotland during the 1911 strikes at the Singer factory, and about how she researched the various Edinburgh historical locations.

Jonatha Kottler, Reading and Creative Writing Group Leader

“I’ve always thought literary people were above me, but when we read and talk about them, you discover that they are really quite like us.” EILEEN



Natalie pictured with an Ecas tea towel and mug. (Available to buy from the Ecas Office!)

Reading and Creative Writing

Norton Park
Thursdays 1pm-3pm

“This group is a fantastic way to come together and talk about things; books, our lives, what’s important to us.” DAVID



Swimming

This year we have been able to offer more support in the water thanks to new neck cushions and flotation aids. The addition of a waterproof speaker has meant we have been able to play a variety of client music requests, which has helped keep the class moving and energetic.

“The swimming group has really helped with my confidence in the water and has also helped me get out and be more sociable.” ESTHER

“Having the opportunity to get in the water and stretch my legs has helped me be more comfortable not only when in the pool but in my day to day life. The swimming group has definitely had a positive impact on me.” COLIN

Swimming

Astley Ainslie Hospital
Mondays 5.30pm-8.30pm
Fridays 5.30pm-8.30pm





Yoga

Longstone Resource Centre
Tuesdays 12.45pm-2.45pm

Yoga

“We look forward to our class and the support we get from one another.” HILDA

Our yoga practice is different as it is carried out from a seated position. There are many ways of practicing the postures involved; the relaxation and meditation elements continue to be popular. It is unanimously agreed that we consider ourselves quite a special group!

Shiela Donnelly, Yoga Group Leader

Interested in attending an activity?

All our activities are fully accessible and are led by fully trained staff. No previous experience is necessary and all materials are provided.

As a help towards costs, clients are asked to pay fees of £1.15 per hour for their activity.

For those who meet a set criteria, clients can apply for a grant to assist with transport costs to and from their activity. The activities timetable can be found on the back page on this report. For further information, please contact the office on **(0131) 475 2344** or email **info@ecas-edinburgh.org** or visit our website: **www.ecas-edinburgh.org**

Music for Fun

Music for Fun engages with participants' interest in music making; whether it be singing, playing instruments or composing songs and creating new music.

Ecas has a selection of percussion instruments, and a guitar which the class has used very creatively to explore playing techniques. Even the exotic auto harp (a zither-like instrument with buttons) has been inventively used to produce sounds not usually associated with the instrument.

The diversity of musical experience and the enthusiasm for variety is a strong feature of a very welcoming and encouraging group.



Music for Fun

Out of the Blue Drill Hall
Fridays 2pm-3.30pm

"Awesome. Group leader Akin is awesome." CHRIS

"Brilliant." KEVIN



Ecas Grant fund

Ecas' Grant Fund is open to people of all ages. Grants are available to help assist individuals with increased costs associated with a physical disability across Edinburgh and the Lothians.

Since the fund was reintroduced in June 2017:

- ▶ 33 applications were received with 22 being approved.
- ▶ A total of £21,095.91 was awarded.

Approved applications have included support for furnishings, electronic goods, UK holiday breaks, student fees and white goods.

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-edinburgh.org/grants

“Eilidh loves her trike; being out and about together with the rest of the family on theirs has made a huge difference and is fantastic exercise for her.” **THE ANDERSON FAMILY**



“Thank you Ecas for supporting us to go on a holiday. The cottage has been great, wheelchair accessible with amazing views around.” **THE DUKAN FAMILY**



Please note:

£750 is the maximum standard grant. Successful applicants can re-apply after 2 years.

Higher grants up to £1,500. Successful applicants can re-apply after 4 years.

Grants above £1,500 will be considered on an exceptional basis.

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

Dr Alastair McIntosh, Ecas Grants Fund Chair

Befriending

Introduction from Ally Irvine, Befriending Manager

The Scottish Government's consultation into reducing loneliness and isolation at the start of the year brought much needed awareness of befriending to the wider public. Bauer Media, (who own local radio stations across the country) in partnership with Befriending Networks launched the **Take the Time** (TTT) campaign, which asked listeners to become volunteer befrienders. Hundreds of people enquired across Scotland with 3 volunteers expressing an interest in Ecas.

One TTT Ecas volunteer participated in a radio interview by Forth 1 about her befriending experience so far. I was also interviewed to help promote the campaign. Increased awareness over the first 3 months of the year helped Ecas to recruit and train an amazing **13** volunteer befrienders! Let's hope the momentum in creating awareness continues as we help to tackle loneliness and isolation to those who are vulnerable or isolated due to a physical disability.

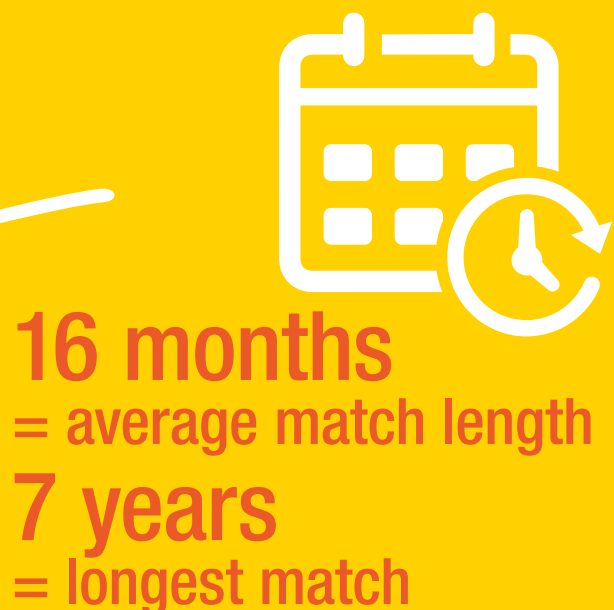
Here are some of the things we have been up to this year.

Volunteer Focus Group and Activity Day

This bi-annual event is a great way for our volunteers to meet and share befriending experiences. It also gives Ecas an opportunity to say thank you for the amazing job our volunteers do. The day started off with an informative, interactive session from Elizabeth Campbell from Alzheimer's Scotland called Dementia Friends. After lunch we had lots of fun bowling at Fountain Park!



Ecas would like to thank to all the volunteers and befriending staff involved over the past 10 years for making Ecas Befriending Service the success that it is today.



Volunteer with us, have fun and make a difference!

2 hours per week can make a big difference in helping change someone's life who is isolated due to their disability. Anyone interested in becoming a befriender please get in touch. Everyone welcome!

Follow us at www.facebook.com/EcasBefriendingService

Contact Ally or Sam on **0131 475 2344** www.ecas-edinburgh.org

A 'Snapshot' of some of our Befriending matches



Sam and Robert have been meeting since April 2017 and enjoy delving into their shared love of history; "we cover a lot of subjects, it wanders a lot, leading to the next thing" says Robert. "It's a very chilled experience", says Sam, "there's always a cup of tea waiting for me, I say 'hi' to the cats and we get chatting".

Veronica and Margaret became a befriending match in July 2016 and enjoy meeting for tea and a good chat. Veronica says that her visits 'are so much fun, Margaret is a great friend'. Margaret describes Veronica as 'A lovely person'.





Martin and William have enjoyed chatting and watching a bit of TV since being matched in February 2018. They have been out for coffee and hope to get out more often, to make good use of Martin's local knowledge, having been brought up in the neighbourhood. William says, "he's outgoing and has a good personality."

Cathy and Jean are sisters who live on opposite sides of Edinburgh. They both developed mobility problems, which made it difficult for them to maintain their relationship. Since March 2018 Ecas has supported them as a Facilitated Friendship, organising free transport to allow them to see each other every couple of weeks for a cup of tea and a chat.

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

A HUGE thank you from all at Ecas to all our volunteer befrienders for their time, commitment and support – you really do make a difference.

We are most grateful to Alzheimer's Scotland and British Red Cross for their support of our Befriending Service.





Ian (on right) supporting the Try a Bus Day in 2009; a partnership initiative which included Ecas and Lothian Buses which helped encourage disabled people to use public transport.

Ian McInnes, Ecas Board Member Obituary

Ecas was very sad to hear of Ian's passing in November 2017 after a short battle with cancer. Ian joined Ecas in 2001 and was a much valued Member and Director. During this time he held the position of Vice Chair of the Board and was a member of the grants committee when Ecas was still affiliated with the Challenger Fund. Ian gave his time to many organisations involved in supporting those with disabilities, including representing Ecas on Edinburgh City Council's Access Panel, Citizen's Advice Bureau and volunteer ambassador for EaRN Equality and Rights Network to name a few.

Ian's 30 year passion and commitment to volunteering through Volunteer Edinburgh was honoured at their recent Inspiring Volunteer Awards. The **Ian McInnes Award** was created in his memory and was awarded to an organisation in recognition of its contribution towards improving equality and accessibility in volunteering.

On a personal note, I will remember him as someone with a great sense of humour who was passionate about championing the rights of disabled people.

Ally Irvine,
Chief Executive

Finance Report

The summary accounts show Ecas' portfolio performed well over the year despite continued uncertainty in global politics. The impact of leaving the European Union and continued flux in politics worldwide may still negatively affect market conditions, so caution must remain.

Headline investment income has increased from £166,725 in 2016/17 to £188,347 in the current year. Grants and donations increased from £9,279 in 2016/17 to £22,000, thanks in part to a generous legacy. Fundraising continues to concentrate on the following restricted funds: transport for clients attending activities and swimming.

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

I would like to thank our investment managers, Adam and Company, our accountants, French Duncan and my fellow committee members for their continuous support.

John Laurie Chairman

Finance & Personnel Committee

| | |
|--------------------|-------------------|
| John Laurie, Chair | Caroline Loudon |
| Jeanette Curtis | Anne McDonald |
| Andrew Herberts | Alastair McIntosh |

Donations

In addition to those listed under befriending and swimming we are most grateful to The Binks Trust, Forth Ports Limited, JTH Trust, Leith Benevolent Association, The Lynn Foundation, The Russell Trust for their generous support of our transport scheme for activities.

And to the following for their generosity in making general donations:

Sean Alexander, Dr John Hunter, Dr Iain McMillian, Gillian Probert, Irene Ross, Colin Stewart, Rt Hon Dr Gavin Strang and many Ecas clients for their generosity in making general donations.

We are also extremely grateful for a legacy from the late Miss Margaret Rutherford.

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.

Accounts

Summary Financial Statement

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

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

Statement of Financial Activities incorporating the income and expenditure account for the year ended 31 March 2018

| | Unrestricted funds 2018 | Restricted funds 2018 | Total funds 2018 | Total funds 2017 |
|---|-------------------------------|-----------------------------|------------------------|------------------------|
| | £ | £ | £ | £ |
| INCOME FROM: | | | | |
| Donations and legacies | 11,109 | 10,891 | 22,000 | 9,279 |
| Charitable activities | 7,287 | – | 7,287 | 7,308 |
| Other trading activities | 237 | – | 237 | 1,537 |
| Investments | 188,347 | – | 188,347 | 166,725 |
| TOTAL INCOME | 206,980 | 10,891 | 217,871 | 184,849 |
| EXPENDITURE ON: | | | | |
| Raising funds | 27,569 | – | 27,569 | 26,408 |
| Charitable activities | 218,125 | 15,801 | 233,926 | 228,375 |
| TOTAL EXPENDITURE | 245,694 | 15,801 | 261,495 | 254,783 |
| NET EXPENDITURE BEFORE INVESTMENT (LOSSES)/GAINS | (38,714) | (4,910) | (43,624) | (69,934) |
| Net (losses)/gains on investments | (318,297) | – | (318,297) | 735,498 |

| | Unrestricted funds 2018 | Restricted funds 2018 | Total funds 2018 | Total funds 2017 |
|--|-------------------------------|-----------------------------|------------------------|------------------------|
| NET (EXPENDITURE)/INCOME BEFORE transfers | (357,011) | (4,910) | (361,921) | 665,564 |
| Transfers between Funds | (2,355) | 2,355 | – | – |
| NET (EXPENDITURE)/INCOME AND MOVEMENT IN FUNDS FOR THE YEAR | (359,366) | (2,555) | (361,921) | 665,564 |
| RECONCILIATION OF FUNDS: | | | | |
| Total funds brought forward | 5,126,743 | 2,555 | 5,129,298 | 4,463,734 |
| TOTAL FUNDS CARRIED FORWARD | 4,767,377 | – | 4,767,377 | 5,129,298 |

There were no recognised gains and losses for 2018 or 2017 other than those included in the Statement of Financial Activities.

Balance Sheet as at 31 March 2018

| | 2018 | 2017 |
|-------------------------------------|------------------|-----------|
| FIXED ASSETS | | |
| Investments | 4,748,889 | 5,096,882 |
| CURRENT ASSETS | | |
| Debtors | 10,898 | 11,042 |
| Cash at bank and in hand | 28,511 | 35,622 |
| TOTAL | 39,409 | 46,664 |
| CREDITORS | | |
| Amounts falling due within one year | (20,921) | (14,248) |
| NET CURRENT ASSETS | 18,488 | 32,416 |
| NET ASSETS | 4,767,377 | 5,129,298 |
| CHARITY FUNDS | | |
| Restricted funds | – | 2,555 |
| Unrestricted funds | 4,767,377 | 5,126,743 |
| TOTAL FUNDS | 4,767,377 | 5,129,298 |

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 by the Trustees on 29 May 2018 and signed on their behalf by **Caroline Loudon**.

Independent Auditors' Statement to the members of Ecas Limited

We have examined the summary financial statement for the year ended 31 March 2018.

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 2018.

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

Statement of Trustees

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

Signed on behalf of the trustees by

Caroline Loudon

Ecas 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 clients will be asked to complete an application appropriate to the service they require.

Please note: Qualifying criteria for Ecas’ Grant Fund is different to the above. Please visit our website for more information.

www.ecas-edinburgh.org/grants or contact the office on 0131 475 2344.

Anyone attending 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.

Activities Timetable

For information, please contact the office – **0131 475 2344** or **info@ecas-edinburgh.org**

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

| Day | What | When | Where |
|-----------|----------------------------------|-----------------|---|
| Monday | Computer 1 | 9.30 – 12.30pm | Norton Park |
| | Computer 2 | 1.00 – 3.00pm | Norton Park |
| | Swimming | 5.30 – 8.30pm | Scientific Block, Astley Ainslie Hospital |
| Tuesday | Yoga | 12.45 – 2.45pm | Longstone Resource Centre, 62 Longstone Street |
| | Seated Tai Chi and Relaxation | 1.15 – 3.15pm | Norton Park |
| Wednesday | Art 1 | 9.30 – 11.30am | Oxgangs Neighbourhood Centre |
| | Art 2 | 12.00 – 2.00pm | Oxgangs Neighbourhood Centre |
| Thursday | Craft 1 | 10.30 – 12.30pm | Norton Park |
| | Reading group | 1.00 – 3.00pm | Norton Park |
| Friday | Craft 2 | 10.30 – 12.30pm | Norton Park |
| | Art 3 | 1.15 – 3.15pm | Norton Park |
| | Music for fun | 2.00 – 3.30pm | Out of the Blue Drill Hall, 36 Dalmeny Street |
| | Swimming | 5.30 – 8.30pm | Scientific Block, Astley Ainslie Hospital |

Internet Café and Ecas Classrooms. When not being used for activities, our computers and classrooms can usually be used by clients provided they do not need assistance. Ring the office first to check availability.