



e | c | a | s

ESTABLISHED IN EDINBURGH IN 1902

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.



annual report
2016-17

Chairperson's Remarks

The year 2016/17 has been a year of changes for Ecas.

In July 2016 we said goodbye to David Griffiths, our highly valued CEO, who has retired to the south of England. I would like to record my personal thanks for his outstanding leadership of Ecas over 11 years. He will be missed particularly for his tireless efforts in championing the rights of people living with physical disabilities in Edinburgh and the Lothians. We wish him and his wife, Tertia, many happy years of retirement.

On David's departure, Ally Irvine stepped up and assumed the role of CEO as well as that of Befriending Manager. He has taken on this joint role with great enthusiasm and all this at the same time as becoming a father for the first time – not an easy task!

Taking on my own new role as Chair I am looking forward to working closely with Ally in the years ahead. I would like to extend my enormous gratitude to Alastair McIntosh who filled in as Interim Chair for longer than originally expected, even after my appointment.

In response to the review of Ecas' operations recently undertaken it was gratifying to know that both volunteers and clients said they benefitted from the friendships created. Our Befriending Service continues to expand and we are especially grateful to all the volunteers that make befriending possible.

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 (Chairperson)

Dr Alastair McIntosh (Vice Chair)

Mr John Abbott

Miss Elaine Boyd

Mrs Catherine Dowell

Mr John Laurie

Mr Robin McKendrick

Mr Ian McInnes

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

Veronica Hay, Standby Yoga Group Leader

John Glynn, Computer Group Leader

Graham Young, Art Group Leader

Martin Hensey, Art Group Leader

Jonatha Kottler, Reading and Writing Group Leader

David enjoying an illuminating read thanks to his retirement gift from Ecas – a reading lamp.



The activities remain as popular as ever and we are always happy to listen to suggestions for new ones. There are several short videos on YouTube which have been produced in collaboration with Napier University students which give more insight into our activities and services (more on page 17).

With great reluctance, a decision was taken in October 2015 to suspend our Grants Fund. However, we are delighted to say that due to our cautious financial approach and change in financial strategy, the Board has decided to re-introduce the Grants Fund albeit with different parameters to those of the past. A complete review of the grant application process has been undertaken and, as I write this report, details are being

finalised to allow the Grants Fund to be re-introduced this summer. As I have personally been involved with grants for many years I welcome the return of the Fund which provides vital financial support in times of ever-increasing cuts in public spending.

Ecas would be nothing without the people – the volunteers, our funders, individual donors, the Board and committees, our partners who help with investments, accounting and legal aspects, the befriendeds 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, Chairperson

Staff

Akin Fatunmbi, Music For Fun Group Leader

Ann Richards, Seated Tai Chi and relaxation Group leader

Avinash Bansode, Standby Seated Tai Chi Group Leader

Greg Watson, Lifeguard and Standby Swimming Group Leader

Mathilda Dyson, Standby Lifeguard

Amy Flynn, Standby Lifeguard

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

Chief Executive's Report

After 11 great years of leading Ecas, David Griffiths decided to retire. I was delighted to have the opportunity of combining both Befriending Manager and Chief Executive roles.

Before David's retirement in July 2016, a full review of Ecas operations was conducted. The review of Ecas operations included questionnaires, meetings and general discussion involving members, volunteers, clients, staff and our investment managers.

Overall, there were many encouraging comments with some ideas for improvement and further work. Please see below a summary of the outcomes.

Group Activities

Clients indicated high levels of satisfaction with a significant number reporting positive outcomes as a direct result of participating in activities:

- ▶ Nearly 80% reported improved confidence and felt that they learned new skills
- ▶ Over 70% reported improved health and wellbeing and felt that participating in activities 'added structure' to their lives.

Befriending

The responses to the questionnaires indicated high rates of satisfaction and identified a couple of areas for work that can be actioned within the existing service. Additional feedback can be found within the Befriending section on page 14.

Core Ecas Services

Feedback from the review indicated a strong desire to balance preservation of direct services (group activities and befriending) with the future of Ecas.

Policy work/campaigning

When David announced his retirement, the Board decided to merge the Chief Executive and Befriending Manager role with the split of 4 days befriending duties and 1 day Chief Executive. This split means the current Chief Executive (i.e. me) does not have the capacity for policy work. Ecas has a long tradition of campaigning and policy work and the board wishes for this to continue. The Board have decided that policy work be undertaken on an opportunity basis.

I would like to thank our volunteer befrienders and helpers, business partners, grant sponsors, funders and donors. A last thank you must go to our clients who along with those already mentioned make Ecas the organisation it is – something very special in my opinion!

Finance

A new financial strategy was agreed at the 2016 AGM. The previous strategy of drawing down up to 2.5% of capital per year was replaced by limiting the capital drawdown from the portfolio to £150,000 per annum (plus an allowance for inflation). This allows the board to react to the prevailing conditions, needs and opportunities within the set limit without being limited to a percentage of a fluctuating portfolio.

Grants

The Ecas Grants Fund was suspended in 2015 due to a fall in investment income and a record number of grant applications. Following the change in financial strategy agreed at the AGM in November 2016, we are delighted to have relaunched the Ecas Grants Fund in June this year. Please see page 18 for details.

Equal Opportunities

Analysis showed that young people (18-40 age group) are underrepresented across Ecas activities. There were no respondents

in the 18-21 age range and only one from each of 22-30 and 31-40 age range.

In response to the analysis, Ecas has secured the services of an intern funded by Edinburgh University on a 4 week placement. The intern's role will be to gain an understanding of the barriers faced by young disabled people when accessing services and suggest strategies to overcome these barriers. We look forward to reporting the findings next year.

I would like to welcome Caroline Loudon as the new Chairperson of the Ecas Board. Although new to the position, Caroline comes with 18 years experience of Ecas as a Board member and past Chair of the Grants committee. I very much look forward to working with her in future years.

The transition into my new dual role has been made much easier through having a supportive Board, F&PC and dedicated staff team. I would like to thank our volunteer befrienders and helpers, business partners, grant sponsors, funders and donors. A last thank you must go to our clients who along with those already mentioned make Ecas the organisation it is – something very special in my opinion!

Ally Irvine, Chief Executive



Craft

NORTON PARK
Thursday & Friday
10.30am – 12.30pm



Craft

The craft groups continue to impress with their individual projects; from intricate paintings, jewellery making, glass painting and Mexican weaving amongst many others.

Having tried a few different techniques, new craft member Angela has now found a keen interest in glass painting.

“Glass painting is definitely my forte and the Friday ‘gang’ are a delight.” ANGELA

“We have a very supportive tutor; she gives us a lot of scope to do painting, art and also pottery. Being part of the craft group is so rewarding.” RUTH

“I am no artist but our tutor has encouraged me so much, thank you!” MARION



Seated Tai Chi and Relaxation

“Tai Chi relaxes me and relieves a lot of pain and tension that builds up through the week.”

DANNY

This is one class member's experience of the Tuesday Seated Tai Chi, with the added relaxation in the second half of the class.

We begin with gentle warm up exercises followed by Tai Chi, a sequence of simple movements which improve breathing, strength, flexibility and coordination.

“I have been only a few weeks and found it helpful for my movement and it helps the mind very much and helps us with our stableness and strength.”

BARBARA

After Tai Chi, we have a well-deserved tea break which is time to 'catch up' with other group members and any newcomers to the group. There is gentler Tai Chi after tea break which is followed by relaxation – gentle body awareness practices which help to release stress and tensions.

“Before Tai Chi I was stuck in all the time. Now I am having fun while learning something new.”

BEV

Seated Tai Chi and Relaxation

NORTON PARK

Tuesday 2.15pm – 4.15pm



Bill donating
a painting
to Ecas

Art

Last year, Bill created a double portrait of Scotland's first minister and presented it to Ms Sturgeon in person. The first minister sent the following note of appreciation:



Dear Bill,

Thank you very much for your kind gift. I was delighted to receive the two wonderful paintings of myself from such a talented artist. I am always inspired by how Scotland motivates artists, like yourself, to produce new and imaginative, creative work.

Anne has made a trio of works based on renowned German artist Quint Buchholz illustrations. Here is the English translation of Quint's response on seeing Anne's work:

"The pictures by Anne, are wonderful, and how she interprets them moves me very much. She develops a specific magic and a particular power which goes beyond pure copying."



One of Anne's trio of works taking pride of place in Ecas' classroom.

"I hadn't done any art since primary school and I'm now the proud owner of several nice pictures. A super group."

CHRISTINE

"The Ecas Art Group has been a lifeline to me." J.K

Art

OXGANGS NEIGHBOURHOOD CENTRE

Wednesday 9.30am – 11.30am
and 12.00 – 2.00pm

NORTON PARK

Friday 1.15pm – 3.15pm





Reading & Creative Writing

“My carer suggested I join the reading and writing group. I didn’t hold out much hope... two years on and I am still there. Being part of the group has taught me how to write essays and poems. Its great fun hearing group members read out their written pieces. We all knit together and support each other. Outside Ecas, we meet socially and go out for coffees or to the cinema. I am glad to have become a member of this unique club, I love it.”

WILLIAM

Reading and Creative Writing

NORTON PARK

Thursday 1.00pm – 3.00pm



“I’ve met some really lovely people and we share our writing at the group; we get so much encouragement from our tutor and other group members. I would never miss the group unless I really had to as its part of my enjoyment.” **RUTH**



Computing

The computer group offers people of varying ages and abilities the opportunity to learn new skills or enhance old ones. Our aim is to assist clients to fulfil their own individual objectives at their own pace with help and assistance from the tutor as and when required. For example, Anne has learnt to use her tablet computer to email, read newspapers, listen to the radio and do online grocery shopping.

Ecas has a fully dedicated computer suite with 5 desktop computers running Windows 10, printer/scanner and fast internet access. We also have an assortment of add-ons for those who have difficulty with the traditional keyboard and mouse.

“Ecas computer class is the best thing I have done in years. I did not think I would ever learn to use my tablet. Having a knowledgeable tutor to keep me right I am learning very slowly, but surely, and even starting to enjoy it. My thanks to both the tutor and Ecas.” ANNE



Computing

NORTON PARK

Monday 9.30am – 12.30pm
and 1.00pm – 3.00pm





Yoga

“The Ecas yoga group has been beneficial for me in many ways but noticeably it has helped me physically and socially.

Physically, it has helped me reduce aches and strains in my muscles and joints. The practising of relaxations and meditations helps to provide a sense of peace when there may be many things in our lives that are out of our control.

Socially, not only is it important to see people when you might not have much social contact outside the group, the relaxed atmosphere in the class encourages us to open up about problems or concerns that we may have in a supportive environment and broach topics that we might not feel comfortable discussing with family or carers.” **VERITY**

Yoga

LONGSTONE CENTRE

Tuesday 12.45pm – 2.45pm



Swimming

“Attending the swimming group has really helped my confidence and helped me to relax much more. The difference I have felt on a daily basis in terms of my body has been fantastic.”

LYNDA

“By being in the water each week I’ve been able to stretch my legs more which has made me more comfortable when not in the water.”

COLIN

“This year has seen huge progress for all our clients. The group has a great friendly atmosphere and opportunities for individual development.”

NEIL RUSSELL – SWIMMING GROUP LEADER

We are grateful to the following for their support of our swimming groups: Awards for All, The Ryvoan Trust, J Smart and Co (Contractors) plc



Swimming

ASTLEY AINSLIE HOSPITAL

Monday 4.30pm – 7.30pm

Friday 3.00pm – 6.00pm



Music for Fun

“The group is a lot of fun and full of talent. I enjoy playing different instruments, rediscovering songs from a long time ago and also new ones.”

CHRISTINE



Music for Fun

OUT OF THE BLUE DRILL HALL

Friday 2.00pm – 3.30pm



“Years ago I had a brain haemorrhage which changed my world so much but Ecas is wonderful. The tutors are great and they teach us so much. We feel confident now and realise we can do things we couldn’t do before but we can do them now!”

BARBARA

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

Befriending

Introduction from Ally Irvine, Befriending Manager

It was fantastic to receive such positive feedback from our befrienders and befriendeds as part of the Ecas review. A particular highlight was when both groups were asked the following question: what do you gain from your befriending experience?

Interestingly both groups gave the following responses (in order of importance):

- ▶ **Friendship**
- ▶ **Reduced isolation**
- ▶ **Improved confidence**

The impact of befriending services are well publicised from a client perspective; I was delighted to see that befriending from a volunteer point of view is just as positive.

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

Inspiring Volunteer Achievement Awards – June 2016

Volunteer Befrienders Jennifer Learmonth and Andrew Niven were invited to the City Chambers to receive an achievement award from the Rt. Hon. Lord Provost, Donald Wilson. Many thanks to you both for letting us share your exciting evening!



for us and help
spread the word!

A spare 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! Contact Ally or Sam on 0131 475 2344 www.ecas-edinburgh.org

Ben and Bill outside the Botanics enjoying the sunshine.



Group Outing for Befriending Matches – September 2016

We had a brilliant day out at the Botanic gardens with a number of our befriending matches. Thankfully the weather was kind to us!



Volunteer Focus Group and Activity Day – December 2016

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 a presentation from the Scottish Fire and Rescue Service. After lunch we had a fun tour around Dynamic Earth.



Volunteer befrienders Anna, Pam, Sam, Miriam and Iona proudly displaying their training certificates.

Befriending

A 'Snapshot' of some of our Befriending matches

Michael and Stuart have been meeting up since May 2016. They talk lots about football and sometimes watch TV together. Michael says: "It is always a great afternoon chatting with Stuart. I find our friendship to be very rewarding. Stuart's character and good humour is a pleasure to be in company with."



Markus and Gillian became a befriending match in November 2016. Gillian has been involved with Ecas for many years, and has had a befriender since 2012. Gillian thinks Markus is "smashing" and says that she enjoys his good nature. Markus enjoys Gillian's bright company and likes the opportunity to have a nice break and do something different and refreshing.

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**.





Jason and Margaret started meeting in May 2016. They enjoy chatting about anything and everything! Jason looks forward to his weekly visits and feels he has gained confidence by getting to know Margaret on a one to one basis in her home. Margaret likes Jason's visits as "he brings the outside world in".

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

We are most grateful to the Scottish Fire and Rescue Service and The Russell Trust for their support of our Befriending Service.

Ecas YouTube Channel



Last year, we enlisted the help of some film and journalism students from Napier University to produce a series of short films to highlight the different sections of Ecas. As a result, Ecas now has it's own YouTube channel!

If you are interested in finding out more about our Activities, Befriending Service or would like to see the impact Ecas has made on those involved in the organisation please go to www.YouTube.com and search for **Ecas Edinburgh**.

Many thanks to everyone who helped make this happen; Napier film students who volunteered their time, Tony Davis at Clunystudios.com for providing the music and lastly those who participated; our clients, volunteer befrienders and group leaders.

Relaunch of the Ecas Grants Fund

Ecas is pleased to announce the launch of a revised version of its popular Grants Fund, which was temporarily suspended in October 2015. The scheme will continue to provide financial support to people of all ages with physical disabilities living in the Edinburgh and the Lothians but now contains modified criteria and changes to the levels of grants that can be considered.

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

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 have any
further questions please
call the Ecas office on
0131 475 2344.

Finance Report

The summary accounts show Ecas' portfolio performed well over the year despite uncertainty due to changes across the political landscape. At a glance this seems very positive; however, the need for caution remains. The impact of leaving the European Union and continued flux in global politics may negatively affect market conditions in the not too distant future.

Our headline investment income has increased from £152,174 in 2015/16 to £166,725 in the current year. Donations and other income decreased from £18,599 in 2015/16 to £9,279 in the current year.

The change in financial strategy agreed at the 2016 AGM has meant a revised grants fund is to be introduced during the 2017/18

financial year. Please see opposite page for more information.

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

John Laurie, Chairman

Finance & Personnel Committee

John Laurie, Chair
Jeanette Curtis
Andrew Herberts
Caroline Loudon
Anne McDonald

Donations

In addition to those listed under befriending and swimming we are most grateful to The Fitton Trust for their generous support of our transport scheme for activities.

We would also like to thank; Adam and Company, Edinburgh Filmhouse, Ann Ford, Royal Yacht Britannia, Tesco (Leith store), and The Playhouse for donating prizes for Ecas' fundraising raffle.

And to; Sean Alexander, David Griffiths, Dr Iain Macmillan, Gillian Probert,

Lord Rosebery's Charitable Settlement, Skyscanner, Colin Stewart, the Rt Hon Dr Gavin Strang and many Ecas clients for their generosity in making general donations.

Microsoft and Adobe for gifts in kind

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

31 March 2017 (incorporating the income and expenditure account)

	Unrestricted funds 2017 £	Restricted funds 2017 £	Total funds 2017 £	Total funds 2016 £
INCOME FROM:				
Donations and legacies	2,178	7,101	9,279	18,599
Charitable activities	7,308	–	7,308	6,559
Other trading activities	1,537	–	1,537	872
Investments	166,725	–	166,725	152,174
TOTAL INCOME	177,748	7,101	184,849	178,204
EXPENDITURE ON:				
Raising funds	26,408	–	26,408	24,914
Charitable activities	209,693	18,682	228,375	278,725
TOTAL EXPENDITURE	236,101	18,682	254,783	303,639
NET EXPENDITURE BEFORE INVESTMENT GAINS/(LOSSES)	(58,353)	(11,581)	(69,934)	(125,435)
Net gains/(losses) on investments	735,498	–	735,498	(124,401)

	Unrestricted funds 2017	Restricted funds 2017	Total funds 2017	Total funds 2016
NET INCOME/(EXPENDITURE)				
BEFORE TRANSFERS	677,145	(11,581)	665,564	(249,836)
Transfers between Funds	(11,669)	11,669	–	–
NET MOVEMENT IN FUNDS	665,476	88	665,564	(249,836)
RECONCILIATION OF FUNDS:				
Total funds brought forward	4,461,267	2,467	4,463,734	4,713,570
TOTAL FUNDS CARRIED FORWARD	5,126,743	2,555	5,129,298	4,463,734

All activities relate to continuing operations.

Balance Sheet as at 31 March 2017

	2017	2016
FIXED ASSETS		
Investments	5,096,882	4,436,568
CURRENT ASSETS		
Debtors	11,042	10,746
Cash at bank and in hand	35,622	41,602
TOTAL	46,664	52,348
CREDITORS		
Amounts falling due within one year	(14,248)	(25,182)
NET CURRENT ASSETS	32,416	27,166
NET ASSETS	5,129,298	4,463,734
CHARITY FUNDS		
Restricted funds	2,555	2,467
Unrestricted funds	5,126,743	4,461,267
TOTAL FUNDS	5,129,298	4,463,734

The financial statements have been prepared in accordance with the provisions applicable to small companies within Part 15 of the Companies Act 2006.

The financial statements were approved by the Trustees on 30 May 2017 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 2017.

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.

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

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 2017.

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

Ecas Criteria for Clients

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

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

However, please remember that Ecas only provides support to people who have a physical disability. We regret that the following conditions, on their own, do not meet our criteria: psychiatric disorders, learning difficulties, behavioural disorders, developmental delay, Down’s syndrome, autism, visual or hearing impairment, cancer, diabetes, epilepsy, HIV and back pain.

Potential Users will be asked to complete an application appropriate to the service they require.

Please note: Qualifying criteria for Ecas’ Grants Fund is different to the above.

Please visit our
website for more information
www.ecas-edinburgh.org/faq
or contact the office
on **0131 475 2344**

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	4.30 – 7.30pm	Scientific Block, Astley Ainslie Hospital
Tuesday	Yoga	12.45 – 2.45pm	Longstone Centre, 62 Longstone Street
	Seated Tai Chi and Relaxation	2.15 – 4.15pm	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	3.00 – 6.00pm	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.