



Ecas activities timetable is listed below - please ring Janice on 475 2344 for an application form or you can access a form from the Ecas website.

Spaces are available in some activities.

Ecas can assist with transport costs where necessary, subject to certain criteria.

Day	What	When	Where
<b>Monday</b>	Computer 1	9.30 - 12.30pm	Norton Park, 57 Albion Road
	Computer 2	1 – 3pm	Norton Park
	Swimming	5.30 – 8.30pm	Scientific Block, Astley Ainslie Hospital, 133 Grange Loan
<b>Tuesday</b>	Yoga	12.45 – 2.45pm	Longstone Centre, 62 Longstone Street
	Seated Tai Chi, Meditation & Relaxation	1.15 – 3.15pm	Norton Park
<b>Wednesday</b>	Art 1	9.30 – 1130am	Oxgangs Neighbourhood Centre, 71 Firrhill Drive
	Art 2	12 – 2pm	Oxgangs Neighbourhood Centre
<b>Thursday</b>	Craft 1	10.30 – 12.30pm	Norton Park
	Reading Group	1 – 3pm	Norton Park
<b>Friday</b>	Craft 2	10.30 – 12.30pm	Norton Park
	Art 3	1.15 – 3.15pm	Norton Park
	Music	2 – 3.30pm	Drill Hall, 36 Dalmeny St
	Swimming	5.30 - 8.30pm	Scientific Block, Astley Ainslie Hospital, 133 Grange Loan

**Ecas' Grants Fund** is an essential part of our work to improve the lives of physically disabled people living in Edinburgh and the Lothians. Subject to certain exclusions, grants can be for anything not covered by statutory sources. Exclusions and eligibility criteria are detailed on the application form. Please see below our contact details for more information.

### Befriending

Ecas runs a befriending service for people with a physical disability who live in Edinburgh and have become particularly isolated.

We also welcome volunteer applications from people with physical disabilities so please contact us if you are interested in finding out more!

Please see below our contact details for more information.

Ecas, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY. Tel: 0131 475 2344

email: [hello@ecas.scot](mailto:hello@ecas.scot) website: [www.ecas.scot](http://www.ecas.scot)

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