

# Ecas Activity Application Form



Ecas, Norton Park, 57 Albion Road, Edinburgh. EH7 5QY  
TEL: 0131 475 2344/07500 221 618 WEBSITE: [www.ecas.scot](http://www.ecas.scot)  
EMAIL: [hello@ecas.scot](mailto:hello@ecas.scot)

## Personal Details

Forename

Surname

Title \*Mr/Mrs/Miss/Ms/Dr/Other (\*delete as appropriate)

Are you aged 18 or over?

Yes

No

Address

Daytime Tel. No. (including code)

Email address (if applicable)

Do you use a wheelchair?

Yes

No

If yes, is it manual or powered?

Manual

Powered

If you use any walking aids, please give details:

**Please note** that Ecas is unable to provide personal care for people participating in its activities and cannot take responsibility for anyone requiring medical, toileting or mobility assistance. If you need help, then you must bring along your own helper/assistant. **Ecas may be able to offer financial assistance if you are not able to provide your own assistant/helper.** Please contact the office for further information.

Please tick if you will be bringing an assistant/helper with you

Details of person to contact in an emergency:

Name

Tel. No

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Medical details must be completed to join an Ecas activity

Effects of your disability (see additional information for guidance)

## Client Data Protection Notice

Ecas will use the information that you supply on this form, including information about your health, to assess your eligibility for our services and to administer our records. By signing and returning this form, you consent to Ecas processing your data for those purposes.

We may contact you by mail, telephone or e-mail with details of services, newsletters, press releases and items of interest that we feel may be of specific interest to you. Do you agree to us sending you such information?

YES  NO

Photography: We take photographs of activities for publicity material, annual reports and general PR. Do you agree to your photographs being taken for these purposes?

YES  NO

**NOTE: You can change your preferences for any or all of the above at any time by simply writing to or e-mailing us with your details.**

**Yoga and Seated Tai Chi** – Please note that you should consult your doctor before participating in any of these activities. By signing below, you are confirming that you have done so and are fit to take part in any of these activities.

Signature

Date

For office use	
Date received	
Transport	
Class assigned	

# Ecas Activity Application Form



Our activities are all designed to be fun, enjoyable and sociable weekly gatherings for people of **all** abilities. Service users are invited to trial an activity **free of charge** for 2 weeks.

**No previous knowledge or experience is required.**

**OUR PROGRAMME OF ACTIVITIES IS DETAILED BELOW. Please tick the activity you would like to join. If you would like to join more than one activity, please place your order of preferences in the boxes**

<u>Day</u>	<u>Activity</u>	<u>Time</u>	<u>Location</u>	
<u>Tuesday</u>	Seated Tai Chi	1.15 – 3.15pm	Norton Park	<input type="checkbox"/>
	Chair Yoga	1.15 – 3pm	Pentland**	<input type="checkbox"/>
<u>Wednesday</u>	Art 1	1 – 3pm	Norton Park	<input type="checkbox"/>
	Swimming	6.45 - 8.30pm	Oaklands^	<input type="checkbox"/>
<u>Thursday</u>	Craft 1	10.30 – 12.30pm	Norton Park	<input type="checkbox"/>
	Reading & Writing	1 – 3pm	Norton Park	<input type="checkbox"/>
<u>Friday</u>	Craft 2	10.30 – 12.30pm	Norton Park	<input type="checkbox"/>
	Art 2	1 – 3pm	Norton Park	<input type="checkbox"/>
	Music for Fun	2 – 3.30pm	Drill Hall***	<input type="checkbox"/>

**All activities can be accessed via Zoom, except Swimming, Yoga and Music**

\* Oaklands School Hydrotherapy Pool, Edinburgh, EH4 4TZ (Car Park)

\*\* Pentland Community Centre, Oxgangs Brae Edinburgh. EH13 9LS

\*\*\* Out of the Blue Drill Hall, 36 Dalmeny Street, Edinburgh. EH6 8RG

^ HydroPool located at rear of school. Turn off Ferry Road onto Pennywell dual carriageway and then immediately turn left into Craigroyston Health Centre, EH4 4TZ. A small lane on the right side of the Health Centre leads to the pool. Each session is approx. 30 minutes.

We also have a **FREE** Internet café – call 07500 221 618 for further details or new ideas.

Ecas | Norton Park | 57 Albion Road | Edinburgh | EH7 5QY

0131 475 2344 | [www.ecas.scot](http://www.ecas.scot) |    

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# Ecas Activity Application Form – Additional Information

**Please read the following notes carefully:**

## 1. Criteria

Ecas activities are open to physically disabled\* adults (aged 18 or over) resident in Edinburgh and Lothian.\* We used the Equality and Human Rights Commission definition:

"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, Ecas support people only with a physical disability. The following conditions, on their own, do not meet the definition: psychiatric disorders, learning difficulties, behavioural disorders, developmental delay, Down's syndrome, autism, visual or hearing impairment, cancer, diabetes, epilepsy, HIV and back pain.

## 2. Type of activities

We run activities in art, crafts, computing, music for fun, reading and writing, yoga, and seated tai chi. Participants range from beginners to more experienced learners. We encourage mutual learning and sharing in a friendly, informal and safe atmosphere.

**Ecas acknowledge that some service users may need some support to meet transport costs and service users can apply for a transport grant. Contact the office for full details or download form from our website.**

## 4. Fees

Fees are currently £2.30 per session.

## 5. Frequently asked questions

1. How do I pay?

We ask service users to pay termly, preferably via bank transfer.

2. How long can I continue to participate in my chosen activity?  
As long as you continue to meet the criteria stated above.

**If you require further information regarding our activities or our criteria for joining, please contact Ecas on:**

**Tel: 07500 221 618/0131 475 2344**

**Email: [hello@ecas.scot](mailto:hello@ecas.scot)**

**Website: [www.ecas.scot](http://www.ecas.scot)**

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