

# Ecas Activity Application Form



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Established In Edinburgh In 1902

Ecas, Norton Park, 57 Albion Road, Edinburgh. EH7 5QY

TEL: 0131 475 2344 WEBSITE: [www.ecas-edinburgh.org](http://www.ecas-edinburgh.org)

EMAIL: [info@ecas-edinburgh.org](mailto:info@ecas-edinburgh.org)

## 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)

**Photography:** We take photography of activities for publicity material, annual reports and general PR. Please inform the office if you do not wish to be included in such photographs.  
**Music Recordings:** We will make audio recordings during the music therapy sessions. Please inform the office if you do not wish to be recorded.

### Client Data protection Notice

Ecas limited 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. If necessary to confirm your eligibility we may ask you for further details including permission to contact your doctor. By signing and returning this form, you consent to our processing your data, including information about your health, for those purposes.

We may contact you by mail, telephone, fax, e-mail or other electronic messaging service with details of services, newsletters, press releases and items of interest that we feel may be of specific interest to you.

By providing us with your address, telephone number and e-mail address, you consent to being contacted by these methods for these purposes. If you do not wish to receive marketing information from us tick this box.

You can unsubscribe from receiving this information at any time by simply writing to or e-mailing us with your details and stating that you wish to unsubscribe

**Swimming, 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. **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>	
Monday	Computer 1	9.30 – 12.30	Norton Park	<input type="checkbox"/>
	Computer 2	1 – 3	Norton Park	<input type="checkbox"/>
	Swimming 1	4.30 – 7.30	Astley Ainslie Hospital*	<input type="checkbox"/>
Tuesday	Seated Tai Chi, Meditation & Relaxation	2.15 – 4.15	Norton Park	<input type="checkbox"/>
	Yoga	12.45 – 2.45	Longstone Centre**	<input type="checkbox"/>
Wednesday	Art 1	9.30 – 11.30	Oxgangs***	<input type="checkbox"/>
	Art 2	12 – 2	Oxgangs***	<input type="checkbox"/>
Thursday	Craft 1	10.30 – 12.30	Norton Park	<input type="checkbox"/>
	Reading & Writing	1 – 3	Norton Park	<input type="checkbox"/>
Friday	Craft 2	10.30 – 12.30	Norton Park	<input type="checkbox"/>
	Art 3	1.15 – 3.15	Norton Park	<input type="checkbox"/>
	Music for Fun	2 – 3.30	Drill Hall****	<input type="checkbox"/>
	Swimming 2	3 – 6	Astley Ainslie Hospital*	<input type="checkbox"/>

\*Astley Ainslie Hospital, 133 Grange Road, Edinburgh. EH9 2HL

\*\* Longstone Centre, 62 Longstone Street EH14 2DA

\*\*\* Oxgangs Neighbourhood Centre, 71 Firrhill Drive, Edinburgh. EH13 9EU

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

We also have a FREE Internet café – call 0131 475 2344 for further details or new ideas.

# Ecas Activity Application Form – Additional Information

**Please read the following notes carefully:**

## 1. Criteria

Ecas classes are open to physically disabled\* adults (aged 18 or over) resident in Edinburgh and the Lothians.

\*By physically disabled we mean “any person who is long-term and significantly disabled through impairment of the musculo-skeletal, neurological or cardio-respiratory systems of the body.”

We regret that the following conditions on their own do not meet the criteria for participation in Ecas activities: 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, Internet café, music for fun, reading and writing, yoga, Seated Tai Chi and swimming. Participants range from beginners to more experienced learners. We encourage mutual learning and sharing in a friendly, informal and safe atmosphere.

## 3. Transport

Clients need to make their own way to and from classes and Ecas recommends that clients use HcL or their Taxicard when booking transport.

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

## 4. Fees

Fees are currently £1.15 per hour

## 5. Frequently asked questions

1. How do I pay?

We ask clients to pay termly, preferably by sending a cheque in to the office.

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: 0131 475 2344**

**email: [info@ecas-edinburgh.org](mailto:info@ecas-edinburgh.org)**

**Website: [www.ecas-edinburgh.org](http://www.ecas-edinburgh.org)**

### Swimming



### Seated Tai Chi



### Music for Fun



 AWARDS  
FOR ALL  
SCOTLAND  
LOTTERY FUNDED