

**Ecas classes timetable listed below - please ring Janice on 475 2344 for an application form.**

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

<b>Day</b>	<b>What</b>	<b>When</b>	<b>Where</b>
<b>Monday</b>	Computer 1	9.30 – 12.30	Norton Park, Albion Road
	Computer 2	1 – 3pm	Norton Park, Albion Road
<b>Tuesday</b>	Tai Chi	2 – 3.30pm	Norton Park
	Yoga 1	12.30 – 2.30pm	Firrhill Centre, 257 Colinton Rd
<b>Wednesday</b>	Art 1	9.30 – 1130	Oxgangs Neighbourhood Centre, 71 Firrhill Drive
	Art 2	12 - 2	Oxgangs Neighbourhood Centre
<b>Thursday</b>	Craft 1	10 – 12	Norton Park
	Swimming	3 – 7pm	Capability Scotland pool, 5-11 Ellersly Road
<b>Friday</b>	Craft 2	10.30 – 12.30	Norton Park
	Art 3	1.15 – 3.15pm	Norton Park
	Music Therapy	2 – 3.30pm	Drill Hall, 36 Dalmeny St

Afternoon *free* film shows, call the office for details.

## **Grants**

Ecas gives grants to residents of Edinburgh and the Lothians with physical disabilities. Grants can be for anything not covered by statutory sources and are normally for a maximum of £750 and £1000 for holidays or £1500 if needs 2 carers or can be a part-payment for larger items. Typical uses are: holidays, mobility equipment, furniture, computing equipment, white goods and home adaptations. We have a simplified procedure for those in receipt of certain allowances. Larger grants that will provide significant benefit to the applicant are also considered; it is recommended that proposals be discussed with David Griffiths. For more information contact the office – details below.

## **Befriending**

Ecas runs a befriending service for people with a physical disability who 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! - see details below.