

Class Application

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

TEL: 0131 475 2344 WEBSITE: www.ecas-edinburgh.org

EMAIL: info@ecas-edinburgh.org



Personal Details

Forename

Surname

Title *Mr/Mrs/Miss/Ms *delete as appropriate

Date of birth

Address

Daytime Tel. No. (including code)

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 does not provide medical or toilet assistance. Ecas staff do not give any assistance changing clothes etc. and 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 class

Effects of your disability (see additional information for guidance)

Photography: We take photography of classes and 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

You should consult a doctor before participating in any exercise. Please sign the confirmation that you have done so and are fit to take part in the activity.

“I can confirm that I have consulted a doctor and am fit to take part in the Ecas class applied for. I understand that all the information given on this application will be kept in confidence.”

Signature

Date

For office use	
Date received	
Transport	
Class assigned	

Class Application



OUR CLASSES PROGRAMME IS AS FOLLOWS: Which class would you like to join? Please tick:

Computing Sessions are held at Norton Park, 57 Albion Road EH7 5QY

Learn basic computer skills or gain more advanced skills. Get to grips with email and the internet. An experienced tutor is on hand to offer guidance and advice at a level to suit you.

Throughout the year we run specialist short term courses on computer based skills such as Computer Art & Digital Photography. We also have a FREE Internet café – call 0131 475 2344 for further details or new ideas.

To book a session please call 0131 475 2344. Computer sessions are booked one at a time.

Mondays **9.30am– 12.30pm** **1 – 3pm**

Yoga is held at Firrhill Day Centre, 257 Colinton Road EH14 1DW

Learn to stretch gently; breathe more effectively; conserve and restore energy; relax completely, physically and mentally.

Yoga **Tuesdays** **12.30 – 2.30pm**

Art 1 & 2 are held at Oxfangs Neighbourhood Centre, 71 Firrhill Drive EH13 9EU

Create a masterpiece whatever your ability or experience. Try working with watercolour, acrylic or pastels.

Art 1 **Wednesdays** **9.30 - 11.30am**

Art 2 **Wednesdays** **12 - 2pm**

The following classes are held at Norton Park, 57 Albion Road EH7 5QY

Tai Chi **Wednesday** **2pm – 3.30pm**

Craft 1 **Thursdays** **10am – 12pm**

Craft 2 **Fridays** **10.30am – 12.30pm**

Art 3 **Fridays** **1.15pm – 3.15pm**

Swimming is held at Capability Scotland, 11 Ellersly Road EH12 6HY

We help our swimmers to develop their skills and become independent in the water.

Swimming 1 **Thursdays** **3 – 5 pm**

Swimming 2 **Thursdays** **5 – 7 pm**

Music Therapy is held at the Out of the Blue Drill Hall, 36 Dalmeny Street

Music Therapy **Fridays** **2 – 3.30 pm**

Class Application – Additional Information

Please read the following notes carefully:

1. Criteria

Ecas classes are open to physically disabled* adults 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. Personal Care

Please note we are unable to provide personal care for people attending Ecas classes and do not take responsibility for anyone requiring medical or toileting or mobility assistance. Ecas may be able to give assistance towards the cost of providing a helper to attend with you. For further information please call 0131 475 2344.

3. Type of class

We run classes in art, crafts, computing, Internet café, music therapy, yoga and swimming. Each class runs for approximately two hours (except computing which has a 3 hour session). Class members range from beginners to more experienced pupils, and the atmosphere is friendly and informal.

4. 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.

5. Fees

Class fees are currently £1.15 per hour

6. Frequently asked questions

1. How do I pay?

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

2. Can I attend more than one class?

Yes, subject to space being available in the class. If you wish to attend additional classes please place your order of preference in the boxes on the previous page.

If you require further information regarding classes or our criteria please contact Ecas on:

tel: 0131 475 2344

email: info@ecas-edinburgh.org

As soon as we are able to offer you a place in your choice of class we will contact you and arrange for you to join a taster session.