



Ecas supports people in Edinburgh and Lothian who have a physical disability. We've done so for over 100 years: promoting equality, choice and participation through our activities, befriending service and grants.



ACTIVITIES

Our in person groups offer adults the chance to improve their health, wellbeing and learning through: art, craft, computing, yoga, tai chi, music for fun, reading and creative writing. Activities cost £1.15 per hour, new members can try an activity for two weeks before signing up. Some activities available online via Zoom. Open to people across Edinburgh and Lothian.

GRANTS

We give out grants to people of any age to help meet the costs of items or services which are not accessible through welfare and other sources. We've helped people buy furniture and white goods; pay for a holiday; meet student fees; and more. Awards for power-packs retrofitted to manual wheelchairs now considered. Available across Edinburgh and Lothian.

BEFRIENDING

Our befriending service offers friendship and companionship for socially isolated, physically disabled adults, matching people based on interests and personality. We accept volunteers from all walks of life and provide training and ongoing support for matches. Available in Edinburgh.

Please follow us!



Ecas | Norton Park | 57 Albion Road | Edinburgh | EH7 5QY
hello@ecas.scot | 0131 475 2344 | 07500 221 618 | www.ecas.scot

ACTIVITIES



Our activities are for physically disabled adults living in Edinburgh and Lothian.

We welcome everyone from complete beginners to advanced. We supply all materials. All staff are trained and know their subject. Some activities available online via Zoom.

Activities are designed to be fun sociable and are a great way to meet new people.

Two weeks FREE trial

Art • Crafts • Computing • Reading and creative writing • Seated tai chi • Music for fun • Yoga

Activities cost £1.15 an hour. Transport grants are available for those eligible.

“A nice mixture of people of all ages and backgrounds.”

“Being creative makes me feel better.”



ECAS GRANTS FUND



Ecas Grants Fund offers a diverse range of grants to help improve the lives of physically disabled people of any age living in Edinburgh and Lothian.

- We can award grants up to £1,500; We may consider one-off grants over this amount.
- We will make a decision within 8 weeks of receiving the application.
- There are no deadlines; we accept grant applications throughout the year.

Recent examples of awards have included purchase of specialist equipment, white goods, electronic goods, holidays and help with student fees.

Awards for power-packs retrofitted to manual wheelchairs now considered.



Potential applicants are encouraged to check further details (including eligibility) on the application form or contact our grants administrator on **0131 475 2344** or **07500 221 618** for more information.

“The trike has been great in helping to maintain my strength, get some exercise and be part of the community.”



BEFRIENDING



Befriending offers regular company and fun for isolated adults with a physical disability living in Edinburgh.

Our volunteers and clients get the chance to:

- Gain confidence
- Help others
- Meet new people
- Chat and have fun!

If you have 2 hours spare per week, you could help change someone's life.

Referral forms can be found on our [website](#).



ECAS IMPACT

The work our services do at Ecas has a tangible effect on the lives of the people we work with. To illustrate the impact of our services, here are some comments from people who have benefited from what we do:



ACTIVITIES

“Years ago I had a brain haemorrhage which changed my world so much but Ecas is wonderful. The tutors are great and they teach us so much. We feel confident now and realise we can do things we couldn’t do before but we can do them now!”

BARBARA, ACTIVITY ATTENDEE

GRANTS

“Without the P-Pod, he would have to sit in his wheelchair until bedtime. Your funding has changed his life, and ours as a family. He can be in a comfy seat in the living room with the rest of the family, and do the things he loves at the weekend. You have made such a difference to Rocco’s quality of life and I am forever grateful for that.”

LOUISE, PARENT OF ROCCO

BEFRIENDING

“Speaking with my befriender makes me more emotionally content, happier and grounded. It encourages me to want to do more with my time.”

RHEANAN, BEFRIENDEE

