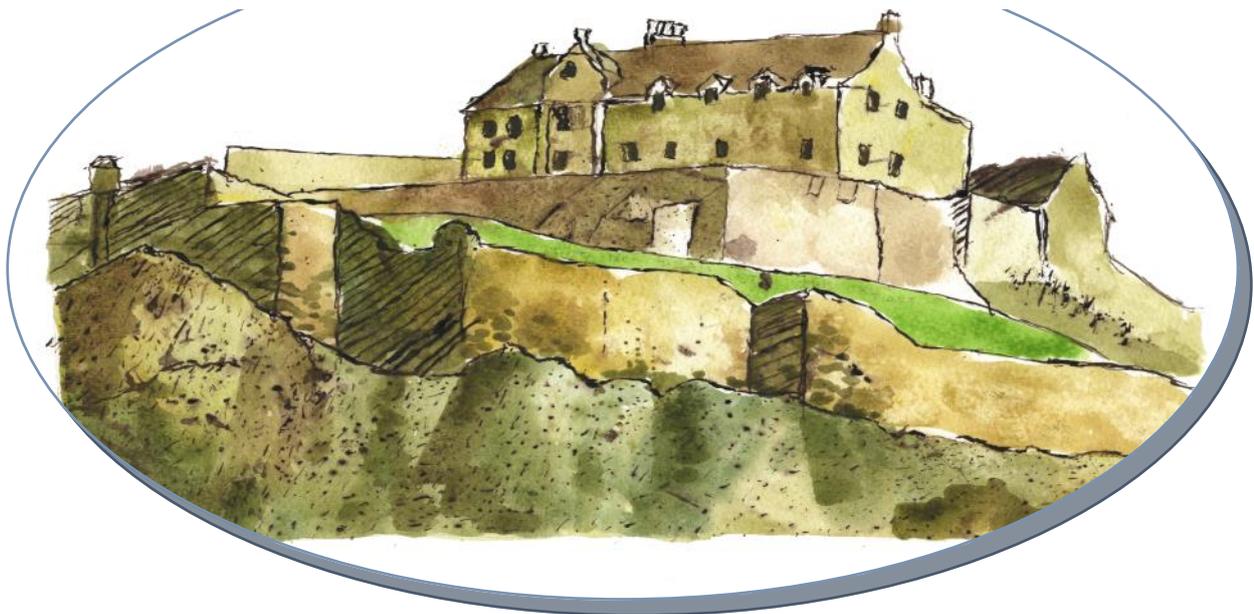




Supporting physically disabled adults in Edinburgh & Lothians



Edinburgh Castle by Bill—Art Class 3

Ecas Mission Statement

Ecas promotes equality, choice and integration for physically disabled people. We promote opportunities for physically disabled to be self-fulfilled and to participate in all aspects of society. We also work to promote disability equality throughout society.

For further information, please contact us on:

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Registered office: Ecas, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

Ecas Ltd: a company limited by guarantee in Scotland No. 102790. Registered Charity Number: SCO14929

Ecas activities are a fun way to get out of the house, meet new people and learn new skills. They are open to anyone over the age of 18 with a physical impairment. No experience is required and we supply all the materials.

Our activities are at various venues across the city and in a number of subjects including arts, crafts, computers, yoga, seated tai chi and meditation, music, reading and swimming (see the back for full timetable).

Ecas began in 1902 and has been in various 'homes' around Edinburgh since that time. We are now in Norton Park and have been here for many years

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Elizabeth Archibald



By Bill Nugent

Art groups 1, 2 & 3

Art 1 & 2 are held at the Oxgangs Neighbourhood Centre.

Art 3 is at Norton Park

Maggie:

I have been attending the art group for two years. I have many art pictures that I am proud of.

I enjoy doing pastel pictures the most and like meeting my art friends. We not only do art, but have a good weekly catch-up, tea and biscuits!

Bill:

I have been coming to art group for many years. Martin has shown me different skills from pastels, acrylics to ink and wash. The one that works best for me is ink and wash.

Last year I presented one of my drawings to Nicola Sturgeon which made her laugh because it showed Alex Salmond on his bucket like 'Our Wullie'.

Anon

Art – My life is half art between Ecas and Ferry Road Day Centre. Sylvia got me doing so much – macramé, knitting, crochet and painting (of course).

The staff are so caring, especially Janice. They care for us so much and know our weaknesses and strengths.

If I did not have Thursday and Friday to look forward too I would be lost and give up.

Art Classes

Christine Black:

It was about 10 years after early retiral due to post polio syndrome that I learned about Ecas. I remember years ago of being aware of Ecas, but knew nothing about it. Anyway I was out for lunch with my friend Helene who had, until ill health, been a member of an Ecas art group (something I was unaware of). She said that she



Christine Black

was feeling well enough and could enjoy going back to her art group. My ears pricked up – art group, something I had dreamed of. She told me of activities where people with disabilities could attend for a couple of hours a week. This was the sort of thing I had been thinking of but didn't know of any. I hadn't painted or even drawn since primary school but it had been chipping away at the back of my mind. I applied, was given the opportunity, and joined Graham Young's class about 4 years ago. Wow how I have enjoyed myself.

Now I can draw and I can paint: I have totally astonished myself. Flowers, sea scenes, woods, a wee blue-tit called 'Graham' and of course who could forget the wonderful experience of our triptych exhibition at The National Gallery of Scotland.

I did a boat scene leaving Oban harbour in shades of purple, lilac, pinks and yellow and it is my favourite – or is it the Venetian window with shutters – I don't know. Each painting has been a challenge and such a reward.

When I found myself alone, physically disabled and caused to have mental health disorders, I searched the internet for the assistance that I needed to live independently. Amongst the organisations that offered me help, Ecas offered me the opportunity to take Art activities. Having lost everything, including work that I loved, Ecas gave me an opportunity to not just fill my time but fill my life. I transferred the obsession that I used to have about working to creating and learning about Art.



By Bob Airbright

I may never be deemed the new Picasso but the artworks that I have created have improved with practice and confidence over the years
Art now keeps me going from one day to the next. Art is literally my life and I have Ecas to thank for giving me that life



By JK

Computing Class: held at Norton Park

Bob:

The people at Ecas are very good at what they do. Monday is all day computer and Friday is half a day painting with Martin. Janice steers the ship all week. I would say to anyone that wants to come here, just pick up the phone.

Bill:

I have been coming to the computer class for a number of years and I have met different teachers, which has been very interesting and the clients we have are very good and so is the teacher as well. He gives us all a nice cup of tea, or a nice lemon tea, before we start work and would help us with anything.



Top photo—Steward & Bob.

Bottom photo—Bill, Ian and John

Craft 1 & 2: held at Norton Park



Charles

The Craft group has improved the skills of the clients in art and crafts and built their confidence in trying different things. It is also a great social activity, building friendships over the years, with some of the group members knowing each other for over ten years.



Bruce

Lesley enjoys making artwork, using stencils, coloured pens, pencils and stickers to create collaged pieces of work.



Barbara

"The class makes me feel happy; we're always trying to think of different things to do." Barbara.

Music Group: Held at the Drill Hall, Dalmeny Street,

Chris:

I like music and playing an instrument and singing. Akin is very patient with me and is a great teacher



Barbara:

Ecas are wonderful; the teachers are great, they teach us so much. We feel confident and realise that we can do things that we have difficulty with.

Christine:

I am really enjoying the group, there is lots of fun and lots of talent in the group. I enjoy the different instruments, the songs and rediscovered songs from a long time ago as well as new songs. I like learning about the different instruments and realise how much there is to learn.

Tony:

I am very happy, enjoy singing.

Reading Group: Held at Norton Park



Barbara's Story

Since the fateful day when my brain exploded, I have become dependent on people. I go to a Day Centre, but I look forward to Thursday and Friday to go to Ecas. I enjoy the laughter we have and, of course, the activities. Sue, the swimming teacher, is determined to get me swimming again. I miss Sylvia –we all do – but she deserves a well-earned rest. Janice – she is amazing – the things she does! David is wonderful too. A great rock to the organisation.

We all treated as if we are quite intelligent and able to do more than we can.

Everybody in Ecas is kind and respectful. We also get birthday cards and lots of love and attention. Sometimes we watch films and have popcorn organised by Janice. The knowledge the teachers have is remarkable and they are willing to share it with us. They manage with our moods. We are all different and they take that into consideration. It is good that there are no stairs, as they are difficult for me. What would we do without Ecas?

Swimming Classes: Astley Ainslie Hospital



Swimming sessions are held at the Astley Ainslie Hospital on a weekly basis during 'term' time. Please contact Ecas direct for further details and booking.



Poem by Bill Nugent

All about an Epileptic and how people think of life

When I was young with so much fun how little did I know.
What lay ahead well no one said what life was going to show.

My feelings were definitely showing deep down;
it hurt me inside, through prejudice, ignorance and rejection;
it certainly affected my pride.

I would stand at my window some nights, with the stars and darkness showing.

I know deep inside what my feelings were like
As the tears from my eyes kept a-falling.

Life in your Teens you are Full of Beans mixing with the opposite sex.
But to gain respect it can take effect on your own personal complex;
to accept this Hidden affliction with people, well people just don't understand.

They think you are mentally queer, because you are told to hold your own hands and not any girl's hands as they were told not to hold your hands as they might get the illness.

I would stand at my window some nights with the stars and darkness a-showing.

I know deep inside what my feelings were like.
As the Tears from my eyes kept a-falling.

Sacred disease, the Romans at that time would call it the Falling Sickness, would then be followed by Epilepsy which is the common description today. (While education is far from complete)



By Helen Campbell

Seated Tai Chi and Meditation: Held at Norton Park

I have been going to Tai Chi for a year at the Ecas Centre and thoroughly enjoying it. It is a form of Martial Art which originated in China around 1000 years ago. It is usually done standing but we sit as we are a disabled group.



It is an Art which makes you more conscious of your breathing and it is done slowly. Most of the exercises are done 9 times apart from the end when you go back to what's known as Centring Chi. We do that one three times.

Tony, who comes to the class, feels it is for mind and body. For myself, it helps to relax and free the muscles, and you have to concentrate. Marzena who comes to the class enjoys meeting people and really likes taking part. Of course we enjoy conversation and tea/coffee half way through.

Yoga: Held at the Longstone Centre

Kate - who has been attending yoga the longest of this group said yoga definitely helps her be more sane and the others agreed.



Verity – who is our youngest member said yoga makes her feel less strained and more able to cope and the others also agreed.

Hilda - coming to yoga each week is so important and it gives carers a break too. Good reason to get out of the house - social side very important -

Other comments - helps to ease stiffness - any movement is helpful. Their own time.

The flexibility each week - the group is never the same - no set routine

They feel that they can talk about anything and give support to each other.

Good to keep moving - helps to keep supple

Befriending Service

Lorna and Robyn:

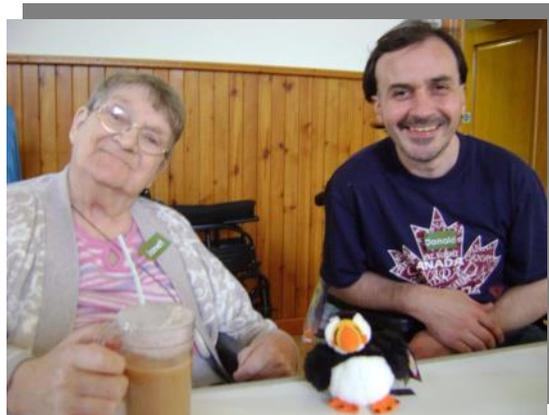
Lorna been matched up with her volunteer befriender for nearly 18 months. Whether it's enjoying a chat over a hot chocolate inside Lorna's home or window shopping for silver jewellery on the royal mile; they both really enjoy each other's company!

Quote from Lorna 'I really look forward to Robyn's visits, she lifts my spirits and keeps me young at heart!'

Frances and Marion:

Frances and Marion have been meeting for just over 2 years now. They chat and listen to music, and sometimes they practice some seated Tai Chi together!

Quote from Frances 'We treat each other as a pal, it's a two way thing, it's not all one-sided. I get friendship, I'm able to talk about everything and the topics of the day'.



Janet and Donald:

Janet and Donald have been meeting since 2010, and they have become good friends. Donald comes round every week for a cup of tea and a chat, but they also like to go out when Janet can manage it. Janet loves to go to museums, old country houses and other historical places, and Donald is happy to arrange the trips and go with her.

Facilitated Friendship – Anne and Pat:

Anne and Pat have been friends since school but found it difficult to keep in contact due to the practical logistics involved. Since being re-introduced in 2013, they regularly meet up with the help of Ecas.

Please see below **Ann and Pat** enjoying a catch up over lunch at Cameron Toll.

Quote from Anne ' It's great meeting up and getting to know each other again'



Volunteer Focus Group and Activity Day

These biannual events are a great way for volunteer befrienders to share experiences and for Ecas to say thanks to our volunteers for all that they do!

Please see below a picture of Ecas Volunteer Befrienders enjoying a tour of the National Museum of Scotland.



Day	What	When	Where
Monday	Computer 1	9.30–12.30pm	Norton Park,
	Computer 2	1–3pm	Norton Park
	Swimming	4.30–7.30pm	Astley Ainslie Hospi- tal,
Tuesday	Yoga	12.45–2.45pm	Longstone Centre
	Seated Tai Chi & Meditation	2.15–4.15pm	Norton Park
Wednes- day	Art 1	9.30–11.30am	Oxgangs Neigh- bourhood Centre,
	Art 2	12–2pm	Oxgangs Neigh- bourhood Centre
Thursday	Craft 1	10.30–12.30pm	Norton Park
	Reading Group & Creative Writing	1–3pm	Norton Park
Friday	Craft 2	10.30–12.30pm	Norton Park
	Art 3	1.15–3.15pm	Norton Park
	Music for Fun	2–3.30pm	Drill Hall, Dalmeny St
	Swimming	3.30–6.30pm	Astley Ainslie Hospi- tal

Internet Café When not being used for classes, the computer classroom can usually be used by clients provided they do not need assistance.

Use of Ecas facilities Clients are welcome to use Ecas facilities, including the IT equipment, when they are not needed for routine activities or meetings. Please contact the office to discuss any ideas you may have.

Film shows There is usually a film show for Ecas clients on one Tuesday or Wednesday afternoon every month, with no admission charge and free popcorn. Ring the office to check.

This information and publication is also available on-line at www.ecas-edinburgh.org