

BE PART OF SOMETHING POSITIVE

Befriending
Project



An exciting new project for people with physical disabilities living in Edinburgh.

Many disabled people feel isolated from their local community and the wider city and can become lonely and depressed.

You could help change that.

By becoming an ecas **befriender** you would be provided with training to help you feel disability confident and aware and you would be supported in your role to provide companionship on a one to one basis with a physically disabled person.

You would be helping someone lead a full life and achieve their goals.

If you are interested in becoming a volunteer or feel you could benefit from visits from a befriender please contact:

Claire Lawrie

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Or

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