

Get in touch today to organise an initial meeting with us!

Once we get to know you, we submit an application for you to join Disclosure Scotland's Protection of Vulnerable Groups (PVG) Scheme, and invite you to befriender training.



Befriending is a responsible form of volunteering: we ask for a commitment of 2 hours per week, for a minimum of 1 year. Once matched up, you will visit a physically disabled person and build an ongoing one-to-one supportive relationship with them.

Ecas mission

Ecas promotes, equality, choice and integration for physically disabled people.

"I'm achieving what I wanted, both personally and professionally. It's really nice having someone fun to talk to, and my voluntary experience was a big plus when it came to getting the job I wanted."

GYDA

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

We provide volunteers with:

- ▶ Training
- ▶ Ongoing support
- ▶ Valuable experience
- ▶ Expenses paid back

We aim to remove barriers to volunteering to make it accessible for as many people as possible. We value the experience brought by people of all backgrounds. We are happy provide accessible transport for those with physical conditions themselves.

Registered Office

Ecas, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY
Telephone: 0131 475 2344 or 07500 221 618

Email: hello@ecas.scot Website: www.ecas.scot

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Scottish Charity Number: SC 014929



VOLUNTEER AS A BEFRIENDER



Get the chance to:

- ▶ gain confidence
- ▶ help others
- ▶ meet new people
- ▶ chat and have fun!

If you have 2 hours spare per week, you can help someone isolated due to a physical disability

Get in touch today!

www.ecas.scot | 07825 305376 | sam@ecas.scot

WHAT IS BEFRIENDING LIKE?



Elizabeth and Gillian

Elizabeth and Gillian have been keeping in touch regularly since November 2018 with visits at home and chats on the phone.

“Elizabeth is very outgoing and likes to talk. We get on well and have a great chat about anything and everything.”

GILLIAN

“I’m happy with the relationship and I know how much she enjoys and appreciates my company.”

“Some weeks Gillian hasn’t been feeling good, so she’s always pleased to tell me when my consistent company has helped her to take her mind off it.”

ELIZABETH



Michael and Tam

Michael has been a befriender with Ecas since 2016, balancing volunteering between working and studying, and was interested in meeting somebody new. Tam first got in touch via a community worker, having found himself at home a lot with reduced mobility. Tam and Michael have been meeting up and staying in touch since April 2019.

**“We get on like a house on fire!
It’s as if we’ve known each other for years, and he’s very understanding.”**

TAM

“We’re very compatible, the conversation flows easily and never feels forced, and we have similar interests and backgrounds. We learn from each other and he has a good sense of humour.”

MICHAEL



Gyda and Rheanan

In March ‘21 we introduced Rheanan to Gyda via WhatsApp video, getting on fantastically from the start. Rheanan says that Gyda has helped her to have regular contact and casual chat, which is important to her as it’s a struggle to stay in touch with her older friends. They discuss their craft projects and music, amongst other things.

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

RHEANAN

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