



“I’m more confident now. When it comes to meeting new people, I used to be very shy, but now I feel much more confident within myself.”

“I wanted to use my extra time and energy to have a positive impact on someone’s life – so I joined Can Do. I had no idea how much I’d get out of it for me too.”



Whatever you think, you can do more

Can Do

Choose how you live with

Leonard Cheshire



Don't overthink it, just do it

Can Do could be your next step to get where you want to be. It is a skills development activity based programme for young people aged 16-35 with additional needs.

It's about giving you the opportunity to make a difference - both to your local community and yourself.

It's a fantastic way to meet new people, learn new skills and have fun. Helping in your community will look good on your CV, and can count towards achieving a City & Guilds certificate or SQA personal achievement award – if that's something you want to do.

So, you'll be helping others but there's a lot in it for you too!

I can do anything if I set my mind to it

Can Do is free, and all training and expenses are covered too. Plus, if you need extra support we'll help provide it.

Have a think about what it is you would like to get involved in and let's make it happen. For inspiration, look at what other Can Doers have been involved in recently on our Facebook page. They include:

- Preparing food and packages for homeless people
- Getting involved in fundraising activities
- Brightening up communities with graffiti art, mosaics, sculptures and painting projects
- Campaigning on the issues that matter to you
- Sporting activities - anything from sailing, to boxercise, to dancing

There are Can Do groups all over the UK - it's likely there's a group near you. Get in touch with us using our contact details below and we will help you find the nearest one to you.

Website: leonardcheshire.org/cando

Email: innovation@leonardcheshire.org

Phone: **020 7112 1489 – option 1**

Facebook: [@CanDoers](https://www.facebook.com/CanDoers)

If Can Do is not what you are looking for, we have lots of other skills development programmes available. To see what else we have to offer, visit www.leonardcheshire.org



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