Surprise yourself. Volunteer.
Becoming a Can Doer can help you learn new skills and be more independent. Which means you’ll have more choices in your life. That has to be a good thing, right?
What is Can Do?
Can Do is a volunteering programme for young disabled people. No experience needed. It’s all about helping you to make a difference – both to yourself and your local community. It’s also a fantastic way to meet people and have fun.
Who is Can Do for?
If you’re a young disabled person, Can Do is for you. It doesn’t matter what type of disability you have. We’re happy to talk about how you would like to be supported to get the most out of Can Do.

We’re located all around the UK - so there’s likely to be a Can Do group near you. Can Do is free so you don’t need to worry about how much it will cost.

Leonard Cheshire provides training, covers all expenses and offers you extra support as you need it. You can volunteer with Can Do and combine it with study or work.

“I wanted to take part in Can Do to use my extra time and energy to have a positive impact on someone’s life.”
Beth

Katy

Naomi

Babs

Darren

Katy

Naomi

Babs

Beth
What does Can Do offer you?
If you think volunteering is all one way, think again!
Yes, you’ll be helping others but there’s a lot in it for you too. You’ll be able to:

1. Learn new skills.
2. Make new friends.
3. Get something great on your CV.
4. Work towards a City & Guilds certificate.

Some of the things Can Do volunteers have been doing recently include:

- Attending parliamentary meetings.
- Preparing food for the homeless.
- Raising money for charity through sport projects.
- Producing art to improve local areas.
  ...And much more!

There are so many good reasons to get involved. If you want to make a positive impact in your community and get something back for yourself from the experience don’t think ‘might do’ - think ‘Can Do’!

“I’m more confident now. I can stand up for myself. When it comes to meeting new people I used to be very shy.”

Babs
Become a Can Doer:

You’ll find Can Do at locations across the UK. Talk to us to find the nearest one to you.

Email: cando@leonardcheshire.org

Phone: 020 7112 1489 - option 1

Visit our website: www.leonardcheshire.org/cando

Or find us on Facebook: @CanDoVolunteers