



# CARDS

Community Alcohol Related Damage Service

You decide, stick or twist

CARDS is a new service in Edinburgh for individuals who are drinking and wish to continue, or are considering change and we need volunteers.

## ABOUT THE SERVICE

CARDS (Community Alcohol Related Damage Service) is a volunteer-led service working with individuals who have a problematic long-term history of alcohol use in the community. The service focuses on those who are receiving little or no support in relation to their physical, mental and emotional well-being. This is often because they have decided to continue drinking as a lifestyle choice.

## ABOUT ARBD

ARBD is a spectrum of disorders that merge and overlap, changing the structure and function of the brain through long term consumption of alcohol (A Fuller Life, 2004). As a result, difficulties with learning, retaining or recalling information occur alongside physical symptoms. A specific diagnosis is not essential for the service to support the individual.





## Volunteer with us and you will:

- Support clients in their own homes or in the community in a way that suits them
- Help to bridge the gap between isolated individuals and existing services
- Be part of a dynamic, progressive organisation
- Be able to claim out-of-pocket and travel expenses
- Get valuable experience in working with this client group
- Be appreciated and valued for the work that you invest in this post
- Gain work experience in social care, counselling and addiction services
- Meet interesting people and broaden your employment prospects
- Be part of a new service and see how your input can shape the future

We are recruiting now, so if you have a particular interest in working with our client group; have an hour or so to spend each week, and wish to gain skills and experience in this field then see our website, or overleaf for details of how to do this.





# CARDS

Community Alcohol Related Damage Service  
**You decide, stick or twist**

## HOW TO CONTACT US

For more information, an informal chat please  
contact Tracey Stewart, Volunteer Co-ordinator  
on **0131 229 7554** or **cards@rowanalba.org**



**[WWW.ROWANALBA.ORG/OPPORTUNITIES/VOLUNTEERING/](http://WWW.ROWANALBA.ORG/OPPORTUNITIES/VOLUNTEERING/)**  
OR SCAN THE CODE ABOVE FOR MORE INFO ON  
VOLUNTEERING WITH CARDS