

# Help us to care through connection

## Support our Summer Appeal

Dear Reader,

We're reaching out to invite you to make a real difference to those facing life after caring.

In Scotland, **1 in 8 of us is an unpaid carer.**

Day after day, carers give their lives to support loved ones with dementia, disabilities, and long-term illness. But what happens when that role suddenly ends—when a loved one moves into a care home or passes away?

For many, this marks the beginning of a difficult time—not just the loss of a loved one, but the loss of identity, confidence and daily routine. It's a period often marked by grief, uncertainty, and isolation.

At The Eric Liddell Community, we believe no one should face that journey alone.

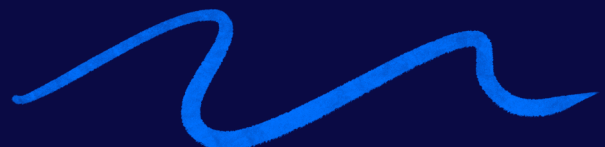
That's why we created **Transition Talks**, a unique part of our Befriending service, supporting former carers during this often-overlooked stage of life. We match them with trained volunteer befrienders for 3 to 6 months of one-to-one emotional support. Whether it's over coffee, on a museum visit, or during a small walk, these moments of connection offer comfort, companionship, and space to reflect.

But we need your help.



[Donate Here](#)

Due to recent funding cuts in Edinburgh, it's harder to find the resources needed to support our community and fund Transition Talks. Your support can ensure we continue offering friendship to carers as they navigate times of change.



## Graham's Story

I wanted to share Graham's (name changed) story with you, one that captures how your support truly changes people's lives here at The Eric Liddell Community.

Graham cared for his wife for over a decade as she lived with dementia. When she passed away, everything changed. Like many former carers, Graham experienced a deep sense of loss—not just of his partner, but of the identity and routine that caring had given him.

Graham came along to our Expressive Arts group and later showed interest in our Befriending Service, joining our **Transition Talks** programme. That's where he met Robert (name changed), a trained befriender who offered regular companionship, conversation, and encouragement during a difficult time.

They spent time together visiting the National Museum, playing lawn bowls, and enjoying games of pitch and putt. During these outings, Robert's listening skills and their shared sense of humour gave Graham a deep sense of comfort and reassurance.

He even took a solo holiday abroad—**something he never imagined doing.**

Graham says Transition Talks gave him space to open up about his loneliness, reflect on memories of his wife, and find moments of positivity in his grief. With Robert's support, he began to rebuild his confidence, reconnect with the world, and shape a life beyond caring.

Many carers find that once their caring role ends, they are suddenly cut off from the support services they once relied on, leaving a significant gap in their daily lives. **Transition Talks** is one of the few programmes in Scotland dedicated specifically to supporting carers during this period.



[Donate Here](#)

### Your support could:

- Help us extend our befriending support from 3–6 months to a full year of consistent care.
- Enable us to support more carers facing isolation during this challenging life transition.
- Support the training of our volunteers to ensure compassionate, specialist care.
- Help us tackle stigma around grief and mental health, especially among male carers.

**With your gift, carers can begin to rebuild their confidence and reconnect to communities.**

## Your donation today can make a huge difference:

- £40** could support a carer for a month with regular check-ins and emotional support.
- £25** could fund a lovely meal out for one match
- £7** could fund a coffee and a chat during a Transition Talk session.

# 2,500 hours

of companionship and support through our befriending service was provided last year.

It's not just Graham's story that shows the difference made by our services.

## What can you do now?

- Visit our [donation page](#) to donate to our Summer appeal at: [Donate - Donation amount - JustGiving](#).
- Join our family of regular donors. A regular donation of your chosen amount will help us plan our work, because it helps us know how much income we'll have in the future. It also allows you to plan your giving and gives you the flexibility to change it at any time.
- Consider leaving us a gift in your will. Contact Paul Drury at [druryp@ericliddell.org](mailto:druryp@ericliddell.org) or find out more by clicking [here](#).
- We'd **doubly** appreciate if you could share the campaign with your friends, family or social networks- anyone who might be like to join the fight to end loneliness and isolation,

Join us this summer in offering comfort, connection, and community to carers after their role ends.

On behalf of everyone at The Eric Liddell Community we extend our warmest wishes to you and your loved ones this summer. Your generosity makes everything we do possible, and we are deeply grateful for your support.

With all our gratitude,  
Hannah Rees

Fundraising Relationships Officer  
The Eric Liddell Community

P.S. Your donation matters. It will support meaningful, face to face connection for carers across Edinburgh. When he was matched with a befriender, one of our clients said, '*this is the kindest thing anyone has ever done for me.*'

Your generosity can offer this same comfort to others.