



# More than just a Donation

Let's get together and raise funds for Rowan Alba so they can support more people in the community.

When you donate to Rowan Alba's CARDS, you do more than give us some money. You give us the power to befriend people in the community who are isolated and may be struggling to manage their alcohol use.

## How your donation makes a difference

**£10**

covers travel expenses for one week for a befriender to visit their client at home.

**£35**

allows us to train a befriender to support an isolated person with essential contact

**£225**

means we can take a group of people on a day trip, building relationships

To make a donation and get fundraising ideas, visit our website

[rowanalba.org/donate](https://rowanalba.org/donate)

Rowan Alba Limited is a Company Limited by Guarantee 289744 with Charitable Status (Charity No.SC036775). Our registered head office is 1 Lochrin Square, 92 - 98 Fountainbridge, Edinburgh, EH3 9QA.



**Rowan Alba**  
**CARDS**  
Healthy Relationships