

*'Experts by experience supporting individuals and families across our communities'*

# Another successful year for our Volunteers at First Steps Eating Disorders 2018/19

101



ACTIVE VOLUNTEERS  
AGED 17-71

10,950

HOURS SUPPORTING  
SERVICE USERS



£165k



VALUE OF VOLUNTEERING  
HOURS GIVEN

70%



OF OUR VOLUNTEERS  
HAVE LIVED EXPERIENCE

66



NEW VOLUNTEERS  
TRAINED BY FIRST STEPS

- ONLINE BEFRIENDING
- COUNSELLING
- CHILDREN AND YOUNG PEOPLE
- STUDENT PLACEMENTS