



# BUDDY UP

A befriending service for young disabled people to reduce social isolation. The young person is paired up with a 'buddy' who will help them to access social opportunities.



# About BUDDY UP

Buddy Up is a community project which takes young people who have disabilities and matches them up with positive role models who become their buddies; helping them to grow in confidence, make new friends and practice independence skills. A buddy will support a designated young person ideally for one hour a week over the course of twelve months. The support can be in any social setting which will challenge and provide the young person with some self-belief and inspiration.

The Buddy Up project, also provides the following opportunities for children, young people and in some case families:

## **Buddy Up Family Film Club**

Our award-winning film club is part of the Buddy Up project. The club is open to everyone and particularly aims to offer children and young people with disabilities the opportunity to enjoy film and cinema in a safe and fun environment. It is open to siblings, friends, parents and carers, with the intention of providing a family and community feel. Our club is unique in that it is run by two young people supported by the Buddy Up team.

The Buddy Up Programme was brilliant for my 12-year-old, he loved having a buddy to chat and have fun with, he learnt a lot of social skills and loved all the activities.

**Amanda. Mum of Matthew**





### **Buddy Up Group Trips**

We offer a variety of trips and activities including; ten pin bowling, laser quest, trips to Challenge4Change and to Children's Adventure Farm Trust. These trips and activities give the young people opportunities to challenge and empower themselves.

My Buddy is a role model. She is also very kind and caring and has allowed me to understand exact what a true friendship means, as my Buddy Caitlin is always there for guidance and support.

**Lilly (young person)**

I thoroughly enjoyed my time being a Buddy in the buddy up scheme. It is the best feeling when you start to notice the young person grow in confidence each week, and it is amazing to see how much they develop over the course of the year. As time goes on you really become invested in your young person, and I would always look forward to seeing them in the youth club each week. I enjoyed being able to hear what they had been up to since we last spoke and talking through the challenges they have faced and overcome in that week. The shift in self-esteem and confidence from the first week to the last was huge, and I have been so grateful watch this growth and play a small part in the process of the young person finding their own feet.

**Buddy, Ella.**



“ Key 103 Cash for Kids stands up proud to champion children and projects who need an extra helping hand. We’ve had the pleasure of recognising the amazing work that takes place within Buddy Up at WYC by rewarding them with with two Time to Shine awards in 2016; Investing Back and Young Community Heroes which truly shows the extent of the value of the project in the community. A massive well done to Nuvvy and his team!”

**Sarah, Key 103 Charity**



“Most memorable is the young person who had Aspergers who was referred to Buddy Up but with your support became a buddy and supported a younger person who had ASD. Seeing young people enjoy themselves at WYC is a privilege, meeting their friends outside of school and playing a range of games and activities. Supported by enthusiastic and friendly staff, personally I have found you easy to approach, you are quick to respond and try to accomodate my requests whenever you can whilst being creative and persistant to try and get the best outcomes for the young people and their families”

**Liz, Warrington Borough Council**



### **How to refer to Buddy Up**

To request a referral form or to have an informal chat, contact Nuvvy, Buddy Up Co-ordinator on 01925 909674 or 07432 640939 or by email [NuvvyS@warringtonyouthclub.co.uk](mailto:NuvvyS@warringtonyouthclub.co.uk)