



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.

warringtonyouthclub.co.uk

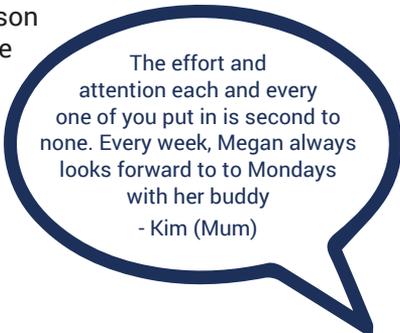


About

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:



The effort and attention each and every one of you put in is second to none. Every week, Megan always looks forward to to Mondays with her buddy
- Kim (Mum)

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.

Buddy Up Fitness Sessions

Supported **one to one sessions** run by qualified fitness instructors take place every Friday 6-7pm at the Junction Gym. The project encourages disabled young people to be **more active** by providing them with the **confidence** to use the gyms' fitness equipment.

We've seen Alexander develop from a shy, hesitant and slightly insular boy into the enthusiastic young man he is now. He has a great relationship with his buddy who has helped him to cope with daily life situations that he couldn't have coped with before"

-Trish (Mum)

"Harry had such a good time at the Junction Gym. The instructors were great and very patient in engaging the children"

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.



Positive Life Skills

Positive Life Skills is a 12 week programme for disabled young people that aims to give them the **confidence** and **self-sufficiency skills** they need to live more independently. The programme takes an informal education approach, teaching many invaluable basic life skills. These include cooking skills, domestic duties, personal hygiene and health & fitness.



" 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**



WYC
AN **ON** SIDE YOUTH ZONE