



 **mind** Coventry, Warwickshire and Worcestershire

**Every young person deserves someone
who believes in them.**

What is a Buddy?

A Buddy is a trusted volunteer who spends time with a young person, helping them discover their own independence, what they enjoy and where they belong within their community.

Many young people struggle with confidence, making friends or trying new things.

Sometimes they just need one person to walk alongside them, encourage them and help them take that first step.

That's exactly what a Buddy does.

A Buddy will...

- Spend time getting to know the young person.
- Listen without judgement.
- Build confidence and self-belief.
- Encourage friendships and social connections.
- Help the young person achieve goals that matter to them.
- Support them to become part of their local community.
- Celebrate every success, no matter how small.

Together you might...

- Try a new hobby.
- Join a football team or dance class.
- Visit the gym.
- Help you travel independently.
- Go for a walk or a coffee.
- Visit the library.
- Explore volunteering opportunities.
- Look at college or employment options.
- Attend local groups and activities.
- Spend time talking and building confidence.

Every journey is different because every young person is different.

How does it work?

Your Buddy will meet with you once a week for between 1 and 3 hours. Together you'll decide what you'd like to do and work towards goals that are important to you.

The aim isn't for a Buddy to do things for you.
The aim is to help you feel confident enough to do them yourself.

