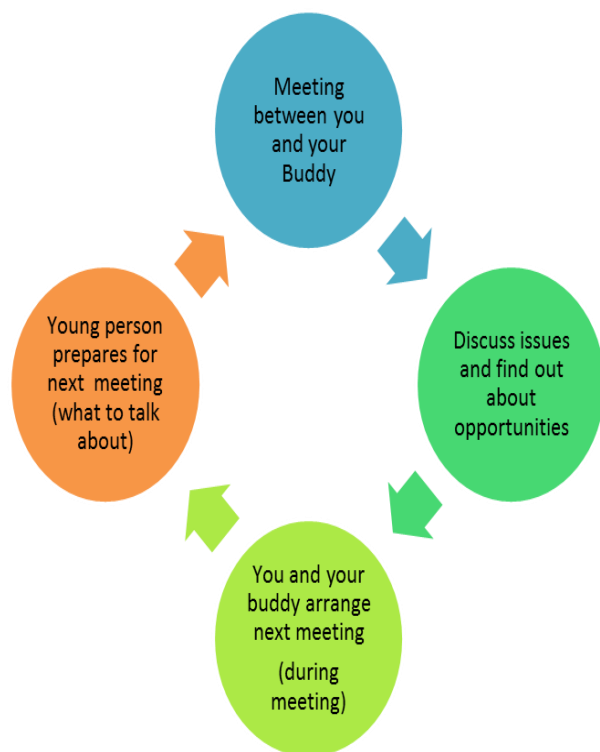


## The process of meeting your Buddy

Based on the knowledge which your support worker has of your hobbies, interests and needs, you will be matched with the Buddy best placed to support you.

NYY will arrange for you to meet your buddy with your support worker. This means you will be introduced to each other by your existing worker who will help lead the meeting. After that initial meeting, the process will run as follows



We would aim for you to meet regularly with your buddy for up to 6 months. However, this is your project so you will have the opportunity to speak with your buddy about the support which you are getting. If you need to be referred back to your support worker then this can happen. The aim of the Buddy Network is to help you move towards greater independence, build support networks and make the right decisions for yourself.

**The aim of the Buddy Network is to help you to help yourself**

North Yorkshire Youth is a charity which supports voluntary youth provision across North Yorkshire.

For more information please visit

[www.nyy.org.uk](http://www.nyy.org.uk)

If you have any further questions about the Buddy Network then please email:

rachel@nyy.org.uk (Harrogate and Craven)

ian@nyy.org.uk (Scarborough and Ryedale)

panda@nyy.org.uk (Hambleton)

edwina@nyy.org.uk (Richmondshire)

charlotte@nyy.org.uk (Selby)

## Buddy Network



**Information for young people aged 14-19**

# A Brief Guide for Young People about the Buddy Network

## What is the Buddy Network?

This leaflet is to let you know about the Buddy Network and how it works. It will help you to be clear about what you and your “Buddy” can expect from each other.

This is an exciting project which is designed to help and support young people in North Yorkshire. After finishing working with your existing support worker you can meet and get support from another worker (Buddy) in a different way. This support will be at a lower level than you have had previously.

You can meet with your ‘Buddy’ regularly, outside of school hours, to chat about general things and maybe get some help and advice with any issues which you may have. You can meet regularly at a venue in your community for about an hour and chat over a coffee, tea or juice, etc. Your Buddy may be able to tell you about opportunities and events which could be of interest to you or just listen to what is going on in your life at that time.

## What is a Buddy?

- A trained volunteer who is keen to do something positive for young people.
- An adult who understands many of the issues which can affect young people.
- A community member who is keen to have a positive impact on young people within it.
- A safe adult.
- Someone who is confidential unless you share information that compromises your wellbeing and safety.
- Someone who is keen to promote your independence and involvement in positive activities.

## What a Buddy is not

- **A buddy is not the same as you have previously had.** It does, however, follow on from existing work and is designed to give you continued support in a “light touch” way.
- **A buddy is not able to offer therapeutic interventions.**
- **The Buddy Network is not a free project designed to cut costs** Whilst your buddy is a volunteer, they will have been trained and as such their time and experience is valuable, as is yours.
- **The Buddy Network is not a 24 hour helpline** You and your buddy will arrange to meet at an agreed time in a public place that is convenient to you both. They are not there to support you outside of these agreed times.

After you have decided that you wish to have a “Buddy”, it is really important that you commit to it fully and communicate with your buddy.