



Community Buddies Scheme Case Study

How could a Community Buddy help you? Matthew's parents were concerned that he was not able to socialise like his mainstream peers. They wanted him to develop some independence from them. Matthew was keen to find someone to play football with.

THE FAMILY

Having Matthew's buddies has really helped the whole family. It's really hard 'letting go' and seeing Matthew go out without one of us, but we can see how his confidence and self-esteem have grown since having this new found independence. Knowing that the buddies have been trained and that they understand Matthews's needs is very reassuring. The buddy coordinator has been very helpful and supportive. The rest of the family also benefits as we get to spend time with our other son without having to put Matthew's needs first.

THE VOLUNTEER BUDDIES

Tom is 17 years old and is in his second year at Sixth Form College studying for his 'A' levels. Tom has been a Community Buddy Volunteer for 5 months.

Clare is 19 and is in her first year of University. She has been a volunteer buddy for 6 months. Every other Saturday, Tom and Clare spend 2 to 3 hours with Matthew as his buddies.

Tom says:

I really enjoy spending time with Matthew. We sometimes go and play football or just go into town. It's a really good feeling to be doing something useful that is helping someone and I get a lot out of the buddy scheme too. I'm learning new skills and it's really good work experience. I'm applying to University this year and I know that by being part of the Community Buddies project will increase my chances of being accepted for the course I want to do.

Clare says:

Being a buddy is great. I get to help someone enjoy fun activities and improve my personal development. . The training was good fun and made me feel much more confident about being a buddy.

THE YOUNG PERSON

Matthew is 13 years old and has Asperger's Syndrome.

Matthew says:

I really look forward to the time I spend with my buddies, Tom and Clare. We sometimes just go into town or we go to the park. I really like playing football. It's fun going to the park with Tom and Clare.



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