



OUR BUDDY SCHEME

Our buddy scheme complements the work of the staff team by providing a level of peer support from younger people selected by Horizon Care as companions to accompany our young people on constructive, age-appropriate activities. Our buddies provide positive role models and offer an opportunity for the young people to have fun with someone of a similar age in locally available activities.

Buddies decide together what they would like to do and where they would like to go. It could be low-key, like meeting for a coffee, or more study oriented, such as a trip to the library or attending an evening class. It could also be a fun activity, like going to a music gig, a trip to the cinema or ice skating.

Benefits of the scheme include:

- Addressing the isolation to which some young people in care are particularly vulnerable
- Raising a young person's confidence and self-esteem
- Giving a sense of companionship and knowing someone is there if you need them

- Helping with difficulties such as bullying
- Promoting self-care (young people may be able to speak out more easily if they have support)
- If the buddies themselves have been in care, a sharing of the experiences of being looked after
- Provision of positive role models and promotion of social skills, skills in self-awareness, problem-solving and safety
- Provision of an opportunity for feedback that assists Horizon Care in service improvement

Sometimes buddies are young people who have been looked after themselves (perhaps someone who has moved on from Horizon Care and is living independently and doing well). Other buddies are young people who have not been in care but have an interest in contributing to the scheme.

To find out more about the scheme (we are always interested in potential new buddies too!) please contact our head office.