



## Sports Buddy Sutton

A project from



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**Sports Buddy Sutton** is a new project from Sutton Befrienders, our award-winning, volunteer-led befriending programme.

**Sports Buddy Sutton** will enable people with mild to moderate disabilities (physical or learning), sensory impairment, autism, or those experiencing anxiety, to undertake sports and activities with the help of a volunteer 'buddy'.

Our volunteers will support people to take part in sport and activities in a fun, flexible and motivating way, encouraging choice and independence.

### Who is The Buddy Scheme for?

We accept referrals (see over for more info) directly from individuals, family members or from organisations working with people with a disability.

- ✓ Aged 18 and over
- ✓ living with one or more of the criteria above
- ✓ Living in the London Borough of Sutton

### What do volunteers do?

Volunteers are matched to a service user and then the buddy pair meets up regularly to enjoy leisure and sport activities together. This can be anything the service user enjoys, or would like to try, such as going swimming, cycling or walking or any other physical pursuit. The amount of time the pair spends together depends on the leisure activity and the volunteers time, so may vary from outing to outing.

The role of a volunteer is purely as a buddy. Volunteers are not carers, escorts, or support workers, they are there to give confidence and improve the wellbeing of the service user.



## How often do buddy pairs meet up?

Volunteers will meet with their buddy for a minimum of 12 sessions.

Ideally, these 12 sessions will occur weekly but the scheme is designed to be flexible. This is the minimum we expect of volunteers though we hope that they will continue with their buddy after these 12 sessions, although this is not a guarantee.

## How do I refer someone?

To refer someone who you think will benefit from the project, please complete a referral form (which you can find on our website) in as much detail as possible, including any information you think may be relevant to a volunteer in planning their sessions. Please also ensure that the service-user is aware that you are making the referral

If you wish to discuss a referral before completing a form (or at any time) please ring the project co-ordinator,



## How long will the person have to wait for a volunteer?

This depends on a number of factors, the case's priority, finding a suitable volunteer for a service user (including their availability, interests and any relevant experience). Please be aware that there may be a long wait for a volunteer. Unfortunately, we are unable to guarantee everyone who is referred to the scheme will receive a volunteer.

## What happens when a suitable volunteer is found?

The Project Co-ordinator will be in touch with the service-user to let them know that there is a suitable volunteer available and ready to begin volunteering, we will tell them a little about the person and why we feel this would be a good match. If the service user is happy, we will arrange an introduction. Matches are monitored to ensure they are working well.

**You can find our referral form online at:**

**[www.vcsutton.org.uk/sutton-befrienders/sports-buddy-sutton/](http://www.vcsutton.org.uk/sutton-befrienders/sports-buddy-sutton/)**

**or simply scan this QR code:**



### Contact us:

Email: [sportsbuddying@vcsutton.org.uk](mailto:sportsbuddying@vcsutton.org.uk)

Tel: 020 8661 5900

