

Could you be a Buddy?



If you've been detained under the mental health act and have a learning disability you could be a buddy.



This paper tells you about being a buddy.

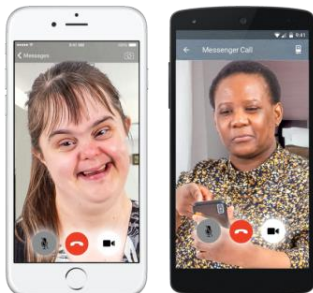
A buddy will listen and talk to someone for up to 45 minutes a session. A buddy will make a big difference to a person's life.

Being a buddy is a paid job. You will be paid £150 for half a day of work.

What is a buddy?



People in a mental health or learning disability hospital can feel helpless. They can feel like nobody understands them. They might be lonely and miss friends and family. Your job would be to listen to them and support them.



Being a buddy for people in hospital can help them enjoy chatting with someone who has had similar experiences to them.



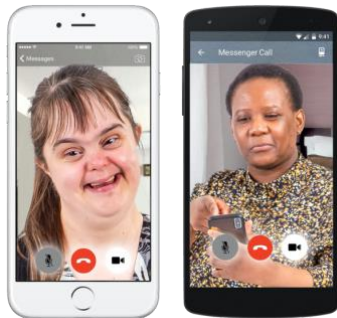
You will have weekly chats with a person in hospital. The chats will be about 45 minutes long. We will try to find you a person who has had similar experiences to you.

What's expected of me?



We're looking for people who care. You must be able to listen to people in a hospital and enjoy helping them. You'll need to show your buddy-friend respect, patience, empathy and understanding.

This is what we'd also expect from you:



Making time for a 45-minute call on the same day and time each week. You may have more than one person that you talk to but we will agree this with you.

You must be able to commit to paid work with us for a minimum of 6 months.



Agreeing to do training.

Being kind and respectful to your buddy-friend.

Letting us know how we can support you.

**This work can make a huge difference to the happiness and
wellbeing of a person.**

**If you have a learning disability and are interested in this doing this
job, please**

Email: Recruitment@bild.org.uk

Or you can call Fiona. Her number is: 07973657088