EPSOM & EWELL TIMES
For the community, by the community. A not-for-profit service

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What is Buddy-Up?

25 April 2025



Buddy Up is an **award-winning charity** designed to offer **mentoring to young people** identified by schools as needing one-to-one support from an experienced youth worker and mentor.

It was set up in **August 2020**, after a need was identified in the community. Following the return to school after the pandemic, many schools reported:

- Increased **anxiety**
- Reduced **confidence**
- Struggles with **attendance**

While schools recognised the need for additional support, they lacked the time and funding to provide it.

Buddy Up has been delivering mentoring in schools across **Epsom and Ewell** for five years. To date, we have delivered **over 1,500 mentoring sessions** and still have a significant waiting list.

Our goal is to **support young people early**, believing that early intervention makes the biggest impact.

Who do we work with?

The young people we support may be dealing with:

- Anger
- Addiction
- Self-harm and suicidal ideation
- At risk of grooming
- At risk of county lines involvement
- Victims of domestic violence
- ADHD
- ASD
- ODD
- Bullying
- Low self-esteem
- Victims of abuse
- Trauma
- Disordered eating
- Suicidal inpatients
- Poor attendance
- At risk of exclusion
- Anxiety

Funding

Buddy Up is largely funded by **donations and grants**, allowing us to offer our services free to those in need.

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However, in recent months, our **funding has decreased dramatically**. Like many charities, we are feeling the impact of the cost-of-living crisis.

We are now in **urgent need of funding** to keep the charity running and continue supporting young people in Epsom and Ewell.

If you're able to donate, we would be incredibly grateful. Please use the link below:

 https://www.justgiving.com/buddyupcharity

Contact Us

If you would like more information or to discuss anything further, please get in touch:

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