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## What is Buddy-Up?

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

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## **Funding**

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

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:

- □ 07551 444 246
- ☐ info@buddyupcharity.org
- ☐ https://buddyupcharity.org

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