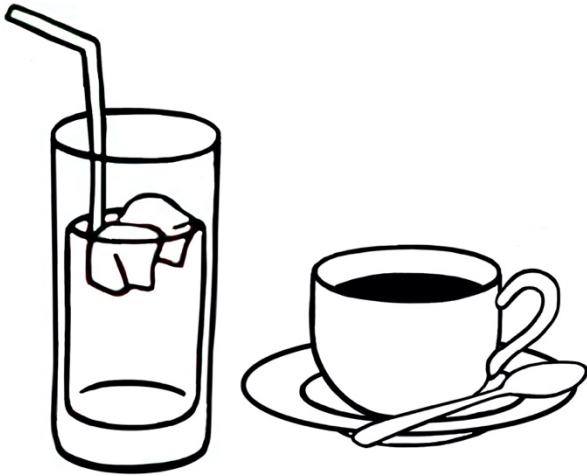


# Information Sheet



*Join a buddy or befriending scheme to enjoy an active social life.*

Buddy or befriending schemes enable on-to-one partnerships between people with learning disabilities and volunteers.

They take care to match up the right people so they may be able to develop trusting friendships.

Buddy or befriending schemes vary but they can support a range of social activities, day trips and volunteering opportunities.

They enable people with learning disabilities to be more independent and able to choose activities that may not be supported by organisations.

This might include more informal, everyday activities as well as special events.

Schemes like these can also be effective for people who may not want, or are unable, to participate in group activities.

Or they can serve as an additional service for activities that are best supported one-to-one.