



*People Leading
Aspiring Lives*

Support Buddy

Active Prospects supports people with learning disabilities, physical and mental health needs. We have a range of supported accommodation options from individual flats to shared houses. People live independently but with support when the need it, which might be a few hours a week or full time care. Support Buddies enhance the lives of people we support by spending time one-to-one in their home, engaging in activities or supporting people when they go out.

Responsibilities

Supporting people we support to:

- Cook healthy meals
- Take exercise
- Visit the doctor or attend appointments
- Go for a meal or to the cinema
- Attend an activity or club
- Have a cup of tea and a chat

Skills

- Caring approach
- Nurturing and enabling
- Calm
- Confident and personable
- Friendly and enthusiastic
- Any specialist skills such as baking, arts, gardening or fitness

What we can offer

- The opportunity to enhance the lives of people with learning disabilities, physical and mental health needs.
- The chance to share your skills and talents
- Training and support to build your skills and experience
- A chance to meet lots of new people
- The opportunity of working as part of a staff or team of dedicated volunteers
- References

What we need from you

Time – whether that is several times a week, weekly or occasionally.