



What is the Be Heard Buddy Scheme?

It is a scheme, administered and managed by Be Heard Members themselves, which matches volunteers interested in befriending those with learning disabilities with appropriate members of the Be Heard self advocacy group.



Be Heard Buddy Scheme

YOUR CHANCE TO HELP OTHERS!



The Buddy Scheme is run in conjunction with:

Be Heard

4-5 Town Square
Bracknell
RG12 1AU

Email: b.heard@virgin.net

Phone: 01344 485509

<http://www.be-heard.co.uk>

Reg. Charity No. 1100545

Befriending adults with
learning disabilities

HOW DOES THE BUDDY SCHEME WORK?

It couldn't be simpler!

Simply log onto the Be Heard website

www.be-heard.co.uk/buddyscheme

There you will find a list of members together with their interests for you to choose from.

Or you can suggest your own buddying idea to put to the Be Heard team for matching with appropriate members.

It can be as simple as meeting up for tea or a walk by the river. It is up to you and the member.

Then provide your name and relevant contact details in the secure box at the bottom of the page and the Be Heard group will take it from there!

It couldn't be easier to transform your own and someone else's life through friendship...



Be Heard enriching the lives of the learning disabled through empowerment

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Be Heard Buddy Scheme

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Browse through some of the members of Be Heard who are looking for buddies and fill in the enquiry form below or email Simon (beheard.simon@gmail.com) if you're interested in an activity that isn't listed.

[Download a brochure about the buddy scheme here...](#)

 <p>Sarah</p> <p>I would like to go the cinema in the evening, a trip to the theatre, and a shopping trip in Reading. I would also like to have a tea and chat.</p>	 <p>Mark</p> <p>I would like to find someone to help me travelling to Easingstone, to maybe go to a pub and play pool.</p>
 <p>Chris</p> <p>Please take me bowling, out for a meal, to the theatre and cinema</p>	 <p>Geoff</p> <p>I would like to find a buddy to join me to see a film at the cinema, and also help at the swimming pool</p>
 <p>Mandy and Tony</p> <p>We would like to have someone join us to go to Coral Reef for some fun</p>	 <p>Kittie</p> <p>I would like to have someone join me to go swimming and also to go out for a chinese meal</p>

For further information or to learn more about the scheme visit our Web site:
<http://www.beheard.co.uk> or email Simon at beheard.simon@gmail.com