

**Are you 13-18 years old?**

**Do you live or attend school in Sefton?**

**Would you like to spend time with other young people and have fun?**

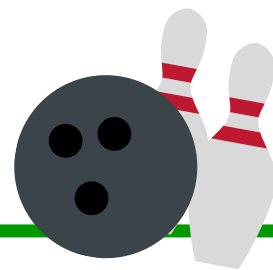
**Do you have a disability or additional need?**

**Buddy Up** 



**..THEN BUDDY UP IS FOR YOU!**

# WHAT CAN YOU EXPECT FROM BUDDY UP?



**Monthly social clubs**



**A chance to be more independent**



**Support from peer mentors**



**Meet new people**



**Make friends**



**Build confidence**



**Learn new skills**



**Group activities during school holidays such as bowling and days at the beach**



## WANT MORE INFORMATION?

**Contact Sefton CVS by:**

### PHONE

**Office:**

**0151 920 0726 ext 222**

**Mobile:**

**07971868105**

### ONLINE

**Website:**

**[www.seftoncv.org.uk/buddyup](http://www.seftoncv.org.uk/buddyup)**

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