**What Is the Buddy Scheme?**

As a charity, we understand that our service users often face incredibly stressful circumstances that take a toll on their emotional and mental wellbeing.

Many have lost contact with their children, friends, family, and close social networks. Others may have suffered the loss of their home or financial stability. This often leads to isolation, loneliness, and a sense of helplessness, with no one to talk to or confide in.

That’s why we created the **Buddy Scheme**—a free, compassionate support service available to all clients once they’re registered with us and have completed the necessary paperwork.

**How the Buddy Scheme Helps**

**1. Online Support Group**  
We provide access to a secure, closed online community where service users can connect, share experiences, and offer emotional support. It’s a safe space to be heard and to support others going through similar challenges.

**2. One-to-One Buddy Support**  
Each participant is matched with a dedicated volunteer Buddy who offers emotional support via phone. They provide a listening ear and a compassionate presence—a "shoulder to lean on" during difficult times. While they don't give advice, this peer support has proven to be a vital source of comfort and connection.

**3. Social Events Across Wales**  
We regularly host inclusive and welcoming activities to help users reconnect with others and boost wellbeing. These include:

* Indoor kurling, darts, and quizzes
* Bingo and other games
* Walking groups and woodland craft sessions
* Mindfulness and resilience-building workshops

These events promote fresh air, movement, and social interaction—supporting both mental and physical resilience.

**New for 2025: Enhanced Buddy Support**

In 2025, we are expanding the scheme through a partnership with an external provider. This will bring enhanced services, including access to trained therapists for those who may benefit from additional emotional support—still at no cost to our users.

**How to Access the Scheme**

To join the Buddy Scheme, simply speak with your case advisor or email our Buddy Coordinator directly at:  
📧 **buddycoordinator@fnf-bpm.org.uk**

We are also connected with a wide network of external providers who offer support in areas such as mental health, suicide awareness, and risk assessment. If we believe a referral to another service could benefit you, we will discuss this with you first.

**You Are Not Alone**

We recognise that for many men, pride can be a barrier to seeking emotional support. There’s a belief that asking for help is a sign of weakness—but the opposite is true. Reaching out is a sign of strength, and we are here for you, without judgment.

**Please don’t hesitate to ask for support. We truly want to help you move forward.**

