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**Buddy  
System**

* **Would you like to volunteer?**
* **Would you like to help someone who is isolated become more active and involved in their community?**
* **Could you accompany someone to a new activity?**

# If the answer is YES, then you could be a ‘Buddy’

# and we would really like to hear from you!

# Contact us to find out more:

Call **01743 360641** or

Email **enquiries@community-resource.org.uk**

Graphical user interface

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Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652487 and a Registered Charity 109677

**Many of us would like to be more active but the idea of turning up at an activity such as an exercise class on our own can be very daunting.**



**As a Buddy you could:**

* Help someone who feels isolated and

alone to participate in local activities,

make new friends and get more active.

* Provide support that enables

someone to take that crucial first step

to take part in something new.

* Offer encouragement and

motivation to get someone involved in

the local community, thereby reducing

isolation and helping to boost their

confidence and self-esteem.

Volunteers will receive appropriate

training and undertake a DBS check.

There are no set criteria for the amount

of time you need to give with flexible

opportunities available.

All travel expenses are reimbursed.

**About us**

Community Resource is a charity that is committed to making life better for people and communities facing challenges in Shropshire, Telford & Wrekin.

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Description automatically generated**[**www.community-resource.org.uk**](http://www.community-resource.org.uk)01743 360641  
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