



# BusinessBuddies

*Proudly supporting Friends for Leisure*

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Become a **Business Buddy** and help us reduce  
the loneliness of disabled children



## Think back to your younger years;

those days when you took the first steps towards breaking away from the family, discovering new friends, new hobbies, new social skills...the beginnings of your independence. It's a time when friendships feel like the most important thing in life.

Perhaps you're now watching your own children begin their journey into adulthood. But what if your child is 'different'? Families with disabled children are often denied the pleasure of watching their child develop real friendships and independence. The young people themselves experience the same need to integrate with their peers as any

other teenager, but simply don't get the social opportunities so vital in making the transition to adult life.

That's where Friends for Leisure helps. Our dedicated and well-trained team of young volunteers provides group activities, a 'buddy' scheme and a carefully structured befriending service. Enjoying time with their peers, disabled young people learn social skills, develop self-confidence and feel more integrated into the community.

**Edward has autism and a heart condition. He goes to a mainstream school, but the other kids don't want to hang out with him because he's 'different' – as a result he's developed depression.**

*“ I am so grateful Edward has somewhere he can go where I know he's safe and looked after, and can have fun and socialise. He has no friends in school at the moment, causing a major lack of self-esteem and depression. Friends for Leisure gives him something to look forward to, and it's lovely to hear other children shout his name and invite him over to sit next to them. I know he feels welcome and he really needs that feeling, to be able to chill out and relax and not feel judged or different. There's always a big smile on his face when we pick him up, which is so nice to see. ”*

Edward's Mum

**Ben has Asperger Syndrome.**

*“ Ben loves going to Cubs with his one-to-one volunteer Rachel – in fact he'll only go if he has the support from Rachel as she encourages and helps him to join in with the others, just knowing Rachel's there for him gives him confidence. ”*

Ben's Dad

**Kiera has an Autistic Spectrum Condition.**

*“ Kiera has a fantastic time at Congleton Youth Group. Often when I collect her from school she's in a very low mood, but once she's been to youth group she's much more positive and so upbeat, always very excited to talk about what she has been doing. ”*

Kiera's Mum

**Conor has a learning disability combined with difficulties with coordination and sensory problems. He has a one-to-one volunteer friend, James, who goes to Cubs with him.**

*“ James is a very positive role model for Conor. James is our eyes and ears when Conor's not with us and this gives us the confidence to let him go to Cubs without having to worry. ”*

Conor's Dad

# How Friends for Leisure helps

**100**

active young volunteers



**96%**

of young volunteers stay at least 6 months

**CREWE YOUTH GROUP FOR 14-21 YEAR OLDS**

**264**

disabled children & young people registered

**80**

youth group sessions each year

**MACCLESFIELD & CONGLETON YOUTH GROUPS FOR 11-21 YEAR OLDS**

**82%**

of volunteers rate their experience as excellent

**90**

disabled young people came to a **Friends for Leisure** youth group in the last 12 months



**HOLIDAY PROGRAMMES**



**68**

disabled young people enjoyed a Friends for Leisure bowling session in the last 12 months

**FRIENDS OF FALLI DRAMA AT FALLIBROOME ACADEMY**

**CREWE JUNIORS YOUTH GROUP FOR 8-13 YEAR OLDS**



**TEN PIN BOWLING IN MACCLESFIELD & CREWE**



## Now we need your help...

### As a Friends for Leisure Business Buddy

As you can see, Friends for Leisure makes a huge difference to the lives of the young people we help in Cheshire East. But with constant pressures on our funding, we need your help to carry on.

The best way you can make a real difference to the lives of disabled children and young people is through a regular donation.

We welcome donations of all sizes - as much as you can afford to give - and as an example, here's what just £50 a month would pay for:

- One disabled young person to attend a youth group for a year.
- The support for 16 disabled children and young people to enjoy a fortnightly bowling session for a term.
- An Activity Leader to support a group or activity for a year.
- 6 weekly sessions of the drama group at Fallibroome Academy, Macclesfield.
- The activities at Crewe Juniors for a year.
- Expenses for one-to-one volunteers for 6 months.
- Training for 6 volunteers.

Setting up a regular donation is easy. Simply go to [www.justgiving.com/FriendsforLeisure](http://www.justgiving.com/FriendsforLeisure) or complete one of our Friends for Leisure donation forms.

## Other ways your business can help

Apart from regular donations, there are all sorts of ways you can help Friends for Leisure...

### If you have apprentices, why not let them volunteer with us during college holidays when they'd usually be on day-release?

Hold a one-off fundraiser and have some fun at the same time! Ideas include a bake sale, dress-down day, quiz night, football challenge...

### Offer the use of facilities, such as a meeting room for training volunteers.

Let us draw on organisational and business skills among your staff team.

### Sponsor materials, such as our volunteer handbooks – you'll receive recognition too!

Put one of the Friends for Leisure collecting boxes on your reception desk.

Let staff take on a serious challenge on our behalf, such as a London to Paris bike ride – we're registered with Global Adventure Challenges ([globaladventurechallenges.com](http://globaladventurechallenges.com)) and Charity Challenges ([charitychallenge.com](http://charitychallenge.com))

## What being a **Business Buddy** does for your organisation

### Here's why it's worth being a Friends for Leisure Business Buddy:

- *You'll be showing how caring and considerate your business is, putting your corporate social responsibility policy into practice.*
- *You'll have a powerful story to tell, internally and externally, about your organisation's values.*
- *It gives you an opportunity to bring staff members together for fund-raising events, boosting morale and encouraging team-work.*
- *It's an opportunity to give back – to share and pass on some of your success.*
- *It shows your strong commitment to helping your community thrive.*

### You'll also benefit from:

- *Publicity on printed material and the charity's website.*
- *Using the Friends for Leisure supporters' logo on your stationery.*
- *Having a Friends for Leisure supporters' certificate on display.*
- *Meeting the charity at our networking breakfasts.*



## Some of the local businesses that already help us

### PRISM SOLUTIONS

Providing IT support

### SENIOR AEROSPACE BIRD BELLOWS

Their apprentices volunteer to help disabled children & young people participate fully in Friends for Leisure holiday activities

### KATATOMIC

Design & management of the Friends for Leisure website

“ Our younger workers really enjoy the events and are eager to continue their involvement year after year, and in some cases have continued to help out after work in their own time. Many have become more confident since taking part and have developed in themselves, recognising the rewards that are achieved when ‘putting something back’.

Gareth Bevan  
HR Officer - SABB

### THRIVE CREATIVE

Providing marketing support & creative design

### TINSDILLS SOLICITORS

Sponsors of the Friends for Leisure legacy leaflet

Friends for Leisure has twice been awarded 'Charity of the Year' of the East Cheshire Chamber of Commerce, in recognition of its involvement with the business sector.

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Friends for Leisure donation forms.

**Friends for Leisure**

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Registered charity number: 1068991  
Limited company number: 3508369



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