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Recruiting volunteers to buddy and support children and young people into a local activity



Friendship when it
counts

What is BOB?

Be Our Buddy (BOB), a service of Voluntary Action Within Kent is a community based service supporting young people across Kent who have a mild/moderate disability. These young people are aged between 8 and 18 and could be missing out on extracurricular social activities.



BOB recruits volunteer buddies to work with young people and help them access mainstream activities that interests them such as sports, Brownies, cubs, dance, art and drama classes. Being a buddy can be such a rewarding experience giving something back to the community and helping to change a young person's life. It can also add to your CV, go towards D of E and on-going learning and development.

Buddying is about building a relationship which can last between 6 months – 1yr depending upon the needs of the young person, and focuses on empowering the young person to attend social activities on their own, reducing their social isolation and improving their confidence.



Volunteer buddies make such a difference to the life of a young person who just needs a helping hand from someone who is interested in them and will share new experiences and the chance to have fun!

If you want to volunteer

If you are interested in volunteering please contact us and we will arrange a meeting to discuss your role and interests in more detail, tell you more about us and the service we provide, the support and training you will receive, and importantly answer any questions you may have.

To refer a young person

If you would like to refer a young person please contact the coordinator in your area to request a referral form. Details can be found at the back of this leaflet.

Once we have received a referral for a young person, we will visit them and their family at home so that we can find out about them, their needs and what mainstream activities they would like to access with a Buddy.

