

Richmond Users Independent Living Scheme (RUILS) is an independent, user-led organisation. We support disabled people (both young & old), older people, people with learning difficulties & people who use mental health services to live independently and to get the most out of their Personal Budget & Direct Payment.

What is a buddy? What can they offer?

A buddy is simply someone like you who's already been through the process of Self Directed Support and Direct Payments. They have first hand experience and knowledge of how things work and will have tips and ideas to share. The relationship between the buddy and client is a relationship of equals or 'peers'.

A buddy is there to offer support and encouragement. Their role is not to give advice or to take on problems and try to fix them. Instead the buddy is there to help you look to the future and think about the tools you need to get the results you want. Sometimes tricky issues may arise, then the buddy may know who you can talk to, or where to go for more information.

It's great to work with someone on your level, they've no ulterior motive, no axe to grind and can tell it as it is

Sandra (75)

A buddy can help you avoid the pitfalls and has great tips about how to get things done

John (36)

It's really empowering to work through things with someone who is a peer – it gives your confidence a real boost to start with a tricky problem and then find that with a bit of support and encouragement, you can solve it yourself

Clare (20)

How will the buddy scheme work?

Anyone can ask to join the buddy scheme, either as a client wanting support or as a potential buddy. Whilst we grow the scheme we will be limited in how many buddies we have, but we hope it will go from strength to strength!

Once a buddy and client have been in touch, they will then discuss how best they can communicate each week. This could be face to face, by email or Skype, by phone or by a combination of these. The buddy will commit to be in touch at least once a week over a period of three months.

How do I find out more or get involved?

If you would like to join the buddy scheme please talk to any member of RUILS staff such as an Independent Living Advisor or your Support Planner/Broker or for more information please call Caroline Thorogood at RUILS on **020 8831 6271**.

Independent Living

Advisors:

Help you to set up and manage your Direct Payment. They can assist you to employ your own staff or find the activities and services for you to purchase.

Support Brokers:

Help you to write your Support Plan and to get that plan up and running.

paFinder:

Helps you to find the right individual to employ as your Personal (care) Assistant.

Options:

Our newsletter keeps you up to date on the latest events & gives you information and tips on how to get the most out of your support.

www.ruils.co.uk:

Our website carries a whole host of information. Log on to our web Forum to chat to others using Direct Payments.

Helpline:

Open between 10am and 4pm Monday to Friday, our advisors can give you the help and advice that you need.

Where to find us



Richmond Users Independent Living Scheme (RUILS)

Disability Action & Advice Centre (DAAC)

4 Waldegrave Road (A309)
Teddington, TW11 8HT
Helpline: 020 8831 6083
E-mail: info@ruils.co.uk
www.ruils.co.uk

Office Hours:

Monday to Friday: 9am - 5pm

The DAAC Centre

Our offices at the DAAC are fully wheelchair accessible. Disabled parking is available at the front and rear of the centre.

Buddy Scheme

What is a buddy?



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