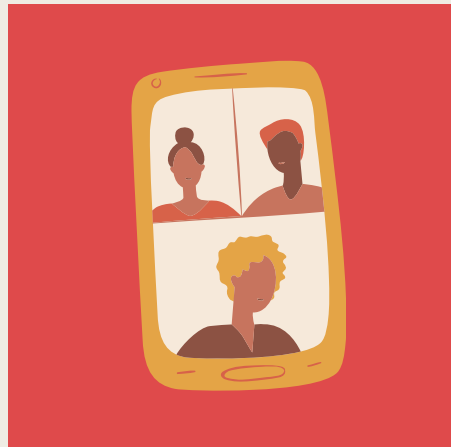
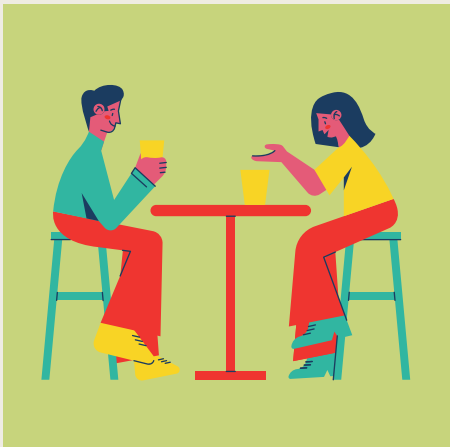


AN INITIATIVE BY SPACE TO BREATHE AND THE  
SHEFFIELD COMMUNITY FORENSIC TEAM

# PEER MENTORING: BE A BUDDY



Space to Breathe are working with the Sheffield Community Forensic Team to support the recovery of people from Black, Asian and Minority Ethnic Communities who have experienced mental health challenges and as a result have needed medical or clinical care.

A good support network is vital throughout the recovery process and beyond, so we are looking for 50 buddies to befriend people on a 1-2-1 basis.

Could you spend some hours being a friend? Scan the QR code for more information or visit the website below.

In your role as a buddy, you will receive:

- # Mental Health First Aid training
- # other necessary training including Safeguarding
- # ongoing support provided by Space to Breathe



For more information and to sign up visit:

<https://spacetobreatheuk.com/tacklinginequality-buddy-scheme>