

## We have created the Buddy Bag Foundation in response to the rising number of children who enter emergency care after fleeing violent situations at home.

Restoring a sense of safety and security into a child's life during a traumatic time is one of the first steps to recovery. By providing these children with a few essential items, we can help make the transition into emergency care a little easier.

To support children in this situation we have created the Buddy Bag to provide comfort when all else has been removed.

### What is a Buddy Bag?

A Buddy Bag is a backpack that contains all the essential items a child needs. They include **toiletries, pyjamas, socks** and **underwear**. They also include comfort items such as **a book, a photo frame and a teddy bear**. A Buddy Bag is something a child can call their own, no matter where they go.

The Buddy Bag will also include a postcard addressed to the Foundation so children can write to let us know how their Buddy Bag has helped them and to say thank you.

### How does the Buddy Bags program work?

For initial deliveries, we provide 30 Buddy Bags across the following age groups: **0-2, 3-5, 6-8, 9-12** and **13-16 years for boys and girls**.

**Individual volunteers** or **large companies** involved in community projects will meet regularly throughout the UK to run Buddy Bag Brigades to help fill the Buddy Bags.

### Does it cost to join the Buddy Bags program?

There is no cost to participate in the Buddy Bags. The Buddy Bag Foundation relies on **community support and donations to run the program**.

### How do you join the program?

Simply email [pam@buddybagfoundation.co.uk](mailto:pam@buddybagfoundation.co.uk) to register your interest.

## Where did the Buddy Bag idea come from?

During a visit to Australia in 2014, our founder, Karen Williams, was inspired by an article about The Alannah and Madeline Foundation ([www.amf.org.au](http://www.amf.org.au)) which has delivered more than 60,000 Buddy Bags to children in emergency care in Australia since 2007.

On returning to the UK, Karen researched the facilities available to children in emergency care and discovered a huge need for Buddy Bags in the UK.

To ensure as many children as possible can benefit from the Buddy Bag scheme, Karen set up The Buddy Bag Foundation and launched the Buddy Bag appeal in the UK, with the help and support of The Alannah and Madeline Foundation.