

Imagine if you had to leave every night out at 9pm?

This is **reality** for many people with learning disabilities

Volunteer as a Gig Buddy



Make a new friend

Go to gigs and social activities together




Gig Buddies Cymru tackles loneliness through friendship and fun



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GIG BUDDIES
CYMRU
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“ Volunteering as a Gig Buddy doesn't feel like volunteering at all. It's like being given a new friend! ”

Gareth, Cardiff



@FfrindiauGigiau

As a Gig Buddy you can use your love of music, the arts, sport, culture and fun to help somebody else in your community to socialise and enjoy new experiences.

People with a learning disability often need support to help them live the life they want to live. But what do you do when your support isn't available - especially past 9pm - or doesn't share the same interests as you?

At Gig Buddies we match people with a learning disability and/or autism with volunteers who share the same interests - so they can enjoy social activities together.

A few of your hours every month could change someone's life.

