

Lockdown is bad enough.
Imagine it without friends



We want **YOU**
to be a **Gig Buddy**

The pandemic is more bearable when you can enjoy virtual clubnights, Zoom parties and online quizzes with friends.

Many people with a learning disability and/or autism are finding this impossible. Volunteer as a **Gig Buddy** and you can change this.



**FFRINDIAU
GIGIAU**



Learning Disability Wales
Anabledd Dysgu Cymru



Gogledd Cymru Gyd'n Gilydd
North Wales Together
Gogleddymru gyda'i gilydd
North Wales Together



**GIG
BUDDIES**

Volunteer as a Gig Buddy!



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 to live the life they want to live. But what do you do when your support isn't available, or - even worse! - doesn't share the same interests as you?

We need Gig Buddies now more than ever. Before the pandemic being a Gig Buddy involved befriending an adult with a learning disability and/or autism and attending events once a month.

While few events are taking place the need for friendship and social contact is even more important. Our Gig Buddies are meeting online for virtual parties and digital events, and whenever it is safe to do so, meeting up outdoors.

As soon as we can Gig Buddies will go back to attending gigs, events, and festivals together.



@FfrindiauGigiau

Ask us how you can become a Gig Buddy!

Email: gigbuddies@ldw.org.uk

Web: www.ffrindiaugigiau.org.uk

Phone: 029 2068 1160