A red and white sign

Description automatically generated with low confidence**Text

Description automatically generated**

**Would you like to get out more and do the things you love?**

A couple of men posing for a picture in front of a wall of posters

Description automatically generated with medium confidence

A **Gig Buddy** can help you go to gigs and events that you may find difficult attending.

A **'gig'** can be a concert or a festival. But it can also be a rugby match, a trip to a museum or theme park, or a visit to the beach.

A couple of women sitting at a table with food and drinks

Description automatically generated with medium confidenceWe can find you a **Gig Buddy** if you live in:

* South Wales - **Bridgend, Cardiff, Merthyr Tydfil, RCT, Vale of Glamorgan.**
* North Wales - **Anglesey, Conwy, Denbighshire, Flintshire, Gwynedd, Wrexham**.

A picture containing person, crowd

Description automatically generatedYour **Gig Buddy** could be a **Football Buddy**, a **Bowling Buddy**, a **Rambling Buddy**, a **Quiz Buddy**, a **Roller Skating Buddy**, a **Surfing Buddy**……

It’s up to you to tell us what type of **Gig Buddy** you want!

**I’m interested. So what does a Gig Buddy do?**

****A **Gig Buddy** is a volunteer who shares the same interests in music and hobbies as you. They can support you to go to gigs and events that are sometimes hard to get to.

A **Gig Buddy** can help you:

* Go to 1 gig or event every month.
* Meet up every month to plan your next gig.
* Attend regular social events with other **Gig Buddies**.
* Meet on the internet for activities and events – this is helpful when there is a lockdown.



Getting a **Gig Buddy** is free – it doesn’t cost you anything.

All **Gig Buddy** volunteers get a day of free training before they are matched with their **Gig Buddy**.

We make sure **Gig Buddy** volunteers have a police check to make sure they are safe and good people.

A picture containing person, indoor, sport, soccer

Description automatically generated**I like the sound of this! How do I get a Gig Buddy?**All you need to do is fill out an easy read application form and send it to the Gig Buddies team. You can download a form at: [www.ldw.org.uk/gigbuddies](http://www.ldw.org.uk/gigbuddies)

The form asks you things like what hobbies and interests you have. And what support needs you have.

A couple of men posing for the camera

Description automatically generated with low confidenceAfter we get your form we will contact you and arrange to meet you for a chat. So we can find out more about you.

And then we can start to find a **Gig Buddy** to match you with!

Icon

Description automatically generatedFor more information contact the Gig Buddies team:

Email: [gigbuddies@ldw.org.uk](mailto:gigbuddies@ldw.org.uk)

Phone **029 2068 1160**  
  
  
Follow us on Facebook and Instagram:  
[@FfrindiauGigiau](https://www.instagram.com/ffrindiaugigiau)

