

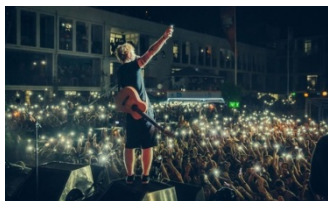
# Do you like music? Do you want to go to gigs and festivals and watch your favourite bands and singers?



**Gig Buddies Cardiff** is looking for adults with a learning disability and/or autism in Cardiff who would like to get out more and enjoy the things they love to do.



If you find it difficult to go to gigs and events we can find a Gig Buddy for you.



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.



Your 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 for the next 10 months.
- Meet up every month to plan your next gig.
- Attend regular social events with other Gig Buddies.



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.

## I like the sound of this! How do I get a Gig Buddy?



All you need to do is contact Kai Jones or Kylie Smith at Gig Buddies Cardiff.



We will send you an easy read application form, so you can tell us about yourself and what your interests and hobbies are.



We will come and meet you for a chat. And then we will start to find a Gig Buddy to match you with.



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



Or phone **07707605314** or **07594938522**.



If you want to know more about Gig Buddies Cardiff please get in touch.



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