



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



Gig Buddies is looking for adults with a learning disability and/or autism in **Cardiff, Bridgend, the Vale of Glamorgan, and Rhondda Cynon Taf**, 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.
- 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?



If you live in **Cardiff, Bridgend, the Vale of Glamorgan, or Rhondda Cynon Taf**, then all you need to do is contact Kai Jones or Kylie Smith at **Gig Buddies**.



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.



Contact **Gig Buddies** to find out more:

Email: gigbuddies@ldw.org.uk



Phone **07707605314** or **07594938522**.



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