

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



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

Do you believe that everyone has the right to go to gigs and events that they love, to party and to **Stay Up Late**?

For many people with a learning disability this is impossible.

Volunteer as a **Gig Buddy** and you can change this.



# Volunteer as a Gig Buddy!



People with a learning disability often need support to help them to go out and enjoy life. But what do you do when your support isn't available, or - even worse! - doesn't share the same interests as you?

At Gig Buddies we match people with a learning disability with volunteers who share the same interests so they can go to gigs and events together.

Whether you're a fan of folk, rock, punk, reggae, clubbing, theatre, festivals... as a Gig Buddy you can use your love of music, the arts and fun to help somebody else in your community to get out and enjoy themselves.

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

Get in touch with the Gig Buddies team and ask us how you can become a Gig Buddy:

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

Web: [www.ffrindiauigigiau.org.uk](http://www.ffrindiauigigiau.org.uk)

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