

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 help to change this.





@FfrindiauGigiau

**“Volunteering as a Gig Buddy doesn’t feel like volunteering at all. It’s like being given a new friend!”**

**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?

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

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

**Ask us how you can become a Gig Buddy!**

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

**Phone** 029 2068 1160

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

