

Gig Buddies is starting in Neath, Port Talbot and Swansea



Gig buddies Cymru will be starting in Neath, Port Talbot and Swansea.



This is thanks to money from the West Glamorgan Regional integrated fund.



We started work in Neath, Port Talbot and Swansea in July 2024.



The money will end in March 2026.



We will be taking application forms for volunteers and participants from **1 September 2024**.

What is Gig Buddies?



Gig buddies is a project that helps people with a learning disability and/or autism to go out and enjoy social activities with a buddy.



A buddy is a person who has the same interests and hobbies as you.



Buddies are volunteers, this means they do not get paid for the time they spend with you.



Buddies become friends.

Gig Buddies can spend time together doing lots of different activities, some examples might be:



- Watching live music
- Seeing a show
- Exercising
- Enjoying a hobby
- Going out for meals
- Watching a sports event



You and your buddy can make plans for activities you both enjoy.



As well as doing activities with your buddy, there will be lots of events organised by the Gig Buddies Cymru staff that you can come along to.

How do I get involved as a participant?



On 1 September 2024 we will start taking application forms.



You can find these on our website:
www.gigbuddies.cymru

To apply as a participant you must:



- Be over 18 years old
- Have a learning disability and/or autism
- Live in Swansea Neath, Port Talbot

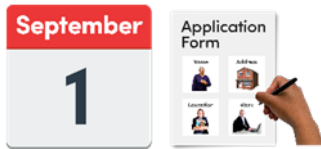


We will stop taking application forms once we reach 25 people.



This is so we can make sure everyone is supported well.

How do I get involved as a volunteer?



On 1 September 2024 we will start taking application forms.



You can find these on our website:

www.gigbuddies.cymru

To apply as a volunteer you must:



- Be over 18 years old
- Live in Swansea, Neath or Port Talbot, or willing to travel to these areas.
- Complete a DBS check and training – this will not cost you anything.

Who will be working for Gig Buddies Cymru?



Danielle Wagstaff – Project Coordinator

Danielle's job will be to support participants and volunteers during their time with Gig Buddies.

She will interview everyone and provide training.

She will arrange group activities for people to join in with.



Kai Jones – Development officer

Kai's job will be to help more people learn about Gig Buddies.

He will work with businesses, venues and organisations to help them understand how they can support people with learning disabilities and/or autism.



Karen Warner – Project Manager

Karen is the project manager for Gig Buddies Cymru.

She will be working with the staff and funders to make sure the project is run properly.

We are really excited to get the project started and meet everyone!

Some of our supporters said:

Natalie – lives in Neath Port Talbot and wants to join the project as a participant.

"It will be brilliant to help my confidence and make new friends. I love loud music, anything rock, but mostly loud!"





Jade – From Mirus supported living.

“It will increase people’s social circle, along with increasing confidence and most of all providing enjoyment.”



Scott – Manager at Elysium, Swansea.

“We can't wait to see our first Gig Buddies members attend an event here and look forward to the continued success and expansion of the scheme!”