**What is Gig Buddies?**

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|  | Gig Buddies is where you can make a new friend who you can go to evening and night time events with. |
|  | Your buddy will be matched with you carefully.  We listen to what your interests and hobbies are and match you with a volunteer who likes similar things. |
|  | Your shared interests and hobbies can be anything!  Watching a football match, live music, going to the cinema or going to a pub quiz. |
|  | Gig Buddies is for people aged 18 and over. |
|  | Mencap are running Gig Buddies because they want to stop people with learning disabilities feeling lonely. |