**What is Gig Buddies?**

|  |  |
| --- | --- |
|  | 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. |