



**GIG  
BUDDIES**

information about the  
Gig Buddies project

# What is Gig Buddies?



We ♥  
ndis

# GIG BUDDIES



Gig Buddies is a befriending project that matches an adult with learning disability and/or autism to a volunteer with similar interests to attend gigs and events together.





# who is it for?

A Gig Buddies **participant** is an adult with mild to moderate learning disability and/or autism, who wants to make new friends and go to events with a gig buddy (volunteer).

A Gig Buddies **volunteer** is someone who wants to expand their social circles, make friends and go to events with a Gig Buddies participant.



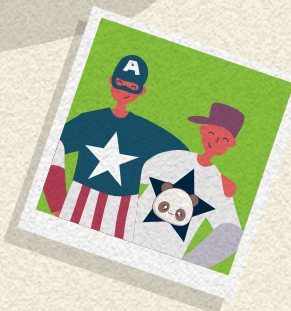


# what do gig buddies do together?

Gig buddies catch up together and see live  
music gigs, musicals, theatre, opera, movies,  
sport, visit cafes, art galleries and museums,  
play golf, go surfing and much more...  
it depends on the things you and your buddy

like doing together.

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# how “buddying” works



## Step 1

Sign up to be a participant or volunteer.



## Step 2

We look for a buddy who has similar interests.

## Step 3

We provide volunteer training.

volunteers get an NDIS Worker Screening Check



## Step 4

We introduce you to your buddy.

## Step 5

You and your buddy go out together  
once a month for 1 year (or more)





# events







Social events hosted by the Gig Buddies team

The Gig Buddies team also host regular **group** social events.










These events are open to all participants\*, even if they don't have a buddy.



Gig Buddies group events are a great way to meet new people



group events so far have included; live music gigs, parties, pub trivia, theatre, opera, watching sport (AFL, NRL, cricket, ice hockey, netball and more), bush walks, comedy, comic con, art galleries, and much more



\* to attend events, participants must be signed up to the project through their NDIS package



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# what are the benefits?

Paired-up buddies catch up every month and do things together, building a **friendship** over time.

Having a buddy to hang out with and go places can give you more **independence**.



Going out, **meeting people**, and having a new friend can help give you **confidence**.



You and your buddy choose the events you both want to go to. Having a buddy means you can be more **adventurous!**



Volunteers enjoy the Gig Buddies project because it is **flexible**. Buddies work together to organise events that suit both their schedules.

all of the above can lead to better **mental health, wellbeing** and so much more.

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# contact us



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Gig Buddies is an initiative of  
ACL Disability Services

(ACLDS website – [www.assistcom.org](http://www.assistcom.org))



Gig Buddies is a registered  
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\* participants contribute to the project through their NDIS package