

# GIG BUDDIES



A PROJECT FOR AND BY PEOPLE WITH LEARNING DISABILITIES  
AND / OR AUTISM

GIGBUDDIES.ORG.UK

## What is Gig Buddies?

The Black Box is working to bring Gig Buddies to Belfast! The idea behind Gig Buddies is to enable people with learning disabilities and/or autism to enjoy all the great things going on in their community, especially live music. Gig Buddies is a project that pairs up people with and without learning disabilities and/or autism to be friends and to go to events together.

Gig Buddies creates connections and friendships supporting adults with learning disabilities and/or autism to feel more confident when attending local venues. We are committed to #StayUpLate's campaign to ensure that everyone can live an active social life and make their own choices about how they live.

## How does it work?

1

### APPLICATION

Tell us about your interests and ideas of who you'd like to be paired with.

Our team works to find the best match for you, keeping you involved at all stages!

This involves a short survey and in-person conversations so we can get to know you.

2

### TRAINING

All volunteers attend training in preparation for gig-buddying!

Volunteers have full Access NI checks and training sessions that cover safeguarding practices, communication, and how to best support adults with learning disabilities and/or autism on nights out.

3

### CONTINUED SUPPORT

You and your buddy attend gigs or events together, and we're here to provide support if and when you need it.

Regular socials are organised to build our Gig Buddies community so your social circle is ever-growing!



### Meet your match

Matches are made based on shared interests.

Buddies meet twice a month: to organise your gig and then to attend it!



### Meet a new friend

We ask that volunteers are around for at least a year, to get to know your buddy as you enjoy events together!



### Meet lots of new friends

You'll be part of our Gig Buddies community. We'll organise regular socials so you can meet other volunteers and participants. We'll ask for regular feedback and want you to be involved in how we deliver Gig Buddies!

## Want to get involved?

If you'd like to be involved with the development of Gig Buddies or want to find out more about the project, please contact:  
[aoifeblackbox@gmail.com](mailto:aoifeblackbox@gmail.com)



Belfast  
City Council