

**What is Gig Buddies Northdale?**

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|  | Gig Buddies is a way you can make a new friend who you can go out 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 for a country walk. |
| Money - Bromley Advice & Information Network | Gig Buddies is free to join. It is for anyone who is a Breathing Space member or Northdale trainee. |
|  | Northdale are running Gig Buddies because they want to stop people with learning disabilities feeling lonely. |