

**What is Gig Buddies Northdale?**

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