Gig Buddies – serious fun

Paul Richards

Stay Up Late
United Kingdom

Parallel Session: Finding buddies and peers
IMAGINE IF...
YOU HAD TO LEAVE EVERY NIGHT OUT AT HALF PAST NINE

For many people with learning disabilities this is the reality, *but you can change this!*
VOLUNTEERING MADE EASIER
Barriers to inclusion

- Lack of support
- Community safety
- Transport issues
- Low confidence
- Lack of motivation
- Nobody to go with
- Lack of accessible information

BUT – a total desire to get out!
People you know but not by name

Family

Close friends

Shared interests

Paid to be in your life

'Circle of friendships'
People you know but not by name

Family

Close friends

Shared interests

Paid to be in your life

‘Circle of friendships’
Facts and figures about Gig Buddies

• 95 pairs of buddies going out every month (8000 hrs per year)
• 11 mainstream music festivals
• 90% say they feel less lonely
• 86% see their buddy as their friend
• 82% making decisions about what they do
• 76% more aware of what to do in spare time
• 79% getting out more
• 78% making new friends outside Gig Buddies

www.stayuplate.org
Some stories

www.stayuplate.org
National picture in UK

1.4M people in UK with learning disabilities
• 47% spend most time at home
• 51% say they feel lonely
• 31% real terms cuts to social care
• 72% don’t go out in evening
• 1 in 3 young people spend less than 1 hour out of house on a Saturday
• Loneliness more harmful than smoking

www.stayuplate.org
Gig Buddies partners

www.gigbuddiesinabox.org