



GIG BUDDIES

SOUND PEOPLE



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IMAGINE IF

YOU HAD TO LE

EVERY NIGHT

AT HALF PAST NIN

E...



WILEY



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"DRINK UP IT'S 9 O'CLOCK, TIME TO GO HOME"

STAY UP LATE

Do you have to go home earlier than you want to because staff shifts end at 10pm?

"We want to STAY UP LATE, we want to HAVE SOME FUN"

Join Heavy Load's Stay Up Late campaign.
 Contact us: Heavy Load, c/o Southdown Housing Association, Chandlers Wharf, Railway Lane, Lewes, East Sussex, BN7 2AQ or email p.richards@southdownhousing.org
www.stayuplate.org

HEAVY LOAD
The peak load of residents with mental health problems



CIC BUDDIES

SOUND PEOPLE



Family

Close friends

Shared interests

Paid to be in your life

People you
Know but
not by name

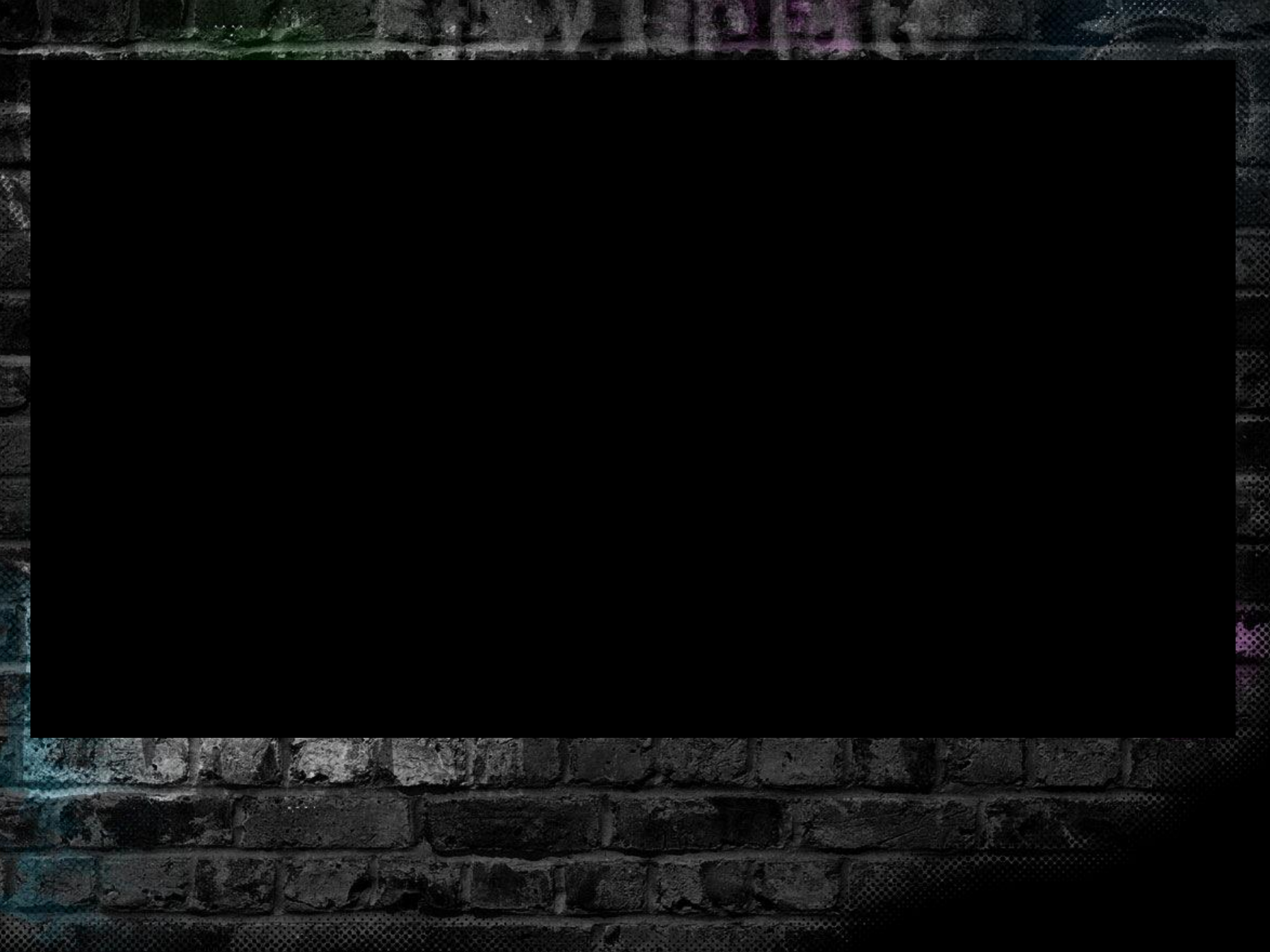


Family

People you
Know but
not by name

Paid to be in your life







Gig Buddies is a volunteer befriending project that seeks to build community capacity by enabling people with shared interests to connect, working in an assets based way.

The focus is promoting positive physical and mental well-being for the individuals involved, as well as collectively for the wider community. Blah, blah, blah...!

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GIG BUDDIES



Gig Buddies

Volunteering Made Easier



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1.4M people in UK

47% spend most time at home

51% say they feel lonely

64% don't see their friends

(Learning Disability Coalition 2010)

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“The most terrible
poverty is loneliness,
and the feeling of
being unloved”



Mother Teresa

What's getting in the way?

- Need support
- Community safety
- Confidence/motivation
- No-one to go with
- What's on?
- Transport











60+ pairs of buddies

600+ gigs and events

11 Festivals

66% of volunteers didn't have friend with learning disability

100 + organisations wanting to replicate

'Nesta New Radicals'

Staff team of 3

Tickets

IPA

DELTA 7

- » Delta 7 are a band with learning disabilities in Eastbourne.
- » It's a partnership project with Cultures Shift helping marginalised people engage in arts in East Sussex.
- » As well as helping the band develop it's about creating lasting friendships.
- » Gig buddies are involved because of our experience with helping facilitate people going out to gigs and making friends.
- » We support the band go out to a gig, or perform once a month.
- » Tonight's gig is a social – to watch a covers band.
- » We are now going to watch a film of the band.



70+ pairs of buddies

700+ gigs and events

11 Festivals

68% of volunteers didn't have friend with learning disability

48% are new to volunteering

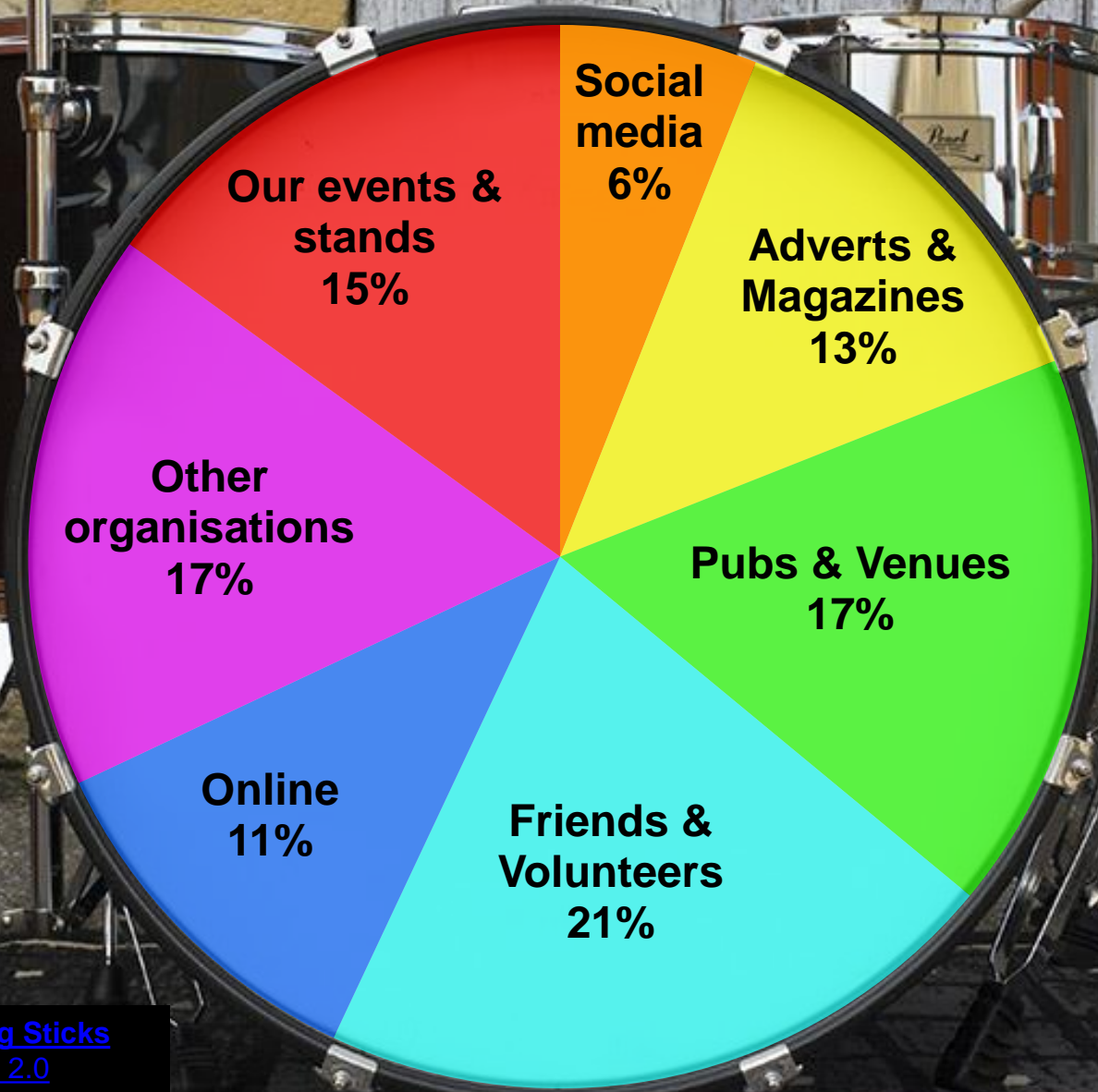
Evaluation report



Recruiting volunteers



Recruiting volunteers







The United Kingdom and Ireland
Visualized by distance to the nearest McDonald's

by Stephen Von Worley • September 2011
DATA POINTED datapointed.net
UK location data courtesy of AggData
<http://www.aggdata.com/>









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