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IMAGINE IF

YOU HAD TO LE

AVE

EVERY NIGHT

ON

AT HALF PAST NIN

E...



A DELIGHTFUL ODYSSEY

EMPIRE



FUNNY AND TOUCHING

TERESA GREENERT, GUARDIAN

I WANT  
TO MAKE  
IT ON  
MY OWN  
MICHAEL

I'M GONNA  
GET PASSED  
TONIGHT  
SIMON

IN MY  
HEAD WERE  
A GREAT  
FOOL BAND  
PAUL

WHERE  
DO I  
PLUG  
THIS  
IN?  
JIM

NOTHING  
BETTER  
THAN  
BEING IN  
A BAND  
JIM



raindance  
film festival



SXSW  
FILM FESTIVAL  
2008



# HEAVY LOAD

12A

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NOTICE OF EXPIRATION

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STAY UP LATE

[www.stayuplate.org](http://www.stayuplate.org)

Supported by  
HEAVY LOAD  
Supported by  
menopausal.org



**“DRINK UP IT’S 9 O’CLOCK, TIME TO GO HOME”**



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”**

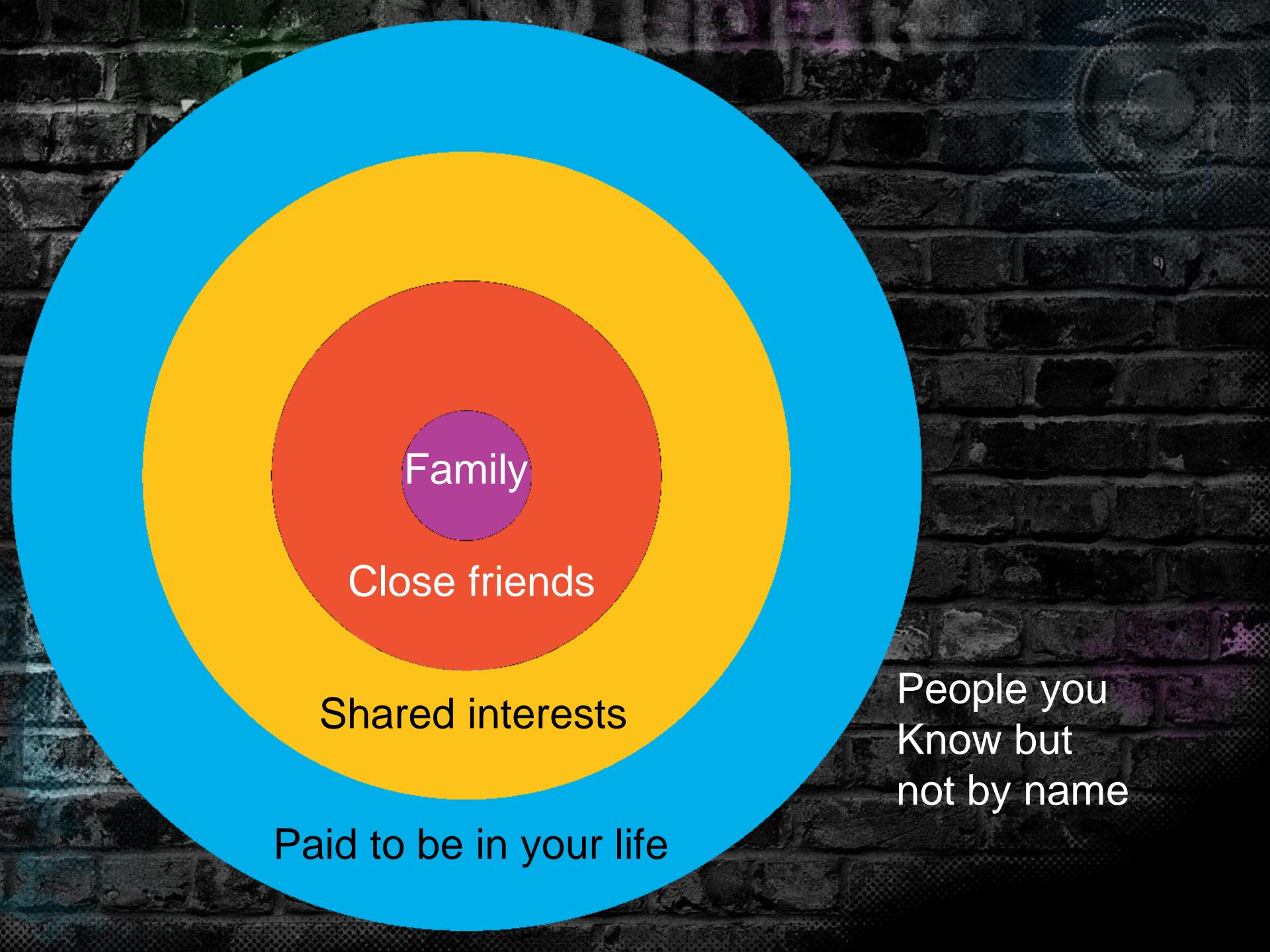
Join Heavy Load's Stay Up Late campaign.  
Contact us: Heavy Load, c/o Southdown Housing Association, Chandlers Wharf, Railway Lane, Lewes, East Sussex BN7 2AQ or email [p.richards@southdownhousing.org](mailto:p.richards@southdownhousing.org)

[www.stayuplate.org](http://www.stayuplate.org)

LOTTERY FUNDED

Heavy Load is the peak body of organisations with experience of learning disabilities.







Family

Paid to be in your life

People you  
Know but  
not by name



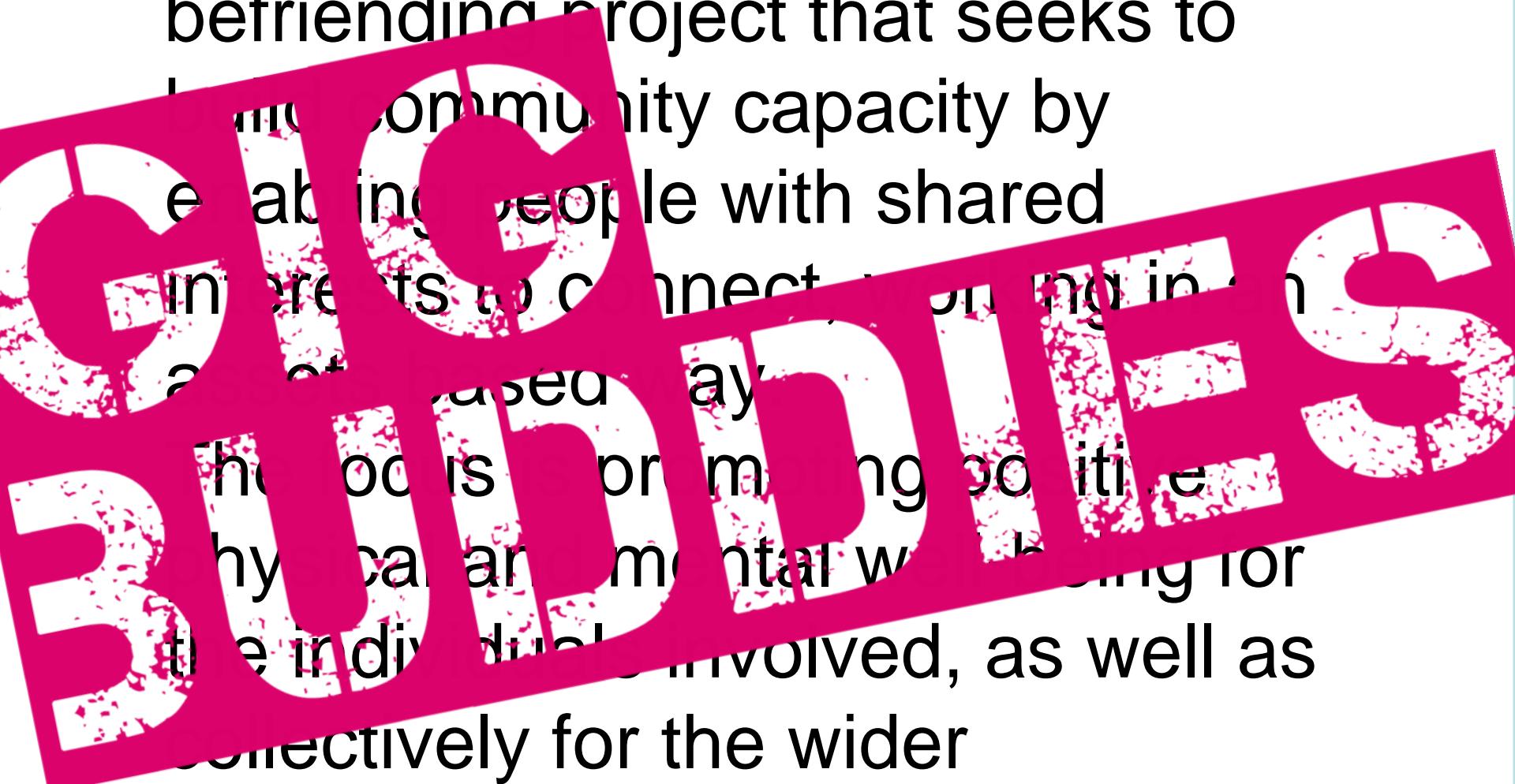




Gig Buddies is a volunteer befriending project that seeks to build community capacity by enabling people with shared interests to connect, working in an assets based way.

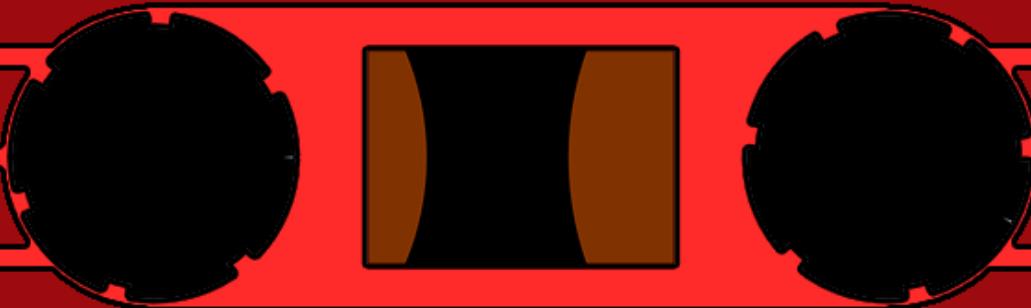
The focus is promoting positive physical and mental well-being for the individuals involved, as well as collectively for the wider community. Blah, blah, blah...!

Gig Buddies is a volunteer befriending project that seeks to build community capacity by enabling people with shared interests to connect, meeting in a coffee-based way. The goal is programming to relieve physical and mental workload for the individuals involved, as well as collectively for the wider community. Blah, blah, blah...!

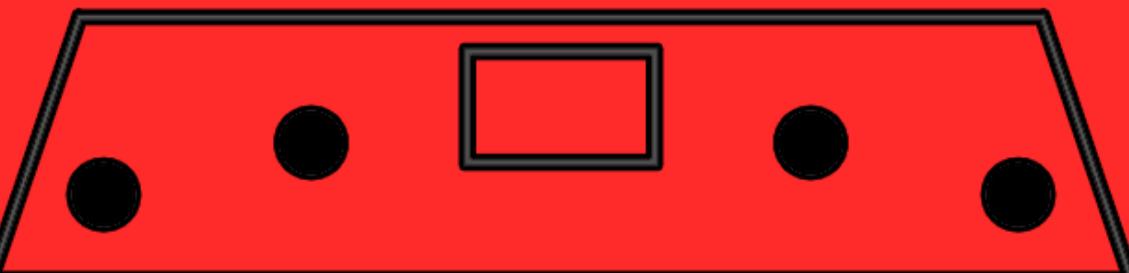




# Gig Buddies



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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breakfast by [bob walker](#) is licensed under [CC BY 2.0](#)



Ashtray by [Thomas](#) is licensed under [CC BY 2.0](#)

“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



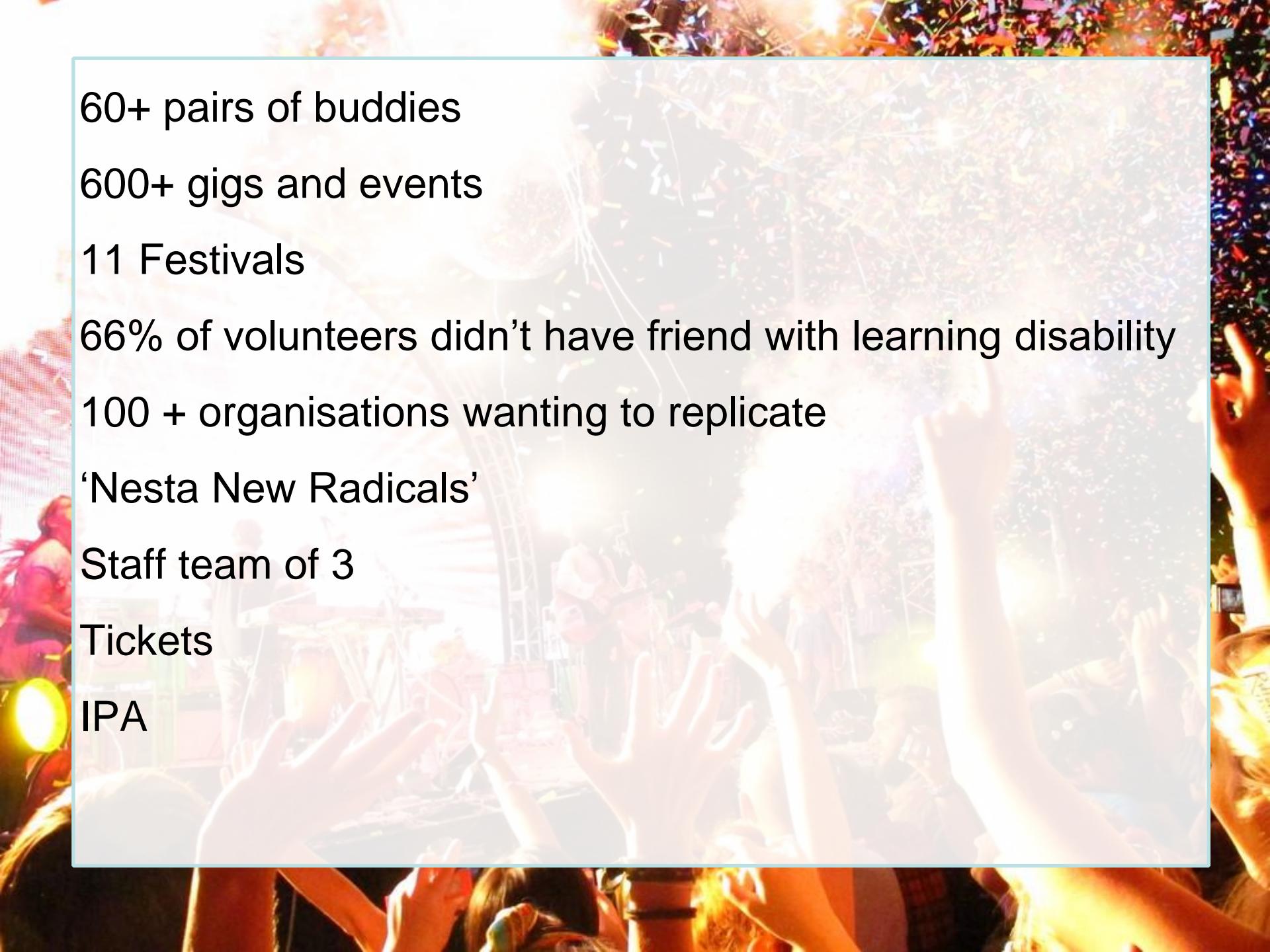


[Metal Brotherhood](#) by [Alessandro Amodio](#) is licensed under [CC BY 2.0](#)





The Flaming Lips @ The Palace Theatre by [remixyourface](#) is licensed under [CC BY 2.0](#)



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'

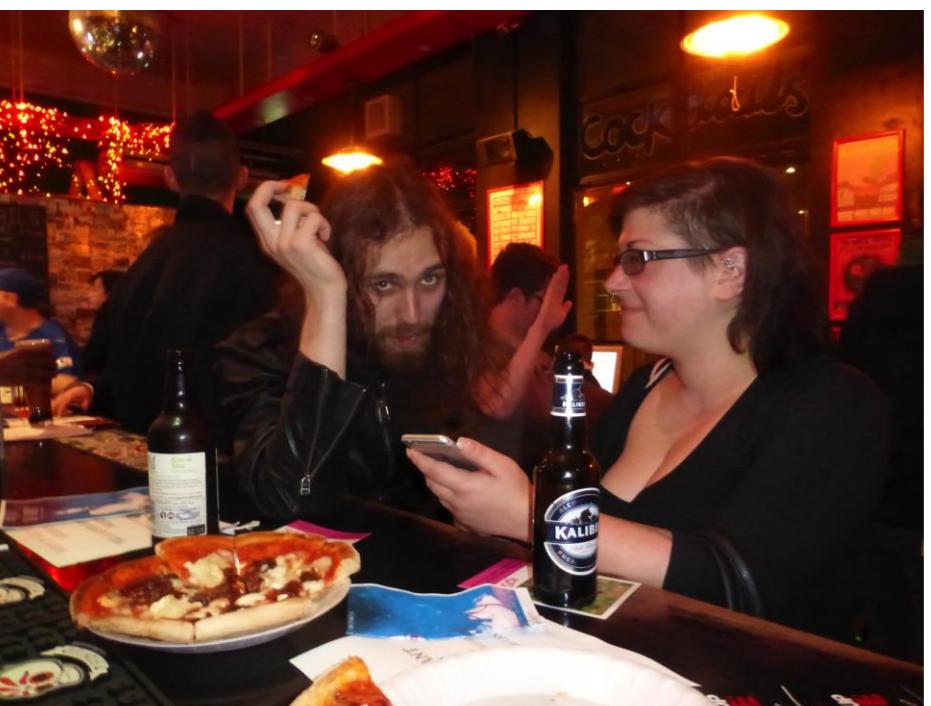
Staff team of 3

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

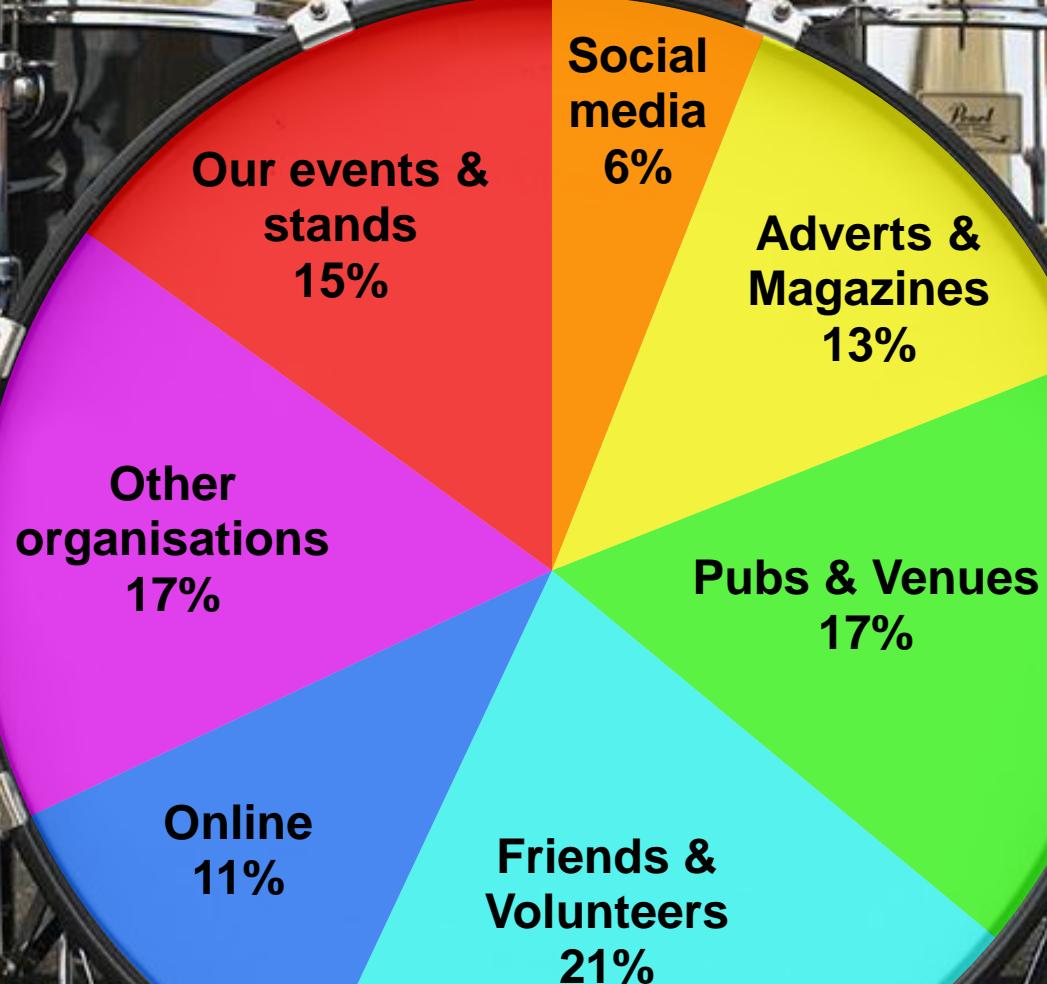
Evaluation report



# Recruiting volunteers



# Recruiting volunteers





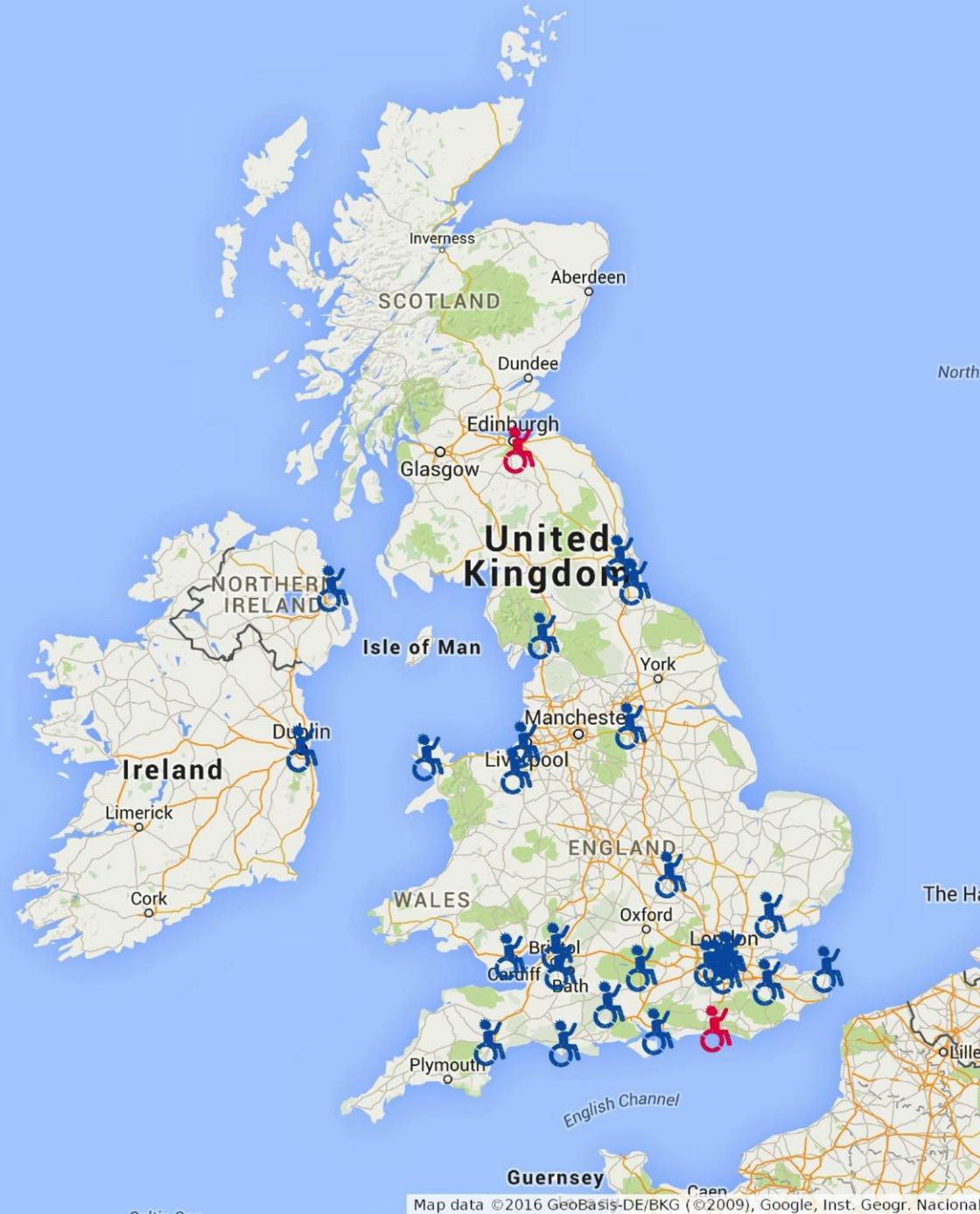
GIG  
BUDDIES  
SOUND PEOPLE



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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