

STAY UP  
LATE

# GIG BUDDIES IN A BOX



# HOW THE GIG BUDDIES LICENCE WORKS

We believe that Gig Buddies needs to reflect your local area. So it will look different in every place we share it.

The licence means you can adapt it to suit the needs of local people and what's going on culturally.

For example, Gig Buddies looks different in a rural area than in a city.



However, four things remain constant, and these are what makes Gig Buddies the project that it is.



## CHOICE

It's about people with learning disabilities being able to choose how they spend their social time and having new experiences.



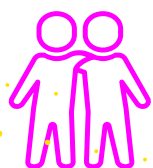
## COMMUNITY

It's also about people with learning disabilities being active and welcome in their communities.



## CULTURE

It's also using mainstream culture as a way of connecting people. Whether that's live music, sport, dancing, plays or anything cultural. It's about not being segregated because of your disability.

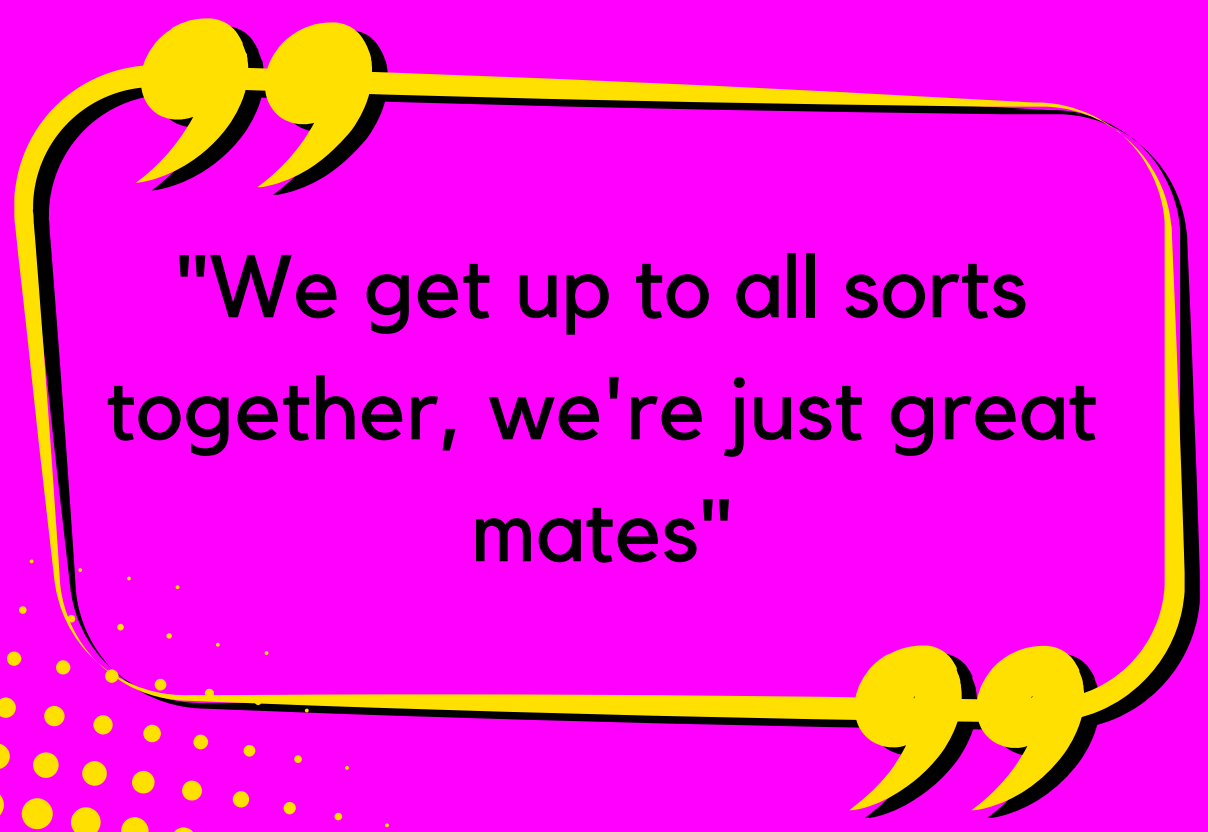


## FRIENDSHIPS

It's about having people in your life who aren't paid to be there. Someone who enjoys spending time with you and using that to create great friendships.



I love having a gig buddy,  
it's changed my life



"We get up to all sorts  
together, we're just great  
mates"

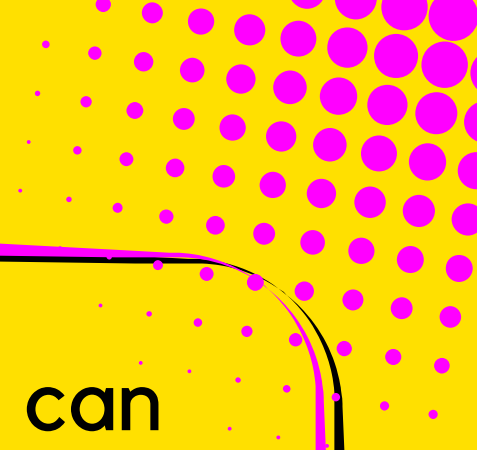
# WHAT'S IN THE BOX?

When you become a Gig Buddies partner we will provide you with our experience of over 10 years in starting the project in Sussex.

This includes:

- Training to run your project locally
- Your project logo and your new project name
- All the materials you will need
  - Volunteer training session plans and presentations
  - All our resources we use to run our project
  - A bespoke website (if wanted – this costs extra)
- You will be joining the community of Gig Buddies projects with our regular Zoom peer-support sessions where we share ideas and experiences
- In-person support from our team to train your co-ordinator
- Facilitation of your first volunteer training session
- Ongoing one-to-one support and advice as needed
- Mentoring and regular check-ins
- Join our annual meet-ups where we collaborate and share ideas

The community of Gig Buddies projects is such a lovely welcoming, friendly and supportive place



It suits me because I can  
volunteer at times that are  
good for me, doing things I  
enjoy doing anyway!



We don't see ourselves as gig  
buddies anymore, we're just  
great friends!



# SERIOUS FUN!

We call Gig Buddies 'serious fun' because it's actually enabling people with learning disabilities to make some real changes in their lives:

## People are less lonely

People are less lonely and have more friends.

## Empowered to make real choices

People are empowered to make more choices about how they live their lives.

## Confidence and skills

People develop new skills and confidence to do other things in the community, not just with their buddy.

## creating allies

Volunteers become aware of the issues facing people with learning disabilities.

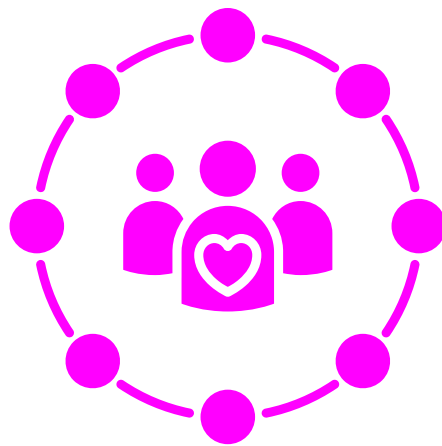
## Building community

Communities become more inclusive through more people joining in mainstream activities together.

# ALL WHILST HAVING FUN!

# WHAT SORT OF ORGANISATIONS CAN RUN GIG BUDDIES PROJECTS?

Our most important requirement is that your organisation shares our values and philosophy. We believe that people with learning disabilities should be part of everyday community life and have the right to a great social life.



We have over 20 partners running Gig Buddies in seven countries. Some are branches of national charities, local charities, support providers, arts organisations and music venues.

Together we have created more than a community; we have become a movement uniting to change life for the better, not just for people with learning disabilities but also for the wider community.



# THE COST

If you are interested in setting up Gig Buddies in your area get in touch, and we can have an initial chat with you to tell you more.

## **Initial 30 minute chat = free**

We will also give you a presentation which you are welcome to share with colleagues locally to generate support

## **Follow-up and initial resources = £250**

At this stage, we will meet with you to answer additional questions you may have, meet with your colleagues and provide a draft budget for running the project.

The budget will also give you an idea of the typical number of buddies you can expect to work within your first years of running the project.

The £250 is deducted from the full licence fee if you proceed to signing the licence to run Gig Buddies in your area.

## **Full licence for first year = £9,000**

We will provide you with training, resources and ongoing support to start up the project in your area using the Gig Buddies name.

Further licences by the same organisation for Gig Buddies projects in new locations will be charged at a discounted rate.

Thereafter = £750 per year





# ABOUT STAY UP LATE

Stay Up Late is the charity that runs the Gig Buddies programme.

## **WHAT WE BELIEVE**

We're a grassroots charity that enables adults with learning disabilities and autistic people to lead active social lives and decide how they want to live their lives.

We work to erode social isolation and campaign to challenge limiting social care practices.

## **OUR VISION**

All people with learning disabilities and autistic people can lead full and active social lives and everything that leads from that. It's not just about the fight for the right to party – it's the right to live the life you want.

We started the Gig Buddies project in Sussex in 2013 and have worked with over 20 other organisations to set up Gig Buddies projects in the UK, Ireland, Australia and New Zealand.

## **NO BEDTIMES**

We also campaign to end inflexible support systems that mean people with learning disabilities can't stay up late, if they want to.

# FIND OUT MORE

Get in touch to arrange an initial 30 minute chat



[info@stayuplate.org](mailto:info@stayuplate.org)



07783 810036

Click on the map to find out where all the Gig Buddies projects are



Gig Guddies™

is a programme created by the charity



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

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