

GIG BUDDIES

Volunteer Handbook



Promoting the right for
people with learning
disabilities to have a
choice about how they
live their lives



Gig Buddies is a project initiated in 2012

by the charity
Stay Up Late UK

In Australia it is an
initiative of
ACL Disability Services

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Gig buddy participant

an adult with a learning disability and/or autism who needs support to attend gigs/events of their choosing.

Gig buddy volunteer

An adult who would like to support someone with learning disabilities and/or autism attend gigs and other social events.

Gig Buddies lingo!

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& social media

Thank you for signing up to be a gig buddy volunteer. It might just be the most fun way you could donate your time whilst supporting someone with a learning disability to attend the events they want to, as well as being a very rewarding experience for you both!

What is Gig Buddies all about?

Going out to see bands, clubbing or catching up with friends is part of everyday life for lots of people. However if you have a learning disability you may need support to do this. We have found that many people with learning disabilities aren't able to lead full and active social lives because their support workers finish their shift at 10pm, meaning many people with learning disabilities leave events at 9pm. We believe that people with learning disabilities have the right to stay up late and have some fun.

What we want

Some support workers don't mind working different hours, but many aren't able to help adults with learning disabilities stay up late because of out-dated policies that many disability organisations have. We want this to change!

To tackle social isolation we want every person with a learning disability to be able to make friends with people in their community and sample new experiences.

How are we going to achieve this?

With your help! By volunteering to support an adult with a learning disability you are not just improving their social life but potentially developing their confidence, helping them try new things and become a happier and more empowered human being!

Why do we need Gig Buddies?

In 2012, Stay Up Late UK commissioned research with the University of Brighton into the barriers that people with learning disabilities face when it comes to going out in the evening.

These barriers included:

- Isolation
- Not being able to get the support they needed
- Not feeling safe out in the community
- Not having the confidence or motivation
- No-one to go with
- Not knowing what was on
- Low income

Part of a volunteers' role is to help their gig buddy overcome these barriers.

What makes being a volunteer different from a support worker? A volunteer, unlike a support worker, is not there as an employed carer but in a more informal befriending role to help someone who may be socially isolated to access social events.

How does it work?

Finding you a gig buddy

When you receive this handbook you may or may not have met your gig buddy as the 'pairing' process may take a long time. Although we make no guarantees when it comes to making a match, please let us reassure you that the Gig Buddies Sydney team are working hard to make sure we find everyone a suitable gig buddy as soon as possible.

How do we match gig buddy participants to volunteers?

Many considerations are taken into account when it comes to making a match. We do not pair gig buddies with volunteers based solely on a mutual interest for a particular genre of music or a passion for a certain singer, for example.

The locality of the gig buddy to the volunteer, along with whether the gig buddy requires assistance from A to B, or if the gig buddy has requested a potential volunteer be of a certain gender or age are all considered when we look at making a potential pairing.

Meeting your gig buddy

A Gig Buddies Sydney team member will arrange and facilitate a meeting between you and your gig buddy at a time that suits you both. We will agree on a mutually convenient place to meet, and a parent or support worker may also attend.

During this 'pairing meeting' we will discuss important things pertinent to you two, such as how you and your gig buddy will get to venues, how you will contact each other and travel to gigs etc.

A Gig Buddies Sydney team member can join you and your buddy at your first gig. After your initial meeting with your buddy we can talk about this.



Your role

What's your role as a buddy?

It is...

- Helping somebody to do new things safely
- Enjoying experiences with somebody
- Helping somebody to develop confidence
- Making a particular commitment – to attend one event a month or more
- Being a friend and getting to know somebody
- Supporting somebody if and when they need it on nights out
- Being an organiser.

It may be...

- Advocating for somebody
- Helping somebody to learn new skills
- Helping to develop somebody's social network, and enabling them to meet new people.

It isn't...

- To mother / father somebody – remember you are working with adults, not children
- Making decisions for somebody without consulting them
- Talking to somebody on the phone more than you feel comfortable with, or overstepping other boundaries
- Being a support worker – e.g. helping somebody with day to day chores
- Dealing with difficult situations or worries without support

As a volunteer we would expect you to take responsibility for your gig buddy as far as reasonably possible. This **may** include making sure they are collected and taken home safely, helping them make safe decisions, and checking that they are enjoying their time out with you. Although you are volunteering your time and the concept of Gig Buddies is to match you with someone with similar interests, please remember you are there to support a potentially vulnerable adult and we would always expect you to put their needs first. Please respect the Gig Buddies Sydney ethos and follow our Code of Conduct to keep up the project's reputation.

Interview with Tim – Gig Buddies Sydney

**Tim was one of the first participants to join Gig Buddies.
We talked about what it is like being a part of Gig Buddies.**



What other things have you been able to do through Gig Buddies?

I have been able to go and see bands and live music in new places that I have never been to.

I have been able to talk to someone other than my family about things, over a slice of pizza.

I have been able to help design Gig Buddies Sydney flyers', posters and help out during social events.

How has Gig Buddies made your life better?

I have been able to go out at night. It's exciting that I get to experience new things. I got to go on stage and help with setting up the bands'

What do you think makes a good gig buddy?

Being friendly. Someone who is happy to have a conversation about similar interests. Someone who can help me plan our outings together.

What doesn't make a good gig buddy?

Not listening or talking to me.

What's the best way to keep in touch?

Calling and talking to me on the phone.

“Gigging”

Organising Gigs

How will you and your gig buddy work out what events you'll attend? How will you communicate with each other prior to going to a gig, and how will you get to the venue?

All of this will be covered during your first meeting. Supported by a staff member from Gig Buddies Sydney, you and your gig buddy will discuss key details relevant to you both.

Your buddy may require the assistance of someone else when it comes to planning evenings out. Therefore, it may be a good idea to talk to a key worker, carer or parent as well.

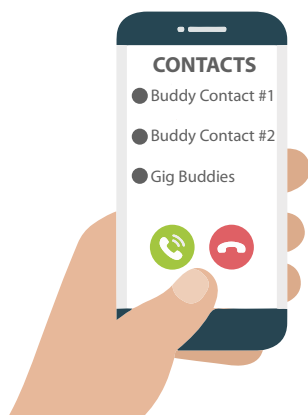
Once you and your gig buddy establish the best way to communicate, work out how you will both plan your nights out. Be creative about how you encourage choice and try not to make all the decisions.

It's usually a good idea to make sure the gig is written into your buddy's planner, or if they don't have one, maybe inform their support worker or family.

Be prepared, you may find these issues come up:

- Your gig buddy is not answering their phone.
- Your gig buddy can't make a choice or commit to any gigs you suggest
- The gig they want to go to is out of their budget

With each issue it's a good idea to flag it up with the Gig Buddies Sydney team. We're at hand to help ensure you have as good an experience as your gig buddy.



Support

Supporting people with a learning disability.

What does 'learning disability' mean?

In Valuing People (2001) they describe a 'learning disability' as:

- a significantly reduced ability to understand new or complex information and learn new skills.
- a reduced ability to cope independently which starts before adulthood with a lasting effect on development.

The disability rights / inclusion movement

Medical Model:

- The most commonly recognised model of viewing disability.
- Says that what is significant about someone is their medical history or their medical condition.
- The technical description of what is wrong with someone is used to determine what they can and cannot do, and what they will continue to be able and unable to do.
- The responsibility for managing a condition rests on the individual.

The disability rights movement developed a new way of looking at disability and came up with the 'social model'. Rather than looking at 'what's wrong' with individuals it looks at how we can all change society so that everyone is included.

Social Model:

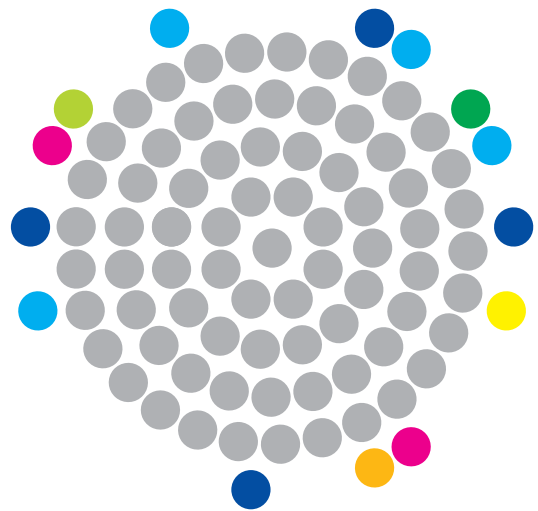
- Developed in the 1960s and 1970s by the emerging disability movement.
- Inspired a number of campaigns for civil rights for disabled people in the 1980s and 1990s.
- Challenging people to give up the idea that disability is a medical problem requiring "treatment", but to understand instead that disability is a problem of exclusion from ordinary life.
- Places responsibility for disability on society, and the environments it creates.
- A disability, according to this model, is not a medical condition, but the stigma, oppression and stereotyping a disabled person experiences as other people encounter them, make assumptions about them, and refuse to alter their own attitudes and practices to include them in their standard thinking.
- Barriers could be incorrect assumptions, reliance on reading written communication or steps into a building.
- Responsibility for removing barriers lies with the people and organisations that create them.

The Social Model and Inclusion

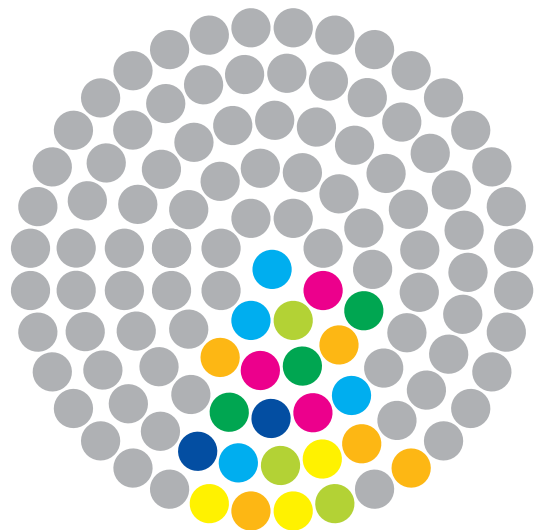
A way of practicing the 'social model' is inclusion. By becoming a volunteer with Gig Buddies Sydney you are facilitating social inclusion.

What is inclusion?

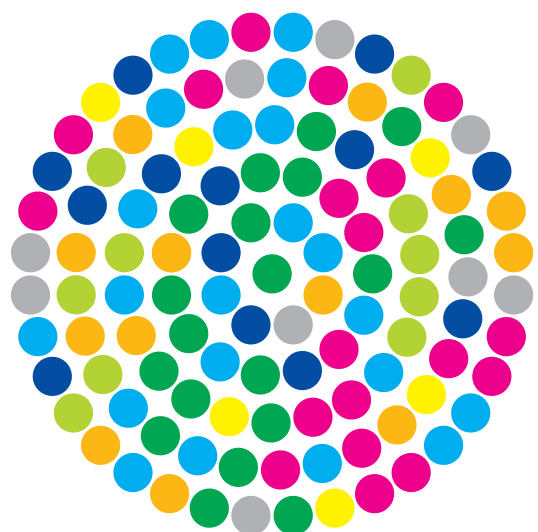
- Making sure that there are no barriers to people being able to take part as a full citizen in society.
- Building communities in ordinary life that include disabled people.
- Putting disabled people's wishes and views at the centre of action.
- Accepting difference as ordinary, not as an excuse to reject or ostracise.
- Not 'blaming' the individual or turning them into the problem.
- Involving everyone in identifying solutions.
- Encouraging co-operative problem solving.
- Removing barriers for others as well as disabled people, that is, it is an equal opportunities model.
- Acknowledging disabled people's rights to full participation as citizens.
- It benefits everyone!
Approximately 90% of Gig Buddies Sydney volunteers' have never interacted with someone who has a learning disability. Hopefully volunteering with the project will help you grow and learn.



EXCLUSION



INTEGRATION



INCLUSION

Be a great buddy

To ensure that we properly include people with learning disabilities, we have to change our expectations, our communication, how we complete tasks and enjoy activities. These are some of the things your gig buddy might need support with.

Attention

- Your buddy may need more time to focus on any request that's being made of them or some warning that things are about to happen or change. e.g. 'We are getting off the bus at the next stop, have you got your bags ready?'
- Your buddy may find their attention wandering – you can either go with this, or gently return to the thing that you're both focusing on.
- Your buddy is more likely to need help and understanding with their attention in a place with lots of noise and activity, or if there are lots of things going on that effect several senses at once.
- It can be harder for your buddy to stay attentive if they can't hear well.
- It may help for you to use a person's name before asking them a question or giving an instruction e.g. 'Sam, it's a good idea to get your ticket out of your wallet now to show the person at the door.'

Perception

- Your buddy may need information from more than one source, for example with easy-read info, so that they can use more than one sense.
- Your buddy may like to experience the same things many times so that they can build up familiarity, rapport and recognition.
- You may need to clarify or breakdown information to help your buddy understand instructions.

Time

- Working out when things are going to happen can be difficult. This can be stressful.
- You can use diaries and calendars to understand time in weeks, days etc.
- You can explain time as a clear sequence of events, e.g. I will arrive at your house at 7pm and we will get the bus together to....to watch the gig that starts at 8pm.'
- Using external events such as television programmes or work schedules can help to mark out when things will happen.
- Use signs, gestures, symbols and pictures to help your buddy understand when things will happen.

Short-term memory

- Your buddy may require understanding and patience if they struggle to remember things.
- You may need to repeat instructions.
- Your buddy may request the same information over and over again, so you may need to repeat it several times.
- If there are things that you want your buddy to remember, you may need to make sure there are not a lot of distractions.
- You may need to make sure that you don't give too much information at once.
- You may need to make sure you don't 'bury' the important things in irrelevant information.
- You may need to use visual cues to help someone's memory.
- You may encourage your buddy to use a diary

or a calendar to help remember.

- You may need to be aware of your vocabulary.
- You may need to repeat what you say.
- You may need to clarify particular things like time, tenses, negatives, numbers, questions, word.

Coping with change

- You need to be prepared that it may take your buddy a while to be comfortable with you.
- You may need to start by going out to a pub or venue that your buddy is comfortable with.
- It may help if you limit the amount of change to small, manageable chunks.
- You may need to discuss the change many times.
- A difficulty in coping with change should never be used as an excuse to deny people access to new opportunities and experiences.

Making things understandable

- It may be harder for your buddy to understand what is spoken, signed or presented in writing.
- You may need to give information a little slower.
- You may need to give short chunks of information at a time.
- Be careful that your jokes, sarcasm or irony is understandable and/or non-offensive.

Communication

Communication

One of the most important things about being a good gig buddy is to be a great communicator.

10 tips on thinking about how you speak

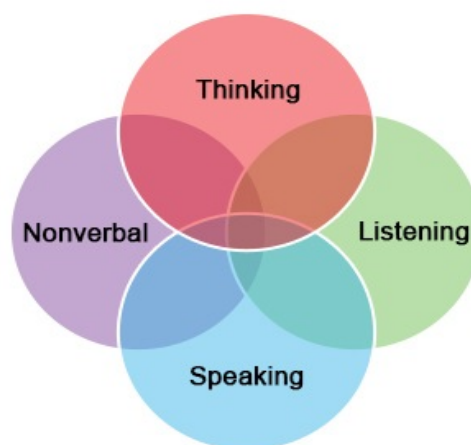
1. Keep words simple and specific to the activity you're doing.
2. Don't be afraid to remain silent if no words are needed.
3. Speak clearly.
4. Use an ordinary intonation – don't use a sing-song voice as this sounds patronising.
5. Never talk to your buddy as though they were a child.
6. Ask open questions if your buddy can respond to them.
7. If your buddy struggles with open questions, ask closed questions.
8. Find things to talk about that interest your buddy.
9. Start a conversation with a comment rather than a question.
10. Bear in mind that none of the above may apply – you need to get to know someone to be a great communicator.

Helping people to communicate well

Checklist to ask yourself:

- Did you get your buddy's attention before you started to speak?
- Are you making eye contact? (If it's wanted)
- What do your buddy's body language and facial expressions say?
- Do your body language, gestures and facial expressions match what you're trying to say?
- Are you giving somebody enough time to respond?
- Has your buddy understood? Do you need to try communicating something differently or repeat yourself?
- Are you giving too much information? (One piece at a time may be good)

The Four Communication Skills



Stay safe

Safeguarding

Safeguarding is a term used to describe protecting people who may be more at risk of being abused. It's about spotting when somebody may be a victim of abuse and knowing what to do in that situation. This is hopefully something that you will never encounter. This is not to say that when you're volunteering you should be constantly assuming that your buddy is a victim of abuse, but to inform you of what abuse is, and what your responsibilities are should you encounter it.

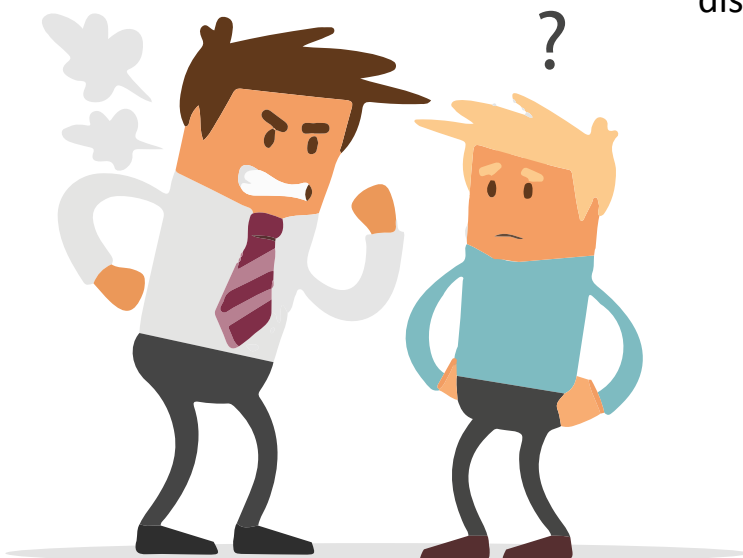
What do we mean by 'adults at risk'?

Although everyone is at risk of being abused, certain people fall into the category of 'adults at risk',

An adult at risk is someone aged 18 years and older who:

- "...is, or may be, in need of community care services by reason of mental or other disability, age or illness and who is, or may be, unable to take care of himself or herself or unable to protect himself or herself against harm or serious exploitation"
- Is eligible for or receives an adult social care service (including carers' services) provided or arranged by a local authority.
- Receives direct payments in lieu of social care needs
- Funds their own care and has social care needs
- Otherwise has social care and or health needs that are low, moderate, substantial or critical

This could be any person who may need extra support with everyday living tasks, and may be unable to protect themselves against harm or exploitation. Adults at risk of abuse include people with a wide range of disabilities and circumstances.



WHAT IS ABUSE?

What's it got to do with me?

An expectation – part of your role as a volunteer is to look out for your buddy's interests and be someone who is interested in their well-being.

A 'moral' duty – we have to act if somebody is experiencing abuse.

A legal requirement of your role as a buddy – legislation has been created so that everyone involved in supporting people with learning disabilities takes on a responsibility for safeguarding; we have to make sure that you know what to do.

Types and the signs of abuse

Category of Abuse Physical
<p>What might this involve?</p> <p>Hitting, slapping, pushing, kicking. Inappropriate application of techniques or treatments. Involuntary isolation or confinement. Misuse of medication.</p>
<p>What are the signs?</p> <p>Any injury not fully explained by the history given. Injuries inconsistent with the lifestyle of the vulnerable adult. Bruises and/or welts on face, lips, mouth, torso, arms, back. Clusters of injuries forming regular patterns of shape or article. Burns, especially on soles, palms or back: immersion in hot water, friction burns, rope or electric appliance burns. Multiple fractures, bleeding. Lacerations or abrasions to mouth, lips, gums, eyes, genitalia. Injuries at different stages of healing. Medication misuse.</p>

Category of Abuse Emotional/Psychological
<p>What might this involve?</p> <p>Intimidation or harassing. Bullying, swearing, humiliating. Insulting shouting or ignoring. Using a patronising or raised voice. Making someone passive and dependent. Intruding on privacy. Deprivation of contact.</p>
<p>What are the signs?</p> <p>Change in behaviour, appetite, sleep disturbance. Low self-esteem deference, passivity and resignation. Unexplained fear, defensiveness, ambivalence. Emotional withdrawal.</p>

Types and the signs of abuse (continued)

<p>Category of Abuse Neglect/Self Neglect</p> <p>What might this involve? Ignoring basic rights to personal care, food, warmth, medical care or social stimulation. Cultural or religious needs not met. Lack of personal hygiene. Ignorance of special conditions.</p> <p>What are the signs? Physical condition of person is poor e.g. bed sores, unwashed, ulcers. Clothing in poor condition e.g. unclean, wet, ragged. Inadequate physical environment, heating, diet. Untreated injuries or medical problems. Inconsistent or reluctant contact with health or social care agencies. Failure to engage in social interaction. Malnutrition when not living alone.</p>	<p>Category of Abuse Sexual</p> <p>What might this involve? Non contact Inappropriate looking. Indecent exposure or harassment. Serious teasing or innuendo. Pornography.</p> <p>Contact Any inappropriate touching or penetration or attempted penetration. Being subject to any sexual act without giving consent</p>
<p>Category of Abuse Discriminatory</p> <p>What might this involve? Verbal abuse Inappropriate use of language Harassment Deliberate exclusion Racist, sexist language etc.</p> <p>What are the signs? Lack of respect shown. Signs of sub standard service offered to an individual. Repeated exclusion from rights afforded to citizens such as health, education, employment, criminal justice and civic status.</p>	<p>What are the signs? Significant change in sexual behaviour or attitude. Pregnancy in a woman who is unable to consent to sexual intercourse. Wetting or soiling. Poor concentration, withdrawn, depressed or stressed. Unusual difficulty in walking or sitting. Torn, stained or bloody underclothing. Bruises, bleeding, pain or itching in genitalia area. Sexually transmitted diseases, urinary tract or vaginal infection, love bites. Bruising to thighs, upper arm.</p>

Types and the signs of abuse (continued)

Category of Abuse Institutional	Category of Abuse Financial
<p>What might this involve?</p> <p>When the rules or regimes of the service are as more important than the individual needs of the people who use it.</p> <p>Poor standards.</p> <p>Inflexible regimes.</p> <p>Lack of personal choice for food, bedtimes, mealtimes.</p>	<p>What might this involve?</p> <p>Misusing or stealing money, bank and pension books.</p> <p>Misusing or stealing personal possessions or property.</p> <p>Forcing changes to a will.</p> <p>Preventing access to money.</p>
<p>What are the signs?</p> <p>Misuse of medication.</p> <p>Restraint: use of furniture or equipment to restrict movement or the withdrawal of mobility aids.</p> <p>Sensory deprivation e.g. denial of use of spectacles, hearing aids.</p> <p>Restricted access to toilet or bathing facilities, appropriate medical or social care, visitors or phone calls.</p> <p>Controlling relationships between staff and service users.</p> <p>Poor professional practice.</p> <p>Lack of privacy, dignity, respect, flexibility, choice, personal clothing or possessions.</p> <p>Inadequate procedures e.g. for medication, financial management.</p>	<p>What are the signs?</p> <p>Unexplained sudden inability to pay bills or maintain lifestyle.</p> <p>Power of Attorney obtained when person is unable to consent.</p> <p>Withholding money.</p> <p>Recent change of deeds or title of property.</p> <p>Unusual interest shown by family or others in person's assets.</p> <p>Person managing financial affairs is evasive or uncooperative.</p>

If you suspect abuse or if someone discloses to you...

DO

- Report it to the Gig Buddies Sydney team as soon as feasibly possible
- Keep the person safe – call emergency services if necessary
- Listen to and reassure the person

DON'T

- Ignore the person, or make your own judgements or assumptions
- Gossip or talk to others about the situation
- Challenge the alleged perpetrator
- Do nothing
- Promise to keep it a secret
- Investigate – somebody else will
- Ask leading questions
- Exaggerate the claim

Support for Volunteers

- Take your buddy's emergency contacts out with you.
- Call or email the Gig Buddies Sydney team if there is something that you'd like to discuss.
- Every 6 months we will send you a volunteer questionnaire to find out how things are going.
- If you require urgent assistance, or have any issues, text or call a Gig Buddies Sydney staff member.
- Connect with Gig Buddies Sydney online via our blog, Facebook, Twitter, Instagram and LinkedIn pages.

Confidentiality

The key things to consider about confidentiality

RESPECT Never talk about your buddy in a way that you wouldn't feel comfortable with them hearing (imagine your gig buddy is sitting next to you whenever you speak about them).

WHAT'S THE SITUATION? If it's about money or health, this is probably not something that you should share with anyone other than Gig Buddies Sydney staff. With other sensitive information always get your buddy's verbal permission before sharing.

WHY ARE YOU SHARING? If it's to gossip about your buddy, then you shouldn't be sharing things.

DO YOU NEED SUPPORT AND ADVICE? If so, you should discuss the situation with the Gig Buddies Sydney team, not with other people.

ALWAYS get your buddy's permission before you give out any personal information about them.

Respect/Diversity

It's likely that you'll find out things about your buddy's background and identity, such as information about their disability and health status, their religion, sexuality, ethnicity or nationality, or other things pertinent to their lifestyle.

Boundaries

What do we mean by boundaries?

Time

You have made a once or twice a month commitment – you need to ensure you and your buddy respect this boundary. If, or when, you go to extra gigs mention that you won't always be able to do this. If you can't make a gig one month be courteous and let your gig buddy know.

How we act with each other

Always tell somebody if you do not feel comfortable with how they are behaving or speaking to you. Read your buddy's body language to find out if they don't like being touched on the shoulder / hugged to say bye etc.

Responsibilities

If you find that you're getting too involved in your buddy's life let the Gig Buddies Sydney team know.

Contact

You will need to give your buddy a phone number so they can communicate with you.

You may find that your buddy communicates with you more than you feel comfortable with: if you feel like this is happening, speak to the Gig Buddies Sydney team as soon as possible.

When you finish volunteering it may be a good idea to plan whether you will have any contact with your buddy.



Dealing with tricky scenarios at a gig

Sometimes things don't go to plan, like anything in life! The best way to deal with this is to prepare for problems.

REPORT ANY INCIDENT, ACCIDENT OR NEAR-MISSES AFTERWARDS – Call a staff member.

During your first meeting you will also be given a risk assessment form for both you and your buddy to sign.

If you are doing anything completely different from a gig that may have other risks, inform the Gig Buddies Sydney team in case we need to risk assess the activity.

SCENARIO	HOW TO PREVENT IT!	HOW TO DEAL WITH IT!
Your buddy gets drunk	<ul style="list-style-type: none"> You could say that because you are not drinking much, you would prefer that they don't get drunk either. You could tell your gig buddy that they may feel unwell should they drink too much. Ultimately, drinking is somebody's choice – so you can't prevent it! 	<ul style="list-style-type: none"> Encourage them to drink water. If you need to take a taxi home, inform your buddy that they may have to pay for the taxi next time. If it's an emergency – call your emergency number. Let a staff member know.
Your buddy has a seizure	<ul style="list-style-type: none"> You should have be briefed by GBS, family or support worker in dealing with epilepsy if your buddy has epilepsy. 	<ul style="list-style-type: none"> Call emergency services. Refer to risk management. Otherwise, call your buddy's emergency number.
You are not allowed into a venue, for reasons related to discrimination	<ul style="list-style-type: none"> Not your responsibility to prevent! 	<ul style="list-style-type: none"> Explain calmly to the venue person that this is a case of discrimination, and you will be making a complaint. Explain to your buddy that they should not have been treated that way, that it is a serious issue and you will support them to make a complaint if they would like to. Go to a pub, out for a drink, or do something else that's fun. Let a staff member know what has happened.
You lose your buddy in the venue	<ul style="list-style-type: none"> When you first come into a venue agree on a place to meet if you lose each other. When you go to the toilet, or if you have to leave for another reason, agree on a place that your buddy will wait (this doesn't have to be patronising). Take note of what clothes they're wearing just in case you have to give a description. 	<ul style="list-style-type: none"> Ring your buddy. Check the toilet / obvious places! Talk to a staff member – ask them to make an announcement – show them your ID card. Ask the staff member to ask as many staff members as possible to help you look for the person. If no luck, presume that your buddy has left the venue (see below)
You lose your buddy and they appear not to be in the venue	<ul style="list-style-type: none"> As above 	<ul style="list-style-type: none"> Stay Calm. Call your buddy's home to see if they have heard from them. Call Gig Buddies Sydney. Stay at the venue in case they return. Call Emergency Services.
Your buddy is taken ill	<ul style="list-style-type: none"> Consider whether to cancel a night out if they are not well. 	<ul style="list-style-type: none"> Get a taxi home or drive your gig buddy home

Dealing with tricky scenarios at a gig

SCENARIO	HOW TO PREVENT IT!	HOW TO DEAL WITH IT!
Somebody is mocking your buddy indirectly (perhaps sniggering / saying things behind their back.)	<ul style="list-style-type: none"> Not your responsibility to prevent! 	<ul style="list-style-type: none"> Politely inform the person that their behaviour is unacceptable, or just move away. Try to gauge whether your buddy is upset, and offer them reassurance. Think about whether it would be empowering for your buddy to challenge the person, or whether it would just be upsetting.
Your buddy refuses to go home.	<ul style="list-style-type: none"> Explain the time that the gig will end and explain that you will be going home at that time. 	<ul style="list-style-type: none"> Remind your buddy of the next night out that you will be having. Edge towards door. Get them to think about why you need to leave. Call their home for advice if they refuse to move. Try to talk to them about why they don't want to go home (remember safeguarding training). Talk about how you could support them if they are not happy with their home (advocacy). Take a taxi if it will help.
Other people at the venue buy your buddy lots of drinks, leading to him/her getting drunk.	<ul style="list-style-type: none"> Explain that you will have to get your friend home, and it may be harder to stay until the end if your friend is really drunk. 	<ul style="list-style-type: none"> Move away.
Your buddy runs out of money.	<ul style="list-style-type: none"> Make sure that you are clear with your buddy, and if necessary their carer, how much transport, tickets and drink(s) will cost. Check that they can afford to go out. Remind them to take enough money when you pick them up. 	<ul style="list-style-type: none"> Ask them if they would like to go somewhere cheaper next time. Explain what happened to a carer, or contact a staff member, afterwards.
People 'talk down' to your buddy.	<ul style="list-style-type: none"> Model a good way of communicating for members of the public to see. 	<ul style="list-style-type: none"> Continue to model a good way of communicating in front of the member of the public.
Your buddy spends more money than they can afford on merchandise or drinks when they're out.	<ul style="list-style-type: none"> Encourage them to take what they need out. 	<ul style="list-style-type: none"> Ask them if they can afford what they're buying. Next time you pick your buddy up to go out, suggest that they only take what they need.
Your buddy misses the toilet.	<ul style="list-style-type: none"> If this is a risk, you should be briefed – in which case remind your buddy. 	<ul style="list-style-type: none"> Don't make a big deal out of it.
Your buddy is being abusive to other people at the gig (not to be mistaken with just being loud / swearing etc ... this is potentially fine)	<ul style="list-style-type: none"> Check that your buddy is happy and comfortable. Politely challenge people who are being rude. 	<ul style="list-style-type: none"> Tell your buddy that you feel uncomfortable with what they are saying / doing. Apologise to members of the public. Inform your buddy that you will both have to go home if they are making people feel upset.

Get involved!

SOCIAL NETWORKING

Reviewing gigs and social media

Gig Buddies Sydney website www.gigbuddiessydney.org

Gig Buddies Sydney has its own 'what's on' link, accessible via our website:

Twitter @gigbudssydney

If you're on twitter let the world know about the events you and your gig buddy have attended.

If you have enough remaining characters include our hash tag: #gigbudssyd

Facebook page

Please 'like' Gig Buddies Sydney, and feel free to write comments or share photos about your gigging

Instagram #gigbudssydney

Follow gig_buddies_sydney and tag us in your photos using the hash tag #gigbudssydney

Gig Buddies Sydney blog

To receive the latest Gig Buddies Sydney news head to our website and sign up for our weekly newsletter

Other social media

We can also be found on **LinkedIn** and **YouTube**

If you would like us to upload your videos or photos, email us at:

info@gigbuddiessydney.org



Social Media Disclaimer

ACL Disability Services and Gig Buddies Sydney social media house rules

When it comes to our social media outlets (Facebook, Twitter, LinkedIn, YouTube and the ACL Disability Services and Gig Buddies Sydney blogs), we encourage visitors to publish content and/or personal opinions and/or respond to existing content posted, and we strive for open debate. We do not take decisions on moderating content lightly, but we will remove any posts that do not adhere to our house rules and block anyone who chooses to break them repeatedly. We will remove posts containing:

- Inaccurate, misleading or inappropriate statements about ACL Disability Services and/or Gig Buddies Sydney, its products and/or its people including staff, clients, volunteers, participants or associates.
- Abusive, defamatory, offensive or hateful comments regarding race, ethnicity, religion, gender, disability, sexual orientation or political beliefs.
- Discussions of illegal activity or unlawful information.
- Trolling of or instigating deliberately disruptive discussions about ACL Disability Services and/or Gig Buddies staff, clients, volunteers, participants or associates.
- Violations of any intellectual property rights.
- Spam or suspicious links e.g. phishing.
- Malicious content.

In the name of open debate, we ask that visitors also be aware of the following:

Visitors' posts on the ACL Disability Services and/or Gig Buddies Sydney blog, Facebook, Twitter, YouTube or LinkedIn pages may not necessarily reflect the opinions of ACL Disability Services and/or Gig Buddies Sydney, nor does ACL Disability Services and/or Gig Buddies Sydney confirm their accuracy.

As this is a public forum and participation is voluntary, by posting on the ACL Disability Services and/or Gig Buddies Sydney blog, Facebook, Twitter, YouTube or LinkedIn accounts you grant ACL Disability Services and/or Gig Buddies Sydney the right to use any posted content in any way and in any media without any legal or monetary obligation to the author.

Help us keep it suitable for all audiences. If you think that a post has broken any of our house rules, contact us at info@gigbuddiessydney.org

Notes

You can find us on:

Facebook - www.facebook.com/gigbuddiessydneyNSW

Twitter - www.twitter.com/gigbudsydney - @gigbudsydney

Instagram - www.instagram.com/gig-buddies-sydney

@gig_buddies_sydney

#gigbudsydney



CONTACT US!

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Gig Buddies Sydney is an initiative of

