# Transcript – A night out with Gig Buddies

Matt: We're here at Sydney Aquarium for the Gig Buddies Sydney Christmas in July silent disco event.

Tonight we brought together a great number of buddies and volunteers all here to rock out.

Gig Buddies tackles social isolation for adults with mild to moderate learning disabilities.

If you have a disability, you're prone to either go out with, say, mum and dad or a support worker.

We want to change that because there's nothing worse than going to a gig with mum and dad.

Hannah: This is Katie. She's just so much fun to be around. It's never a dull moment.

Reema: The silent disco through the aquarium has been really fun so far.

Tayla: Wearing the cool headphones, listening to the tunes, seeing all the sea creatures.

Brendan: Gig Buddies has a good impact on the buddy and the volunteer. We both get to meet new people form new friendships.

Jack: Gig Buddies has changed my life in an extremely positive way. I really can't imagine my life without Gig Buddies right now. I get so much out of it.

Hannah: Doing Gig Buddies has just made me be a lot more outgoing and experiencing all of these amazing things that I wouldn't be able to do by myself.

Matt: We've paired over a hundred buddies. So that's a hundred people now who were prone to social isolation but are now partaking in mainstream activities.

And I think there's so many who have really come out of their shell as a consequence of meeting their volunteer. It's fantastic.

Hannah: I really like Gig Buddies because…

Katie: I get to meet some amazing people.

Jack: It's introduced me to a world of new things.

Brendan: I get to try new experiences I wouldn't have otherwise.

Hannah: Meeting new people that I never would get to do by myself.

Matt: It demonstrates proper inclusion.