



About Gig Buddies for Good Mental Health

Gig Buddies for Good Mental Health (or GBMH) covers Brighton & Hove and the immediate surrounding area, and matches adults experiencing Mental Health challenges with a volunteer who has similar interests, to go to events together that they both love.

The project is run by Synergy Creative Community CIC, and is in partnership with local charity Stay Up Late, who currently runs Gig Buddies for adults with learning disabilities. Stay Up Late's Gig Buddies project has been so successful we would now like to bring Gig Buddies to a wider audience of people who would benefit from the activities on offer.

The idea behind GBMH is to enable people experiencing Mental Health needs to enjoy all the great things going on in their community, especially live music. You can find out more about the Gig Buddies model, and the work of our partner organisation Stay Up Late here

www.youtube.com/watch?v=WSRHeWIEKUQ

Peer support in action

Our many years of experience at Synergy Creative Community working with vulnerable adults in peer-led settings has shown the immeasurable impact of peer support on group and individual well being, as well as recovery.

We therefore believe in putting participants at the forefront of our service, and will be running regular GBMH advisory group meetings and socials, where we will gather feedback, ideas, and get together to do something creative.

The GBMH project will also recruit volunteers who have themselves overcome mental health challenges in the past, as we believe individuals with lived experience of Mental Health issues are hugely equipped to help and support others to do the same.

Gig Buddies for Good Mental Health, volunteering made easier

The project aims to make volunteering easier for people in and around Brighton & Hove, by enabling volunteers to go to gigs they'd be going to anyway, but whilst accompanying someone with Mental Health needs.

This means they'll be sharing their passions with each other and be able to fit their volunteering around their other commitments.

No particular experience or skills are required, other than being friendly with a good sense of humour! Training and support is provided, and all volunteers are police checked to ensure we are all thinking about the safety of the people we support.

Volunteer expenses are covered up to £10, and there are a number of opportunities to get free gig tickets with certain venues and promoters locally. Luckily since Brighton is such a thriving music hub there are also plenty of free and low cost gigs going on already!

How Gig Buddies works

Each participant is matched to one volunteer by a GBMH project worker. Pairs are matched according to common interests and musical tastes. Gig buddy pairs then meet, plan what they'll do together, and get together for a minimum of once a month to go to a gig, concert, club night, art gallery, or other cultural event.

GBMH is a project for people who live in Brighton & Hove, and the immediate surrounding area, and is designed for individuals with mild to moderate mental health needs, who are able to live fairly independent lives but need an extra bit of support, social engagement and fun! Unfortunately we are unable to support people with longer term, severe and enduring Mental Health issues at this time.

Upcoming activity and project launch

The project launch party will be on Wednesday the 10th April at The Rose Hill Music and Arts Hub in Brighton (see details below), and will bring together GBMH pairs as well as people from other Gig Buddies project across Sussex. We hope to have some of our gig buddies performing on the night!

We'll also be running the first round of volunteer training on Saturday the 13th April between 10.30am and 3pm, and will be matching our first GBMH pairs soon after.

If you would like to become a gig buddy volunteer or participant, or refer someone you think would benefit, please get in touch using the details below.

info@gigbuddiesmentalhealth.org.uk

GBMH, Synergy Creative Community

c/o Community Base, 113 Queens Road, Brighton, BN1 3XG

Phone: 07877 574212

Find out more about the project at our website.

www.gigbuddiesformentalhealth.org.uk

You can also like, share or follow us here!

www.facebook.com/GigBuddiesMH/

<https://twitter.com/GigBuddiesMH>

<https://www.instagram.com/gigbuddiesmh/>

Launch party details:

A night of live music and magic! Come and find out more about the project and how you can get involved.

Wednesday 10th April 7.30-10.30pm at The Rose Hill, 70-71 Rose Hill Terrace BN1 4JL.

Tickets £2 on the door, or free in advance. We will be running an open mic on the night.

If you'd like to book an open mic slot, or reserve your free advance ticket please email Liz at info@gigbuddiesmentalhealth.org.uk, or call 07877 574212.

<https://www.facebook.com/events/2135799723167727/>

