



About Volunteering with Gig Buddies for Good Mental Health

Gig Buddies for Good Mental Health is a befriending service that matches volunteers with someone experiencing mental health issues, to go to gigs and events together.

You could help someone with mental health challenges to feel less isolated, and to enjoy the things you love.

No particular experience or skills required, other than being friendly with a good sense of humour!

You don't need to commit much of your time, and could be volunteering whilst at gigs and events you would be going to anyway! Gig buddy pairs meet for a minimum of one or two times a month, and volunteer expenses are covered.

All volunteers are police checked and receive training and support to ensure we are all thinking about the safety of the people we support.

To find out more and get an application form, please email Liz at info@gigbuddiesmentalhealth.org.uk