



What's the process to start volunteering with Gig Buddies for Good Mental Health?

1. You fill in an application form (see below) and email it back to us. If we aren't currently looking for gig buddy volunteers in your area, we'll keep your application and let you know when a position becomes available.
2. If your application is successful, you'll meet a project worker for an informal interview.
3. You need to complete a DBS check (formerly CRB), which a project worker will do with you.
4. You attend training to get you ready for gig buddying.
5. Meanwhile, we'll think about the best match for you as a gig buddy.
6. We'll introduce you to your gig buddy, and maybe their carers, family, support workers or friends.
7. A project worker may come along on your first gig with your buddy to give you both extra support.
8. Then you start volunteering for Gig Buddies – it's up to you to plan and enjoy fun evenings out with your gig buddy!
9. The GBMH team will be on hand to support you when you need it