



## 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 created the original Gig Buddies model for adults with Learning Disabilities. 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.

## How the project works

We match each participant to a volunteer, and 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.

## 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 peoples' 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 take on volunteers who have themselves overcome Mental Health challenges in the past, as we believe individuals with lived experience are hugely equipped to help and support others to do the same.

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.

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Find out more, like, share or follow us here!

Website: [www.gigbuddiesformentalhealth.org.uk](http://www.gigbuddiesformentalhealth.org.uk)

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