



What happens when you sign up to be a Gig Buddy?

1. Finding out about Gig Buddies for Good Mental Health

Either through a leaflet, family member, friend, social worker, or service. Participant sends an application in.

2. Referral meeting

An informal meeting with one of our team. We'll talk about your musical preferences, or what your 'gig' is, whether that be music, art, sports or other activity. We'll also talk about your support needs, and get to know you a bit. You are welcome to bring someone along with you to the meeting.

3. Finding a volunteer for you

We will aim to find you a volunteer who shares your interests.

4. When we've found a match for you

We will contact you when we think we've found a good match, and will ask you if you think it's a good one.

5. Meeting your new gig buddy!

You will have a match meeting where you will be introduced to your new volunteer buddy. One of our team members will be with you at your first meeting, to introduce you to each other and help you to get to know each other better. Again, you are welcome to bring someone with you if you like.

6. Going to your first gig

You and your gig buddy will arrange and go to your first 'gig' together, and we will be in touch to see how it went.

4. It's over to you and your gig buddy

This is where the fun starts and the friendship starts to grow. You will meet with your gig buddy at least once a month to go out to a gig, cultural event or activity.

5. Checking how it's all going

We will check-in by phone with you to see how things are going after 1 month, 3 months, 6 months and 9 months. We are also happy to keep in touch after this.

6. Got any questions about anything?

If you have any questions or problems we are always happy to speak with you.

Contact details:

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