

What do we mean by boundaries?

In all friendships we need boundaries so that we all feel comfortable and happy.

Time

- ⊗ Volunteers make a commitment to go to a gig once or twice a month for a year – all gig buddies should respect this boundary.
- ⊗ Do not pressure your gig buddy into going to more gigs, or make them feel bad if they can't. Remember, your buddy is a volunteer and not a support worker.
- ⊗ If you feel your buddy is not coming with you to enough events, or not responding to your calls or emails, please contact your local Gig Buddies staff member.
- ⊗ Make sure you give your buddy enough time to plan for going out.
- ⊗ If you can't make a gig, let your gig buddy know.

Contact

- ⊗ Your buddy may have a full time job or be very busy, and may not be able to reply straight away. Please find out when is the best time to message or talk to them.
- ⊗ Please give your buddy time to respond to your text messages, emails and voice messages. If you do not hear back from them, please let us know.

Social Media

- ⊗ Please check with your buddy (or other people) if they are happy for you to contact them, add photos or tag them in Facebook, Twitter or Instagram.

How we act with each other?

- ⊗ Always tell somebody if you do not feel comfortable with how your buddy is behaving or speaking to you.

Your Gig Buddy is a friend, not a support worker.

- ⊗ Your Gig Buddy volunteer is a friend who you can go to events or go out with once a month. Please don't ask them to help you with other things like shopping, cleaning or driving you to places.

Money

- ⊗ Your buddy can help you with your money, but cannot give you money.

If you have questions about our boundaries, contact your local Gig Buddies coordinator or email us at gigbuddies@thera.co.uk