

 **A Gig Buddies with Thera Trust Volunteer's role is:**

- Being a friend and getting to know someone well.
- Being an organiser.
- Making a particular commitment - to attend one event a month or more.
- Helping somebody to develop confidence.
- Helping somebody to try new things safely.
- Enjoying experiences with somebody.
- Supporting somebody if and when they need it on nights (or days) out.

 **A Gig Buddies with Thera Trust Volunteer's role may include:**

- Helping somebody to learn new skills.
- Advocating for somebody.
- Helping to develop somebody's social network, and enabling that person to meet new people.

 **A Gig Buddies with Thera Trust Volunteer's role is not:**

- Talking to somebody on the phone more than you feel comfortable with, or overstepping boundaries.
- To mother or father somebody.
- Being a support worker. For example, helping with daily chores.
- To make decisions for someone without consulting them first.
- Dealing with difficult situations or worries without support (the Gig Buddies Team are always ready to help).