










As a Gig Buddies member, there are many ways you can get involved with the project and lots of ways you can have your say and contribute to what we do.

You have a right to:

-  Have a say in what help you get from Gig Buddies
-  Have a say in how Gig Buddies helps other people
-  Tell us what you think about the Gig Buddies project and how we can do things better
-  Have a say and get involved in what we do

Ways to get involved:

-  Ask to be posted/emailed our newsletter.
-  Come along to Gig Buddies with Thera social events.
-  Tell us what you think online, in person, or when you fill out one of our evaluation surveys.
-  Attend Gig Buddies with Thera members meetings online and in person.
-  Contact the Gig Buddies with Thera staff team to talk about what you can do.