



**GIG  
BUDDIES**

**MEMBERS GUIDE**





## WHAT IS GIG BUDDIES?

Gig Buddies is a project that enables people with additional support needs to get out to more events they love. We do this by pairing members to like minded volunteers who share the same interests. This could be music, theatre, cinema, sport, it's whatever your 'gig' is!



Gig Buddies is all about having more people in your life who aren't paid to be there. Once you've got a Gig Buddy, you'll get out roughly once a month with them to enjoy your shared passion together. We encourage our buddies to develop their relationship in whatever way they feel comfortable with.



**'LET'S GET TOGETHER  
AND FEEL ALRIGHT.'**

We also love getting out as a group and discovering new things. This could be anything from an unknown band in a grassroots indie venue, to a national orchestra at the worlds biggest arts festival. What ever it is, we love it live! We run two group social events every month in each area we work in. We try our best to make these a wide variety of events so that we're always introducing our members to new experiences. We've have a lot of partner venues and organisations that enable us to offer great oportunities to our members. You can read more about them later on in this guide.

**'GIG BUDDIES IS THE BEST THING THAT'S  
EVER HAPPENED IN SCOTLAND'**

**- DON, GIG BUDDIES MEMBER**

It's completely free to be a Gig Buddies member. Once you sign up, we'll start looking for a volunteer to match you with, and you'll get regular updates to all social events happening in your area.



<sup>6</sup> LAZING ON A  
SUNNY AFTERNOON!

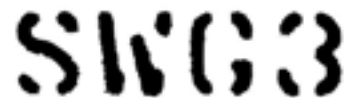
## WHERE DO WE WORK?

This is a guide to Gig Buddies projects run by the Thera Trust. We currently work in Edinburgh, West Lothian, and Glasgow. If you're not in one of these areas, there might be a Gig Buddies project local to you run through another organisation. Go to [www.gigbuddies.org.uk](http://www.gigbuddies.org.uk) for the full list of Gig Buddies projects.



# OUR CURRENT PARTNERS

We love offering our members new and exciting experiences. We work with a wide range of venues and arts organisations to be able to get our members out to some of the biggest and best events in the country. Here's a list of all our current partners. The next few pages tell you how we work with a few of them. To find out more about all our partners, head over to our website at - [thera.co.uk/projects/gig-buddies-scotland](http://thera.co.uk/projects/gig-buddies-scotland)



# PARTNER SPOTLIGHT



Purple Orange in Bathgate, and Sneaky Pete's in Edinburgh are independent music venues. They enable us to do what Gig Buddies was created for... to get out to more gigs!



**'I'D NEVER BEEN TO SNEAKY PETE'S BEFORE. IT WAS A NICE VENUE AND THE STAFF WERE REALLY FRIENDLY'.  
- RICHARD, GIG BUDDIES MEMBER**

We regularly hold socials at venues like these where we will encourage members to get together and discover a new band. We also work with these venues to help improve the access information they give to the public.

Some of our music venue partners also offer deals and benefits to Gig Buddies members. Your local project coordinator can tell you what venues offer what benefits.





# PARTNER SPOTLIGHT

The Edinburgh Festival Fringe is the biggest arts festival in the world. Every year they support us in being able to get our members out to as many shows as possible. We love the festival and always send out a Festival Guide and Gig Buddies Festival Social calendar in July, giving our members plenty of time to plan their month of events. As well as running many socials free of charge, we often have a lot of ticket vouchers to give away. This means people can easily get out to see a show with their Gig Buddy, friends, or family.



The Edinburgh Fringe Festival is one of the busiest times for us and it also gives us the opportunity to try some huge events. In 2019 we held a 20 hour fringe marathon called 'Fringing 9-5'. We got out to the festival from 9am - 5am, seeing 6 shows and clubbing until the early hours of the morning.

FRINGING NINE TO FIVE



# JOIN US ONLINE

During the Covid-19 Pandemic we created Gig Buddies Virtual Insanity and started hosting regular online socials for our members to meet other people and continue living an active social life. We still run regular online socials and you can access these by becoming a Gig Buddies member.



**Gig-Buddies Thera-Coordinator**

Friend

28 mutual friends



**Gig Buddies with Thera Members  
Group**

Private group · 188 members

This is a private group for Gig Buddies with Ther...

2 unread posts

Member since March 2020

Visit

For Gig Buddies members, and volunteers, we've created a private facebook group that you can be added to so that you can access all of our online events. You can find this on Facebook by searching for 'Gig Buddies Scotland Members Group'. In order to be added to the group, you will need to click a button asking to join and answer some short questions.

All Zoom links for socials are posted in this group, and it's a great place to share any Gig Buddies related news you have!



# MEMBER FAQ

## Who can become a Gig Buddies member?

If you are over 16 years old and have a learning disability or autism then you can become a Gig Buddies Member.

## Is Gig Buddies just about music?

No. Gig Buddies can be about whatever you're interested in. This could be music, sport, theatre, cinema...  
It's whatever your 'gig' is!

## How long will it take to get a Gig Buddy?

Unfortunately we don't know how long it will take to find you a buddy. We want to find the right person, and that can take time. As soon as you sign up we start looking, it just depends on what volunteers we have available and if they match your interests. Even if you don't have a buddy, anyone can come along to our group socials.

## Are Gig Buddies volunteers trained?

All of our volunteers have all the relevant training to support you to the events you want to go to. We also provide our volunteers with a full PVG/DBS check.

## How do I become a member?

Simply get in touch with your local coordinator. They will then arrange a time to meet up with you. Their contact details are on the next page.

# 'WHY DON'T YOU LEAVE YOUR NAME AND YOUR NUMBER, AND I'LL GET BACK TO YOU.'

Check us out on social media, or get in touch with your local  
Gig Buddies contact. We'd love to hear from you!



Gig Buddies with Thera Trust



@GigBuddiesThera

[www.thera.co.uk/projects/gig-buddies-scotland](http://www.thera.co.uk/projects/gig-buddies-scotland)



Sam Maggs - Project Manager  
Edinburgh Coordinator  
Samuel.maggs@thera.co.uk  
07738486001



Gig Buddies Edinburgh



Debbie Forsyth -  
West Lothian Coordinator  
Debbie.forsyth@thera.co.uk  
07921289625



Gig Buddies West Lothian



Molly Tavella -  
Glasgow Coordinator  
Molly.tavella@thera.co.uk  
07711388420



Gig Buddies Glasgow



 **GIG  
BUDDIES**  
With **Thera Trust**

