



10th ANNIVERSARY FUNDRAISING GUIDE

**HELP US MAKE THE ORDINARY...
ORDINARY.**



Raisely



Registered with
**FUNDRAISING
REGULATOR**

HERE'S TO 10 YEARS OF MAKING THE ORDINARY... ORDINARY.



JOIN OUR CELEBRATIONS

Throughout 2026 Gig Buddies with Thera Trust will be celebrating our 10th year as a project! That's 10 years of enabling adults with a learning disability and autistic adults to live active social lives, expand their social networks, and get out to more gigs with more people and more confidence.

We want to celebrate this amazing milestone with as many people as possible, and make sure we can keep doing what we do for another 10 years. We'll be marking the anniversary with our own fundraising events throughout the year, but we'd love to see people across the community get involved in their own celebrations.

This guide features some ideas for your own fundraising, instructions on how to set up your own fundraising page, as well as some information on what fundraising for Gig Buddies means for the people we support.



[Donate to our birthday fundraiser here!](#)



MY GIG BUDDY GAVE ME A SOCIAL LIFE THAT I DIDN'T HAVE.

- MICHELLE

WHY FUNDRAISE FOR GIG BUDDIES

Gig Buddies enables adults with a learning disability and autistic adults to live active social lives, expand their social networks, grow their social confidence, and get out to more gigs. We are Thera Trust and we have been delivering Gig Buddies across Edinburgh, West Lothian and Glasgow since 2016. Many adults with a learning disability, and autistic adults face a multitude of barriers in accessing their chosen social life. We believe that having the opportunity and ability to get out to everyday events, catching a local band, a quick game of pool, or having a pint with your friends on a Friday night, are ordinary parts of life. Gig Buddies makes the ordinary... ordinary.



We pair our members to volunteers who share the same interests to get out and enjoy their shared passions together. This starts a relationship that isn't grounded in paid support, that they are free to develop and explore at their own pace.

87% OF MEMBERS SAY THEIR SOCIAL LIFE IMPROVED SINCE JOINING GIG BUDDIES.

84% OF MEMBERS AGREE THAT GIG BUDDIES POSITIVELY IMPACTS THEIR MENTAL HEALTH.

We also partner with venues, festivals, and event organisers to run group socials and offer social opportunities to people in the Gig Buddies community. We then work with these organisations, offering accessibility advice and supporting them with learning disability and autism awareness to ensure they are confident welcoming people to their events.

86% OF MEMBERS SAY GIG BUDDIES GIVES THEM THE OPPORTUNITY TO GET OUT MORE.



We currently enable over 200 people across Scotland to live active social lives and get out to more gigs. Through our members feedback, we know Gig Buddies works. At the end of 2024 83% of our members told us that they'd made new friends through Gig Buddies, with 77% agreeing that Gig Buddies helps them see their friends.

Gig Buddies offers an innovative, community focused solution to systemic problems. Your fundraising support enables us to continue doing what we love, what our members love, what our volunteers love, and what venues love. Nothing special, just ordinary.

OUR MEMBERS LOVE WHAT WE DO:

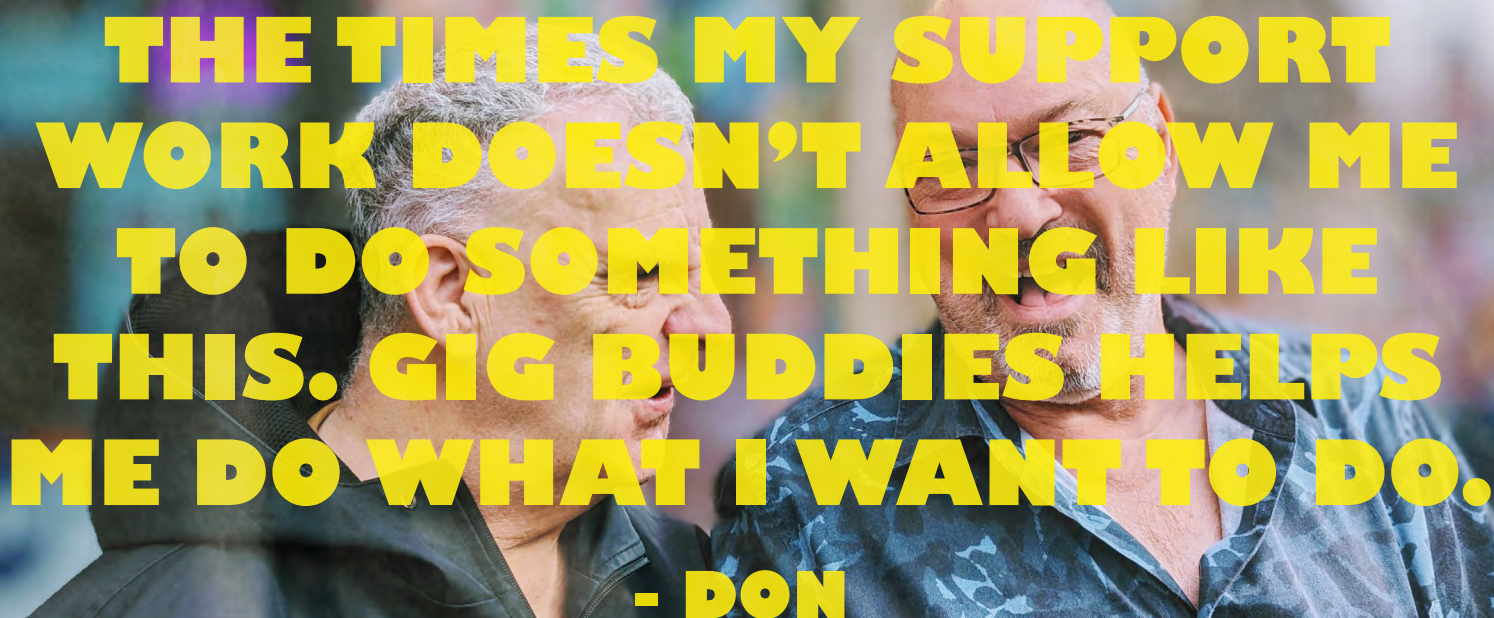
GOING OUT TO ACTIVITIES, AND ESPECIALLY MEETING OTHER PEOPLE IS GOOD FOR MY MENTAL HEALTH. BEING AROUND PEOPLE IS LOVELY, AND THIS IS SOMETHING GIG BUDDIES PROVIDES IN MY LIFE. - JOSEPH

VENUES LOVE WHAT WE DO:

WORKING WITH GIG BUDDIES IN ROOM 2 HAS BEEN A HUGE POSITIVE EXPERIENCE FOR EVERYONE INVOLVED. WE LOVE WELCOMING ALL MUSIC LOVERS AND IT'S GREAT BEING IN A POSITION WHERE WE CAN WELCOME EVEN MORE THROUGH GIG BUDDIES. - ROOM 2, GLASGOW

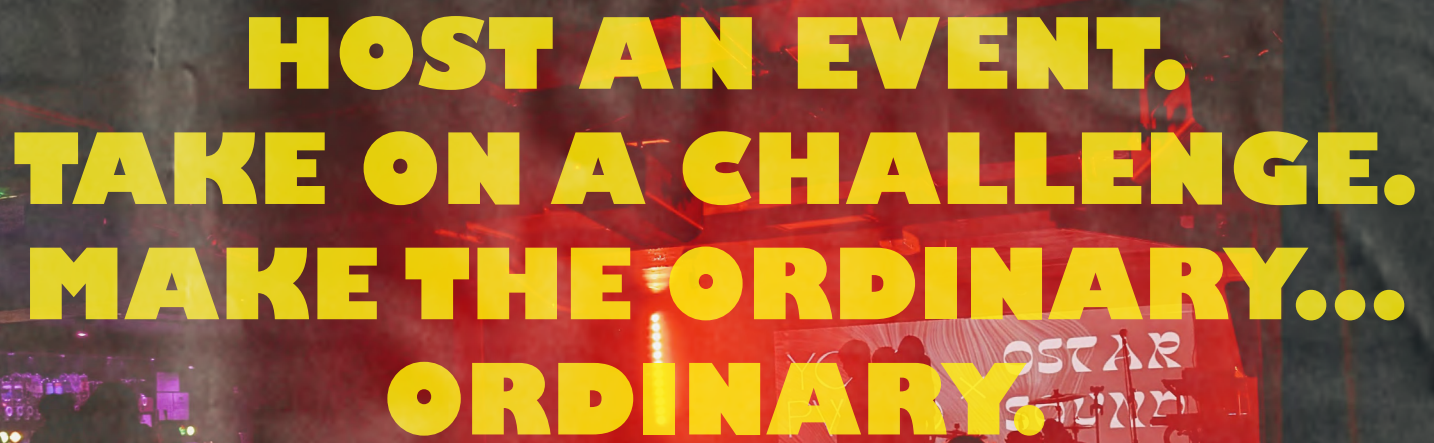
LOCAL BUSINESSES LOVE WHAT WE DO:

THE FANTASTIC WORK THAT GIG BUDDIES DOES PERFECTLY EMBODIES THE SPIRIT OF WHY WE SET DRINKLUSION UP - BRINGING PEOPLE TOGETHER. THERE'S AN OBVIOUS CORRELATION BETWEEN BEER AND SOCIALISING, SO THE DECISION TO SUPPORT GIG BUDDIES WAS AN ABSOLUTE NO-BRAINER. - MATT JOHNSON, CO-FOUNDER OF PILOT BEER

A photograph of two men in the foreground, smiling and engaged in conversation. The man on the left is older with grey hair, wearing a dark jacket. The man on the right is younger with glasses and a beard, wearing a blue patterned shirt. They are outdoors with a blurred background of other people and greenery.

THE TIMES MY SUPPORT WORK DOESN'T ALLOW ME TO DO SOMETHING LIKE THIS. GIG BUDDIES HELPS ME DO WHAT I WANT TO DO.

- DON



**HOST AN EVENT.
TAKE ON A CHALLENGE.
MAKE THE ORDINARY...
ORDINARY.**

FUNDRAISING IDEAS

We'll enable people to express their support for Gig Buddies in any way they want, but for those who'd like some inspiration, here are a few ideas to get you started on your fundraising journey.

PUT ON A GIG OR OTHER EVENT

Gig Buddies is all about enabling people to access more events, so what better way to celebrate that by putting on your own show. Can you DJ or know someone who does? Do you know any musicians? Could you hold a raffle at the event? This could be a gig, but it could also be a pub quiz, or comedy night.

GET OUT TO MORE GIGS

Don't want to put on your own show? Why not get sponsored to go to loads? Try a sponsored 'Gig-athon'! We'd love to challenge you to get out to 10 gigs over 10 weeks, or why not 10 gigs over 10 days!

LETS GET PHYSICAL

If physical challenges are more your thing, try pushing yourself in aid of Gig Buddies. Celebrate 10 years of the project with a 10km run (or any distance!), or perhaps a challenge to walk 10,000 steps per day for 10 weeks.

REGULAR GIVING

Are you able to give £10 a month? Can you encourage other people to do the same? All money raised will go directly to Gig Buddies with Thera Trust, enabling us to continue supporting people to expand their social networks and live the social lives they choose.

START YOUR FUNDRAISING JOURNEY TODAY.

SETTING UP YOUR CAMPAIGN Raisely

Raisely is a fundraising platform used by Thera Trust. It gives you the ability to make a custom fundraising campaign that is easily shareable and can take online donations (with an option to add Gift Aid) that comes directly to us.

To start making your campaign, click this box, or head over to:
<https://supportgigbuddiestheratrust.raiselysite.com/signup>

1. CREATE YOUR FUNDRAISER

You will be given the option to start fundraising as an individual, perfect for a solo challenge, or as a team. Fundraising as a team will allow a group of people to raise towards a shared total goal.

How would you like to participate?

Fundraise as an individual

Fundraise on your own, or join a team/organisation



Start a team

Get your squad together and fundraise as your own team or for your organisation



1 2 3 4 5

Your account

First Name *

Gig

Last Name *

Buddies

Email *

gigbuddies@thera.co.uk

Password *

< Next

1 2 3 4 5

Your profile

Profile Name *

10k Run for 10 years of Gig Buddies!

Profile Photo

Why are you fundraising?

I'm running 10km to celebrate 10 years of Gig Buddies!

Fundraising Currency *

GBP - British Pounds

Pronouns

they/them

< Next

1 2 3 4 5

Choose your fundraising goal

£100

£500

£1,000

Or enter your own amount

Custom goal

£

< Next

The first page is for your personal information. The second page lets you name your fundraiser, such as 'Running 10km for 10 years of Gig Buddies' or whatever challenge you're taking on. The third page lets you set your target amount. All of this can be changed later.

You'll be asked if you want to kickstart your campaign with your own donation. This is optional. The final step will be confirming your email address in an email that you will receive.

Confirm my email

Can't click the box? Try this link:

https://supportgigbuddiestheratrust.raiselysite.com//confirm/aaabbbccc?access_token=aaabbbccc

2. LOG IN AND FINALISE YOUR PAGE

You'll now be able to log in to your Gig Buddies Raisely profile by clicking the 'Log In' button in the top right corner of our Fundraising Website.

About Us

Blog

Contact Us

Donate

LOG IN

<https://gigbuddiestheratrust.raiselysite.com/>

You'll now have access to your 'Fundraising Dashboard' and be able to view your campaign page. From these pages you can share your campaign and encourage people to donate, track how much you've raised so far, and even write blog updates to let people know how your challenge or event is going. You can also edit any information on your page, so don't worry about if it's not perfect straight away.

3. SHARE YOUR PAGE AND START RAISING MONEY

Your fundraising campaign profile is your own customisable website that you can share with everyone you know! You can log into it whenever you want to update photos or post blogs about your progress. You'll even get a custom QR code that you can print off to share your fundraiser easily.

And don't forget to tag us so we can share your campaign as well!
You can connect with us on Facebook and Instagram using **@gigbuddiesthera**

4. LET US KNOW HOW IT'S GOING

We'll be able to see when you've set up your fundraiser but we'd love to hear from you! We're also around to answer any questions you might have, or help with the creation of your fundraiser.



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THANK YOU FOR YOUR SUPPORT

Thank you for joining us in celebrating 10 years of Gig Buddies with Thera Trust. We can't wait to see and be part of all the fantastic fundraising that will contribute to the next 10 years of making the ordinary... ordinary.



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