



What makes for a good **GIG BUDDY** relationship?



These are some things that are essential
for a Gig Buddy relationship to work

Be reliable and flexible

Be able to go out with your gig buddy once or twice a month and have some flexibility about when you go out.



Good communication

Be able to have a proper conversation every month where you decide what you're going to do together. Make sure the plans for each evening are clear.



It's essential that you... Build up a good rapport and enjoy your buddy's company



These are some of the things that can make Gig Buddying even more amazing...

Get to know people in their support network

Get to know your gig buddy's carers or friends. Those people who are close to them and know them well.



Go the extra mile

Let your buddy know that you love spending time with them. We've got some ideas for how you can do that...



Ideas for how you can show your Gig Buddy that you love spending time with them



Make a scrapbook of all the gigs you've to together.



Introduce your Gig Buddy to people in your life.



Text them or phone them just to say "Hi".



Acknowledge important events - for example say 'congrats' if they pass an exam and send them a birthday card.



Find events and music that you especially know your Gig Buddy will like.



Let them know that you're really excited about the next time you're due to go out!

These are the things that can cause problems...



Often not replying to your buddy's texts or phone calls.



Leaving the initiative, the instigating of things to your buddy - this can make your buddy feel that you don't want to spend with them.



Bringing your stress and tiredness to the evening - try to make sure you've had a restful day if possible.

If you're having trouble making your Gig Buddy relationship work get in touch.



We're always happy to support you with anything that you're finding difficult.



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Gig Buddies is a project run by the charity Stay Up Late



www.stayuplate.org

FIGHT FOR YOUR RIGHT TO PARTY