

Hi Gig Buddies,

We hope you are all keeping safe and well during the lockdown. The office is closed so the team at Gig Buddies are all working from home, but we are still finding ways to keep in touch with everyone online or by phone. We might not be able to

Stay Out Late at the moment but we can Stay In Late instead! Have a read to find out about all the fun things we have on offer for May.



Thanks, Gig Buddies Team

STAYING AT HOME DOESN'T HAVE TO BE BORING

We have plenty of things that you can do from home:

- Quizzes!
- Chat shows!
- Desert Island Discs!
- Dance parties!
- Art classes!
- Coffee mornings!
- Coronavirus Fest!
- Podcasts!

GIG BUDDY 1 YEAR ANNIVERSARIES

Vikki and Amy have been matched for one year, here's what Vikki has to say about the experience:

"This year of buddying has been really great, and I've had a lot of new experiences with Amy. We've known each other for a while now, where I feel like I understand Amy's needs and we can anticipate how to support each other. Every time we meet, I always come out on the other side with smiles having such a great time. We have encountered some challenges, but we manage to get through them and talk about how best to navigate them for next time. We've pushed each other to try new things, and I'm glad that we've been matched."



LIFE AFTER LOCKDOWN

Stay Up Late Ambassador Dan shares his future plans for after the lockdown:

"I have been doing tapestry work, reading, colouring and various activities. When this is over and we get back to normal I'm really looking forward to going to conferences again and clearing the buffet table - and having a barbecue on the beach while dancing to Slade."

What are your plans for after the lockdown? We'd love to hear them!

Send your ideas to fran@stayuplate.org.uk

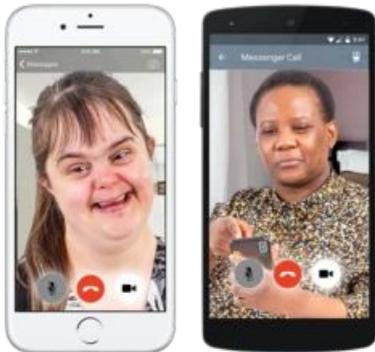
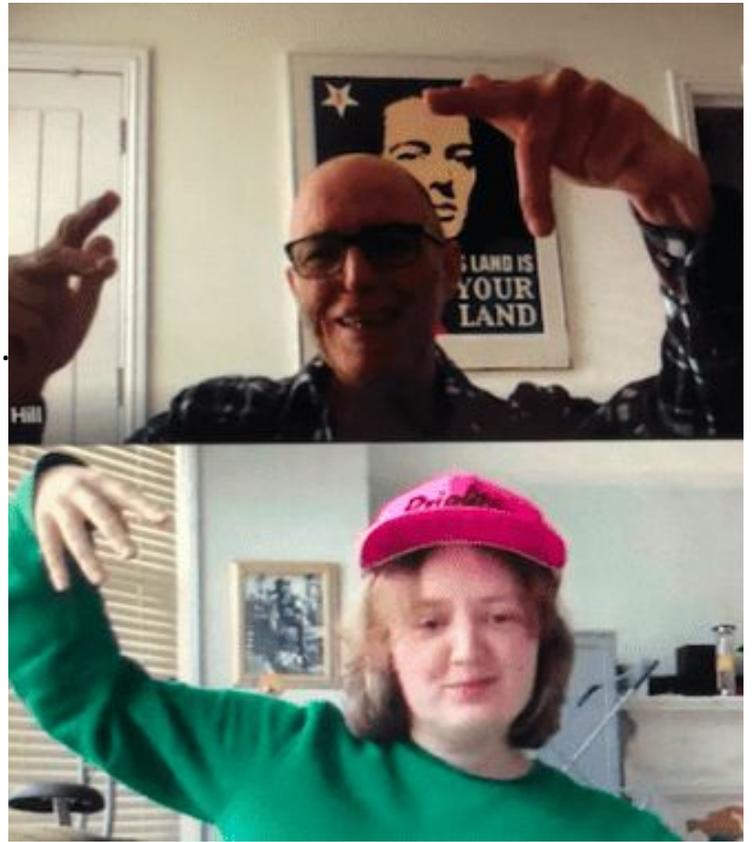
CORONAVIRUS AND GIG BUDDIES UPDATE

GIG BUDDIES TEAM

Gig Buddies is continuing, but we've had to take it online. The team are all working from home, so please do not call the office. We have a new "virtual office" phone number if you need us, just leave a message on 020 3920 8471.

You can still email us at
info@stayuplate.org

You can still ring or text the team on their usual mobile numbers or email them instead. All our emails are the same, just add the name to this email address: _____@stayuplate.org (for example kate@stayuplate.org)



WHAT IS ZOOM?

We are using Zoom for many of our online socials now. Zoom is an App you can use to video chat with people. You can talk to lots of people at the same time on Zoom. You can use Zoom on a computer, smartphone or tablet.

Here is an easy read guide to using Zoom:

https://www.ldw.org.uk/wp-content/uploads/2020/04/How-to-use-Zoom.pdf?fbclid=IwAR1r394_gtN7ndx5zCoa-0fH-OWjAfRDa9QkP8AsrK53ihLiCQhOzCFuPqU

If you are having problems using Zoom you can contact the team at Stay Up Late.

STAY UP LATE AMBASSADORS RESPOND CREATIVELY TO LOCKDOWN

Our Ambassadors are normally the people who are out campaigning for us, speaking at conferences and spreading the word. With events cancelled it's been a difficult time for all of us. Our Ambassadors have been rising to the challenge, however, and finding some great things to do.



SIMON'S WALKATHON

Simon set himself the challenge of doing an indoor walkathon raising money for charity locally.

"I've still been able to go for walks and that's because I'm fortunate enough to have a nice long corridor in my flat to walk up and down! And now I'd like to turn this into a opportunity to raise awareness (and of course money!) for those who are fighting this horrible virus and to treat those affected by it. So my goal is to walk a distance equal to a marathon, up and down a corridor in my flat."

PHIL'S SPACESHIP

Phillip has been getting creative with the lego - building an impressive Star Wars spaceship.



JASON'S CHAT SHOW

Jason will be interviewing some of the stars of our Gig Buddies Coronavirus Festival this month for a special online edition of Jaydog's Chat Show.



GIGS FROM YOUR HOME

QUIZ WITH MALCOLM

When? Tuesday 5th May - evening event

Where? Zoom in your house!

Information: Join Malcolm for a fun quiz with other gig buddies!



- Stay Up Late Presents -

Jaydog's CHAT SHOW

JAYDOG'S CHAT SHOW WITH DARREN

When? Tues 12th May - evening event

Where? Zoom in your house!

Information: That's right, Stay Up Late's very own Jaydog is back with his infamous chat show!

Expect to see some of our fantastic Coronavirus Fest performers plus much more!

QUARANTINE ISLAND DISCS SOCIAL WITH JESS

When? Tuesday 19th May - evening event

Where? Zoom in your house!

Information: Have a think about your favourite tunes that have been getting you through these strange times! Let's all listen to some of everyone's favourite songs and talk about why they're so fabulous!



CORONAVIRUS FEST WITH THE STAY UP LATE TEAM

When? Every Monday, Wednesday and Friday - evening event

Where? On our new Facebook page:

<https://www.facebook.com/coronavirusfest/>

Information: Our own online music festival continues! Watch live music coming from the front rooms and bedrooms of musicians with and without learning disabilities from up and down the country (and further afield too!)



Direct links to all our socials are on our Facebook events page, this is the easiest way to join!

You can call, text or email Jess, Malcolm, Katie and Darren

07827 228171

07305 056122

07514 622204

07305 876188

jess@stayuplate.org katie@stayuplate.org malcolm@stayuplate.org darren@stayuplate.org

GIGS FROM YOUR HOME

ART CLUB WITH FRAN

When? Monday – 11th and 18th May at 2pm

Where? Zoom in your house!

Information: Join Fran for an afternoon making a fun and exciting art project!



Gig Buddies Coffee Mornings!

TUESDAYS AND FRIDAYS AT 11AM
Find out more at www.facebook.com/gighbuddies

GIG BUDDIES COFFEE MORNINGS WITH THE STAY UP LATE TEAM

When? Every Tuesday and Friday at 11am

Where? Zoom in your house!

Information: Join members of the gig buddies team for a 40 minute Zoom meeting - bring a coffee and chat to other gig buddies. You will need a meeting ID and password - please check our Facebook events page or contact one of the team!

AMBASSADORS AND ADVISORY GROUPS COFFEE MORNINGS

When? Every Wednesday at 11am

Where? Zoom in your house!

Information: Come for a coffee and a catch up with our Stay Up Late Ambassadors and advisory teams: The Wild Rainbows, Wise Owls, Storm and Thunder and Stormzy's Crew!



DANCE PARTY WITH KATIE

When? Tues 26th May - evening event

Where? Zoom in your house!

Information: Join Katie for the ultimate lockdown party all from your own home!

Direct links to all our socials are on our Facebook events page, this is the easiest way to join!

You can call, text or email Jess, Malcolm, Katie and Fran

07827 228171

07305 056122

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katie@stayuplate.org

malcolm@stayuplate.org

fran@stayuplate.org

WILD RAINBOWS

The Wild Rainbows are a group of gig buddies who identify as Gay, Lesbian, Bisexual, Transgender or unsure. If you would like to know more about the Wild Rainbows get in touch with Kate. You do not have to identify as LGBTQ+ to join these socials.



LOCKDOWN PODCAST APPEAL

Another idea we're trying is a "Lockdown" podcast every couple of weeks. We've just finished putting together the first one which has been posted online. However, if it's going to work, we really need to hear from you. We all have a story to tell so please let us have yours. All you need to do is record your contribution (into your phone is fine) and then send it via text/whatsapp/email to malcolm@stayuplate.org or 07514 622204. If you would like me to contact you to discuss your idea let me know on the same number and I'll give you a call.

BUZZ BUDDIES

We will continue to meet online every 2 weeks during the lockdown.

VOLUNTEERS WEEK 1st JUNE

To celebrate volunteers week we would love you to send us a short video (between 10 and 30 seconds) thanking your gig buddy.

You could say something you like about your gig buddy.

Or the best thing you did with your gig buddy in the last year.

Or how they have supported you during lockdown.

Or what gig or event you look forward to doing with them when you can see them again.

Please film it in landscape (sideways on) and email it to kate@stayuplate.org by the 20th May
- ask someone for help if you need to.



Stay Up Late & Gig Buddies,
Emmaus Brighton & Hove,
2nd Floor Manor Offices,
Drove Road, Portslade, BN41 2PA



The office is closed at the moment.



Virtual Office: 020 3920 8471
Katie: 07305 056122
Jess: 07827 228171

Kate: 07971 760149
Malcolm: 07514 622204
Fran: 07514 622203



All our emails are the same, just add the name to this email address
_____@stayuplate.org (for example kate@stayuplate.org)