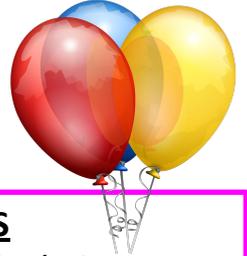


Hi Gig Buddies,

We hope you are keeping safe and well. The office is still closed but our parties have not stopped, even if we can't meet up in person right now. We have had another month in lockdown and it may be starting to feel a bit boring and frustrating, but don't worry, this newsletter is packed full of socials to keep you entertained throughout June!

Thanks, Gig Buddies Team



STAYING AT HOME DOESN'T HAVE TO BE BORING

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

- Chat shows!
- Art classes!
- Coffee mornings!
- Coronavirus Fest!
- Podcasts!
- Open mic!
- Quiz!
- Game shows!
- Plus much MUCH more!

GIG BUDDY 1 YEAR ANNIVERSARIES

Congratulations to Paul and Shaun for being part of Gig Buddies for one whole year!



NEW TEAM MEMBER

We would like to introduce you to Jules, our new Fundraising Manager!

"Hello, I'm Jules. I LOVE music of most genres, especially anything with a lot of bass. Reggae, blues, afrobeat, acid rock, grunge, drum and bass, punk, jazz, and folk are particular favs. I like messing about at festivals, writing songs, playing the bass and roaming in the hills with my dogs. I like making a mess with clay and paints, as well as dancing and looking after the plants in my garden (sometimes at the same time)."

CORONAVIRUS AND GIG BUDDIES UPDATE

GIG BUDDIES TEAM

Gig Buddies is still continuing 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.



TIPS FOR LOCKDOWN

The team at Stay Up Late and Gig Buddies share some of their thoughts and tips for life during lockdown...



Jess says *"I've just been taking a lot of time to reflect and think about things which is very helpful for moving forward mentally, after all, when are we ever going to have this much time to just ponder the world and the inner workings of our brains!"*

Paul says *"I aim to get out for a nice walk every evening. Sometimes on walks I know, and other times finding out new ones. I don't set a time limit, and I take time to breathe in the air, look at the view and enjoy smelling flowers and things. I just end every day as a hippy with Nobby the dog!"*



Kate says *"Do 3 things for your wellbeing everyday - one form of exercise like walking, yoga or dancing, one creative activity such as drawing or photography, and connect with a friend or family member on the phone or online for a chat."*

Malcolm says *"I try not to look at social media after 9pm (unless I'm watching Coronavirus Fest!) and not before 8am in the morning."*



Fran says *"Do what feels right for you. If you want to read all your books, bake all the cakes and run every day then that's great. But if you want to want to stay in and watch TV in your pajamas, play games or have a lie in instead, that's ok too. We are all dealing with this in our own way and there is no right or wrong!"*

Jules says *"Planting and growing herbs. You can buy herbs in pots from the supermarket, basil, coriander, parsely, chives and the like. I repotted them in bigger pots with a bit of extra soil to give them space to grow, and didn't pick them until they were stronger. Put them in a sunny spot and water gently most days. They've grown nicely now and I gently trim them to put into my salads. I love watering them and checking on them each day and seeing how they get on. Top tip...don't take it personally if they don't do well! I've learned what they need by making mistakes and the odd one not working out."*



Laura says *"Exercise every single day! Yoga at home or sea swimming or a little run. It's a must for the happy hormones!"*

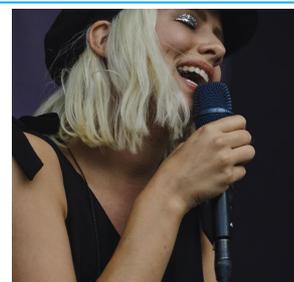
GIGS FROM YOUR HOME

OPEN MIC NIGHT WITH KATIE

When? Tuesday - 23rd June - Evening event

Where? Zoom in your house!

Information: Calling all performers! Singers, rappers, poets and more! There will be limited slots to perform, so to contact Katie if you would like to perform.

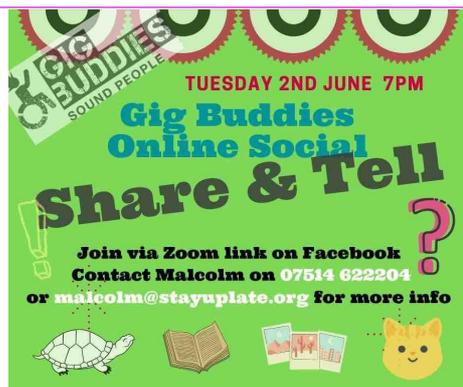


SHARE AND TELL WITH MALCOLM

When? Tuesday - 2nd June - 7pm

Where? Zoom in your house!

Information: Bring a drink and bring something important or interesting to share with the group. It could be a pet, photo, book or piece of music. Anything that you love and want to share with others. Join via the Zoom link on our Facebook group. See you there!



FILM AND TV GAME SHOW WITH FRAN AND ANDREW

When? Monday - 22nd June - 7pm

Where? Zoom in your house!

Information: The time has come to explore a strange world of film and TV, to seek out all fantasy and go where no-one has been before! Welcome to *Walker's TV and Film Game Show* hosted by our very own Andrew Walker.



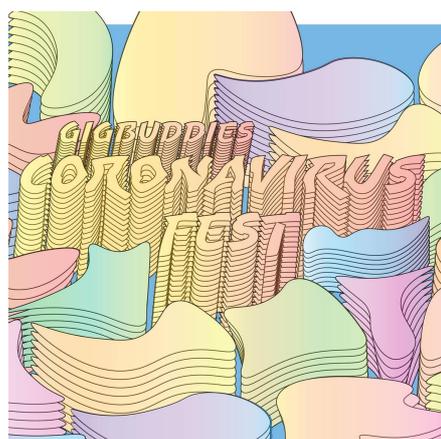
CORONAVIRUS FEST WITH THE STAY UP LATE TEAM

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 Fran, Malcolm and Katie

07514 622203

fran@stayuplate.org

07305 056122

katie@stayuplate.org

07514 622204

malcolm@stayuplate.org

GIGS FROM YOUR HOME

ART CLUB WITH FRAN

When? Monday 8th and 22nd 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/gigbuddies

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.

Meeting ID: 874 1676 8021

Password: stayuplate

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!



KARAOKE WITH JESS

When? Tuesday - 9th June - 7pm

Where? Zoom in your house!

Information: Sing away any lockdown blues with Jess and other gig buddies!



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, Darren, Kate and Fran

07827 228171

07305 876188

07971 760149

07514 622203

jess@stayuplate.org

darren@stayuplate.org

kate@stayuplate.org

fran@stayuplate.org

GIGS FROM YOUR HOME

QUIZ WITH KATE

When? Tuesday - 30th June - evening event

Where? Zoom in your house!

Information: Join Kate for a festival themed quiz with a music round, picture round and questions.



CHAT SHOW WITH DARREN

When? Tuesday - 16th June - evening event

Where? Zoom in your house!

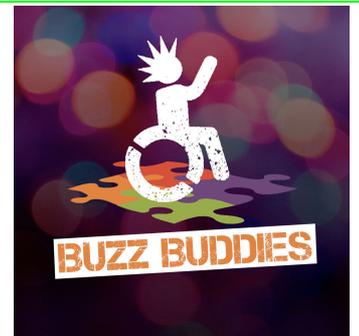
Information: Join Darren as he chats to some special guests!

BUZZ BUDDIES GAMES TIME WITH KATE

When? Monday - 22nd June - 3pm

Where? Zoom in your house!

Information: Games time - Pictionary. Bring a pen and paper. This social is for Buzz Buddies only.



BUZZ BUDDIES SCAVENGER HUNT WITH KATE

When? Monday - 8th June - 3pm

Where? Zoom in your house!

Information: A scavenger hunt in your house. Find the items on the list! This social is for Buzz Buddies only.

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 Darren and Kate

07305 876188

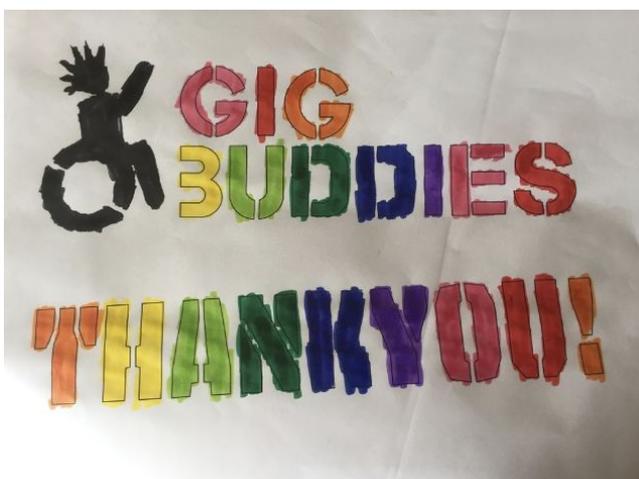
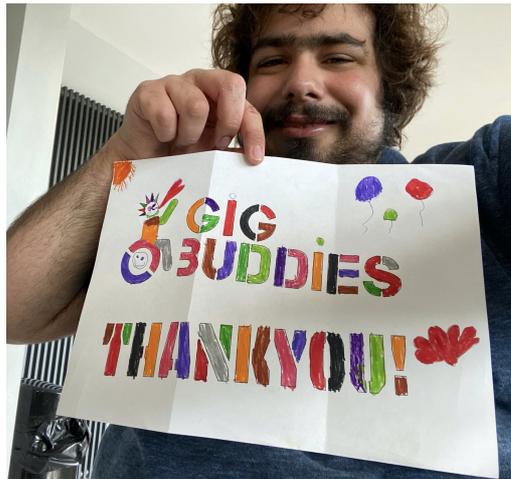
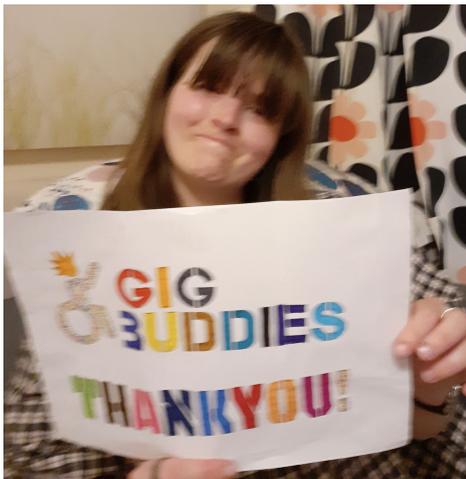
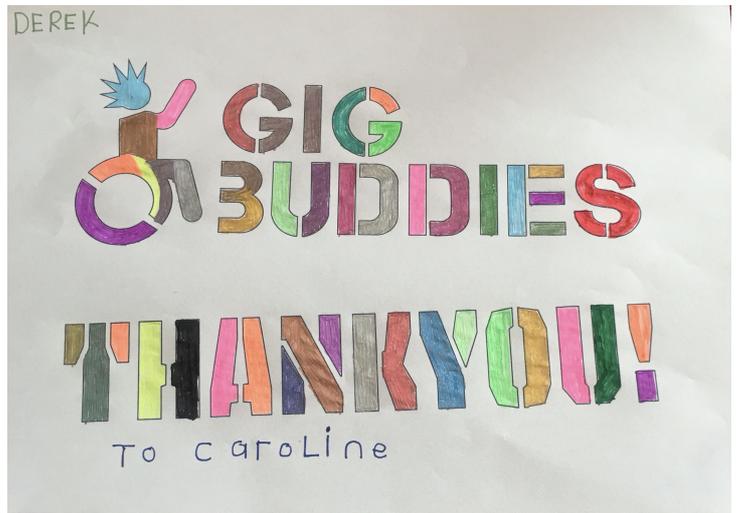
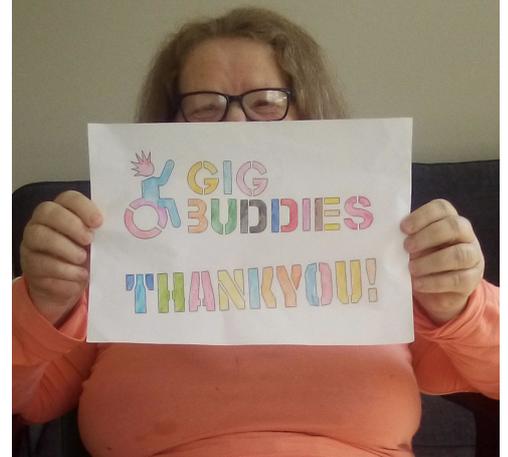
07971 760149

darren@stayuplate.org

kate@stayuplate.org

VOLUNTEERS WEEK

To celebrate Volunteers Week our Gig Buddies would like to say a HUGE thank you to our wonderful volunteers and all you do, we couldn't do it without you!



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.



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.

BUZZ BUDDIES

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



STAYING SAFE IN SUNNY WEATHER

The weather is certainly warming up, and although it is nice to spend time outside in the sun please remember:

- Wear sun cream
- Drink lots of water (take it with you when you go out)
- Try not go out in the middle of the day sun



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)