

Hi Gig Buddies,

Lockdown is beginning to lift and we are happy spending time outside in the nice weather. The team are having a little break in August so we haven't got as many socials planned just for one month. We look forward to planning loads of super fun socials in September once we have had a rest! We hope you all manage to get out to enjoy the sunshine, long evenings and relax.

Thanks, Gig Buddies Team



CORONAVIRUS FEST

...is taking a break in August, but will be back for September. Watch this space!

STAYING AT HOME DOESN'T HAVE TO BE BORING

Things might be a little quieter this month but we have plenty of things that you can do from home:

- Yoga
- All In One Day Festival
- Coffee mornings



Calling all gig buddies that are not connected to the internet!

We can help you get online and stay connected to Gig buddies. We have free smartphones, internet connection and support to get you online easily. Get in touch with your coordinator ASAP as there are only 10 places left!

BUZZ BUDDIES COFFEE MORNINGS

When? Wednesday - 5th August - 2.30pm with Malcolm
Monday - 17th August - 2.30pm with Fran

Where? Zoom in your house!

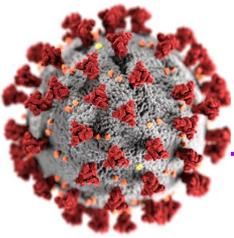
Information: Grab a drink and meet Malcolm, Fran and other Buzz Buddies for a chat and catch up.

This social is for Buzz Buddies only.

You can contact Malcolm or Fran by email:
malcolm@stayuplate.org / fran@stayuplate.org

Or by phone: Malcolm - 07514 622204 / Fran - 07514 622203





CORONAVIRUS AND GIG BUDDIES UPDATE

Our current policy for Gig Buddies is that you shouldn't be meeting with your buddy or volunteer at the moment. Whilst the government are starting to ease the lockdown restrictions we are also aware that people with learning disabilities are 60% more likely to have other underlying health conditions and are therefore at greater risk of becoming unwell.

We don't recommend that you meet up but if you think that you are able to meet safely, in a socially distanced way, with your buddy or volunteer please can you talk to us first before you meet up?

We will discuss with you how you are planning to meet up and how this will fit with the government's current guidance.

We can help you assess the risks and plan the best way for you to make contact with each other.

If you decide to meet up without involving us we can't be held responsible if you become unwell.

We will be regularly reviewing this policy in line with government advice.

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. **Most of the team are taking some time off in August, so we might take a bit longer to get back to you.**

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 katie@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.

If you are having problems using Zoom or need help setting it up you can contact the team at Stay Up Late.

STAY UP LATE NEWS



BECOME A STAY UP LATE AMBASSADOR

Do you have a learning disability and/or autism?

Do you like the work we do at Stay Up Late and Gig Buddies?

Do you feel passionate about people with a learning disability having their voices heard?

If so, perhaps you would like to become a Stay Up Late Ambassador!

Our Ambassadors are the people who help us spread the word and tell people about our campaigns. Before lockdown our Ambassadors were doing things like speaking at conferences, taking part in discussion workshops and giving out flyers and stickers at gigs and club nights. Even during lockdown our Ambassadors have been busy – writing blogs, taking part in online events and even talking on the radio!

If you would like to become an Ambassador for Stay Up Late please contact darren@stayuplate.org



GET CONNECTED

We are excited to say we have launched a smart-phone internet connection project. We've got 25 phones and 6 months of internet connection available for people who aren't connected to the internet at home.

If you don't have the internet at home and would like it, please contact fran@stayuplate.org

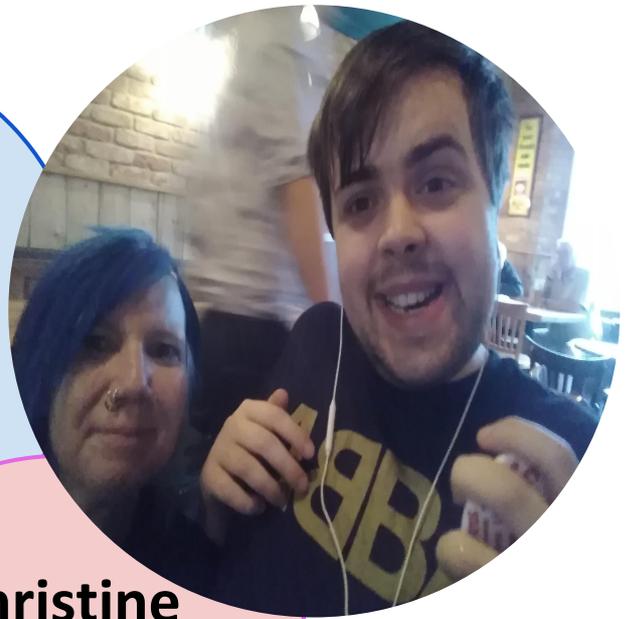
We would like to thank The Fore for funding this project.

**THE
FORE**

Gig Buddy Anniversaries



**Jasmin
&
Fran
2 years!**



**Christine
&
Louis
2 years!**

**Guy
&
Tony
3 years!**



**Steve
&
Shannara
3 years!**

**Duncan
&
Corey
1 year!**

Learning Disability Week

Learning Disability Week celebrated friendship this year. It was from the 15th to 21st of June but we loved it so much we thought we would share some of the highlights!



David and Mark: David was matched with his gig buddy volunteer Mark in June 2019. When David applied to have a gig buddy, he was isolated and had very little in the way of a social life. He said that he had never seen a live band and never went out with friends.

In just 3 months following his match with Mark he had been to 3 live gigs, attended a social where he met and befriended others in the gig buddy 'community' and signed up for an art class and the gym. David is a great example of how with a little bit of encouragement and support lives can be transformed in ways which may have seemed unlikely after years of isolation and demotivation.

Sas and Laura: Sas has been matched to her volunteer Laura for 3 years and in that time Laura has supported her to attend a weekly football training session in Brighton run by BLAGSS Brighton Lesbian and Gay Sports Society, to the point where Sas now travels on her own to play football even if her volunteer is unable to attend.

She is part of the football team's WhatsApp group who she will keep in touch with en-route to let them know she is safe. She recently attended Laura's wedding reception alongside fellow members of her football team – a great example of someone being fully included in part of their social circle.



Daniel and Angie are coming up to their first year anniversary of knowing each other. They had planned to have a meal in the pub where they first met, but that has had to go on hold for the moment because of lockdown.

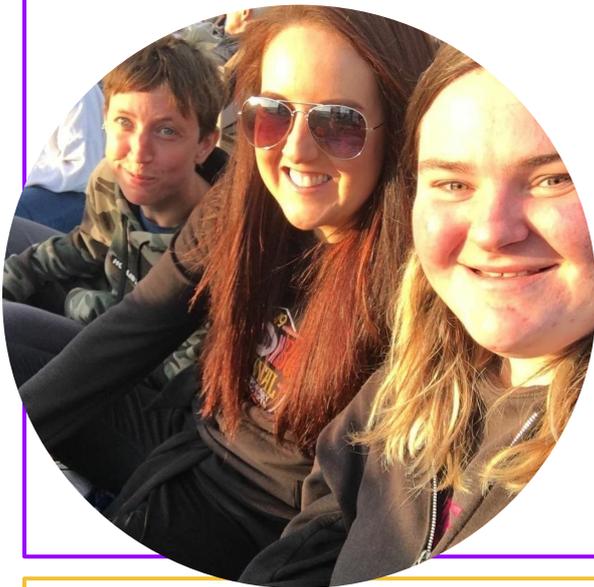
After being introduced by the Gig Buddies coordinator Malcolm, they immediately became friends as they shared so many interests: theatre, pubs, events, bowling, football and most of 80's music to name a few. They have been to 80's mania, Bee Gees, Panto, Thriller, and the most fun Tropicana Nights – an 80s disco. The last time they went to this they had trouble walking back to the car as they had danced for 5 non stop hours.



Close friends in lockdown – by Victoria Smith

Me and Sas have known each other for a long time since we met through the Gig Buddies project. We have done a lot of things together with the Gig Buddies group. Some of our favourite things we have done were going to an outdoor cinema to see The Greatest Showman – we sang along to nearly every song which we do all the time when we are together and we have a good laugh and joke around. We have gone to gigs and last year we went camping at a small festival run by one of our volunteers -which was so much fun. And Sas always meets me at the train station if I have been working and we have a good catch up and a laugh. We are really close with each other. We both say when we are together no one can handle us, and it makes us laugh saying that.

During lockdown we had to learn to talk to each other in a whole new way, so we talk on the phone all the time and we video call on Facebook every week to catch up with each other and we still have a laugh about all the fun stuff we have done.



We both appeared on the Ambigo ambitions show last week talking about our dreams for our futures. We have grown closer since lockdown because we have had to look out for each other.

Sas has become one of my closest friends since lockdown began. Of course we are planning a lot of things to do after lockdown ends which we really excited about.

Sas is a amazing friend she makes me smile and keeps me going on days I want to give up. She is a really caring person and she is always there when you need a chat and is really good to joke with.

My friendship with Victoria - by Jason O'Neill

Victoria and I first met at the Gig Buddies 5th Birthday, then about a year later we started hanging out as friends. We drank lots of coffee when hanging out together. We both went bowling and obviously Victoria beat me, but it was so much fun. Another time we went for dinner at Pizza Hut, which was yummy.

Victoria and I love Primark shopping as well, which was very interesting because we both have different tastes in clothing. Victoria and I along with other people from Gig Buddies went to Jaystock camping. That was very entertaining and very enjoyable and fun times.

Mine and Victoria's friendship is amazing. Our friendship has got a lot stronger each time we have spoken or video-called each other in Lockdown. We have had some interesting and sometimes different chats – some chats we talked a lot. I can safely say that Victoria and I are close friends. We have definitely enjoyed checking in on each other during lockdown. Victoria and I both played the Sims over video-call during lockdown – we both enjoyed that game.

This friendship I have with Victoria is very important to me, because we both have some things in common and I wouldn't change it. I like it when we make each other laugh, telling our jokes and making each other smile. This is what I call a friendship.



GIGS FROM YOUR HOME

YOGA WITH LAURA

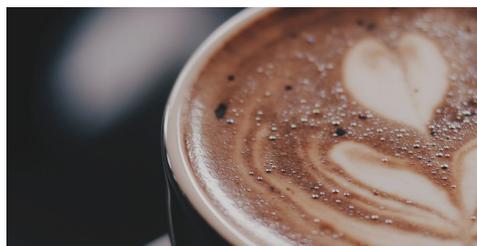
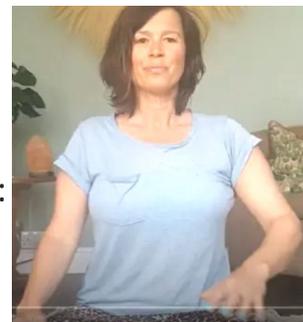
When? Wednesday - 5th August - 11.30am

Where? Zoom in your house!

Information: Join our Quality Team Manager Laura for a live yoga class. Have a look at this video that Laura & Jason from Stay Up Late have made:

<https://www.youtube.com/watch?v=s6LU22oMAn0&feature=youtu.be>

If you want some fun, easy and relaxing exercise like this then join us on August 5th.



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 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

There are no coffee mornings on Fridays during August.

AMBASSADORS MEETINGS WITH DARREN

When? Wednesday - 5th and 19th August - 11am

Where? Zoom in your house!

Information: Come for a coffee and a catch up with our Stay Up Late Ambassadors!



ALL IN ONE DAY FESTIVAL

When? Saturday - 1st August - 11am-11pm

Where? On our Coronavirus Fest Facebook page:

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

Information: A day long festival featuring acts from the Gig Buddies universe, from the UK all the way to Australia!

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 Laura, Darren or the office

07971 759668

laura@stayuplate.org

07305 876188

darren@stayuplate.org

020 3920 8471

info@stayuplate.org

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

Darren: 07305 876188
Malcolm: 07514 622204
Fran: 07514 622203



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