

Hi Gig Buddies,

The nights are getting darker but we've got lots of online socials planned that you can join in from the comfort of your home. We're very excited to tell you we have two new team members - Annie and Lowri - who are looking forward to meeting you all online or in person!

Thanks, Gig Buddies Team

*Hi everyone, I'm **Lowri**, I'm the new **Communications Coordinator**! It's great to be part of the team! As well as working with Stay Up Late, I run a theatre company. I do lots of acting and writing, and I just made my first audio play, called *Winners*. I listen to a lot of music, I love dancing but also I love quite sad music that I can walk around and cook to. When I make playlists they usually have a lot of hip-hop, r'n'b, Latin, electronic and folk; they might go from Nicki Minaj to some old blues tracks, to a bit of Drake then Led Zeppelin, to Bright Eyes and Interpol. I'm really loving the attention that Latinx artists are getting in pop and r'n'b, like Rosalia and Menend. My friend teaches Zumba so I try and learn good dance moves from her. I'm also a big rugby fan - I really like sport and love chatting about it. I also love being by the sea, especially if it's in Wales. I'm from Cardiff and being in the Welsh countryside is my favourite. I'm looking forward to meeting more of you!*



STAYING AT HOME DOESN'T HAVE TO BE BORING

If you still feel safer at home we have plenty of things that you can do:

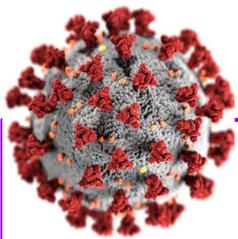
- 90s night!
- Coffee mornings!
- Masterchef!
- Frozen Sing-Along!
- Yoga!
- Dance party!
- Plus much more!

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.



*Hello, I'm **Annie**, the new **Project Assistant** for Gig Buddies Brighton & Hove! I am a lover of some good ol' funk and soul, punk, disco, anything 60s/70s, blues, reggae, some classic 90's bangers... pretty much anything, especially if I can dance to it. I enjoy reading, yoga, festivals and making a big mess with my paints and crafts.*



CORONAVIRUS AND GIG BUDDIES UPDATE

We are pleased to announce that we are getting back to some sort of Gig Buddying and supporting people to meet up.

We are doing this in a managed and thought through way and the sorts of activities that we are suggesting are things like:

- Socials of up to 6 people meeting up in a park with lots of open space
- a walk so you can chat with your buddy
- meeting your buddy in a quiet café with tables outside
- one to one matching meetings between buddies

Before you do anything we will ask you to complete and return our 'social distancing form' so we can be sure you've thought of everything.

We will be organising socials and will be in touch with everyone about how these will work. (They will be held in parks and outdoor spaces near to people so they don't have to catch buses).

For those people unable to attend these activities we will still be holding our regular Zoom socials and coffee mornings.

GIG BUDDIES TEAM

Gig Buddies is still continuing online and in person now too. 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 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

LEARNING DISABILITY AND AUTISM LEADERS' LIST

Victoria has been announced as one of the finalists for the Learning Disability & Autism Leaders List 2020. This is in recognition of her work as Gig Buddies Assistant supporting people through the coronavirus pandemic.



Victoria says: *"I do it so I can put a smile on everyone's faces - and mine, too! I love the job I do and coming to all the zooms and chatting. And finding out I got to the Finals is the most amazing thing for our workplace and for me and our Gig Buddies."*

Well done Victoria!

Finalist!

Victoria Elizabeth Smith

on your success as a finalist for

— The Coronavirus Learning Disability and Autism Leaders' List —

In recognition of the challenges you have overcome during self-isolation and the Coronavirus pandemic.

#CovidLeadersList



 **dimensions**
Proudly in partnership with...

LDE
Learning Disability England

V O D G
Voluntary Organisations Disability Group

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, get in touch with your coordinator ASAP as there are only a few left!

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

**THE
FORE**



GIGS FROM YOUR HOME

90S NIGHT WITH JESS

When? Wednesday - 7th October - 7pm

Where? Zoom in your house!

Information: Think Spice Girls, Britney Spears, Oasis, Blur, Nirvana and many more 90s bangers!



FROZEN SING-ALONG WITH GIG BUDDIES BRADFORD

When? Tuesday - 13th October - 7pm

Where? Zoom in your house

Information: Join the Bradford Gig Buddies for a special Frozen themed social.

This social is not run by any of the Sussex Gig Buddies team.

Meeting ID: 683 202 8615

Passcode: gigbuddies

MUSIC QUIZ WITH DARREN

When? Wednesday - 14th October - 7pm

Where? Zoom in your house!

Information: Think you know your music? Join Darren to see how much you really know!



YOGA WITH LAURA

When? Wednesday - 21st October - 7pm

Where? Zoom in your house!

Information: If you want some fun, easy and relaxing exercise then join our Quality Team Manager Laura for a live yoga class on Zoom.

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, Jess or Laura

07305 876188

darren@stayuplate.org

07827 228171

jess@stayuplate.org

07971 759668

laura@stayuplate.org

GIGS FROM YOUR HOME

DANCE PARTY WITH ANNIE

When? Wednesday - 28th September - 7pm

Where? Zoom in your house!

Information: Get your dancing shoes on and throw some shapes with Annie our new Project Assistant!



GIG BUDDIES COFFEE MORNINGS WITH THE STAY UP LATE TEAM

When? Every Tuesday at 11am (apart from the 6th)

Where? Zoom in your house!

Information: Join members of the gig buddies team for a Zoom meeting - bring a coffee and chat to other gig buddies.

Meeting ID: 874 1676 8021

Password: stayuplate

AMBASSADORS MEETINGS WITH DARREN

When? Wednesday - 7th and 21st October - 3pm **NEW TIME**

Where? Zoom in your house!

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



WILD RAINBOWS MEETING WITH DARREN

When? Wednesday - 14th October - 3pm **NEW TIME**

Where? Zoom in your house!

Information: If you are part of Wild Rainbows, catch up with the rest of your group and discuss the week's important issues!

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 Annie or Darren

07971 760149
annie@stayuplate.org

07305 876188
darren@stayuplate.org

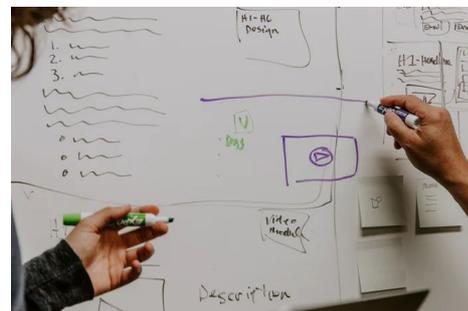
GIGS FROM YOUR HOME

ADVISORY GROUPS MEETING WITH MALCOLM AND ANNIE

When? Wednesday - 28th October - 3pm **NEW TIME**

Where? Zoom in your house!

Information: If you are part of Storm and Thunder, The Wise Owls or Stormzy's Crew, catch up with the rest of your group and discuss the week's important issues!



BUZZ BUDDIES SOCIAL WITH FRAN AND VICTORIA

When? Tuesday - 13th and 20th October - 6pm **NEW TIME**

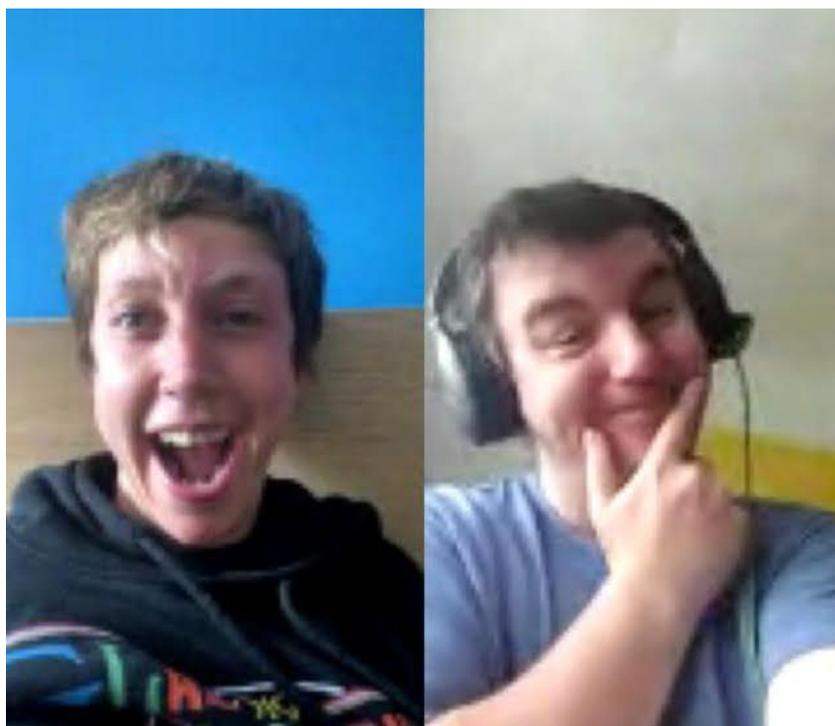
Where? Zoom in your house!

Information: Join Fran, Victoria and other Buzz Buddies for a catch up and to think of plans for new socials. We need your ideas!

This social is for Buzz Buddies only.

GIG BUDDY ANNIVERSARIES

Antony (right) and Bill celebrate 1 year of being Gig Buddies this month, whilst Sas (left) and Laura celebrate 3 years!



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 or Annie

07514 622203

fran@stayuplate.org

07514 622204

malcolm@stayuplate.org

07971 760149

annie@stayuplate.org



LOCKDOWN PODCAST APPEAL

Another idea we're trying is a "Lockdown" podcast every couple of weeks. 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 **Darren**. You do not have to identify as LGBTQ+ to join these socials.

BUZZ BUDDIES APPEAL

Buzz Buddies is a social group for people with learning disabilities who are aged between 18 and 25 years old and who live in West Sussex. We run Buzz Buddies in partnership with the charity **Extratime**. The aim of Buzz Buddies is to support people to find out more about going out in the evenings and being more confident.

When we're not in lockdown we go out to all sorts of fun places but at the moment the project is run entirely online through Zoom sessions. If you're aged 18-25 and live in West Sussex we'd love to hear from you. Complete the form on our website and we'll be in touch and invite you to our next Buzz Buddies online meeting.



**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
Annie: 07971 760149

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)