

Hi Gig Buddies,

The clocks have gone back. It's getting dark, cold and wet and we miss going to gigs together! Thankfully the team at Gig Buddies have got lots of lovely stuff planned to keep you feeling warm and fuzzy through November.

Thanks, Gig Buddies Team

**STAYING AT HOME DOESN'T  
HAVE TO BE BORING**

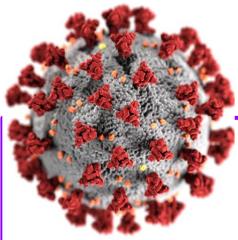
This month join us for:

- Noughties night!
- Film quiz!
- Chat show!
- Masterchef!
- Games night!
- Plus MUCH MORE!



We would like to say a huge Gig Buddies welcome to Holly and Sam, Jo and Jack, Andrew and Martin and Richard and Jonny our new matches!!!





# 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](mailto: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



## Dan's Guide to socially distanced meetups

Choosing where to go for our first meet-up since lock-down we had to think about a few things:

- somewhere outdoors
- somewhere nearby so we didn't need to bother about buses or taxis
- somewhere not crowded.

We thought about it and chose our local park in St Leonards – Gensing Gardens.

That was brilliant! We walked across to the park with all our food, put the music on, ate our picnic and danced to Slade!

## Congratulations to Sam and Gareth for one year of being Gig Buddies!

Gareth says *"It's been a great Gig Buddy Year one for Sam and me! We've got to know each other well and have lots of shared interests! We've kept in touch daily throughout lockdown and are both looking forward to our next gig when things get back to normal and the live music starts again!"*

Gareth says *"Happy anniversary Gareth, we have really enjoyed our time together. He's been the best thing in my life."*



## 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

## MASTERCHEF AND FOOD QUIZ WITH MALCOLM

**When?** Wednesday - 4th Nov - 7pm

**Where?** Zoom!

**Info:** Join us at with your food creations and vote for your favourites! Followed by a Food Quiz for desert!

**Meeting ID:** 898 7624 6501

**Passcode:** gigbuddies



## CHAT SHOW WITH DARREN

**When?** Wednesday - 11th Nov - 7pm

**Where?** Zoom!

**Info:** Join Darren on Zoom as he talks to some special guests!

**Meeting ID:** 827 6170 3350

**Passcode:** gigbuddies

## FILM QUIZ AND SOUNDTRACK DANCE PARTY WITH ANNIE

**When?** Wednesday - 18th Nov - 7pm

**Where?** Zoom!

**Info:** Brush up on your film knowledge and have a dance to the songs we all know and love!

**Meeting ID:** 876 3608 3682

**Passcode:** gigbuddies



## NOUGHTIES NIGHT WITH JESS

**When?** Wednesday - 25th Nov - 7pm

**Where?** Zoom!

**Info:** Relive the noughties with Jess... Think Sugababes, Justin Timberlake, Green Day, Black Eyed Peas, Scissor Sisters plus LOADS more!

**Meeting ID:** 835 8224 1734

**Passcode:** gigbuddies

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, Malcolm or Annie**

07305 876188

07827 228171

07971 759668

07971 760149

darren@stayuplate.org jess@stayuplate.org malcolm@stayuplate.org annie@stayuplate.org

# GIGS FROM YOUR HOME

## ADVISORY GROUPS MEETING WITH JESS AND ANNIE

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

**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!

**Meeting ID:** 851 4216 3989

**Passcode:** stayuplate



## 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 Zoom meeting - bring a coffee and chat to other gig buddies.

**Meeting ID:** 874 1676 8021

**Password:** stayuplate

## AMBASSADORS MEETINGS WITH DARREN

**When?** Wednesday - 4th & 18th Nov - 3pm

**Where?** Zoom!

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

**Meeting ID:** 871 8556 8631

**Password:** stayuplate



## WILD RAINBOWS MEETING WITH DARREN

**When?** Wednesday - 11th Nov - 3pm

**Where?** Zoom!

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

**Meeting ID:** 882 5479 9217

**Passcode:** stayuplate

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, Annie or Darren**

07827 228171

07971 760149

07305 876188

jess@stayuplate.org

annie@stayuplate.org

darren@stayuplate.org

# GIGS FROM YOUR HOME

## **BUZZ BUDDIES GAMES NIGHT WITH ANNIE**

**When?** Thursday - 5th Nov - 5pm **NEW TIME**

**Where?** Zoom!

**Info:** Meet Annie, our new Gig Buddies Project Assistant, (who will now be running Buzz Buddies too) for a fun filled games night.

**Meeting ID:** 844 5478 4476

**Passcode:** buzzbuddy

This social is for Buzz Buddies only.



## **BUZZ BUDDIES MUSIC AND DANCE NIGHT WITH ANNIE**

**When?** Thursday - 19th Nov - 5pm **NEW TIME**

**Where?** Zoom!

**Info:** Dance to your favourite tunes and catch up with other Buzz Buddies and Annie.

**Meeting ID:** 857 9832 8376

**Passcode:** buzzbuddy

This social is for Buzz Buddies only.

## **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.



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**

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.



## CLOCKS

Remember the clocks went back one hour on the 25th of October, so check all your watches, clocks and phones!

	<p><b>Stay Up Late &amp; Gig Buddies,</b>  <b>Emmaus Brighton &amp; Hove,</b>  <b>2nd Floor Manor Offices,</b>  <b>Drove Road, Portslade, BN41 2PA</b></p> <p><b>The office is closed at the moment.</b></p>	
	<p><b>Virtual Office: 020 3920 8471</b>      <b>Darren: 07305 876188</b>  <b>Katie: 07305 056122</b>                      <b>Malcolm: 07514 622204</b>  <b>Jess: 07827 228171</b>                        <b>Fran: 07514 622203</b>  <b>Annie: 07971 760149</b></p>	
	<p><b>All our emails are the same, just add the name to this email address</b>  <b>_____@stayuplate.org (for example katie@stayuplate.org)</b></p>	