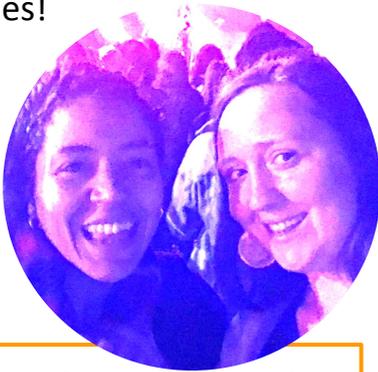


Hi Gig Buddies,

Christmas is just around the corner and although we may not be going out to lots of parties like we usually do at this time of year, we've got plenty of online socials to get you in the festive spirit.

Stay safe and wishing you all a very Merry Christmas and Happy New Year from all the team at Stay Up Late and Gig Buddies!



Happy 1 year anniversary to Keri and Nina!

Nina says *'It's been fab to meet Keri and explore Brighton's nightlife with her. Even through lockdown, it's been good to keep in touch and meet up occasionally on the beach or in the park for a walk. Looking forward to more gigs together soon!'*



STAYING AT HOME DOESN'T HAVE TO BE BORING

This month join us for:

- ★ Quizzes
- ★ Cinema club
- ★ Coffee
- ★ Plus MUCH MORE!

AGM - 7th DEC

We're staging our Annual General Meeting in two halves this year.

- 6.30pm - The formal business bit which we need to do as a charity:

<https://www.eventbrite.co.uk/e/129277136395>

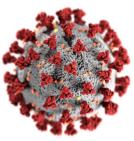
- 7.30pm – 'Supporting people through Covid' –

<https://www.eventbrite.co.uk/e/129280313899>

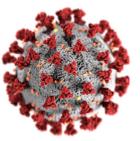
This meeting will be run by members of our Quality Team and they will be interviewing Stay Up Late's Ambassadors, Gig Buddies and members of our advisory groups to find out what ideas they have for best supporting people through this crisis.

All of the people leading this meeting have learning disabilities and we'll be using the conversations and ideas to adapt our current work.

Everyone is welcome to both.



CORONAVIRUS AND GIG BUDDIES UPDATE



In light of the latest decision by the government to try and protect people from the Coronavirus pandemic we want to make it clear how we see this affects Gig Buddies.

- **No meeting up indoors:** You should not meet up with your buddy indoors or in either of your homes.
- **Meeting up outdoors:** If you feel happy to do this it would be really nice to arrange a time to go for a short walk with your buddy (keeping 2 metres apart). This will be a nice way for people to keep connected and help towards their mental and physical fitness. Obviously the weather may be an issue but we'd say plan something and keep in touch about making any last minute changes, and hopefully rearrange it if necessary. (Or wrap up warm!)
- **Socials:** We will not be organising any socials or actual meetings over the next month. We will however keep an eye on things and promise to do what we can as quickly as possible when it is safe and legal to do so.

If you are unsure about any of this please speak to your Gig Buddies coordinator. Thank you and stay safe.

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

NEWS FROM OUR AMBASSADORS:

It's been a busy few weeks for our Stay Up Late Ambassadors who help with our campaigning.

- ★ Daniel has been on BBC Radio 4 talking about Gig Buddies during lockdown. We've also been zooming all over for lots of talks and conferences!
- ★ Andrew spoke at the Social Care Future conference.
- ★ Sas and Jason did a talk for Grace Eyre.
- ★ Victoria did a talk for Aldingbourne Trust.
- ★ Daniel did talks for Gig Buddies groups in both Hull and Bradford.
- ★ Three of our Ambassadors have starred in a video for Disability Arts Online talking about Stay Up Late and Gig Buddies during lockdown.
- ★ We also have some very special news to announce soon about one of our Ambassadors winning an award. Watch this space!



“We’d like to say welcome to our new matches Lara and Freya, and Georgie and Nicola!”

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

"ONE BUM CINEMA CLUB" WITH MALCOLM

When? Wednesday - 2nd Dec - 7pm

Where? Zoom!

Info: Join Malcolm for a Q&A with Paul from "One Bum Cinema Club", followed by a selection of short films.

Meeting ID: 826 5559 9816

Passcode: gigbuddies



EGYPT QUIZ NIGHT WITH VICTORIA AND JESS

When? Wednesday - 9th Dec - 7pm

Where? Zoom!

Info: Join Jess and our very own Queen of Gig Buddies, Victoria, for an evening of all things Egypt!

Meeting ID: 844 6305 7937

Passcode: gigbuddies

FESTIVE QUIZ WITH ANNIE

When? Wednesday - 16th Dec - 7pm

Where? Zoom!

Info: Get festive with Annie and join in with her Christmassy quiz. Christmas jumpers are very much encouraged!

Meeting ID: 876 3608 3682

Passcode: gigbuddies



Why was the turkey in the pop group?

Because he was the only one with drumsticks!



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 or Annie

07827 228171

jess@stayuplate.org

07971 759668

malcolm@stayuplate.org

07971 760149

annie@stayuplate.org

GIGS FROM YOUR HOME

ADVISORY GROUPS MEETING WITH JESS AND ANNIE

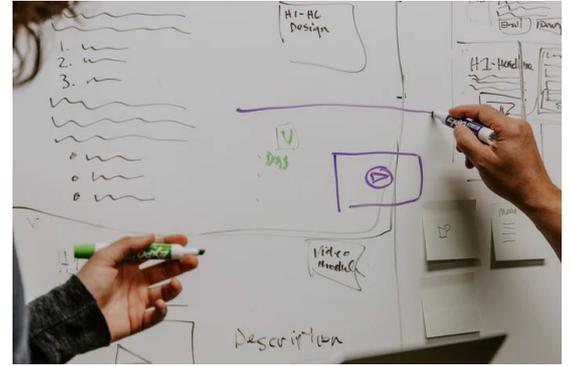
When? Wednesday - 9th Dec - 3pm

Where? Zoom!

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!

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 - 2nd and 16th Dec - 3pm

Where? Zoom!

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

2nd Dec Meeting ID: 822 2586 4390

16th Dec Meeting ID: 864 6319 6592

Password: stayuplate



Why are Christmas trees very bad at knitting?

Because they always drop their needles



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

jess@stayuplate.org

07971 760149

annie@stayuplate.org

07305 876188

darren@stayuplate.org

GIGS FROM YOUR HOME

BUZZ BUDDIES CATCH-UP WITH ANNIE

When? Thursday - 8th Dec - 5pm

Where? Zoom!

Info: Grab a drink and join Annie and other Buzz Buddies for a good old catch up!

Meeting ID: 847 7462 0607

Passcode: buzzbuddy

This social is for Buzz Buddies only.



BUZZ BUDDIES CHRISTMAS CATCH-UP WITH ANNIE

When? Thursday - 22nd Dec - 5pm

Where? Zoom!

Info: Put on your Christmas jumper, grab a drink and join Annie and other Buzz Buddies to get in the Christmas spirit!

Meeting ID: 835 5329 4339

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.



What is good King Wenceslas favourite pizza?

One that's deep-pan, crisp and even



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