

| FEB. 2021 |

GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



**THIS MONTH JOIN US
FOR:**

- PIZZA PARTY
- TUNES AND MOVES
- KARAOKE
- 70'S DISCO

Hi Gig Buddies,

We hope you're all doing okay, despite the latest lockdown. Although we can't meet up and party in person, we have lots more exciting things planned for you guys this month including a pizza party, tunes and moves, karaoke and a 70's disco. We all love hanging out with you each week and it just shows that we can still have lots of fun during this time!

Can't wait to see you all there. Stay safe Gig Buddies!



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

Some of our gig buddies are also Stay Up Late ambassadors who help us with our campaigning. Three of our ambassadors recently starred in a film about staying connected during lockdown. In the film Daniel talks about feeling very isolated when lockdown first started last year. This is because he didn't have a smartphone or a computer.

Daniel: "It was sad because I couldn't see anyone and I was lonely and a bit sad, continually. I was cut off from the outside world completely. I went and bought a laptop. One of my carers, Tom, helped me set it all up and get it all going. It was exciting because it was fun to get on Zoom and just press go!"

Let Darren know if you would like to be a Stay Up Late Ambassador!



Rohan's Twitter Take Over!



Using the hashtag #BollocksToBlueMonday, Rohan, a Stay Up Late Ambassador and member of the Quality Team, took over the Stay Up Late Twitter page to see how people were beating the lockdown blues!

'We did some stuff I hadn't done before. I didn't realise you could schedule tweets. It's good because you learn how to do this new thing. It's also good if you're busy - because you can plan when you are going to publish things. It made me feel happy to do the takeover. Lots of people said it cheered them up too. That's probably why it made me happy. I shared music, pictures that I liked, and some that other people sent in, using the hashtag #BollocksToBlueMonday. Of all the songs we shared I think Lady Gaga was my favourite.'



Darren Johnson
@DarrenJohnson66

Replying to @StayUpLateUK

Well done Rohan - you've cheered us all up this week



Stay Up Late @StayUpLateUK

Hi I'm Rohan! I work as a Quality Checker and I am a Stay Up Late Ambassador. I'm taking over the Stay Up Late Twitter account this week. I'm going to share things I like and tell you more about what I do.

#BollocksToBlueMonday
pic.twitter.com/d68m9GM8fr

STAY UP LATE + GIG BUDDIES NEWS

★ Match Anniversaries! ★



Jay and David celebrate 3 years of Gig Buddying.

'David and I will try and find a rock /metal gig every month, good or bad we will be down near the front by the side of the stage. We have been to concorde 2, green door store, hope and ruin, the haunt/chalk. We have seen guns n roses and Metallica cover bands as well as bands like: cancer bats, Spanish love songs, wire and zeal and ardor. We always finish our evening with a burger at Grubbs. David holds the record for fastest eaten burger I have ever seen!'

Darren and Glenn 3 years!

Glenn: "I have made lots of new friends going to places with Darren. It makes me feel very safe when I go to the Brighton bars and get to know them in person and all the drag queens. And in Hastings, too, at the cafe and the Twisted Bunny Bar I know nice people who work there." Darren: "From drag shows in Brighton to the Rocky Horror Show in Eastbourne to a day trip to London and so many gigs and bars and cafes I've had lots of fun with Glenn over the last three years. And he's never short of ideas for outings either. So I'm looking forward to lockdown ending when we can start going out again."



Luci and Luci celebrate 1 year together as Gig Buddies!



Kerry and Minnie have been matched for 2 years!



Chantelle and Josie celebrate 2 years!

Madeline and Claire have been Gig Buddies for 4 years!

'It's been an amazing four years. We've been to see Claire's previous gig buddy Imogen in Bristol twice - we went there by train and when we were there we went on a boat! We went to the International Women's Day event twice in Brighton where we did all kinds of different workshops - there was a woman called Sophie Cook who was really cool. Going to Kew Gardens and seeing Boyzone in an outdoor concert! Going for a drink on London Road in Brighton or seeing films. Can't wait for lockdown to end so we can do all kinds of fun things again!'



Get Connected

Want to stay connected to the Gig Buddies community but don't have access to the internet? We are excited to have launched a smart phone internet connection project. We have 25 phones with 6 months of internet connection available for people who are not connected to the internet at home. There are only a few left so please contact your coordinator ASAP if you would like one!

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



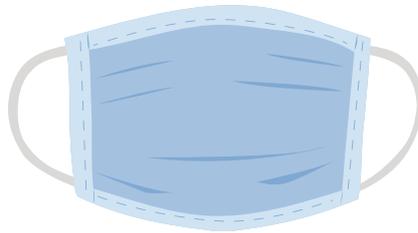
Welcome to Sue and Fran our new gig buddy match!



CORONAVIRUS AND GIG BUDDIES UPDATE

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

- You should not meet up with your buddy until further notice.
- We will continue to run a programme of socials on Zoom and we'll let you know when these are happening.
- Here are some ways you can still be a good gig buddy: Send a text to your buddy to let them know you're thinking of them. Send them a tune or a video you think they'll like. Post a card to them with a message on. Give them a quick phone call or video call. Join with them on one of our Zoom socials.



Information On Vaccines

We've been gathering together all the latest information we can find on vaccinations. We currently have some useful resources over on our website. These include a video from the NHS discussing information about the vaccine for people with a learning disability and an easy read guide covering all the important points of getting a vaccine.

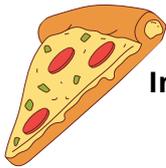
You can find these by searching this page on our website-
<https://gigbuddies.org.uk/coronavirus-updates/>



GIGS FROM YOUR HOME



PIZZA PARTY WITH MALCOLM



When? Wednesday 3rd Feb 7pm. **Where?** Zoom
Info: Come along with your favourite pizza and join Malcolm and other Gig Buddies for a pizza party!

Meeting ID: 746 174 4486 **Password:** gigbuddies



TUNES AND MOVES WITH JESS



When? Wednesday 10th Feb 7pm **Where?** Zoom
Info: Bring those moves and come to dance the night away with Jess

Meeting ID: 746 174 4486 **Password:** gigbuddies



KARAOKE WITH ANNIE



When? Wednesday 17th Feb 7pm **Where?** Zoom
Info: Get your favourite songs ready and come along for some karaoke and dancing with Annie

Meeting ID: 746 174 4486 **Password:** gigbuddies



70'S DISCO WITH DARREN



When? Wednesday Feb 24th 7pm **Where?** Zoom
Info: Put your dancing shoes on get ready to boogie back to the 1970's!

Meeting ID: 746 174 4486 **Password:** gigbuddies



GIGS FROM YOUR HOME



GIG BUDDIES COFFEE MORNING



When? Every Tuesday at 11am **Where?** Zoom
Info: Join members of the gig buddies team and other gig buddies for a coffee and a chat!

Meeting ID: 874 1676 8021 **Password:** stayuplate



AMBASSADORS MEETINGS WITH DARREN

When? Weds 10th + 24th of Feb- . **Where?** Zoom

Info: Come for a catch up with our Stay Up Late Ambassadors

Meeting ID: 854 1127 1556. **Password:** stayuplate



WILD RAINBOWS MEETINGS WITH DARREN

When? Wednesday 17th Feb **Where?** Zoom

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

Meeting ID: 746 174 4486 **Password:** stayuplate



BUZZ BUDDIES



Buzz Buddies is a social group for people with learning disabilities who are aged between 18 and 25 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 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 Buddy online meeting.

Direct links to all our socials are on our Facebook events page!

You can call, text or email Darren, Jess, Malcolm or Annie

07827 228171
jess@stayuplate.org

07971 760149
annie@stayuplate.org

07305 876188
darren@stayuplate.org

07971 759668
malcolm@stayuplate.org



Our 'Lockdown Podcast' has been a great way to tell peoples stories over the lockdown. You can now listen to all the previous podcast episodes through this link <https://soundcloud.com/stayuplateuk>

If you would like to get involved and tell your story then 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 to discuss an idea then let us know and Malcolm will be in touch!

ADVISORY GROUPS

We have three advisory groups, one for Brighton called Storm & Thunder, one for East Sussex called Wise Owls and one for West Sussex called Stormzy's Crew. We meet to advise, guide and inform Stay Up Late and the Gig Buddies project.

If you think you would like to join one of the advisory groups then please contact:

Storm & Thunder - katie@stayuplate.org
07305056122 or annie@stayuplate.org
07971760149

Stormzy's Crew - malcolm@stayuplate.org
07514 622204

Wise Owls - jess@stayuplate.org 07827228171



Stormzy's Crew Needs You!

A recruitment poster for Stormzy's Crew. It features the 'GIG BUDDIES SOUND PEOPLE' logo in the top left. The text reads: 'STORMZY'S CREW Stormzy's Crew is the name of the Gig Buddies advisory group for West Sussex. We play an active role in deciding how the project is run and come up with ideas for socials, blogs and campaigns and much more. We want you to be involved! If you want to find out more come along to the next zoom meeting on Weds 3rd Feb at 3pm. Hope to see you there!'. There is a 'STAY UP LATE' logo in the bottom left. On the right, there is a cartoon illustration of a man with a mustache and a captain's hat, pointing towards the viewer. Below the illustration, the words 'NEEDS YOU' are written in large, stylized letters.



Admin Number: 020 3920 8471

Darren: 07305 876188 Katie: 07305 056122 Malcolm: 07514 622204 Jess: 07827 228171 Annie: 07971 760149



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