

| JAN. 2021 |

GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



**THIS MONTH JOIN US
FOR:**

- NEW YEAR SING
ALONG
- DISCO
- ART NIGHT
- QUIZ NIGHT

Hi Gig Buddies,

We can't believe it's 2021 already! What a year it has been. Although we haven't been able to party in person, we have still managed to stay connected and have loads of fun online. As we welcome in the new year, the Gig Buddies team have got lots of exciting socials planned for you all so staying at home doesn't have to be boring!

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



STAY UP LATE + GIG BUDDIES NEWS

Looking back on 2020

At our AGM in December Jason and Rohan hosted another brilliant Stay Up Late chat show. With their special guests they looked back over the year for us. Although Covid has made 2020 a hard year for all of us, we still had some brilliant highlights.

- Daniel and Sophie talked about the Ambassadors meetings we've been having every two weeks and told everyone about the video they've made.
- Ryan and Bethan talked about how much Gig Buddies socials and coffee mornings have helped them through lockdown.
- Lucy talked about the animation she's done showing people that racism is always wrong
- Sas told us about some of the talks she has done and about going on the radio and TV to talk about Gig Buddies.
- Victoria told us the brilliant news that she has been named as one of the winners of the Learning Disability & Autism Leaders' List – well done Victoria!



Happy 1 year anniversary to Olivia and Larah!

Olivia says: 'We had a fun time at a karaoke evening, and we have also been out for lunch at Pinnochios as well as some other fun activities together, it's been a lovely year getting to know each other.'



Coronavirus Learning Disability and Autism Leaders

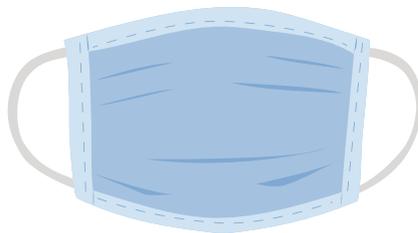
Congratulations to Victoria for being one of the winners of the Coronavirus Learning Disability and Autism Leaders award!



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

- No meeting up indoors
- Meeting up outdoors: if you feel happy to do this then it would be great to arrange a socially distanced meet up. This will be a good way to stay connected and help towards people mental and physical health.
- Socials: We will not be organising any socials in person over the next month, but we are keeping an eye on things and promise to what we can as quickly as possible when it is safe to do so.



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 get in contact with your coordinator ASAP if you would like one!

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



GIGS FROM YOUR HOME



NEW YEAR SING-A-LONG WITH MALCOLM



When? Wednesday Jan 6th 7pm. **Where?** Zoom
Info: Bring your singing voices and join Malcolm to welcome in the new year with a good sing along
Meeting ID: 746 174 4486 **Password:** gigbuddies



DISCO WITH JESS

When? Wednesday Jan 13th 7pm **Where?** Zoom
Info: Bring those moves and come to dance the night away with Jess
Meeting ID: 746 174 4486 **Password:** gigbuddies



ART AND CRAFT NIGHT WITH ANNIE

When? Wednesday Jan 20th 7pm **Where?** Zoom
Info: Come along and spend the evening doing fun art activities and getting creative. All you need is a pencil, paper and yourselves!
Meeting ID: 746 174 4486 **Password:** gigbuddies



QUIZ NIGHT WITH DARREN

When? Wednesday Jan 27th 7pm **Where?** Zoom
Info: Brush up on your general knowledge and join Darren for his quiz evening!
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? Wednesday - 13th & 27th Jan. **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 20th Jan **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

07971 760149

07305 876188

07971 759668

jess@stayuplate.org

annie@stayuplate.org

darren@stayuplate.org

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
07971759668

Wise Owls - jess@stayuplate.org 07827228171



Happy New Year everyone! We can't wait to see you all again soon!



Admin Number: 01273 418102

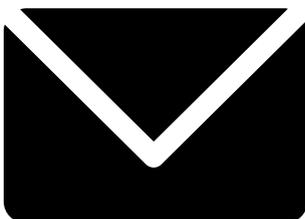
Darren: 07305 876188

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)**