

| MARCH. 2021 |

GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



GIG BUDDIES

SOUND PEOPLE

**THIS MONTH JOIN US
FOR:**

- JESSTIVAL
- MUSICAL BINGO
- POP QUIZ
- LIVE MUSIC WITH RYAN

Hi Gig Buddies,

We hope you are all doing well. With winter coming to an end and the recent news of lockdown easing over the coming months, the future seems a little bit brighter! The sun has been shining a bit more and the evenings are getting lighter, so some positive things are happening.

We can't wait to see you all again, but for the meantime we still have lots of fun online events to get us through the lockdown!

All the best, the Gig Buddies team x



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

At the Ambassadors' meeting we talked about the sort of support people might need when places start reopening. Jason talked about the blog he wrote recently. After a year of not being able to pubs and gigs, people might need extra support to feel independent again.

Jason: "Some people with a disability or learning disability might feel worried or uncomfortable using public transport on their own or even be nervous about the crowds and they might need extra support with the things they enjoy doing." Everyone agreed with Jason's blog. It has been shared by lots of people and by other charities. We are going to put together a Stay Up Late advice sheet for support providers.



Gig Buddies Sydney Social Media Take Over!

This month Gig Buddies Sydney took over our social media page to celebrate their 6 year anniversary! "We're very grateful for the team at Stay Up Late for giving us a chance to tell our tale. While lockdown restrictions are not overly oppressive here in Sydney, we're still unable to meet up in a pub as a large group. Letting us takeover the Stay Up Late Instagram account was a great way for us to celebrate our sixth birthday - thank you for providing us with a Plan B."

Gig Buddies Sydney shared stories, photos, videos, memories and introduced us to gig buddy pairs! It was great to have an insight into all their adventures throughout the week.



STAY UP LATE + GIG BUDDIES NEWS

★ New Gig Buddy Matches ★

Welcome to our new gig buddy matches...



EMMA AND SARAH

Despite the lockdown, it's so great that we have still been able to match up gig buddies!



It's Gareth and Elliott's 2 year anniversary!

They are happy to have been buddies for 2 years and are looking forward to when they can go for coffee & cake, beer & burgers, and to jazz gigs again!



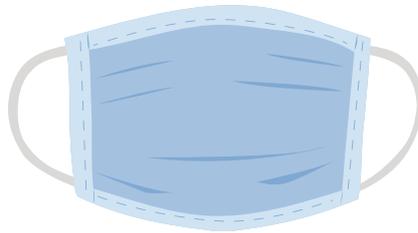
Lara Goring and Alex Whiteman are also celebrating being buddies for a year!



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



JESSTIVAL WITH JESS

When? Wednesday 3rd March 7pm **Where?** Zoom
Info: Grab your festival shirt and get ready to sing and dance the night away at Jesstival!

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



MUSICAL BINGO WITH ANNIE

When? Wednesday 10th March 7pm **Where?** Zoom
Info: Come along for an evening of bingo! Sing and dance to the songs played and then check them off your bingo card

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



POP QUIZ WITH MALCOLM

When? Wednesday 17th March 7pm **Where?** Zoom
Info: Brush up on your pop knowledge and join Malcolm for his quiz evening!

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



LIVE MUSIC NIGHT WITH DARREN AND RYAN

When? Wednesday March 24th 7pm **Where?** Zoom
Info: We're all missing going to gigs, but Ryan has got you covered with his evening of live music!

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



YOGA WITH LAURA



When? Every Monday at 2:30pm **Where?** Zoom
Info: Lauras yoga will be gentle and easy. It's good for making us calm, relaxed and also a bit energised. Laura's classes will be mostly seated yoga, so you just need a chair to join in.

Meeting ID: 811 1765 6958 **Password:** 670178



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 March. **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 March **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



Opportunity for Gig Buddies in West Sussex!

Albion in the Community are offering men living in Lancing, Shoreham, Southwick and Sompting support to lose weight and keep it off! Kick Off The Weight is a new opportunity in partnership with Adur and Worthing Wellbeing. This 12 week course will start on Monday 1 March from 6.30 to 8 pm. Each participant will get a starter kit including exercise mat, resistance band and tape measure to record progress. Fun interactive sessions – part healthy eating advice and part physical activity. Anyone who is interested should call 01273 878269 or email neighbourhoodhealth@albioninthecommunity.org.uk.



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)