

| APRIL. 2021 |

GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



GIG BUDDIES

SOUND PEOPLE

**THIS MONTH JOIN US
FOR:**

- **DISNEY DISCO**
- **ART NIGHT**
- **PETS AND ANIMALS
QUIZ**
- **CRAZY DISCO**

Hi Gig Buddies,

Happy Easter! Now that the clocks have changed, spring has arrived and the restrictions are easing, we are all feeling a bit more hopeful!

It's exciting that we will be able to see you all again soon, but in the meantime we still have some online socials planned to keep you all entertained!

Hope you all have a lovely Easter, the
Gig Buddies team x



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

A number of gig buddies participants are also ambassadors. These are the people who help us with our campaigning – spreading the word about #NoBedtimes!

It's been a busy few weeks for our Stay Up Late Ambassadors. We've had zoom workshops where we learnt tips on writing blogs and doing great radio and TV interviews. So many ambassadors and gig buddies participants are keen to do blogs for our website. We've put together an Easy Read guide to help you. Let Darren know if you would like one!

Some of our Ambassadors took part in the Learning Disability England conference on Zoom. We've also done talks for local groups in Wales and Newcastle recently.



★ Match Anniversaries! ★



Laura and Claire celebrate 3 years of being gig buddies!

'Claire is a very kind person. She has all of the same interests as me such as cats and marvel films. She is really good fun to go out with. My favourite outing was Hollywood Bowl and Comicon. Since I had Claire as a Gig Buddy my confidence has got better and I'm more trusting going out and being safe with the right person'

Nick and Rohan have been gig buddies for 4 years!



Harry and Harri have been matched for a year now!

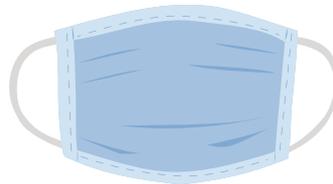


CORONAVIRUS AND GIG BUDDIES UPDATE

Following the government's announcement about the lifting of lockdown restrictions, here is what it will mean for our Gig Buddies community. It may not so much be a 'roadmap' and more of a footpath but it feels like hope is in the air and it will be great to start meeting up with people again soon.

- **29th March** - We're going to be organising some outdoor social meet-ups in local parks for no more than a total of 6 people per meeting. You can also go out for a 1-1 walk with your gig buddy.
- **12th April** - We can aim to have small groups meet-up (no more than 6) in pub beer gardens and of course you can go with your buddy too.

We are deliberately not planning too far ahead yet. We want to make sure that people are confident and feel safe going out with their buddy first. In the meantime if you have any questions or concerns please don't hesitate to contact us and we'll be happy to help.



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



DISNEY DISCO WITH JESS

When? Wednesday 7th April 7pm. **Where?** Zoom
Info: Come and dance to your favourite Disney tunes!
Meeting ID: 746 174 4486 **Password:** gigbuddies



ART NIGHT WITH ANNIE

When? Wednesday 14th April 7pm **Where?** Zoom
Info: Let's get creative! All you need is a pencil, paper and yourselves
Meeting ID: 746 174 4486 **Password:** gigbuddies



ANIMAL AND PET QUIZ MALCOLM

When? Wednesday 21st April 7pm **Where?** Zoom
Info: Bring your pets along and get involved with Malcolms animals and pets quiz!
Meeting ID: 746 174 4486 **Password:** gigbuddies



CRAZY DISCO WITH DARREN

When? Wednesday 28th April 7pm **Where?** Zoom
Info: Come along for a night at the crazy online disco with Darren!
Meeting ID: 746 174 4486 **Password:** gigbuddies

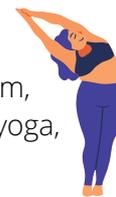


YOGA WITH LAURA



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 7th + 21st April 3pm. **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 28th April 3pm **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



A big Happy Easter to everyone!



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)