

| MAY. 2021 |

GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



GIG BUDDIES

SOUND PEOPLE

**THIS MONTH JOIN US
FOR:**

- DANCE PARTY
- INSIGHT APP
- BRIGHTON OPEN
AIR THEATRE NIGHT
- MUSIC QUIZ

Hi Gig Buddies,

Hope you're all doing well and enjoying the sunshine. As restrictions ease, it feels like we are getting ready to get back out there! We've started to hold some small group socials in parks for 6 people and making the most of this beautiful weather.

This month we are slowly winding down the Zoom events so we can make space for lots of exciting in person socials! We also have some great new ways for Gig Buddies to stay connected online.

We can't wait to see you all,
The Gig Buddies team x



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

As places started reopening in the next few months we can start to feel excited about doing some of the things we used to enjoy. But we also know that some people are feeling a bit nervous, too. Our Stay Up Late ambassadors put together the following tips to help people feel more independent again when places re-open.

1. Try going out to places nearby at first rather than doing long journeys on public transport.
2. If you are feeling nervous start off by going to quiet pubs and restaurants before you go back to busy bars and clubs or gigs.
3. Try and get someone to come with you when you go back on public transport for the first time.
4. Get information on bus and train times before you set off.
5. Wear a sunflower lanyard so you can ask for extra help if you need it www.hiddendisabilitiesstore.com
6. Talk to support staff or family so they can help you plan what you want to do.

★ Gig Buddy Matches! ★



Our first in person match meeting of the year was with Emma and Sarah!



Paul and Shaun have been buddies for 2 years!



Colin and Matthew are celebrating 3 years of being gig buddies!

'Matthew and i have been Gig Buddies a few years now. Although this year has been difficult, we are looking forward to going out to a couple of Brighton Fringe events next month!'

Jo and Christian are celebrating 8 years of being Gig Buddies this month, how amazing!

Hannah and Greg have been gig buddies for 3 years!

Val and Amber are celebrating 2 years of being matched as gig buddies!



GIG BUDDIES NEWS

Keeping Connected After Lockdown with Insight App



We've really enjoyed connecting with everyone on Zoom over the past year and had huge amounts of fun despite all the challenges of being in lockdown. As lockdown restrictions start to end we want to create as many real life opportunities for small group socials and so we're going to stop doing so many Zoom socials, just because we can't be in two places at once.

However, we know that staying connected online is really important for a lot of you so we've teamed up with the Insight App to make sure everyone can stay connected safely. Insight is an App designed for people with learning disabilities and means you'll be able to join a whole variety of different meetings, depending on your interests. There are over 1000 people connected already and it's all moderated so you can keep safe.

We're going to hold a special social on 12th May at 7pm so you can find out more about the app. You can also download it here for free: Apple store – search for 'Insight by Innovate Trust' Google Play store – search for 'Insight by Innovate Trust'

Our New Programme- Sports Buddies!

We're really excited to say that Stay Up Late will be funded by Sports England and Active Sussex to start a new programme called 'Sports Buddies' - launched in the summer.

There'll be a chance for people to buddy up with someone with a sporty interest, so you can spring out of lockdown and start to move again. Whether it's chilled yoga, gentle moves from your armchair, dance parties, walking football, rounders, martial arts or table tennis...there'll be something for everyone and all levels of fitness. If you'd like to be involved in helping us to design the programme, email jules@stayuplate.org, we'd love to hear your ideas. Watch this space!



GIG BUDDIES NEWS

Want to be part of an exhibition for the Brighton Fringe?

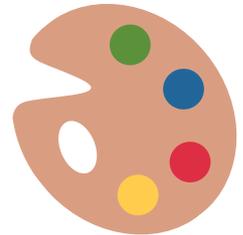


Do You Come Here Often? Be part of a new art exhibition about Brighton's nightlife. This is going to be an exhibition during Brighton's Festival Fringe at 35 North Gallery from 5th to 20th June.

They want to collect stories of nights out in Brighton that have made changes to the people who lived them. It would be a great way to get some of your experiences as Gig Buddies in there.

All you need to do is make a poster about your night out on an A3 piece of paper. You can use words, pictures or whatever you like. There are no rules! You can find out how to send in your poster here

<https://doyouopencall.wixsite.com/brighton/submissions>.
Deadline is 29th May.



MAY 6TH LOCAL ELECTIONS 2021

A reminder that it is the local elections coming up! Skills for People who you can find on Facebook have put together some fantastic easy read guides and videos explaining how to vote in the elections on 6th May 2021. Vote and have your say!

- There are lots of different ways you can vote- in person at a polling station, by post, or 'by proxy'
- It's your right to vote, and to choose who to vote for.
- If you haven't registered to vote then you can do this for next time. Here is a link to the easy read guide on the government website which will show you how to register - <https://bit.ly/3dSqdh3>



UPCOMING SOCIALS



DANCE PARTY WITH JESS

When? Wednesday 5th May 7pm. **Where?** Zoom

Info: Come along and join other gig buddies and dance to your favourite songs!

Contact jess@stayuplate.org for zoom details



INSIGHT APP

When? Wednesday 12th May 7pm **Where?** Zoom

Info: Insight app is an amazing way to keep connected online after lockdown so this will be an evening introducing the app to you all!

Contact darren@stayuplate.org for zoom details



CAROUSEL'S LARK IN THE PARK WITH ANNIE

When? Thursday 20th May 7:30pm **Where?** Brighton Open Air Theatre

Info: 'Eclectic music, brilliant short films, jolly songs and more'. This is an in person social, please contact Annie to confirm your space. **07971760149** annie@stayuplate.org

Tickets: £7.50 **Running time:** 110mins

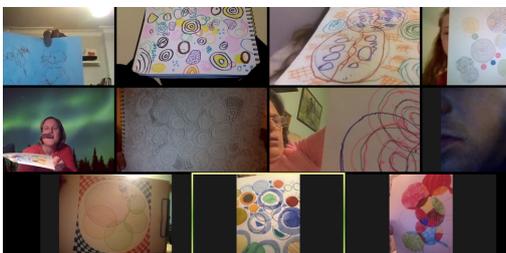


MUSIC QUIZ WITH MALCOLM

When? Wednesday 26th May 7pm **Where?** Zoom

Info: Brush up on your music knowledge for our last Wednesday night zoom event with Malcolm!

Contact malcolm@stayuplate.org for zoom details



GIG BUDDIES COFFEE MORNING



We have loved running these coffee mornings and getting to see you all each week, but to make sure we can see you all in person, the last coffee morning will be May 11th. We've got lots of exciting things in the works and if you would still like to connect online, the AMEX sessions are still running and of course the Insight app!



When? Tuesday 4th & 11th at 11am **Where?** Zoom

Info: Join members of the gig buddies team and other gig buddies for a coffee and a chat!



AMBASSADORS MEETINGS WITH DARREN

When? Weds 5th + 19th May 3pm. **Where?** Zoom

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

Contact darren@stayuplate.org for zoom details



WILD RAINBOWS MEETINGS WITH DARREN

When? Wednesday 26th 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

Contact darren@stayuplate.org for zoom details



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

CAMERADOS ONLINE HOUSE PARTY



When? 14th May 8-10pm Where? Zoom

Info: A few of us are going to an online #HouseParty run by a group called Camerados. It will have lots of different music "rooms" and a chill-out space as well. It's not quite a gig, or a social...but we thought we could get a few people together. Please contact **lowri@stayuplate.org** for details



BOREDOM BUSTERS WITH AMEX STAFF AND ANNIE



When? Every Thursday at 2pm Where? Zoom

Info: Each week we have a new theme for the social so come along and join in the fun
Contact **annie@stayuplate.org** for zoom details



Brighton Festival Discount Tickets

Rider Spoke, an interactive artists group are offering a half priced offer for Stay Up Late with the code SUL2021. Running from the 1-23rd May, Rider Spoke invited you on a ride guided by a smartphone app with a narrator and a delicate score. Find hiding places to leave recordings, and search for recordings left by strangers you will never meet. Intimate, freeing and funny.

They welcome people on bicycle, wheelchair, mobility scooter, alternative cycle or on foot. We also offer some access technologies, suggested routes and additional assistance - including a free ticket for carers or buddies - on request. Tickets with the code will be £5. They recommend contacting the Ticket Office (01273 709709) about booking rather than booking online, so we can best advise people and accommodate individual needs.



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)