

| JULY . 2021 |

# GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



# GIG BUDDIES

## SOUND PEOPLE

### THIS MONTH JOIN US FOR:

- CHICHESTER COFFEE
- BOWLING
- OPEN MIC AND KARAOKE IN BRIGHTON
- FISH AND CHIPS IN HASTINGS

Hi Gig Buddies,

Well it really does feel summery now doesn't it! It's been so wonderful to start to see more of you all, whether it's been at outdoor cinemas, pubs, picnics, or dancing around the streets of Brighton it's been so much fun!

And the fun will continue this month, with more wonderful socials coming your way. Alongside some amazing Gig Buddies publicity that you may have seen on our social media!

The Gig Buddies Team x



# STAY UP LATE + GIG BUDDIES NEWS

## STAY UP LATE AMBASSADORS NEWS

June was a a busy month for our Stay Up Late Ambassadors. We got a letter off to every local council in the country asking them to support our #NoBedtimes campaign. We want councils to make sure support providers have staff rotas that let people stay out late.

Our Ambassadors also got a letter in the Guardian newspaper – well done! The letter was shared lots of times on social media with lots of people talking about our campaign. Our Ambassadors were also in Disability News talking about, too.

Let Darren know if you would like to be an Ambassador.

[darren@stayuplate.org](mailto:darren@stayuplate.org)



## ★ Match Anniversaries! ★



**Tony and Guy celebrate 4 years of being Gig Buddies!!**

'Happy fourth anniversary to us. Celebrating with a cuppa and cake on the beach.'

**Corey and Duncan have been buddies for 2 years!!**



**Nick and Nick have been matched for 5 years!!**



**Adam and Andrew have been matched for 6 years!**



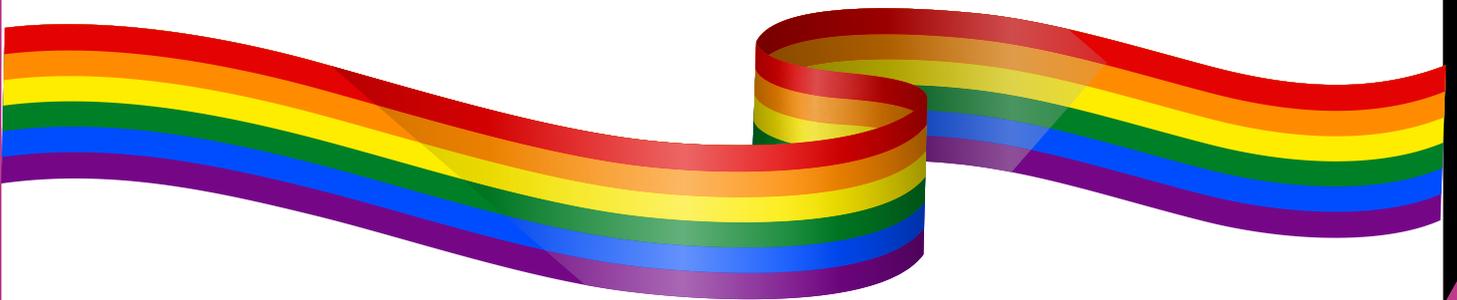
**Mark and David have been buddies for 2 years!**  
They celebrated by going to see their favourite funk band together!



# HAPPY PRIDE MONTH!

Everyone at Gig Buddies wants to wish you a very happy Pride month, although we know we're just reaching the end of it! We hope you all had a wonderful time filled with love and laughter.

We missed celebrating Brighton Pride with you all so much this year but we can't wait until we can all dance around the streets covered in glitter and colours together when we can keep everyone safe.



## **GIG BUDDIES - OUT AND PROUD WITH WILD RAINBOWS**

Wild Rainbows is our LGBT+ advisory group. As part of Pride month the Wild Rainbows had a special meeting with the charity United Response. We talked about how Pride events could be more accessible for people with learning disabilities and autism.

Everybody in Wild Rainbows loves going to Pride events. But there were some brilliant suggestions about how to make things better for the future: accessible platforms like at Glastonbury, making sure there's quieter chill-out areas, wristbands for accessible toilets etc.

Wild Rainbows are going to work with United Response to put together an advice sheet for Pride organisers. Hopefully, it will mean next year's Pride events will be more fun than ever!

If you would like to get involved in Wild Rainbows get in touch with Darren.  
[darren@stayuplate.org](mailto:darren@stayuplate.org)



# THIS MONTHS SOCIALS



## **CHICHESTER COFFEE MORNING**

**When?** Wednesday 14th July, 11am

**Where?** Cafe Nero, 57 East Street Chichester

**Contact:** Malcolm for details and to book a space  
malcolm@stayuplate.org or 07514 622204



## **BOWLING WITH MALCOLM**

**When?** Tuesday 20th July 7:30pm **Where?** Worthing Ten Pin Bowling,  
Worthing Bowl, Marine Parade, Worthing, West Sussex, BN11 3PZ

**Contact:** Malcolm for details and to book a space  
malcolm@stayuplate.org or 07514 622204



## **OPEN MIC AND KARAOKE WITH ANNIE**

**When?** Thursday 23rd July **Where?** The Regency Tavern, 32-34  
Russell Square, Brighton, BN1 2EF

**Contact:** Annie for details and to book a space  
annie@stayuplate.org or 07971760149



## **FISH AND CHIPS ON THE BEACH WITH JESS**

**When?** Wednesday 28th July, 4pm **Where?** Beach Retreat  
Fish and Chips, Hastings, TN34 3AD

**Contact:** Jess for details and to book a space  
jess@stayuplate.org or 07827228171



**Looking forward to seeing you there!!**

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

**You can call, text or email Jess, Annie, Darren or Malcolm if you have any questions!**

07827 228171  
jess@stayuplate.org

07971 760149  
annie@stayuplate.org

07305 876188  
darren@stayuplate.org

07971 759668  
malcolm@stayuplate.org

# **BLACK HISTORY MONTH CALLOUT**

We are planning to do an event in Black History Month in October 2021.

We want the event to be run by Buddies who are Black, Asian or from another ethnic group. If you are interested in being involved you can contact Jenny [jenny@stayuplate.org](mailto:jenny@stayuplate.org) 07783809971.

Or you can speak to your Gig Buddies coordinator or Darren as we know some Sussex Ambassadors would like to be involved.

We want the event to be fun and have some performances and workshops, we are working with other organisations like Carousel and Grace Eyre to reach as many people as we can.

Rami is helping us with the planning and we would like others to join us in a zoom meeting in July, hopefully we can come together soon and meet face to face as a group and organise a fun event together.

## **THANK YOU LAURA!!**

Massive Thanks to Gig Buddy Laura who undertook a walking marathon in aid of Stay Up Late & Gig Buddies. During the month of May she walked a total of 26.2 miles raising an amazing £745 in the process. We are so impressed by Laura's achievement and hugely grateful for the financial help she has provided for the charity. She told us that one of the things she's really happy about is the fact that she now really enjoys walking! Go Laura!!



**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](mailto:katie@stayuplate.org))**