

| SEPT/OCT. 2021 |

GIG BUDDIES NEWSLETTER

Bi-Monthly newsletter from Gig Buddies



**GIG
BUDDIES**

THIS MONTH JOIN US FOR:

- BEER & BURGER
- BOWLING
- OPEN MIC
- CRAZY GOLF
- UPSIDE DOWN HOUSE!!

Hi Gig Buddies,

Welcome to our latest Newsletter. We're going back to bringing them out every 2 months so this has everything you need to know about what we're doing in September & October. Stay safe everyone and enjoy getting out and about as more activities get re-started!!

the Gig Buddies team x



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

Our Ambassadors have been busy doing talks for support providers about Stay Up Late and Gig Buddies. Now that lockdown has ended and places have opened up again lots of people want to know about our #NoBedtimes campaign. As well as doing talks on Zoom we've been busy sending out stickers and leaflets. Daniel and Darren have also done a radio interview talking about what we do and why our campaign is important.

Ambassadors Zoom meetings - we have switched the time of our monthly meetings to 6-7pm on the first Wednesday of every month.

If you are a Gig Buddy and would also like to be a Stay Up Late Ambassador then get in touch with Darren.



★ Match Anniversaries! ★



Sam and Gareth 2 years in October

'my gig buddy is a lovely man and a sweetheart'

**Holly and Sam in 1 year
September**



Mandi and Karen 7 years!



**4 year anniversary for
Susan and Lesley in October**



CHRIS RIDER

We were saddened to hear of the sudden death of our good friend Chris. Some of you will know him as the drummer in Beat express, as a DJ, a Gig Buddy, part of our Storm and Thunder team and you'll all probably know him for his funny hats. Chris has been part of our charity since the very start and we loved him for his sense of fun, his jokes, and his friendship. He was a truly lovely man and will be greatly missed by all of us.



SPORTS BUDDIES

Stay Up Late's new Sports Buddies project got underway with a fantastic launch afternoon on Hove lawns. Nam Yang martial arts demonstrations were awesome and inspired a lot of attendees and passers-by to get involved. Teresa at Brighton Table Tennis Club was busy the whole time engaging our attendees in table tennis. Justine and Jade showed some footy skills and engaged the group too. Dustin Bieber and the playlist did us proud and many of us particularly Maria, showed off some stunning moves. Sas was fab as ambassador, helping promote with flyers and doing interviews with Albion in Community. For more info contact Monica@stayuplate.org



The Cilia Dance: An invitation to Take Part on Brighton's Car Free Day

You are invited to co-create & perform The Cilia Dance, a conversation using the language of movement, instead of words, to explore how we travel around the city. A playful, fun and collaborative exchange; to dance in each other's shoes.

Moving in lines & clusters, dancing looped sequences that describe, epitomise & reflect how we all move around the city: scooting, skating, walking, running, cycling, driving, riding....

Sharing, exchanging, re-creating & re-forming sequences, moving along a route through Valley Gardens; the lungs of the city and meeting point of routes through the city centre.

The commitment from you, is for one 2-hour workshop plus a refresher 2-hour rehearsal and a 45 min performance on 25th September, approx 11am-4pm.

For more info visit: https://bit.ly/cilia_dance or email Elena at info@bicycleballet.co.uk

To sign up: <https://forms.gle/TzDgX5tLeHjickP9>



Latest Covid update for all Gig Buddies

The virus loves a crowd and spreads most easily when people come together, especially indoors. When we socialise with friends and family it's too easy to let our guard down.

With such high rates here locally, and with rising cases in the rest of the country, we all must do everything we can to try to slow the spread. This is our current position with what we're doing to try and support this...

Socials

We will continue to run mostly outdoor socials for the next couple of months whilst the weather is good

Meeting your buddy

We encourage buddy pairs to meet up outside as much as possible

Masks

We encourage everyone to continue wearing their masks as much as possible (if you can), especially on public transport on the way to socials or while buddying

Vaccines

If you haven't already, we really do encourage you to get your vaccines too!

Lateral Flow Tests

If you can, we would also suggest it's a good idea to do a negative lateral flow test before coming to a social or meeting your buddy

Going to busy places

If you are planning to meet up with your buddy in a busy place such as a nightclub, please make sure you have talked to your parents or support about this first, and that they are ok with it.

Being a good buddy

Whilst meeting up can still be difficult we want to try and make sure that we still keep everyone as connected as we can be and there's still small regular things that you can do to be a good 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

Thank you and please stay safe!

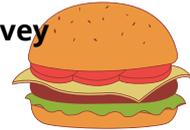
SEPT/OCT SOCIALS



BEER & BURGER WITH JESS

When? Thurs 16th September 7-9pm Where? John Harvey Tavern, Lewes

Info: Contact Jess@stayuplate.org to book a place



OPEN MIC NIGHT WITH JESS

When? Weds 20th October 7-9pm Where? Printers Playhouse in Eastbourne

Info: Contact Jess@stayuplate.org to book a place



CRAZY GOLF & FISH & CHIPS WITH ANNIE

When? Wednesday September 15th 4pm Where? Meet outside Jungle Rumble Adventure Golf Brighton.

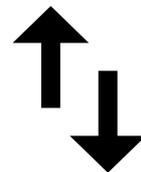
Info: Contact Annie@stayuplate.org to book a place



UPSIDE DOWN HOUSE ON BRIGHTON BEACH

When? Weds October 20th 4pm Where? Upside down house on Brighton Beach

Info: Contact Annie@stayuplate.org to book a place



CHICHESTER COFFEE MORNING WITH MALCOLM

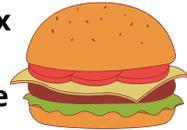
When? Weds Sept 30th 11am Where? Priory Park Cafe

Info: Contact Malcolm@stayuplate.org to book a place



BEER & BURGER WITH MALCOLM

When? Weds 22nd September 7-9pm **Where?** Snooty Fox
279 Haslett Ave E, Three Bridges, Crawley
Info: Contact Malcolm@stayuplate.org to book a place



BOWLING WITH MALCOLM

When? Weds 27th October 7-9pm **Where?** AMF Bowling
Worthing, Marine Parade, Worthing
Info: Contact Malcolm@stayuplate.org to book a place



WISE OWLS ADVISORY GROUP MEETING

When? Weds 29th September 3-4:30 **Where?** London
and County Wetherspoons in Eastbourne
Info: Contact Jess@stayuplate.org



CRAWLEY COFFEE MORNING WITH MALCOLM

When? Thursday 21st Oct 11am **Where?** Caffè Nero
11 The Martletts, Crawley
Info: Contact Malcolm@stayuplate.org to book a
place



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



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)