

| NOV/DEC 2021 |

# GIG BUDDIES NEWSLETTER

Bi-Monthly newsletter from Gig Buddies



**GIG  
BUDDIES**

## JOIN US FOR:

- **STAY UP LATE 10 YEAR BIRTHDAY PARTY**
- **OPEN MIC NIGHT**
- **DINNER**
- **XMAS VIDEO MAKING**
- **KARAOKE**

Hi Gig Buddies,

Welcome to our latest newsletter for November and December. We can't believe it's coming to the end of the year already! We have some exciting events coming up over the next few months, including our Stay Up Late 10 year anniversary party!

Stay safe everyone and look forward to seeing you all soon

the Gig Buddies team x



# STAY UP LATE + GIG BUDDIES NEWS

## Daniel's Report on Ambassadors Day

Stay Up Late Director, Paul Richards, did the welcome speech. Although it had been a difficult year for most of us, Paul put the year into perspective. He talked about how much the Ambassadors' network had grown through Zoom meetings, connecting people all around the country. Jason then went around the room and got everyone to talk about their achievements. Aaron's presentation was about being a leader and activist in your community and he gave us some great top tips. Sophie introduced our ten campaign pledges and we all talked about why they were important to us. After lunch we had role-play exercises on public speaking and more top tips. This was followed by me running the feedback session. People talked about what they got out of the day and things they would like to do in future. I am very proud to be a Stay Up Late Ambassador and was glad to be part of the day.

## ★ Gig Buddy Matches! ★

Welcome to our new Gig Buddy matches...



Vince and Charlie



Mike and Ashley



Abigail and Emma



Christina and Tara

## ★ Happy Gig Buddies anniversary to... ★

Jay & Chris Love for 3 years

Nina & Keri for 2 years

Maria and Natalie - 4 years

Nick & Bernie for 3 years

Lucy & Jess- 2 years

Rosie & Emily for 3 years

Maria & Natalie - 4 years

Anita & Catherine - 7 years!

Robert & Tim- 5 years



# STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late, Camerados and Hove Methodist Church are working together to bring you The Public Living Room. A space for people to come along, meet friends and of course, enjoy some tea and cake!



## **HOVE PUBLIC LIVING ROOM**

**A COMMUNITY RUN NON-AGENDA SPACE  
WHERE PEOPLE CAN COME AND MEET &  
MAKE FRIENDS**

Everyone is welcome- refreshments  
available on a pay as you feel basis



Thursday's between 5-7pm

**HOVE METHODIST CHURCH, PORTLAND ROAD  
(SIDE ENTRANCE), BN3 5DR**

STAY UP LATE, CAMERADOS AND HOVE METHODISTS ARE WORKING TOGETHER TO  
PROMOTE FULL AND ACTIVE SOCIAL LIVES FOR PEOPLE WITH A LEARNING DISABILITY AND  
OUR LOCAL COMMUNITY

Ring Jenny on 020 3920 8471 to find out more, or email [info@stayuplate.org](mailto:info@stayuplate.org)



**STAY UP  
LATE**

[www.stayuplate.org](http://www.stayuplate.org) [info@stayuplate.org](mailto:info@stayuplate.org)  
020 3920 8471

Stay Up late is a registered charity no 1145040  
and a company limited by guarantee no 7374739

# 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...

## **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!**

# GIG BUDDY SOCIALS



## STAY UP LATE'S 10TH BIRTHDAY PARTY

**When?** Tuesday, November 23rd |

**Info:** It's Stay Up Late's 10th birthday and we want to celebrate with our amazing community! Come down to the Studio Bar at Komedia for a silent disco! Can't wait to see you all there.

Please contact [holly@stayuplate.org](mailto:holly@stayuplate.org) for further details



## EAST SUSSEX SOCIALS

Unfortunately we do not currently have the capacity to run East Sussex socials and we apologise for this. People are welcome to join any of the Brighton or West Sussex socials though and we hope that you can all join us for the Stay Up Late 10th birthday party!



## BRIGHTON SOCIAL: QUIZ NIGHT

**When?** November 11th 7:30pm

**Info:** Please contact [annie@stayuplate.org](mailto:annie@stayuplate.org) 07971 760149 for further details and to book a place at the social



## CHICHESTER SOCIAL : DINNER

**When?** Tuesday 30th November 2021 7pm

**Info:** Please contact [malcolm@stayuplate.org](mailto:malcolm@stayuplate.org) 07971 759668 for further details and to book a place at the social



## BRIGHTON SOCIAL: CHRISTMAS KARAOKE

**When?** December 8th 5pm

**Info:** Contact [annie@stayuplate.org](mailto:annie@stayuplate.org) 07971 760149 for further details and to book a place at the social.





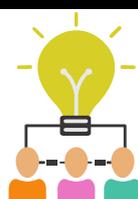
### **CRAWLEY SOCIAL: DINNER**

**When?** Wednesday 1st December 2021 7pm

**Info:** Contact [malcolm@stayuplate.org](mailto:malcolm@stayuplate.org) 07971 759668 for further details and to book a place at the social



## **STAY UP LATE & OTHER EVENTS**



### **STORMZY'S CREW ADVISORY GROUP MEETING**

**When?** Thursday, November 4th 3:00 – 4:30pm

**Info:** Please contact [malcolm@stayuplate.org](mailto:malcolm@stayuplate.org) 07971 759668 for further details about the meeting and the advisory group.



### **SEITY SOCKS LAUNCH**

**When?** Thursday, November 12th 7:30-11pm **Where?** The Pipeline, 6 Little E St, Brighton BN1 1HT. Volunteers and Gig Buddies get free admission.

**Info:** Luke Ellis is one of our lovely volunteers who is launching a sock brand and wants to donate some proceeds to us. He will be hosting a launch event where the bands High Praise, Regal Cheer and Unhang will be playing. This event will not be staffed by us.



### **ITALIA 90 GIG GREEN DOOR STORE BRIGHTON**



**When?** Thursday, November 28th 7pm **Where?** Green Door Store. Free entry

**Info:** This is not a staffed event but Malcolm our West Sussex Co-ordinator will be there as his son is in the band!



### **STAY UP LATE CHRISTMAS VIDEO MAKING!**

**When?** Thursday 2nd December 3-5pm **Info:** Come along and join us in making a Stay Up Late Christmas video to Slade! Contact [holly@stayuplate](mailto:holly@stayuplate) for more details

**Dress code:** Christmas jumpers, sparkles, hats- anything christmassy! Contact [holly@stayuplate](mailto:holly@stayuplate) for more details



### **MAKING MUSIC WITH BEMIX**

**When?** Tuesday, December 14th·11am-12 **Where?** Zoom

**Info:** Our friends at BeMix in Kent are running an online session to show us how they use a website called 'Bandlab' so we can all make some music together. You don't need to play an instrument, it's open to anyone and we can strum, sing, bang and toot together and see what comes out. We want to make a 'Stay Up Late 10' song!

To sign up drop Paul an email and he'll let you know more –

**paul@stayuplate.org**



### **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 - annie@stayuplate.org 07971760149**  
**Stormzy's Crew - malcolm@stayuplate.org 07514 622204**

Wise Owls has been put on hold for the time being but please get in touch if you would like to be involved in the future.



**WILD RAINBOWS**

Wild Rainbows is our LGBTQ+ group where we run fun socials and have important discussions about LGBTQ+ issues. If you would like to join please contact **annie@stayuplate.org**

**07971760149**



**Admin Number: 020 3920 8471**

**Katie: 07305 056122 Malcolm: 07514 622204**

**Annie: 07971 760149**



**All our emails are the same, just add the name to this email address \_\_\_\_\_@stayuplate.org (for example katie@stayuplate.org)**