

| JAN/FEB. 2022 |

GIG BUDDIES NEWSLETTER

Bi-Monthly newsletter from Gig Buddies



THIS MONTH JOIN US FOR:

- BEER & BURGER
- BOWLING
- OPEN MIC
- ZOOM PARTY
- PIZZA NIGHT

Hi Gig Buddies,

Happy New Year Everyone!!

We hope you had a good Christmas and managed to stay well. We've returned following the break and have a range of exciting activities planned for the new year. Read on for all the latest news from Stay Up Late & Gig Buddies. Keep warm & well and we look forward to seeing you soon!

the Gig Buddies team x



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

At the AGM our Ambassadors launched our ten campaign pledges. These are:

- 1. To be able to choose where we live and choose the people in our lives who are happy to support us
- 2. To be able to socialise, make our own friends, fall in love and have relationships
- 3. To be able to make our own decisions
- 4. To have the opportunity of a paid job if we want one
- 5. Pubs, venues and other places to be welcoming and accessible for everyone regardless of disability
- 6. To be able to stay out late, have fun and choose when we go to bed #NoBedtimes
- 7. To have the support we need to feel more independent again after lockdown restrictions end
- 8. For everyone to feel welcome and no discrimination regardless of age, race, gender, sexuality or disability
- 9. To educate people, speak up for our rights and have our voices heard
- 10. To have a full life and be valued for who we are

If you like our pledges and want to get involved in the Stay Up Late Ambassadors group then let Darren know.

MATCH ANNIVERSARIES!



Claire & Mads 5 years



Chantelle & Josie 3 years



Elliott & Gareth 3 years



Luci & Luci 3 years



David & Jay 4 years



Robert & David 7 years



Samuel & Olly 4 years



Zak & Andy 1 year

CONGRATULATIONS!!

BE INTERVIEWED FOR A RESEARCH STUDY ABOUT GIG BUDDIES

Fiona and Alana from University College London (UCL) are still looking for a few more people to interview. They want to chat about your experience of Gig Buddies. The interview would be online on Zoom and they would send you a £10 voucher to say thank you.

If you're someone with a learning disability and/or autism and would like to be involved, please contact Fiona by emailing fiona.brand.19@ucl.ac.uk or calling 07724 831 491.

The logo for University College London Union (UCLU) features the letters 'UCLU' in a large, bold, purple, sans-serif font. The letters are closely spaced and have a slightly rounded appearance.

University College London Union

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!

JAN/FEB SOCIALS

IMPORTANT INFORMATION ABOUT SOCIALS

We love seeing you at our socials and we try hard to keep them safe and accessible. It is important we know how many people are coming so we can do this.

Always make sure that you have booked a place with the team member who is organising the event in advance. Please don't turn up if you haven't booked and don't bring people with you who haven't booked or who are not registered with Gig Buddies. We would hate to have to turn someone away. Thanks for your cooperation with this and we look forward to seeing you in 2022!!



January social for Brighton

What: Open Mic Night **When:** Thursday 27th Jan 7:30pm
Info: Contact annie@stayuplate.org for more info and to book a place



January social for East Sussex

What: Ten Pin Bowling **When:** Tuesday 25th Jan 4-6pm
Info: contact annie@stayuplate.org for more info and to book a place



February social for Brighton

What: Pizza Night **When:** Tuesday 15th Feb 6pm
Info: Contact annie@stayuplate.org for more info and to book a place





February social for East Sussex

What: Beer & Burger Lewes **When:** Weds 23rd Feb 5.50pm
Info: contact annie@stayuplate.org for more info and to book a place



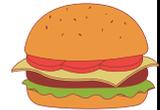
West Sussex Zoom Party Social with Malcolm

When? Weds Jan 26th 7pm **Where?** Zoom
Info: Contact Malcolm@stayuplate.org to book a place and get the zoom link



Worthing Social for February

What?: Beer & Burger **When?** Tues 22nd February 7-9pm
Info: Contact Malcolm@stayuplate.org for more details and to book a place



WILD RAINBOWS SESSION 2022 PLANNING MEETING

When? Mon 17th Jan 1-2pm
Info: Contact annie@stayuplate.org for location



STORM & THUNDER ADVISORY GROUP 2022 PLANNING MEETING

When? Thurs 13th Jan 3-4pm
Info: Contact annie@stayuplate.org for location



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

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 - annie@stayuplate.org 07827228171



Admin Number: 020 3920 8471
Darren: 07305 876188 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)