

| JUNE/JULY 2022 |

GIG BUDDIES NEWSLETTER

Bi-Monthly newsletter from Gig Buddies

**GIG
BUDDIES**

JOIN US FOR:

- **BEER AND BURGER**
- **QUIZ NIGHT**
- **FISH AND CHIPS ON THE BEACH**
- **STAY UP LATE PODCAST OPPORTUNITY**



Hi Gig Buddies,

Welcome to our latest newsletter for June and July.

Summer is finally here! Let's hope we get some sunshine and hot weather. We have lots of fun activities planned over the next few months so read on for all the latest news and up coming Gig Buddies socials. Can't wait to see you all.

The Gig Buddies team x

STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassador News

Our Ambassadors have recently been helping to write their very own #NoBedtimes campaign song! We've been working with Steve from a project called Bandlab. We all gave him our ideas for lines we wanted in the song - all about going out and having fun and making our own decisions. It was great fun and we are having another song-writing session with Steve in July.



The Stay Up Late Ambassadors meet on Zoom on the first Wednesday of every month from 6-7pm. The ambassadors group includes participants from Gig Buddies projects all around the country.

Ambassadors also help to give talks for support providers, local councils and other charities. Let Darren know at darren@stayuplate.org if you are interested in joining!

GIG BUDDIES MATCH ANNIVERSARIES



Adam and Andrew - 7 years



Dean and Oliver - 4 years



Carlos and Mark - 1 year



Nick and Nick - 6 years



Kiana and Jess - 4 years



Katie and Sergio - 1 years



Joanna & Sophie - 6 years



Mark & David - 3 years



Daniel & Angee - 3 years



CONGRATS!!

GIG BUDDY SOCIALS

IMPORTANT INFORMATION ABOUT SOCIALS:

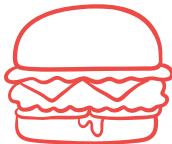
We love seeing you at our socials and we try hard to keep them safe and accessible. It is important we know how many people are coming so we can do this. Always make sure that you have booked a place with the team member who is organising the event in advance. Please don't turn up if you haven't booked 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!



June Social for Worthing

What? Beer and Burger Night **When?** 8th June

Info: Please contact malcolm@stayuplate.org for further details and to book a place at the social



June social for Lewes

What? Burger night **When?** June 22nd

Info: Please contact sophie@stayuplate.org for further details and to book a place at the social



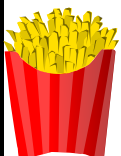
July Social for Crawley

What? Quiz Evening + food and drinks **When?** 13th July

Info: Contact malcolm@stayuplate.org for further details and to book a place at the social

QUESTIONS

- 1- A B C D
- 2- A B C D
- 3- A B C D
- 4- A B C D
- 5- A B C D
- 6- A B C D



July Social for Hastings

What? Fish and Chips **When?** July 14th

Info: Contact sophie@stayuplate.org for further details and to book a place at the social.



ADVISORY GROUPS

We have four advisory groups, one for Brighton called Storm & Thunder, East Sussex called Wise Owls, West Sussex called Stormzy's Crew and Sports R Us for Sports Buddies. 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**
Stormzy's Crew - malcolm@stayuplate.org **Wise Owls'- sophie@stayuplate.org** **Sports R Us- monica@stayuplate.org**



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

OTHER THINGS TO GET INVOLVED IN



Help Edit The Next Stay Up Late Podcast



Would you like to learn audio editing skills and help put together a podcast for Stay Up Late. We're looking for a small team of 3 or 4 people to get involved. If you fancy helping out we'd love to hear from you. The session would take place at our office in Hove at a time to be confirmed.

If you would like to be involved please contact **Malcolm on 07514 622204 or malcolm@stayuplate.org**.

THANK
YOU

VOLUNTEERS WEEK

THANK
YOU

Say thank you to your volunteer buddy

It's Volunteers Week from 1st to 7th June and we thought it would be nice to say thank you to them for all they do in being great Gig and Sports Buddies.

Could you send a short message to say thank you? This could be:

- A short sentence about why they're so good
- A photo of you holding a sign saying 'thank you' or 'I love my buddy'
- Or a short video

RECOMMENDED EVENTS

Here are some recommended events around Sussex that are happening throughout June and July and may be a nice opportunity to go along with your buddy. The events listed will not be staffed by Stay Up Late.



BRIGHTON:

HEART VENTURE - June Karaoke Disco Night for people with learning disabilities.

15th June- <https://www.heartventure.com/events/>

BOAT- Theatre shows all throughout the summer period-
<https://www.brightonopenairtheatre.co.uk/whats-on/>

EAST SUSSEX:

BEXHILL GATEWAY CLUB- Monday's 6:30-9:30pm for people with learning disabilities

<https://www.bexhillyouthandcommunitycentre.co.uk/Bexhill-Gateway-Club>

SILENT DISCO- Printers Playhouse 2nd July
<https://fb.me/e/1OT4Tc5bq>

WEST SUSSEX:

METRONOMY - June 22nd. One of our volunteers Gbenga Adelekan performs in Mertronomy.

<https://www.seetickets.com/event/metronomy/assembly-hall/2202114>

Sofar Sounds- Cheap Tickets

If you love live music but you've never been to a Sofar show then you are in for a real treat, as few live music experiences are as musically diverse, immersive or get you as close to the music as a Sofar Sounds show.

How so..?

- Sofar don't reveal the line-up until you arrive. It's an exciting and diverse voyage of musical discovery with 3 performances.
- It's totally intimate. Audiences usually sit on the floor surrounding the artist which adds to the atmosphere.
- Musical pleasure without the distractions. During the performances we ask audience to turn off phones.

Get 50% off any purchase, so that your carer attends for free, with code
STAYUPLATE22

Tickets can be purchased at: <https://www.sofarsounds.com/cities/brighton>



Office number: 01273 101868

Sophie: 07812496088 Malcolm: 07514 622204

Annie: 07971 760149



All our emails are the same, just add the name to this email address _____@stayuplate.org (for example malcolm@stayuplate.org)