



GIG BUDDIES

VIRTUAL INSANITY

JUNE 2020
NEWSLETTER





WHAT IS IT?

Hi Everyone,

We hope you're keeping well throughout this difficult time.

At Gig Buddies we aim to continue keeping our members connected and having a great time with each other. At the end of March we launched our 'Virtual Insanity' project, connecting our members together via online activities. Up until now we've only been able to send out our newsletters in an email and on facebook, but we're now managing to get some information out in the post.

The Zoom logo, consisting of the word 'zoom' in a blue, lowercase, sans-serif font.



The Kahoot! logo, featuring the word 'Kahoot!' in white, lowercase letters on a background of four colored squares: red, blue, yellow, and green.

By using apps like Facebook, Zoom, and Kahoot!, we've been running lots of socials that keep our members connected to each other, and having fun during times when we can't be together in person.

We run everything from our 'Gig Buddies Scotland Members Group' private Facebook group, and use an app called Zoom to have regular video calls. Using Zoom, we have also been having DJ Night, open mic nights, and watching films together.

This newsletter will let you know what we've been up to lately, what events we've got coming up, and how you can get involved!

HOW DO I GET INVOLVED?



Find us on 

To stay up to date on everything we're doing, remember to 'like' our Facebook page by searching 'Gig Buddies Scotland'.

We're posting regular updates and sharing lots of information.



Gig Buddies - Scotland

Non-profit organisation

Edinburgh, United Kingdom

✓ Liked ▼



Gig Buddies Scotland Members Group

Group

89 members

Joined

For Gig Buddies Members and Volunteers and friends of the project, we've created a private Facebook group that you can be added to so that you can talk to other Gig Buddies members. In order to be added to the group, you will need click a button asking to join. We will then let you in the group and you can start getting involved.

All Zoom links for socials are posted in this group!

We've also made a private messenger group for members and volunteers. You can be added to this by joining our private facebook group.

zoom

To join in with our video calls and socials, you will need to use Zoom. We've made an easy read guide about how to use Zoom which can be found on our Facebook page. If you can't find this, or need help, contact your local Gig Buddies Staff member, their details are at the end of this newsletter.



JUNE EVENTS

The next few pages tell you all about the different social events we have coming up throughout June. All the events in this newsletter take place online. We hope to meet up for walks and picnics over the summer but we don't know when we can. This information will be sent out when we have it.

We may also run other events at short notice, so be sure to join our private facebook group to stay up to date.

MONDAY 1ST JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Monday chat. Catch up with other members, and meet new people.

WEDNESDAY 3RD JUNE - 8PM DJ NIGHT

Join our resident DJ's 'The Three Stooges' for an evening of music over Zoom. Give them your requests or let them play what ever they want. We will also be joined by DJ Hotwheels! Everyone apart from the DJs will be muted for this event so that we can hear their music. Our DJ nights happen every other Wednesday!

THURSDAY 4TH JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Thursday chat. Catch up with other members, and meet new people.

FRIDAY 5TH JUNE - 7PM FILM FRIDAY

Join us on Zoom for a film night. The film will be decided using a poll on our 'Gig Buddies Scotland Members Group' page on Facebook.

MONDAY 8TH JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Monday chat.
Catch up with other members, and meet new people.

WEDNESDAY 10TH JUNE - 7PM OPEN MIC NIGHT

Sign up to be part of our Zoom open mic/karaoke night. Everyone gets 5-10 minutes to perform any song of their choice. Play it at home and sing along. Everyone in the Zoom call will be muted except the performer. You don't have to perform, you're more than welcome to join just to watch.

THURSDAY 11TH JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Thursday chat.
Catch up with other members, and meet new people.

FRIDAY 12TH JUNE - 9PM LIVE GIG WITH SAM

CORONAVIRUS FEST GIG BUDDIES SCOTLAND TAKE OVER 3!

Join Sam on Facebook Live as he takes over Stay Up Late's Gig Buddies Coronavirus Festival facebook page for the third time! He'll be playing guitar and singing requests all night. Let him know any requests in advance, but he can try and do them on the spot on the night if he knows them.



Gig Buddies
Coronavirus Fest
@coronavirusfest

Like all of our socials, we will share the link to this on our 'Gig Buddies Scotland Members Group' page so be sure to join that group to stay up to date with all our events.



JUNE EVENTS

MONDAY 15TH JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Monday chat. Catch up with other members, and meet new people.

WEDNESDAY 17TH JUNE - 8PM DJ NIGHT

Join our resident Gig Buddies DJ's for an evening of music over Zoom. Give them your requests or let them play what ever they want. Everyone apart from the DJs will be muted for this event, so that we can hear their music.

THURSDAY 18TH JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Thursday chat. Catch up with other members, and meet new people.

FRIDAY 19TH JUNE - 7PM FILM FRIDAY

Join us on Zoom for a film night. The film will be decided using a poll on our 'Gig Buddies Scotland Members Group' page on Facebook.

Most of our socials happen on Zoom. We've made an easy read guide on how to use Zoom, it's on our Facebook page. If you still need help, contact your local Gig Buddies Staff member.

MONDAY 22ND JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Monday chat.
Catch up with other members, and meet new people.

WEDNESDAY 24TH JUNE - 7PM OPEN MIC NIGHT

Sign up to be part of our Zoom open mic/karaoke night. Everyone gets 5-10 minutes to perform any song of their choice. Play it at home and sing along. Everyone in the Zoom call will be muted except the performer. You don't have to perform, you're more than welcome to join just to watch.

THURSDAY 25TH JUNE - 3PM CHAT ON ZOOM

Come along to Zoom for our weekly Thursday chat.
Catch up with other members, and meet new people.

SATURDAY 27TH JUNE - 1PM BAKE OFF!

We're holding another Gig Buddies Bake Off! We'll meet on Zoom at 1pm to let everyone know what you're going to bake. You will then have 3 hours to complete your bake before we meet back on zoom at 4pm to present the final bakes! The star baker will be chosen by our bake off judge Cammy, and will win a Gig Buddies Bake Off Apron!



Gig Buddies Scotland Members Group



Remember to join our private facebook group 'Gig Buddies Scotland Members Group' to stay up to date with all our events and get all the links to every Zoom call. If you're not a part of this group, you won't get the links to the zoom calls.



**CATCH A
LIVESTREAM**

There are loads of great theatres, orchestras, venues, and people who are regularly streaming shows for people to watch for free! Tuning into a play or concert is a great way to spend a few hours and you could even discover a new interest. Here's a list of some of our favourites.



**Our friends at the Royal Scottish National Orchestra are regularly posting concerts for people to enjoy.
Sunday Sounds - Every Sunday at 3pm
Friday Night Club - Fridays at 7:30pm
Find out more on facebook:
'Royal Scottish National Orchestra'**



**We've already watched a few plays from National Theatre Live At Home, as a group. These were 'One Man, Two Guvnors' and 'Treasure Island'. They are putting a different play up on YouTube every Thursday at 7pm.
Search on YouTube for 'National Theatre Live'.**



**'Stay Up Late' have organised the Gig Buddies Coronavirus Festival. There is live music being streamed most nights. You might have caught Sam hosting the Gig Buddies Scotland Takeover streams. There is a lot of variety in these streams.
Facebook - Gig Buddies Coronavirus Fest**

CATCH A LIVESTREAM



The Stand have comedy clubs in Edinburgh and Glasgow. They are hosting live comedy shows on YouTube on Saturday nights at 8:30pm. You can find out the lineup by going to www.thestand.co.uk.

YouTube - The Stand Comedy Club



Davy Holt is a Scottish musician who has been livestreaming every night on his 'The Lockdown Gigs' Facebook Page. Everynight is based around a different theme. He streams from Monday to Saturday at 7pm.

Facebook - The Lockdown Gigs



Lyle Divinsky hosts his Fireside Facebook Livestream every Wednesday at 7pm. Expect soul and R&B music.

Facebook - Lyle Divinsky



You Call That Radio? "A podcast badly disguising itself as a radio show that discusses the art of everything with creative minds from Scotland and beyond". Livestreaming every night at 7pm.

Facebook - You Call That Radio

If you have any livestream or podcast recommendations, please feel free to share them with the group over on our 'Gig Buddies Sctoland Members Group' Facebook Page!



JUNE CHALLENGES

As well as socials you can attend, we're running a number of challenges throughout June that you can take part in to win prizes! We've got weekly Quizzes, a walking competition, and a photo competition with the chance to win 3 months of Spotify Premium! Read on to find out how you can take part!



Kahoot! is an app that we will use to run a weekly quiz. It's free to download on tablets and phones, and is also a website.

We will post a link to a quiz every Friday afternoon on our private Facebook group and you will have all weekend to complete it!



WALKING CHALLENGE

As summer starts and the sun comes out, it's a great time to get out of the house and have a walk! See how far you can walk in June. You can also download a pedometer app on your phone to see how many steps you walk.

If you want to track your walks to see exactly how far you've walked, we recommend downloading an app called 'Strava' to your phone. The basic features of Strava are free to use and it will track your walk for you.

Here's a few goals for you to aim for!

287 Steps - Up The Scott Monument

1,710 steps - Up The Eiffel Tower

2 Miles/4,224 steps - Leith Walk and Princes Street

22,000 steps - The height of Ben Nevis

42 Miles/89,000 steps - From Glasgow to Edinburgh



Strava

PHOTO CHALLENGE

RECREATE YOUR FAVOURITE ALBUM COVER

For this month's photo challenge we want you to recreate the front cover to an album of your choice. You can draw it, make it out of different objects, pose for the photo yourself, get creative! You can choose any album you want. When you're done, send us your photo along with the original picture that you've recreated. Send your photos to us through our private Facebook group or to gigbuddies@thera.co.uk

The winner will be announced on our Facebook group page in July, and will be featured in August's newsletter.

The winner will receive a £30 Spotify gift card, allowing you to listen to all of your favourite music, free of adverts, for three months!



SAM'S ALBUM COVER





RICHARDS TOP TV SHOWS

Isolation can be a difficult time, so I thought I put together my favourite top 5 TV shows for you guys to watch .

1. Grange Hill

Grange Hill started on 8 February 1978. The children's drama was created by Phil Redmond and set in a mixed comprehensive school in London. It aimed to offer a realistic look at school life.

My thoughts:

I like this show because it shows you what school was like back then and how it's different from now great drama series I highly recommend it.

2. This Country

Mockumentary sitcom, siblings Daisy May and Charlie Cooper, the series is about the day-to-day lives of two young people living in a small village in the Cotswolds.

My thoughts:

Really funny comedy would highly recommend.



3. Limmy's Show!

A Scottish comedy sketch show broadcast on BBC Two Scotland, written and directed by Brian Limond. Limond stars as himself and a variety of characters in a series of observational, surreal, dark and bizarre sketches. Limmy frequently breaks the fourth wall by directly talking to viewers through the camera.

My thoughts:

Really funny comedy great comedian great sketch's worth a watch



4. Inside No.9

A British black comedy anthology television programme that first aired in 2014. It is written by Reece Shearsmith and Steve Pemberton and produced by the BBC. Each 30-minute episode is a self-contained story with new characters and a new setting.

My thoughts:

If you like dark humour comedy then this is the show for you it's gripping and keeps you on your toes .

5. The Inbetweeners

The series follows the misadventures of suburban teenager Will MacKenzie, and his friends Simon Cooper, Neil Sutherland, and Jay Cartwright.

My thoughts:

Every episode is really funny great characters my favourite is Neil he's so funny worth a watch definitely.



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COOKING WITH CAMMY BANANA LOAF



I have been baking with my Aunty Gina on Facetime and catching up together. I think at this time you have to keep a happy mind, keep active and stay positive!

Here's a recipe for a great banana loaf that you can easily make at home!

INGREDIENTS

- 140g Butter, softened, Plus extra for the tin.
- 140g Caster Sugar
- 2 large eggs, beaten
- 140g self raising flour
- 1tsp baking powder
- 2 very ripe bananas, mashed
- 50g icing sugar
- Handful of banana chips for decoration.

METHOD

COOKING WITH CAMMY BANANA LOAF

1. Heat oven to 180C/160C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1tsp baking power and 2 mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2-3 tsp water to make a runny icing.
8. Drizzle the icing across the top of the cake and decorate with a handful of banana chips.

Thanks for the recipe Cammy!

We hope some Gig Buddies members try it out. If you do, share your photos with us!

If anyone has any other recipes they want to share, please contact your local coordinator. We'd love to share them with the group.



Many of our members have been sharing their tips about how to keep busy.



Stay in touch with Gig Buddies and tell everyone your stories. - Robert

The best thing you can do is get your mind of it, get books to read, and keep in touch with friends. - Bilal



Stay positive, keep calm. Don't Panic. - Joseph

WHAT'S UP? - APP

Richard and Joseph let us know about a great app called 'What's Up?'. The app contains helpful information about coping with anxiety, stress, and more. This could be really useful for many people at this time. You can download it for free!



GEORGIA'S TIPS FOR KEEPING BUSY

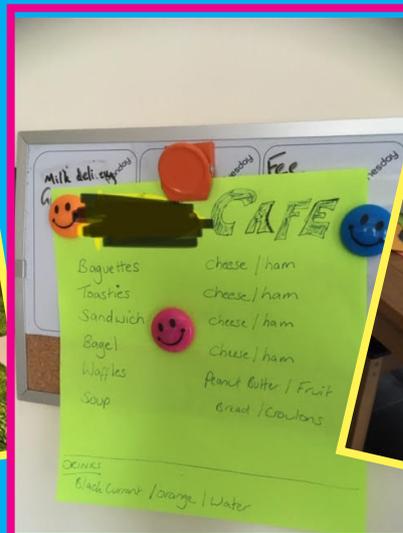


Georgia has sent us everything she's been doing to keep busy!

"I do miss being able to go out, but I've started helping in the garden and enjoy painting things and planting seeds.

I've also got a daily visual timetable of activities to help me with what I'm doing and what is happening next. I enjoy being on my iPad, on YouTube and playing games, making food, and have been baking and cooking things like homemade sausage rolls.

I pretend to run my own cafe in the kitchen and I take lunch orders from my family for things like baguettes, toasties, nachos. I suggest that members try a similar visual timetable to follow, dance and sing to songs they love, and try out some new activities each day."



We want our members to connect and have fun in this difficult time, but it's still really important that everyone stays safe. We're going to be including links to the latest health advice in each of our weekly newsletters.

EASY READ FROM MENCAP

For a great easy read guide on everything you need to know, head over to:
www.mencap.org.uk/advice-and-support/health/coronavirus

NHS ADVICE

For all up to date health advice and 'stay at home' guidelines, please go to:
www.nhs.uk/conditions/coronavirus-covid-19/

SCOTTISH GUIDANCE

Stay up to date on Scotlands guidance and the country's route map throughout the crisis.

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/>



**STAY IN TOUCH
WITH US**

GET IN TOUCH WITH US

We'll be sending out another newsletter next month, but you can still get in touch with your local coordinator the usual way and we'll be more than happy to answer your questions. Remember to follow us on Facebook and check your emails for all up to date information.



Gig Buddies Scotland

If you have any questions about anything in this newsletter, please contact your local Gig Buddies staff member.

EDINBURGH

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