



GIG BUDDIES

VIRTUAL INSANITY

WEEK 2

MONDAY 30TH MARCH 2020

Hi Everyone,

We're one week into our Virtual Insanity activities. We don't know how much longer it will go on for, but we've got lots more planned!

Last week many of you sent us some brilliant Rock Star Selfies, and the winner is announced in this newsletter!

This week, Sam will be livestreaming a Gig, we have another weekly challenge, and we're going to the theatre!

It's also great to see people using our Gig Buddies members group chat on Facebook Messenger. If you're not part of this, please get involved. Details of how to do this are on the next page.

This newsletter contains the first Virtual Insanity articles written by our members. It's great to see people telling others how to stay connected and fill their time.

Finally, if anyone has any questions, feel free to give us a call in the usual way.

Sam, Debbie, and Molly
Gig Buddies Scotland

CONTACT US



'Gig Buddies Scotland'



@gigbuddies_scot

Email

gigbuddies@thera.co.uk





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 ▼

For Gig Buddies Members and Volunteers, 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 to find the profile 'Gig-Buddies Scotland-Coordinator' and add them as a friend.



Gig-Buddies Scotland-Coordinator

Friend

4 mutual friends

Lives in Edinburgh, United Kingdom

✓ Friends ▼

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

CORONAVIRUS FESTIVAL



GIG BUDDIES SCOTLAND TAKEOVER - MARCH 31ST

On Tuesday 31st March at 9pm, Gig Buddies Scotland will be taking over the Coronavirus Festival livestream! Sam will be live, taking song requests and chatting with anyone who drops by in the chat.

Let us know any ideas you have for the event. This is OUR stream to do what we want with! We'll be promoting the event throughout the next week but make sure you follow the 'Gig Buddies Coronavirus Fest' Facebook page to see it go live. We will also share it on our page as soon as it starts.



**Gig Buddies Scotland
Livestream**

Tuesday 31st March - 9pm

www.facebook.com/coronavirusfest

Sam will be playing songs, taking requests and chatting to people who drop by. Tune in and get involved!



Gig Buddies
Coronavirus Fest
[@coronavirusfest](https://www.facebook.com/coronavirusfest)



'Gig Buddies Scotland'



@gigbuddies_scot



WEEKLY CHALLENGE

BEST LIP SYNC VIDEO

This week we want to see you lip syncing to your favourite song! This is where you make it look like your singing by mouthing the words. Play a song of your choice, start recording, and start singing along.

This weeks challenge is being run through our private facebook group for Gig Buddies members and volunteers. Instructions on how to join this page are at the start of this newsletter.

Head over there now to see Sam's lip sync video for inspiration.

The winner will recive 2 tickets to a future show of their choice from our friends at gigsinscotland.com! Get your submission to us by Friday!

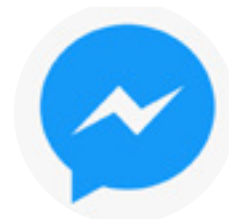


GROUP VIDEO CALLS



Many of our members have been asking for group chats, so we're organising a number of these every week! We've put together a schedule for these, and will be doing 3 calls this week. The first one on Tuesday will be a test to see how well it works, and know if we need to use a different app. Make sure that you're part of our private messenger group so that you can join in. This is only for members and volunteers.

Remember to join our messenger group. Contact your coordinator if you need help doing this.



GROUP CALL SCHEDULE

TUESDAY 4PM - TEST

THURSDAY 6PM

FRIDAY 7PM



VIDEO CHAT SOCIALS

THURSDAY A NIGHT AT THE THEATRE

On Thursday night at 7pm, National Theatre Live will be steaming 'One Man, Two Govnors' starring James Corden. Join us at 6pm for a video call in the Facebook messenger chat. We will then send you the link to watch the play, and we can talk about it in the chat while we all watch it!

FRIDAY MEAT UP!

Join us for dinner at 7pm. We will start a video call in the messenger group chat at 7pm. Grab your dinner, and come a chat with other members!



YOUR ROCK SELFIES



We've loved seeing all of your selfies coming in! We've even had some fantastic video submissions. Over the next pages you can see some of our members brilliant Rock Star Selfies! We hope you enjoy them as much as we do!

Sam, Molly and Debbie have looked over all the entries and have chosen their favourite...



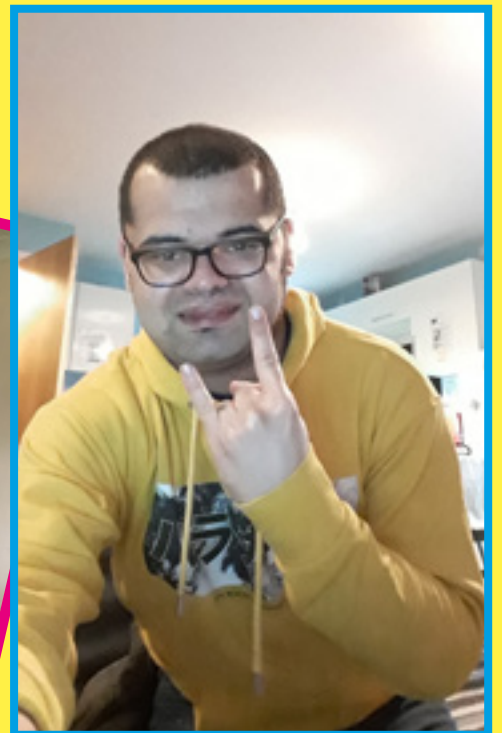
ROCK SELFIE
WINNER -
CALUM

Congratulations Calum! You win 2 tickets to a future gig of your choice from our freinds at Gigsinscotland.com!

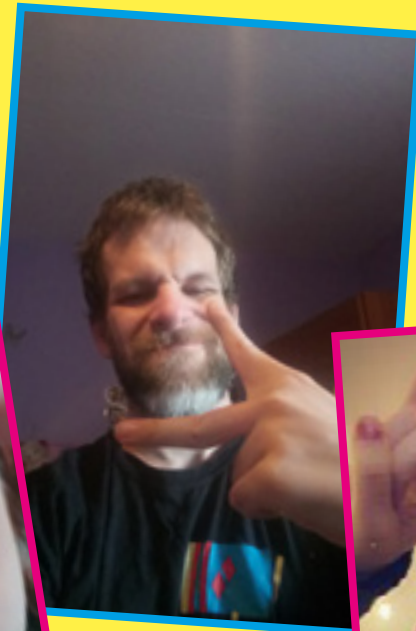
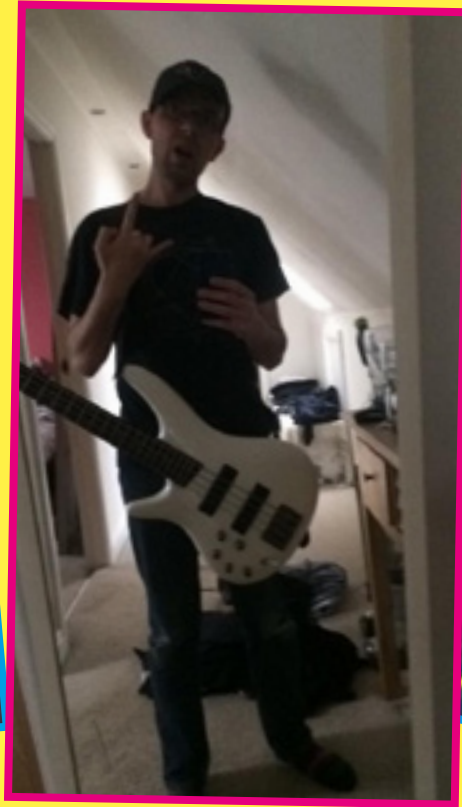


If you want a chance to win some gig tickets, get your lip sync video to us by Friday night!

YOUR **ROCK** SELFIES



YOUR **ROCK** SELFIES





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.

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

Keep yourself occupied with the Playstation, XBox, or television. - Scott



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

Play Xbox or watch your favourite movies. I like horror movies like Stranger Things or Pennywise the Clown. - Niahm



If you have any tips for keeping busy while in isolation, get in contact with Sam, Debbie, or Molly, and we will include it in next weeks newsletter!

VIRUS ADVICE



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/

**PLEASE FOLLOW THE ADVICE
AND KEEP YOURSELF SAFE**



STAY IN TOUCH WITH US

GET IN TOUCH WITH US

We'll be sending out another newsletter next monday, 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. Rememer to follow us on Facebook and check your emails for all up to date information.



Gig Buddies Scotland

WE'LL STAY IN TOUCH WITH YOU

We're going to be getting in touch with our members individually over the phone. We want to make sure that everyone knows how to stay connected with the group.

DONT BE A STRANGER. GET IN TOUCH.

SEND US YOUR STORIES.

OUR NEXT NEWSLETTER IS OUT ON MONDAY 6TH