



# GIG BUDDIES

## VIRTUAL INSANITY

**WEEK 3**

**MONDAY 6TH APRIL 2020**

Hi Everyone,

It's been a great week of connecting with our members!

We put on a gig and many of you joined in and gave your requests for Sam to sing. This was such a fun night and we are planning on doing it more!

The group chat is busy and loads of Gig Buddies are regularly checking in with other. We've started holding video calls using Zoom and these have been so much fun. We're going to be holding regular group video calls so make sure you're part of our Facebook Group, and make sure to download Zoom. We've emailed everyone a guide on how to do this, and it's also in our Facebook Group.

This newsletter reveals the winner of our Lip Sync Competition, and announces this weeks challenge.

You can also find this weeks social calendar, along with some brilliant stories and tips from Gig Buddies Members!

If you're yet to get involved with our online activities please contact your local coordinator and they can give you a hand.

Sam, Debbie, and Molly

### CONTACT US



'Gig Buddies Scotland'



@gigbuddies\_scot

Email

[gigbuddies@thera.co.uk](mailto: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 click a button asking to join. We will then let you in the group and you can start getting involved.



**Gig Buddies Scotland Members Group**

Group

89 members

Joined

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

# WEEKLY CHALLENGE



## TREASURE HUNT

This week, we're sending you on a treasure hunt. Below is a list of 22 items, all we need you to do is gather as many of them as you have in your house and take a photo of them all together. Once you've done that, send us your photos in the Members Facebook group. We will announce the winner next Monday Morning at 10am via Facebook live in the Members Group. It will also be in the next newsletter.

There are only two rules.

1. The items must already be at your house. Don't go and buy anything.
2. We want to see as many items as you have in ONE photo.

### Items to look for:

- Your favourite pair of socks
- A feather
- A plant
- A purple pen
- A tin of sardines
- Any Harry Potter book
- Lipstick
- A baby photo
- A vinyl record
- A Cardboard box
- Cellotape
- An egg
- A packet of rice
- Toilet paper
- A Gig Buddies Newsletter
- A board game
- Some Lego
- A musical instrument
- A bike helmet
- A lemon
- A pet
- A 'bag for life'



# GROUP CALLS AND SOCIALS

We're starting to do more and more group video calls. To do this, we are using an app called Zoom. An easy guide to using Zoom has been sent out in an email and can also be found on the 'Gig Buddies Scotland Members Group' on Facebook.



The next few pages tell you what socials are coming up over the next few weeks. We've got lots of fun plans, but we're always looking for more. If you want us to run any type of event, just let us know!

## MONDAY 6TH APRIL - 3PM

### ASK US ANYTHING

Do you have questions about how Gig Buddies is going to work during the lockdown? Have ideas for socials? Or do you just want to know what our favourite music is? Join Debbie, Molly, and Sam at 3pm every Monday and ask any questions you want.

**THURSDAY 9TH APRIL - 7PM**

**DJ NIGHT**

**zoom**

Join DJ Colin, Alistair, and Chris live on zoom as they play tunes from their houses! They will be playing hits from across the decades as well as taking requests! - Everyone on Zoom will be muted except from the DJ's as we all want to be able to hear the music!

**MONDAY 13TH APRIL - 3PM**

**ASK US ANYTHING**

**zoom**

Do you have questions about how Gig Buddies is going to work during the lockdown? Have ideas for socials? Or do you just want to know what our favourite music is? Join Debbie, Molly, and Sam at 3pm every Monday and ask any questions you want.

**WEDNESDAY 15TH APRIL - 7PM**

**PUB QUIZ WITH RICHARD**

**zoom**

Richard has put together a pub quiz for everyone to take part in. You can do this on your own, or with people in your house. Sam and Richard will be hosting the quiz. During the questions everyone else will be muted on Zoom so that you can hear the questions and no one gives the answers away.

**Wednesday 15th April - 7pm**

Live on  
ZOOM chat



**THURSDAY 16TH APRIL - 7PM**

**TREASURE ISLAND**



Loads of us had a great night at the theatre on Thursday 2nd watching James Cordon in 'One Man, Two Guvnors' from the National Theatre on YouTube. On Thursday 16th, they will be showing the classic Treasure Island! We will post a link to the YouTube page on the Members Group page and in the Members Group chat, just before it starts. We can then all talk about whilst it's on!

**'That was a great show! Thank you!'**

**Euan, after watching 'One Man, Two Guvnors'**

**MONDAY 20TH APRIL - 3PM**

**ASK US ANYTHING** zoom

Do you have questions about how Gig Buddies is going to work during the lockdown? Have ideas for socials? Or do you just want to know what our favourite music is? Join Debbie, Molly, and Sam at 3pm every Monday and ask any questions you want.

**WEDNESDAY 22ND APRIL - 7PM**

**OPEN MIC NIGHT** zoom

Join us for a night of music! If you have anything you want to play or sing, get in touch with us and we'll put you on the list. We will be muting everyone apart from the person playing so that everyone can hear them.

**FRIDAY 24TH APRIL - 7PM**

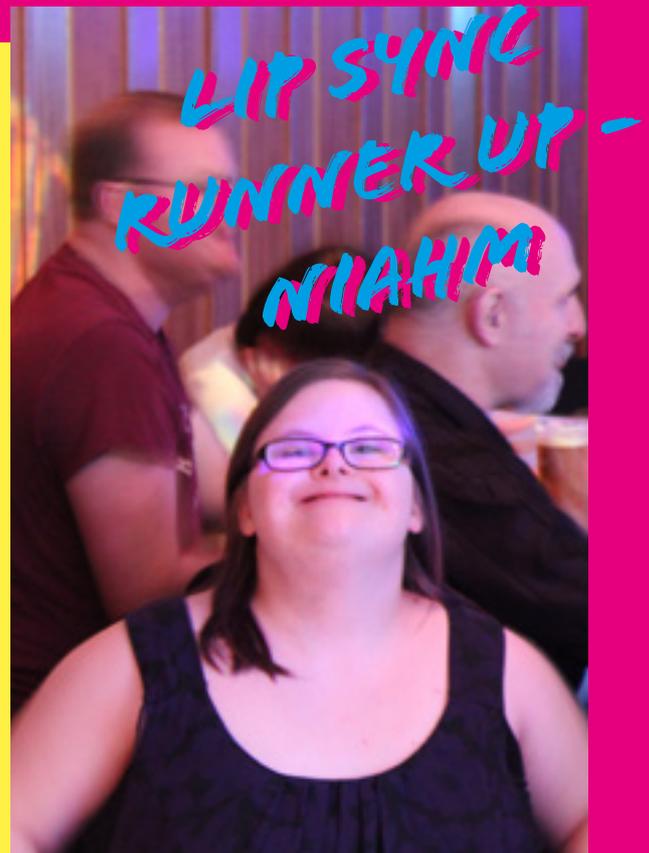
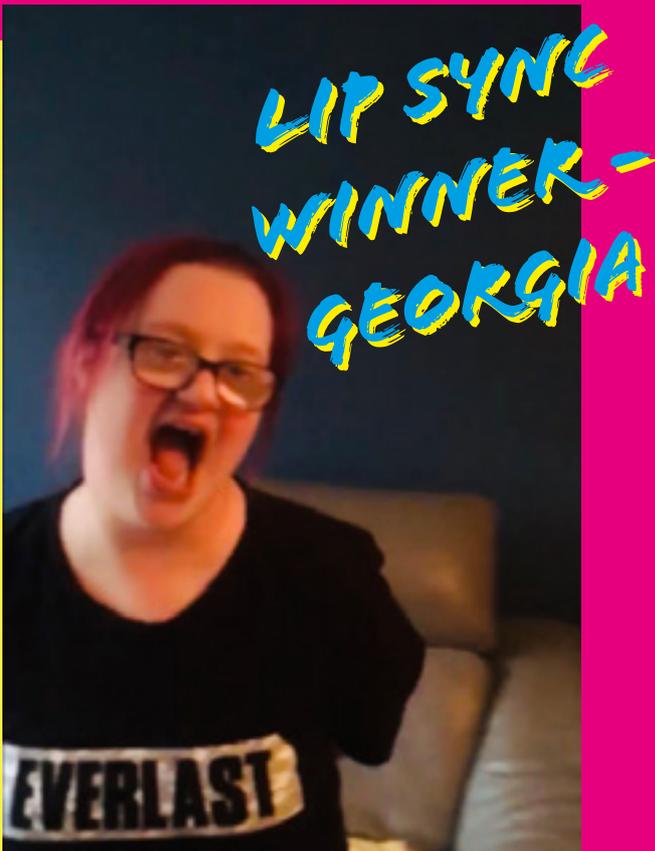
**MEAT UP** zoom

Join us for a night of music! If you have anything you want to play or sing, get in touch with us and we'll put you on the list. We will be muting everyone apart from the person playing so that everyone can hear them.

# LIP SYNC WINNER

We've loved seeing all of your Lip Sync videos coming in!

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



Congratulations Georgia! You win 2 tickets to a future gig of your choice from our freinds at [Gigsinscotland.com](https://gigsinscotland.com)!

Niahm is our runner up, and she will be winning some Gig Buddies merchandise! Congratulations ladies!

# KENNETH'S TOP XBOX GAMES



## 1. Red Dead Redemption 2

**Calm game, the main campaign is one of the best with characters and 4 really good endings.**



## 2. Grand Theft Auto 5

**If you want to get into it you've got stories, 3 characters, people play online a lot more, good stories, 3 endings.**



Kenneth is looking for people to play games with on his XBOX. If you're a Gig Buddies Scotland member, say hi to him in our members chat and you can share your friend codes.

### 3. Need for Speed Heat

**Takes the game series back to original Need For Speed style**



### 4. Devil My Cry 5

**It's follow on from DMC4, as good as it, if not better.**



### 5. Forza Horizon 4

**It's in Great Britain, good cars and good graphics. The races are good, different types of races and you can drive through Edinburgh**



# GEORGIA'S TIPS FOR KEEPING BUSY

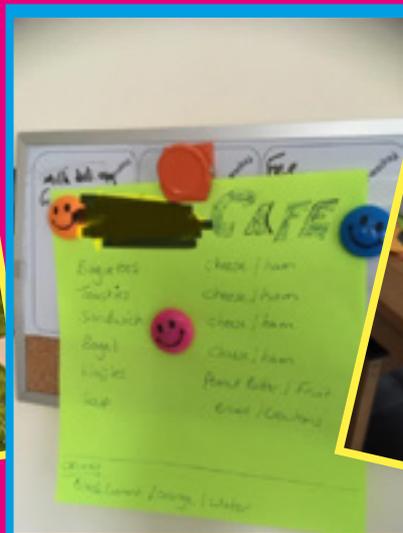


Along with winning our Lip Sync competition, Georgia has also sent us everything she's been doing to keep busy!

"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."



**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**

**Stay positive, we can get through this together. Take it one day at a time. - Richard**



**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!**



# 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](http://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/](http://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***