



GIG BUDDIES

VIRTUAL INSANITY

WEEK 4

MONDAY 13TH APRIL 2020

Hi Everyone,

It's been great to see so many of you joining our Zoom socials over the past week. We're going to be continuing these, and we have some exciting plans!

This week we've got a pub quiz, we only have 10 spaces available so contact us and book your space now. We're also going back to the theatre! This time to see Treasure Island.

We had a fantastic DJ night last week and we want to hear from people who joined in about how they found it. A huge thanks to our 3 DJs for a brilliant night!

This newsletter features some brilliant baking recipes from Cammy and Alex, which you can try at home. They will be great practice for our Gig Buddies Bake Off on the 2nd May. We're going to be revealing more information about that soon.

We hope you can join us for a social this week!

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 click a button asking to join. We will then let you in the group and you can start getting onvolved.



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

We're continuing our treasure hunt for another week! 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!

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

Most of our socials now happen over 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. If you can't find this, please contact your local coordinator.



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 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 people to get involved with. This will be first come first served to 10 people so get in touch to book your space! 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.

THURSDAY 16TH APRIL - 7PM

TREASURE ISLAND

The logo for National Theatre home, featuring the words "National Theatre" in white and "home" in yellow, all on a black rectangular background.

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.

CORONAVIRUS FESTIVAL



GIG BUDDIES SCOTLAND TAKEOVER - APRIL 29TH

The first livestream gig went so well that we're doing another one! On Wednesday 29th April at 9pm 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 few weeks 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
Coronavirus Fest
[@coronavirusfest](#)



GIGBUDDIES SCOTLAND TAKEOVER

[f /gigbuddiesscotland](#) [t @gigbuddies_scot](#)



**Going live
Wednesday 29th April
9pm - late**



THE GIG BUDDIES BAKE OFF

SATURDAY 2ND MAY

1PM - 4PM

LIVE ON ZOOM

We're holding a Bake Off and everyone can take part!

Join us on Zoom at 1pm on Saturday 2nd May.

You'll then have 3 hours to bake and decordate a cake of your choice.

The theme for the bake is 'Gig Buddies or Music'!

Get in touch with your local coordinator if you would like to compete.





GIG BUDDIES

VIRTUAL INSANITY

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.





COOKING WITH ALEX CUPCAKES



INGREDIENTS

- 4oz butter or marg
- 2 eggs, lightly beaten
- 4oz self raising flour
- 4oz Caster Sugar
- 1tsp vanilla essence
- 1tbsp milk
- 5g Butter
- 10oz Icing Sugar

METHOD

- Cream butter and sugar in a bowl. Add eggs, mix together
- Sift flour into mixture, mix it all together.
- Add vanilla essence and milk until you get the right consistency.
- Divide mixutre into cupcakes
- Bake for 10-15 minutes, until golden brown
- Meanwhile make the buttercream icing by slowly mixing the butter and icing sugar together in a bowl, you can use a mixer or a big spoon.
- Once the cakes have cooled, decorate with the buttercream.

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. Remember 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 SELFIES AND STORIES.
OUR NEXT NEWSLETTER IS OUT ON MONDAY 20TH**