



GIG BUDDIES

VIRTUAL INSANITY

WEEK 5

MONDAY 20TH APRIL 2020

Hi Everyone,

The past few weeks have been packed full of online socials. We've had DJ nights, pub(less) quizzes, trips to the theatre, and load of members have been connecting on zoom and facebook!

This week we've got an open mic night, and a mEAT UP evening. We're also looking ahead to next week and getting ready for another Coronavirus Fest Livestream, and The Gig Buddies Bake Off!

To get you in the mood for our Bake Off, Cooking with Cammy is back for another edition. This time with a Carrot Cake!

If you're not already involved with our online activities the next page tells you everything you need to know!

Sam, Debbie, and Molly
Gig Buddies Scotland

CONTACT US



'Gig Buddies Scotland'



@gigbuddies_scot

Email

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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.

GROUP CALLS AND SOCIALS



We're holding loads of socials online that everyone is welcome to be involved with. For a lot of them you will need an app called Zoom. We've sent out a guide on how to use this. If you don't have this, contact your local coordinator and they can send it to you.

MONDAY 20TH 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.

WEDNESDAY 22ND APRIL - 7PM

OPEN MIC NIGHT

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.

MONDAY 27TH APRIL - 3PM

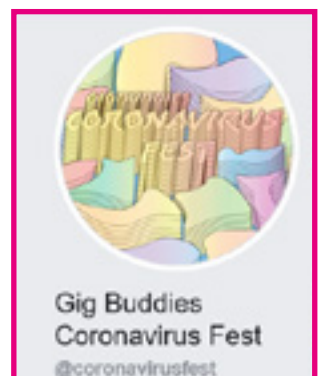
ASK US ANYTHING zoom

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 29TH APRIL - 9PM

SAM'S LIVESTREAM GIG

Sam is hosting another Gig Buddies Scotland Livestream Takeover as part of Gig Buddies Coronavirus Fest! He'll be playing music from 9pm until late, so get your requests over to him as soon as possible! We'll share the link in all the usual places once the gig goes live. Come along and join the fun!



SATURDAY 2ND MAY 1PM-4PM

**THE GIG BUDDIES
BAKE OFF**

**Join us on Zoom for the first Gig Buddies Bake Off!
We will be having a group call at 1pm, then everyone will have 3 hours to
bake a cake of their choice. It doesn't even have to be a cake!**

**For the theme of how to decorate your bake you can choose
Gig Buddies or Music. Get creative!**

**We will then have another zoom call at 4pm where everyone can show off
their final bakes. They will then be judged by Gig Buddies
very own Cammy!**

**Baking Tip: Some ingredients can be hard to find at the moment. If you're
having trouble finding things for a full recipe, you can always just pick up a
box of cake mix. You'll just need to add eggs, oil, and water.**

MONDAY 4TH MAY - 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 6TH MAY - 7PM

DJ NIGHT zoom

Join the Gig Buddies DJ Team for an evening of top tunes! 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.

FRIDAY 8TH MAY - 7PM

DISNEY QUIZ NIGHT zoom

We're hosting another Quiz Night. This time with a Disney theme! Sign up to now to reserve your space! It's going to be a fun night!



**GIG
BUDDIES**

VIRTUAL INSANITY



COOKING WITH CAMMY

CARROT CAKE

INGREDIENTS

- 250g Self-Raising Flour
 - 2 Teaspoons of ground cinnamon
 - 400g Caster Sugar
 - 350ml Vegetable Oil
 - 4 Eggs
 - 350g Grated Cheese
 - 120g Chopped Walnuts
- For The Cream Cheese Icing:**
- 225g Cream Cheese
 - 110g Margarine
 - 450g Icing Sugar
 - 120g Chopped Walnuts
 - 1 Teaspoon of Vanilla Extract

METHOD

Prep:30min › Cook:30min › Ready in:1hr

Preheat the oven to 180 C / Gas 4. Grease two 23cm round cake tins.

In a medium bowl, stir together the flour, cinnamon and sugar. Add the oil and eggs, mix until blended, then stir in the carrots and nuts. Divide the cake mixture evenly between the two prepared tins.

Bake for 25 to 30 minutes in the preheated oven. A skewer inserted into the cake should come out clean. Cool cakes on wire racks before removing from tins.

To make the icing: In a medium bowl, cream together the butter and cream cheese, add the sugar and cream well. Stir in the nuts and vanilla. Use to fill and ice the cooled cake layers.

Tips:

You can easily halve the amount of sugar to 200g for a less sweet cake.



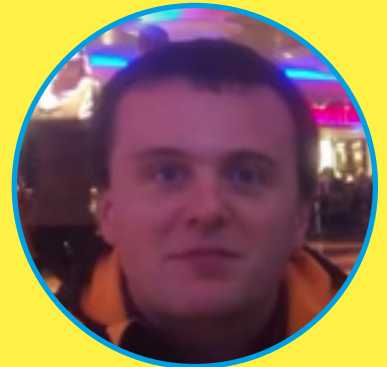
CRAIG AND SARAH CATCHING UP



Lockdown isn't stopping Craig and Sarah from staying in touch and catching up with each other. We caught up with Craig who told us all some of the ways they've kept connected.

'It was Sarah's birthday the other day. She made a cheesecake and dropped it off outside the house, and we had a chat from a distance. Ohh it was good cheesecake, we finished it all!

She's been great through all this. Texting and that. She's been a great person!' - Craig.



Last year we had a chat to Craig and Sarah about what it's like being Gig Buddies. The video is fantastic and you can check it out over on our 'Gig Buddies Scotland' Facebook Page.

MEMBERS TOP TIPS



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 27TH APRIL