

Gig Buddies Lothians

Newsletter
Winter 2018



November Events

Get Out. Grab Food. Make Friends.

mEAT UP.

We're excited to now be running 'mEAT UP' monthly in two locations! If you're in Midlothian or Edinburgh, make your way over to Blacksmiths Forge in Dalkieth, and if you're in West Lothian, we now run 'mEAT UP' in The Newyearfield in Livingston Shopping Centre!

'mEAT UP' is a monthly dinner time meet up for people with additional support needs to meet new people over a bite to eat. Everyone is welcome! The events are free to attend, you just pay for your food and drink!



*"A very relaxed group of guys.
'mEAT UP' would make a great
night out for a lot of my friends."*

- Andrew, Get2Gether Ambassador

West Lothian

Tuesday 20th November
6pm-7:30pm

The Newyearfield
The Centre
Livingston
EH54 6XA

Midlothian

Wednesday 21st November
6pm-7:30pm

Blacksmiths Forge
Dalkieth
Midlothian
EH22 1DU

For more information about 'mEAT UP' get in touch with Sam!



samuel.maggs@thera.co.uk



07738486001

Saturday 8th December

December Events

Gig Buddies Scotland and Autism Initiatives
Presents...
West Lothian Community Cinema

Join us on December 8th for our Christmas Double Bill Special!
Keep an eye out on our facebook page where you can vote on the films we watch!
The first film will be from 4pm - 6pm, then we will have a break with pizza before
watching the second film from 6:30pm - 8:30pm. Drink and snacks provided.

Saturday 8th December
4pm - 8:30pm

Autism Initiatives
Almond House, 12 Quarrywood Court
Livingston, West Lothian
EH54 6AX

Pay What You Want - Suggested Donation of £3

Christmas 'mEAT UP' Events

Bring your friends and join us for a Christmas meal!

West Lothian
Thursday 6th December
6pm-7:30pm
The Newyearfield

Midlothian
Monday 10th December
6pm-7:30pm
Blacksmiths Forge



For more information about any of our events get in touch with Sam!



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December Events

Wednesday 12th December

Christmas Karaoke/Open Mic Night

Throughout the year we've held a few Open Mic Nights and they've been brilliant! We're pleased to be running a Christmas special on Wednesday 12th from 7:30pm in Edinburgh. Venue to be confirmed! Entry - FREE

Venue to be confirmed!

Keep Up To date With All Of Our Events

To stay up to date with all of our events and announcements, follow us on social media!



Gig Buddies Scotland



@gigbuddies_scot



For more information about any of our events get in touch with Sam!



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Richard's Having a Laugh!

During this years Edinburgh Fringe Festival, Richard sat down to chat with this years winner of Britians Got Talent, Lee Ridley, also known as...

LOST VOICE GUY

We filmed the interview and made it into a video that we're really proud of. It's called 'Gig Buddies: Having a Blether with Lost Voice Guy'.



Head over to our Facebook page now to watch the interview!

Richard says:

'Interviewing Lee was a really good experience. It was something different that I'd never done before. I felt a bit nervous but he told some jokes and that made it a lot easier. It was the highlight of the fringe for me!'

Colin & John are 1st Class

Last year, Colin and John went down to Durham for the day to do some early Christmas shopping. This year they headed to Newcastle, and they went first class! Colin lets us know how they got on.



We left Edinburgh at 9am. We travelled first class which meant we got breakfast on the train. We had a full fried breakfast, fried egg, mushrooms, bacon, black pudding, the lot! It was awesome.

We got into Newcastle an hour late but we didn't mind. First we went to the Metro Shopping Centre. I was shocked at the size of it, it was huge!

We did some early christmas shopping. John helped me pick things out that I wouldn't usually think of buying people. We we're good at finding the bargains and the deals! John showed me some of the tourist spots including the partner venue to our favourite Edinburgh venue, The Stand Comedy Club.

On the way back we got to have dinner on the train, we both had lamb stew. The whole day was cracking. I'd love to take my mum down for the day in the near future.





We started our series of 'What Gig Buddies Means to Me' articles 2 years ago with the first edition of the Gig Buddies Newsletter. Marsaili was the first Gig Buddies member to tell us what the project means to her. Now, 2 years later, she lets us know what's changed and what she's done with the project in all of that time!

I feel proud and happy to be with Gig Buddies for so long. I've now known my gig buddy for a long time. My Gig Buddy lifts me up, we've become really good friends. We have the best fun, he makes me happy and proud. We play music together at the Gig Buddies gigs, it's wonderful. I like music and I love theatre. We've been to see lots of music, dance, and theatre. The last thing we saw was Shakespeare's 'Twelfth Night'. I'm a big fan of Shakespeare and it was great to get out to see the play.



I love meeting people and making new friends, Gig Buddies has helped me do that. I've been to lots of socials, and I always have a wonderful time. Thankyou very much to everybody for helping me, and a big thank you to Sam! Everybody should come and join the group. Gig Buddies has helped me get friends. I love it!

West Lothian Community Cinema

We're excited to now be running a monthly community cinema night in Livingston, West Lothian. We've teamed up with Autism Initiatives Scotland and every month you can come along to their building and watch a film with a group of like minded people!

We provide drinks and popcorn, but you can bring your own if you want. At the end of each event, the group will choose which film we watch next. So far we've watched 'Airplane' and 'Shaun of The Dead'. Entry is 'Pay What You Want' with a suggested donation of £2 for single films and £3 for double bills.


*Gig Buddies Scotland and Autism Initiatives
Presents...*
West Lothian Community Cinema

**You
Decide!**

**Every Month on a Saturday
7pm-9:30pm**
**Autism Initiatives, Almond House
12 Quarrywood Court, Livingston, EH54 6AX**
Pay what you want - Suggested Donation: £2

For more info contact Sam Maggs:

 samuel.maggs@thera.co.uk

 07738486001



Regular Events We Love

Along with our monthly 'mEAT UP' and West Lothian Cinema events, here are some other regular events you may want to try out!

Our friends at Get2Gether Regularly run events such as discos and karaoke nights all over the Lothians, not to mention their legendary clubnight at ATIK. To find out more search 'Get2Gether' on facebook, or call them on 07867179023.



thejazzbar

Bored on a rainy day? We have the perfect solution. The Jazz Bar on Chambers Street run a FREE afternoon of music every saturday from 2pm-5pm.

If it's still raining on Sunday, The Stand Comedy Club (York Place) have you covered! Every Sunday from 1pm they run a FREE improv comedy show! Each show is different from the last, meaning you can go time and time again!



St Cecilia's on Niddry street is one of our partner venues. Every 3rd Thursday of the month they run a great evening concert featuring 3 acts of different genres for £5. Gig Buddies members get 2 for 1 on tickets!



Gig Buddies Scotland



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