



# GIG BUDDIES

## VIRTUAL INSANITY

AUTUMN 2020  
NEWSLETTER



# WHAT IS IT?

Hi Everyone,

We're still unable to meet up as a group in person. However, we are going to continue running online events throughout October and November that Gig Buddies members and volunteers can get involved with to have fun and meet new people!

We've also recently sent out our 'Community Access Guide' and we hope this can help you get out into your local community if that's something you've been wanting to do.

This newsletter lets you know the range of events that we, and our members, are running throughout October and November.



By using apps like Facebook, Zoom, and Kahoot!, we've been running lots of socials that keep our members connected to each other, and having fun during times when we can't be together in person.

We run everything from our 'Gig Buddies Scotland Members Group' private Facebook group, and use an app called Zoom to have regular video calls. Using Zoom, we have also been having DJ Nights, open mic nights, and watching films together.

# 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 with Thera Trust'.

We're posting regular updates and sharing lots of information.



**Gig Buddies with Thera Trust**

Non-profit organisation



**Gig Buddies Scotland Members Group**

167 members

For Gig Buddies Members and Volunteers and friends of the project, 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.

**All Zoom links for socials are posted in this group!**

# zoom

To join in with our video calls and socials, you will need to use Zoom. We've made an easy read guide about how to use Zoom which can be found on our Facebook page. If you can't find this, or need help, contact your local Gig Buddies Staff member, their details are at the end of this newsletter.

# GROUP CALLS AND SOCIALS



Here are our online socials for October and November. For a lot of them you will need an app called Zoom. At the start of lock-down we 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.

**This probably wont be everything! Other events always pop up. Make sure to keep an eye on our Facebook group page for updates!**

## THURSDAY 1ST OCTOBER-7PM DJ NIGHT

Join our resident Gig Buddies DJ's for an evening of music over Zoom. 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.

## MONDAY 5TH OCTOBER - 3PM ZOOM CHAT

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

## FRIDAY 9TH OCTOBER - 7PM GIG NIGHT

Join us on Zoom to watch a live concert chosen by the Gig Buddies members community. We will vote on what we watch on our Facebook group page during the week.

## **MONDAY 12TH OCTOBER - 3PM ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

## **WEDNESDAY 14TH - 3PM EVENTS WORKSHOP**

Ever wanted to run your own online event? We're running a workshop that aims to give you the tools to do this! The workshop will last for 2 hours. We have 9 spaces available so contact Sam, Debbie or Molly to book your space!

## **THURSDAY 15TH OCTOBER - 7PM OPEN MIC NIGHT**

Join us for a night of performances by YOU. Come along and sing, or just come for the banter.

Let us know if you would like to perform and we can book you a slot- or you can decide on the night.

## **MONDAY 19TH OCTOBER - 3PM ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

## **THURSDAY 22ND OCTOBER - 7PM GIG WITH SAM**

Sam is back by popular demand! He'll be live on the Facebook members group page playing songs and taking requests. Join him for an evening of live acoustic music!

## MONDAY 26TH OCTOBER - 3PM ZOOM CHAT

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

## TUESDAY 27TH OCTOBER - 4PM KNITTING WORKSHOP WITH LEANNE

Ever wanted to know how to knit? Edinburgh member Leanne will be hosting this workshop to teach us all the basics of knitting!

If you want to join in, please make sure you have:

- 2 knitting needles
- A ball of wool

You can get these from hobby shops such as Hobby Craft.

If you have any questions about this workshop contact Sam, Debbie, or Molly.

## FRIDAY 30TH OCTOBER - 7PM

## HALLOWEEN FILM NIGHT

Join us for a Halloween themed film night!

We'll be choosing the film in a poll on our Facebook members group during the week.



**SATURDAY 31ST OCTOBER - 1PM**

**THE GIG BUDDIES**  
**HALLOWEEN**  
**BAKE OFF**

Join us for a special Halloween themed Bake Off event!  
As usual, we will start the bake off in a Zoom call at 1pm, then everyone will have 3 hours to complete their bake before meeting on Zoom again at 4pm to show off what they've made!

Let us know if you plan on taking part!

**NOVEMBER EVENTS**

**MONDAY 2ND NOVEMBER - 3PM ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

**THURSDAY 5TH NOVEMBER - 7PM DJ NIGHT**

Join our resident Gig Buddies DJ's for an evening of music over Zoom. 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.

## **MONDAY 9TH NOVEMBER - 3PM ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

## **FRIDAY 13TH NOVEMBER - 7PM GIG NIGHT**

Join us on Zoom to watch a live concert chosen by the Gig Buddies members community. We will vote on what we watch on our Facebook group page during the week.

## **MONDAY 16TH NOVEMBER - 3PM ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!

## **THURSDAY 19TH NOVEMBER - 7PM OPEN MIC NIGHT**

Join us for a night of performances by YOU. Come along and sing, or just come for the banter.

Let us know if you would like to perform and we can book you a slot- or you can decide on the night.

## **MONDAY 23RD NOVEMBER - 3PM ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!



## **FRIDAY 27TH NOVEMBER - 7PM** **FILM NIGHT**

Join us on Zoom to watch a film chosen by the Gig Buddies members community. It usually has a music theme, but could be a comedy, documentary, musical... We will vote on what we watch on our Facebook group page during the week.

## **SUNDAY 29TH NOVEMBER - 8PM**

### **MEMBERS MUSIC FUND-RAISER NIGHT**

Back in September a group of members organised their own live music and DJ event. They had over 20 people come along, and the event was a great success.

**They decided to organise another night! This time they've very generously decided to run it as a fund-raiser for Gig Buddies with Thera!**

They will be announcing and sharing more details about this on the lead up to the event. Stay tuned!

## **MONDAY 30TH NOVEMBER - 3PM** **ZOOM CHAT**

Join us for our weekly Monday Zoom chat! We will discuss any changes to the government guidance on meeting up, any changes in Gig Buddies, and anything else you want to talk about!



# GROUP CALLS AND SOCIALS



## REMEMBER!

This probably won't be everything! Other events always pop up. Make sure to keep an eye on our Facebook group page for updates!



Gig Buddies Scotland Members Group  
167 members

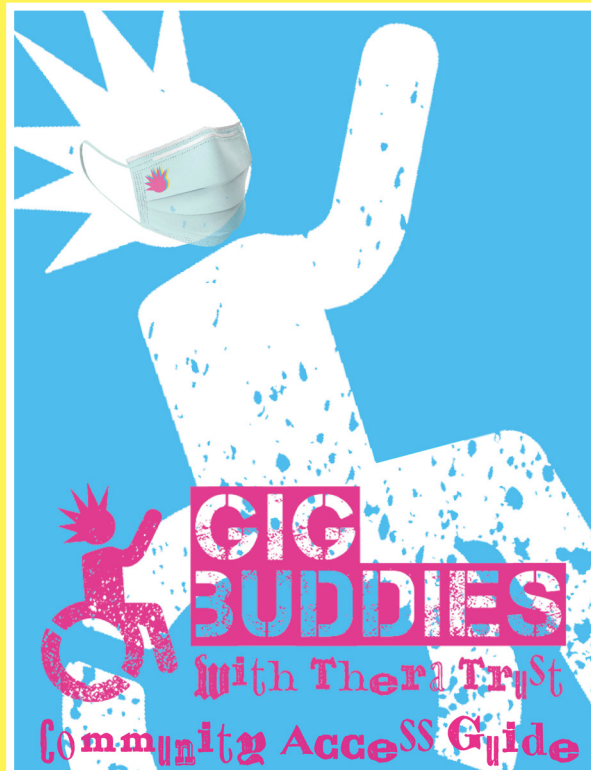
Kahoot!

We are going to start posting regular quizzes again! These will go on our Facebook members group. We will post the link on a Monday and you will have one week to complete the quiz.

We use an app called Kahoot for our quizzes but you don't need it to play along.



# COMMUNITY ACCESS GUIDE



**We might not be able to meet as a group, but the places in the community are opening up and we know that many of our members, volunteers, and pairings are getting out and about.**

**We want to give our members the information they need to get out safely, so we've put this all into one handy guide.**

**We're going to post all of our members a copy of our new Community Access Guide. You might already have it! This is a guide to getting out into your local community with information about social distancing, face coverings and exemptions, and plenty of ideas of what you can do in your local area.**

**We hope this guide helps answer some of your questions about what has changed and what you can access in your area!**

# MEMBERS MUSIC NIGHT



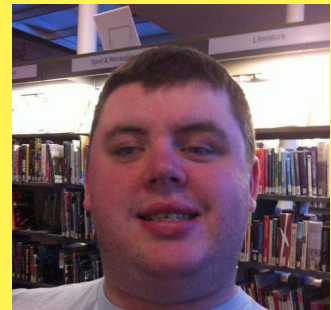
Back in September, David, Martin, Dania, Mark, and other Gig Buddies members, organised their own night of live music and DJ's over Zoom.

Acts that played included Ross Mac and Gig Buddies very own DJ Colin!



Sunday Night  
Live 8pm to  
12 midnight  
on Zoom

David says: It was a great night people have asked for a other night! It's great that one of the members said "it was a great night I want a other night"!



They're organising another event for Sunday 29th November and have generously decided to run it as a fund-raiser for Gig buddies!

**Want to know how to run your own Zoom event?**

Book a space to join our workshop on Wednesday 14th October!

For more information, contact Sam, Debbie, or Molly!

# MEMBER COMMENTS

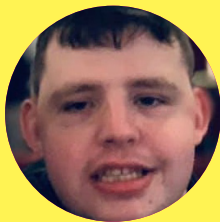


The past 6 months haven't been easy for anyone, but amazingly we've still been able to meet up and have fun. Many of our members have told us about how Gig Buddies has helped them throughout the lock-down, and we are overwhelmed by your feedback!

Maybe in some ways COVID has been quite good as I've been able to meet people from all over. I've met so many new people! - Kirsty



It's been good having people to chat to, and especially being able to see people in the video call. It's like meeting up in person, and it feels like I'm not on my own. I've enjoyed what Gig Buddies has done over the past few months. I think I'd be really bored if it wasn't for the online activities, if it wasn't for that I'd probably be insane by now! - Richard



I've been DJing for a long time, and I know I need experience to get jobs, but I've been knocked back a lot. Gig Buddies has given me a chance to show what I can do. Nobody's ever given me that before. - Chris



It's been amazing meeting new people and getting to know each other! - Dania



I've missed Gig Buddies, it's great chatting to people online. I like this project and want to be able to continue coming along to events. I'm enjoying Gig Buddies, it's fun - Kerry



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/)

## SCOTTISH GUIDANCE

Stay up to date on Scotland's guidance and the country's route map throughout the crisis.

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/>

# STAY IN TOUCH WITH US



## GET IN TOUCH WITH US

We'll be sending out another newsletter in December, 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 Thera

If you have any questions about anything in this newsletter, please contact your local Gig Buddies staff member.

### EDINBURGH

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