



GIG BUDDIES AT HOME 3!

GIGBUDDIES
CRO
CLUB
SODA

During this difficult time we
want to stay connected!



We have created **this**
newsletter to share fun
things we can do together
online and at home!

This newsletter comes out every Tuesday to keep us connected while we can't meet because of Coronavirus and Social Distancing.

Social Distancing means:



- **Stay at home**
- **Food shop once a week if you need to**
- **Ask someone to help you if needed**
- **Stay 2 metres apart from people you do not live with**

WHAT'S IN THE NEWSLETTER?



This week:

- **Taekwondo Tuesdays!**
- **Your nature photos**
- **Gigs you can go to at home (art theme!)**
- **Art activities to do at home**
- **Quiz Buddies**

TAEKWONDO TUESDAYS 2!



Hi **#NinjaBuddies**! Evie is back teaching you some basic Taekwondo to get us exercising and having fun at home.

There is a new video every Tuesday. Let us know if you are joining in!

Click on the picture to watch the second video or go to Gig Buddies Croydon on Youtube.

FOR YOUR SAFETY

Please do not use any of these moves on people, only practise them when doing the video!

Subscribe to our YouTube channel to see the videos each week.



GIG BUDDIES GOOD VIBES!



Sedley sent us photos of what he is growing at home!

He is growing carrots and garlic, gardening is helping him stay happy at home.



GIG BUDDIES GOOD VIBES!



Here is the next **positive challenge** you can do at home.

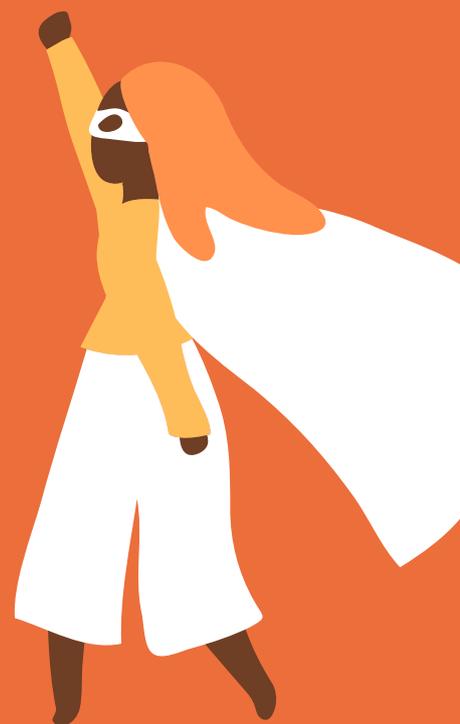
Email cherilyn@gigbuddiescroydon.co.uk by **Monday 20th April** to go in the next newsletter!

HERO CHALLENGE

We want to know who you think is awesome.

SEND US A DRAWING, PICTURE OR WRITING ABOUT SOMEONE YOU THINK IS AMAZING.

This could be a family member, a friend, a celebrity, favourite musician, artist, writer, anyone you admire. Tell us why you like them so much!



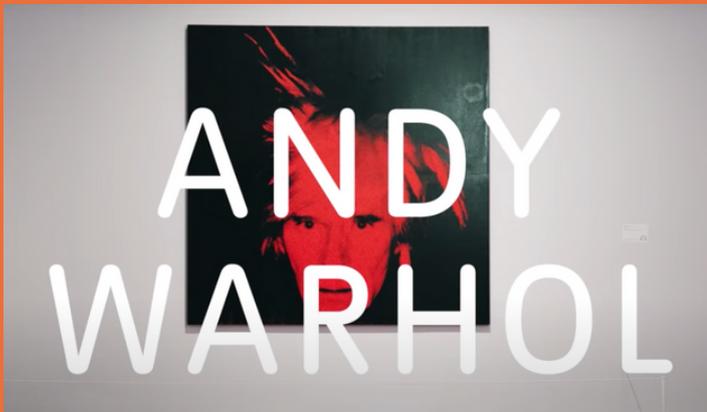
'GIGS' AT HOME



This week's gig's at home are **art** themed! Click the pictures to go to the 'gig'.



Virtual tours in Museums around the world!



Visit the Andy Warhol exhibiton at the Tate Modern!

Explore the Google Arts and Culture website for online exhibitons and activities!





ART BUDDIES!

Our friends at **Heart n Soul** have made a Creative Pack to stay creative and share your feelings about what is currently happening in the world.



Download and print



Fill in on your computer



Draw on a blank sheet of paper



Find the Creative Pack here:

<https://heartnsoulasks.com/creative-packs>



First Site have collaborated with famous artists to create an art pack with free activities to do at home.

Find the art pack here:

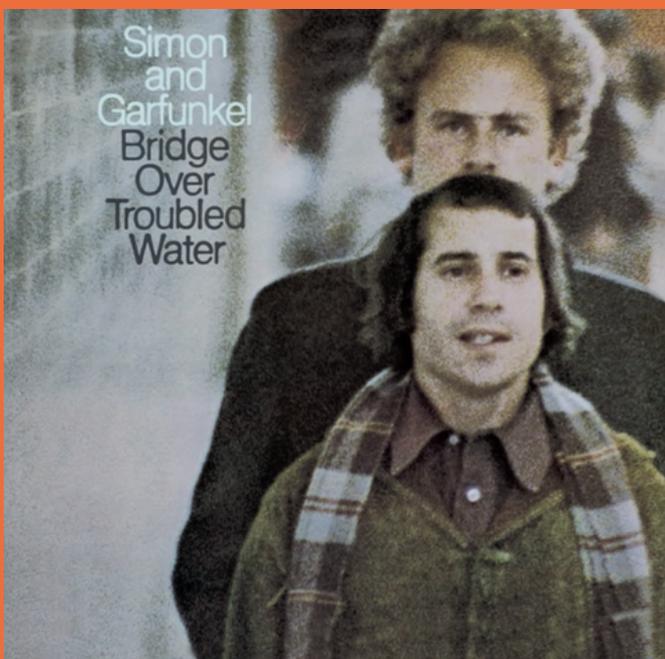
<https://firstsite.uk/art-is-where-the-home-is/>



SONGS TO STAY AT HOME TO!

We've had 20 songs sent to us for our #GigBuddiesatHome YouTube Playlist but we want more...

Send us songs that are making you happy in the sunshine!



Thanks Eleanor for sending this song by Simon & Garfunkel! Perfect for a chilled weekend.

Subscribe to the Gig Buddies Croydon YouTube page!

Email Chez your songs - cherilyn@gigbuddiescroydon.co.uk



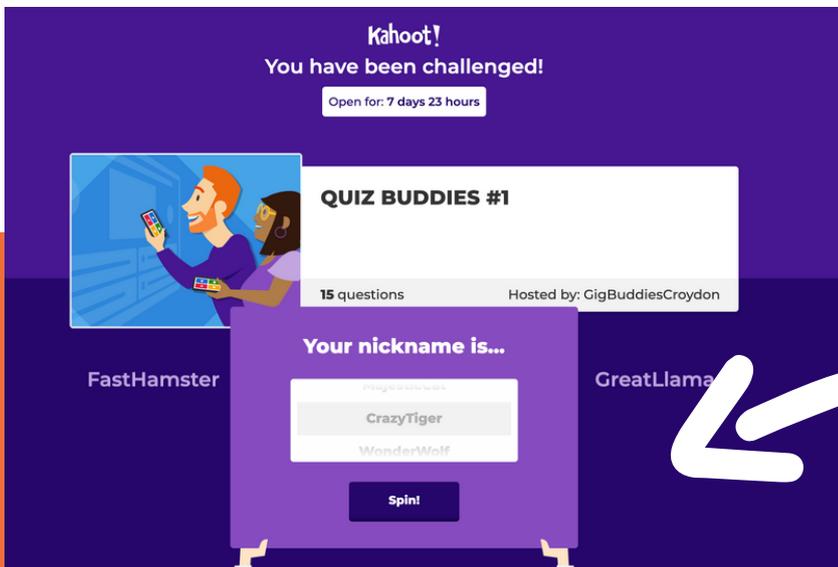
QUIZ BUDDIES!

We have another quiz for you #QuizBuddies!

Click this link to play the quiz:

<https://bit.ly/34I9yXD>

Press 'Spin!' to choose a name and click 'Okay Go' to start the quiz...



When you are ready click 'Got it!' to start the quiz!



Your score will come up on the leaderboard at the end!

ONLINE MUSIC FESTIVAL!



Coronavirus Fest is still going strong with thousands of views!

Stay Up Late have launched an online music festival for everyone!



Musicians perform every night at 8pm and 9pm.



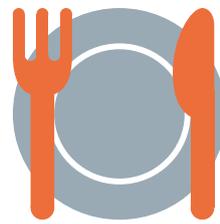
Follow this page to see the performances: [Facebook Page 'Coronavirus Fest'](#)



Send us photos of you enjoying the music like Rachael is here!

WHAT CAN YOU DO?

Here are some things you can do that aren't online: **Make up a dance move, write a letter to a friend, learn to cook a new meal.** More to come next week!



FOLLOW US TO STAY UP TO DATE:



If you need a chat give Chez a call:
07426 805 478



Give us your ideas for activities we can do:
evie@gigbuddiescroydon.co.uk
cherilyn@gigbuddiescroydon.co.uk

Supported using public funding by
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