



GIG BUDDIES
CRU
CLUB
SODA

GIG BUDDIES AT HOME 4!

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 is music themed!

- **Taekwondo Tuesdays!**
- **Your heroes**
- **A new music themed positive challenge**
- **Music gigs you can go to at home**
- **Music themed activities**
- **A music quiz**

TAEKWONDO TUESDAYS 3!



#NinjaBuddies is back! Follow along with the video to learn basic Taekwondo and get moving at home.

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

Click on the picture to watch the third 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!



These are some Heroes from our Hero challenge last week!



"Captain Tom Moore is pretty amazing!" The 100 year old raised over £26million for the NHS.

"This is our postman Fred, he is so smiley and really corageous!" Thank you to all the delivery drivers still working during this time!



"One of my heroes is documentary maker Louis Theroux. He seems thoughtful, respectful and kind. I would happily have him over for dinner!"

GIG BUDDIES GOOD VIBES!



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

Email cherilyn@gigbuddiescroydon.co.uk by Monday 27th April!



SONG CHALLENGE

We want to make a Gig Buddies song to keep us entertained during lockdown.

**SEND US 2 LINES OF LYRICS
ABOUT GIG BUDDIES!**

We will then put it all together to make a Gig Buddies Croydon Anthem...we may even put it to music!

'GIGS' AT HOME!



**MUSIC
THEMED!**

This week's gigs at home are all music themed!

Scroll down, the next four pages are about online festivals/gigs that you can tune into over the next few weeks!



If we can't go to the gigs, the gigs can come to us!

CRYSTAL PALACE LOCKDOWN LIVE!



Local musicians, DJ's, singers all getting together to perform and show that we are not alone!



Musicians perform on Saturdays from 2pm



Follow this page to see the performances: [Crystal Palace Lockdown Live](#)



COTCH UP CRONX!



An online festival from our friends at **the Oval Tavern**, where our rooms are the stages.

Roots and blues in **the Kitchen**. Soul, beats and hip hop in **the Lounge**. DJ's in **the Basement**. Comedy from **the Boudoir**.



Musicians perform over the weekend in the different rooms



Go to the website to see how you can watch: [Cotch up Cronx](#)



CORONAVIRUS FEST!



Launched by **Stay Up Late**, Coronavirus Fest is an online music festival.

They have had thousands of views and lots of different musicians perform, including one of our **Gig Buddy** volunteers!



Musicians perform every night at 8pm and 9pm.



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



Click the picture to see Gig Buddies Croydon volunteer Jim playing a fun DJ set! It's had over 1000 views!



ONE WORLD - TOGETHER AT HOME!

A global event to unite the world and celebrate key workers during Coronavirus.

Stars including **Little Mix, Elton John, and Paul McCartney** perform live from their homes!



Musicians performed around the world on 19th April, available to watch on BBC iPlayer for 28 days



Watch the performances on iPlayer: [BBC iPlayer One World Together at Home](#)



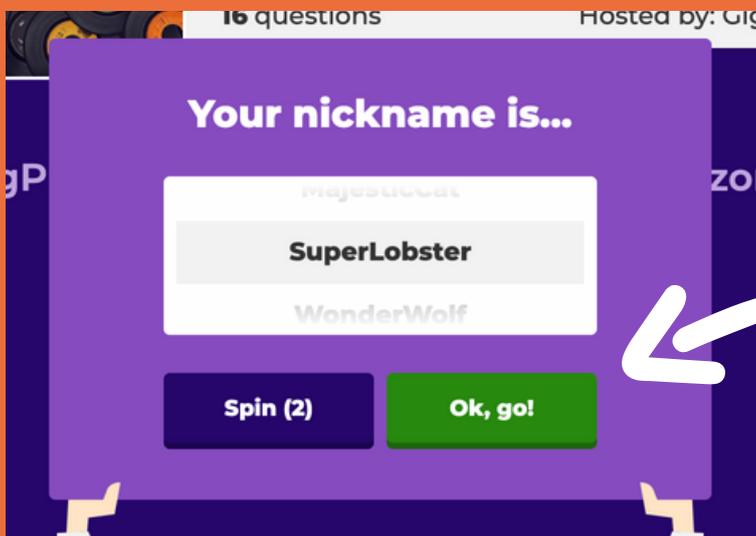


QUIZ BUDDIES!

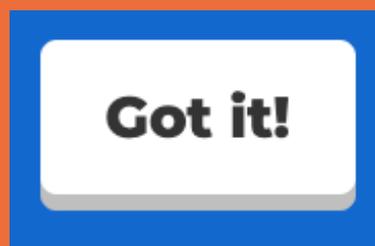
Congratulations to **EAGER GIRAFFE** for coming top of the leaderboard in last weeks quiz! If this was you, let us know!

This week the quiz is music themed. Click here to play: <https://bit.ly/2VLC4Dh>

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!



ART BUDDIES!



Our friends at **Heart n Soul** make Creative Pack's to share your feelings about what is happening in the world.

Creative pack 2 is music themed including Prince and David Bowie colouring pages!



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>



SONGS TO STAY AT HOME TO!

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

Send us songs that are getting you up in the morning!



Thanks Stephen for sending this tune by Bob Marley. Perfect listening for a sunny day!

Subscribe to the Gig Buddies Croydon YouTube page!

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

WHAT CAN YOU DO?

Here are some things you can do that aren't online: **Meditate, go for a walk, listen to the birds outside.** 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:
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