



GIG BUDDIES
CRO
CLUB
SODA

GIG BUDDIES AT HOME 5!

**WELLBEING
EDITION**



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 all about health and wellbeing!

- **Taekwondo Tuesdays!**
- **A new positive challenge**
- **'Gigs' you can go to at home**
- **The Gig Buddies Cookbook**

TAEKWONDO TUESDAYS 4!



It's week four of **#NinjaBuddies** and we hope you continue to follow along to learn some 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 forth 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!

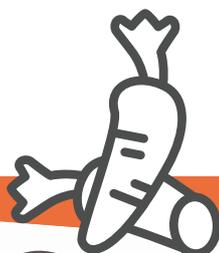
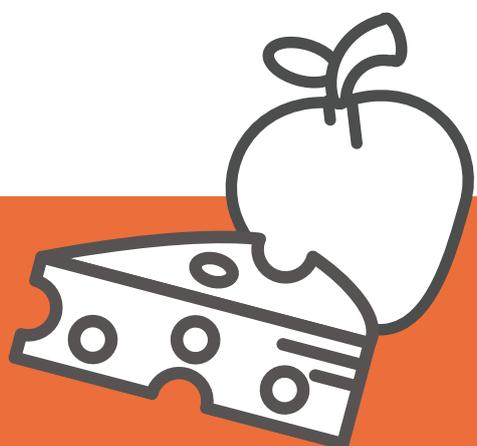
Subscribe to our YouTube channel to see the videos each week.



GIG BUDDIES GOOD VIBES!



Here is the next **positive challenge** you can do at home. You can use our cookbook if you need some ideas!



FOODIE CHALLENGE

This week's newsletter is all about health and wellbeing. We know that good food and cooking can make us feel good.

**WE CHALLENGE YOU TO
COOK/BAKE/MAKE SOMETHING
NEW TO EAT THIS WEEK!**

'GIGS' AT HOME!

WELLBEING
THEMED



This weeks 'gigs' at home are all health and wellbeing themed!

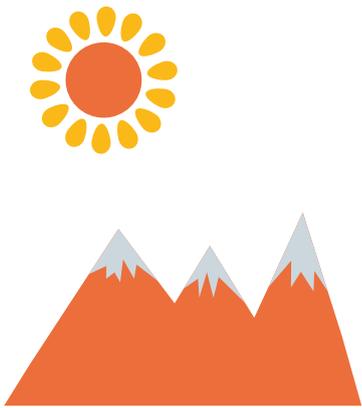
Scroll down, to find 'gigs' you can go to at home to help you stay well.



WELLNESS WANDERS!



Scientists say that looking at nature out a window, or even listening to sounds from nature, can boost our wellbeing.



If you can't get outside try:

Listening to sounds from nature on: [YouTube](#)



Go on a virtual nature walks in mountains, beaches and forests on: [YouTube](#)

Take a virtual wander around [The Cambridge University Botanical Garden](#) on: [YouTube](#)



JOE WICKS!

If you want some more exercise after Taekwondo Tuesdays, you can join the nation's favourite PE teacher Joe Wicks! He does exercises everyday on his YouTube.

He also does fancy dress Fridays!



Live everyday at 9am, or you can watch anytime on his YouTube



Subscribe to his YouTube channel to get involved: [The Body Coach](#)



RUSSELL HOWARD'S HOME TIME



Laughing is proven to make us feel better!

Russell Howard has started a new show at home with weekly guests, uplifting stories during lockdown and performers!



Every Tuesday at 10pm and Thursday at 10.30pm on Sky One. Or watch on YouTube!



Subscribe to his YouTube page to watch: [Russell Howard](#)



**RUSSELL HOWARD'S
HOME TIME**

GRAYSON'S ART CLUB!

Getting creative can help us to stay well and feel good!

Artist Grayson Perry is bringing us together through art, making new work and hosting classes to help our creativity during lockdown.



8pm every Monday



You can watch on Channel 4 at 8pm or online: [4oD](#)



EASY LISTENING!

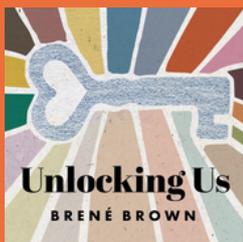


A list of wellbeing focussed podcasts to plug into whilst we are in lockdown.

Podcasts can help you relax, learn something new, or entertain you.



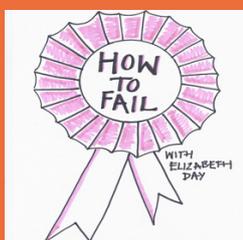
HAPPIER with Gretchen Rubin
Listen on: [Spotify](#) / [Online](#) / [Apple](#)



UNLOCKING US with Brené Brown
Listen on: [Spotify](#) / [Apple](#)

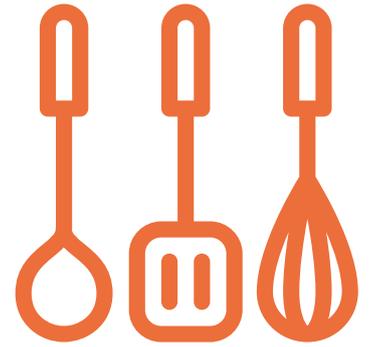


DESERT ISLAND DISKS with
Lauren Laverne
Listen on: [Spotify](#) / [BBC](#) / [Apple](#)



HOW TO FAIL with Elizabeth Day
Listen on: [Spotify](#) / [Apple](#)

GIG BUDDY COOK- BOOK!

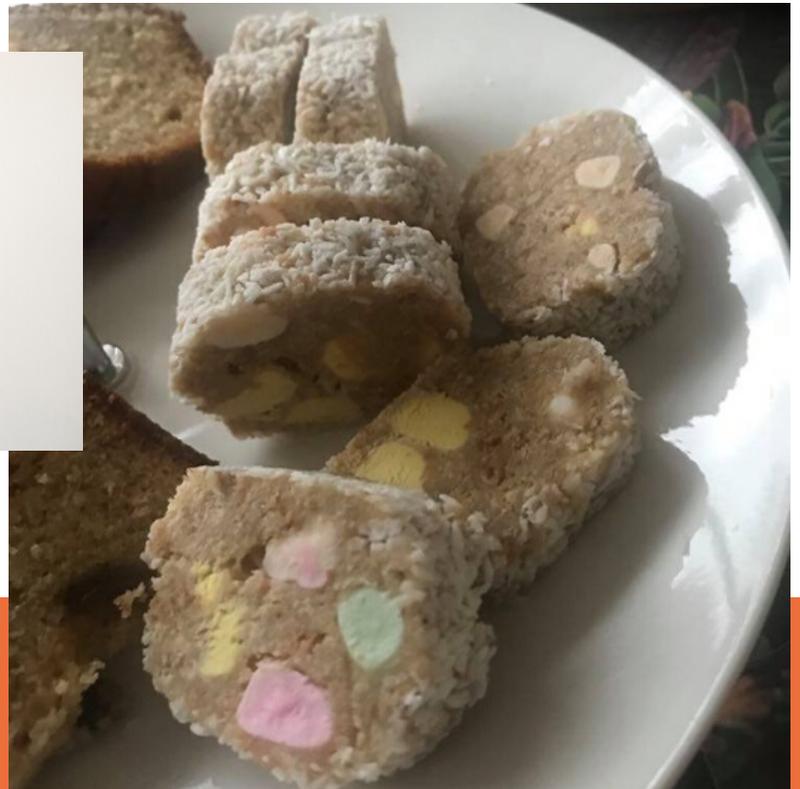
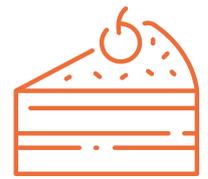


We asked some of our committee and team members what food they have been cooking at home that is making them happy!

Try them out by following the recipes below...



YASMIN'S LOLLY CAKE!



Serving size: 12

Ingredients:

80 g foam fruits

1/2 cup sweetened condensed milk

250 g biscuits crushed

Desiccated coconut

Directions

1. Crush biscuits and stir in condensed milk
2. Stir in foam fruits (cut into four).
3. Shape into log and cover with coconut.
4. Refrigerate.

**"They are pretty easy to do,
and no actual baking!"**

CHEZ'S RAINBOW SALAD!

No cooking needed,
make it as big or small
as you like. Use up stuff
that is left over in your
fridge/cupboard!

Ingredients:

Rocket / Green leaves

Cucumber

Tomatoes

Radishes

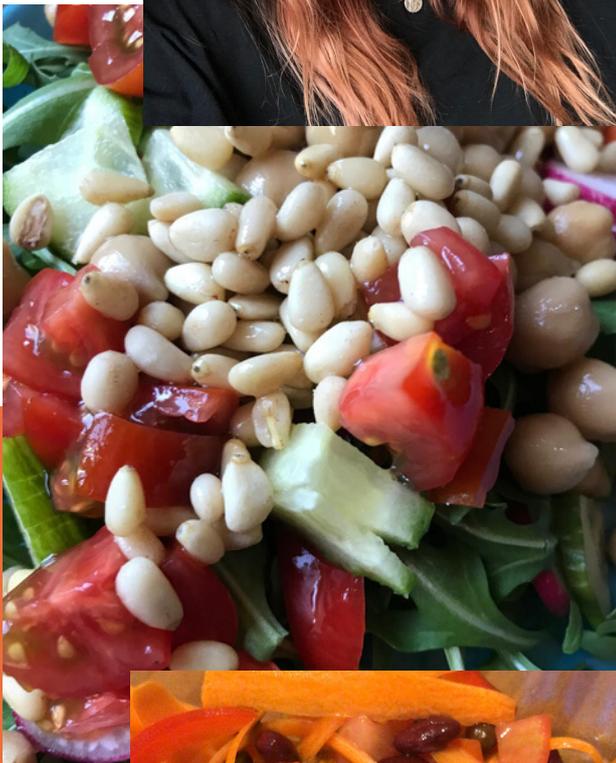
Chickpeas

Pinenuts

Kidney Beans

Olive Oil

A crack of Salt



TOP TIP: You can create carrot ribbons by
shaving the carrot if you don't have leaves!

TERRY'S TOAD IN THE HOLE!

Serves: 6

Ingredients:

225g plain flour
8 free-range eggs
600ml full fat milk
8 meat or veggie
sausages

Directions:

Preheat the oven
to 200C

Place the flour in a bowl and make a hole in the centre. Whisk in the eggs until smooth, then gradually add the milk. Season and whisk to a smooth batter. Place in the fridge for at least four hours.

Cook the sausages in a frying pan. Put a roasting tin in the oven. Remove the batter from the fridge and whisk once more. Once cooked, place the sausages in the roasting tin then pour over the batter.

Place in the oven and cook for about 1 hour.



EVIE'S COMFORT PORRIDGE!

"It's like a comforting hug
for the day and
gives me lots of
energy!"



Ingredients:
Porridge Oats
100ml milk/water
Peanut Butter
Honey
Banana



Directions:

Put a serving of porridge oats into a microwaveable bowl. Pour over & stir in 100ml of water or milk of your choice. Dollop a tbsp of peanut butter in.

Microwave for 30seconds or as long as it takes to get smooth. Drizzle some honey and even a sliced banana to make it extra yummy!



QUIZ BUDDIES!

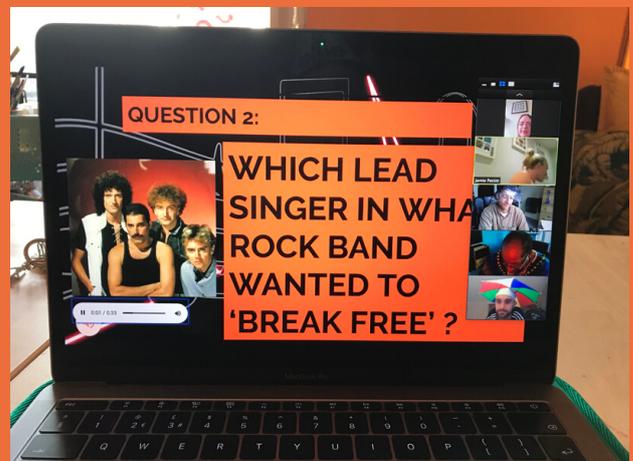
Thanks everyone for getting involved with #QuizBuddies! We've had over 40 people play over the last 3 weeks.

The music quiz from last week is still available to play at: <https://bit.ly/2XO88Jy>

Last week we hosted our first online social for our Gig Buddies crew!

We had 10 people on Zoom, a video chat platform, playing a pub quiz style game.

We had silly hats and lots of laughter! Well done Jordan who won!

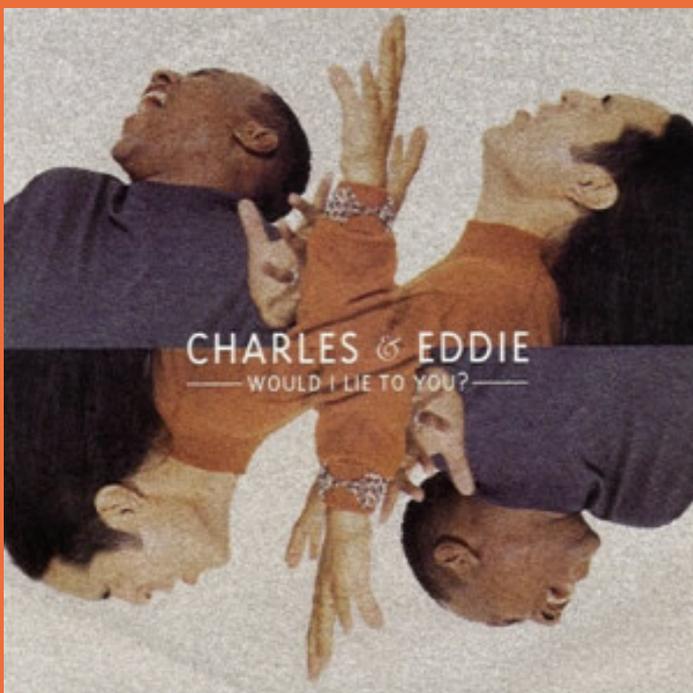




SONGS TO STAY AT HOME TO!

Thanks for the great songs that have been sent to us for our [#GigBuddiesatHome](#) [YouTube Playlist!](#)

Send us songs any more songs that are getting you through the days.



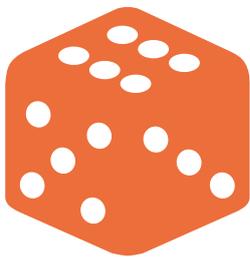
This week we are loving [Would I Lie To You](#) by [Charles & Eddie](#) sent to us by [Simon!](#)

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: **Play a board game, spring clean, start a sketchbook.** 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

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