



GIG

BUDDIES

AT HOME

2!

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 meters apart from people you do not live with**

WHAT'S IN THE NEWSLETTER?



This week:

- **Taekwondo Tuesdays!**
- **Your photos from the Photography Challenge**
- **The Nature Challenge**
- **Gigs you can go to at home**
- **Sedley's Rhyming Slang Quiz**
- **and more!**

TAEKWONDO TUESDAYS!



Hi **#NinjaBuddies**! Evie is a black belt in Taekwondo and will be teaching us some moves to get us exercising and having fun at home.

Learn along with a new video every Tuesday.

FOR YOUR SAFETY

Please **do not** try any of these moves on people at home, only do them when watching the video!

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

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



GIG BUDDIES GOOD VIBES!



Thank you to everyone who sent in photos for last weeks **Photography Challenge**.

Here are some of the things making our Gig Buddies 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 13th April** to go in the next newsletter!



NATURE CHALLENGE

We want you to be our local David Attenboroughs this week!

WHAT NATURE CAN YOU SPOT NEAR YOUR HOME?

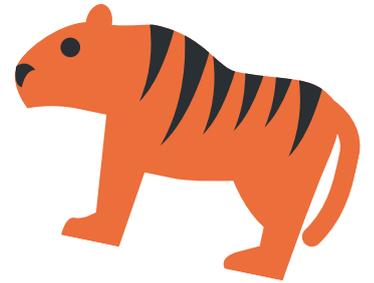
Birds in the garden? Plants outside the window? Dogs on your daily walk?



Tell us what nature you see; draw, take photos or just write to us.

ANIMAL BUDDIES!

Inspired by our positive **Nature Challenge** this week we found some live online animal videos.



You can watch tigers, penguins, puppies, travel to an African watering hole and even go underwater to watch fish in the ocean!



Click the pictures to watch animals live or go to [explore.org/livecams](https://www.explore.org/livecams)

'GIGS' AT HOME



We are finding lots of free 'gigs' that you can go to at home.

Whether you love **music, theatre, art** or something else there are lots of free activities online. We will share new ones each week!



Some livestreamed gigs to watch online at: <https://bit.ly/39liOvr>



A free musical every Friday at 7pm at: <https://bit.ly/3dRb51x>



DJs streaming from isolation at: <https://bit.ly/3aOEK9I>



A free theatre show every Thursday at 7pm at: <https://bit.ly/2wY0nG4>



SONGS TO STAY AT HOME TO!

We had lots of people send us songs to put on our [#GigBuddiesatHome YouTube Playlist](#) last week.

This week we want to hear more songs that are making you want to dance!

We have been dancing round the house to this remix sent to us from Gig Buddies Portsmouth.



Subscribe to the [Gig Buddies Croydon YouTube page](#)!

Email Chez any songs that are making you happy to add to the playlist - cherilyn@gigbuddiescroydon.co.uk



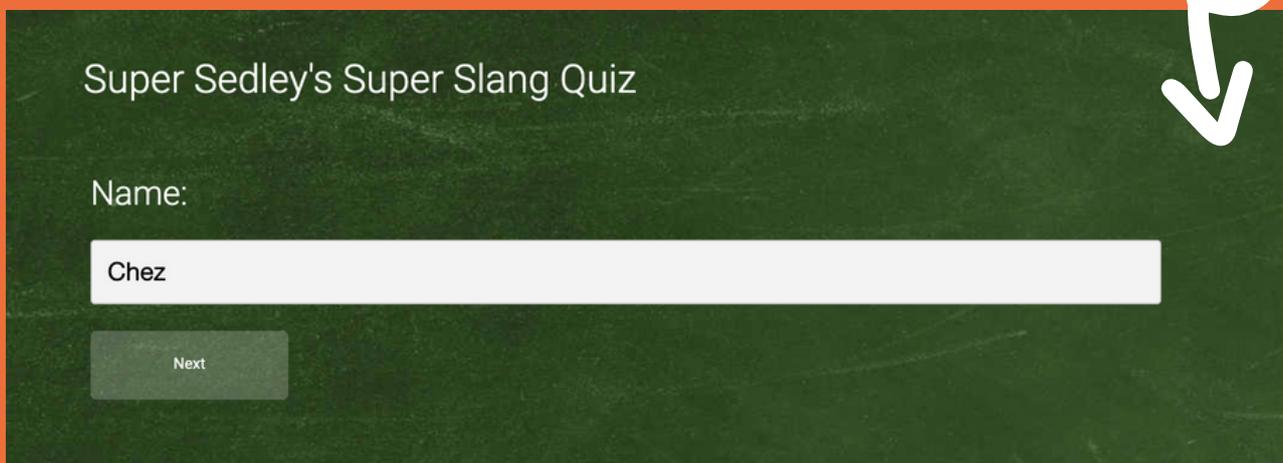
QUIZ BUDDIES!

Sedley, from the Club Soda Committee, has made us a quiz about **Cockney Rhyming Slang!**

Rhyming slang works by using an expression which rhymes with a word instead of the word itself.

Click on this link to take the quiz:
www.quiz-maker.com/QBSM603

Put your name in the box that comes up
and click next to start the quiz!

A screenshot of a quiz interface on a dark green background. At the top, it says "Super Sedley's Super Slang Quiz". Below that is a "Name:" label followed by a white text input box containing the word "Chez". Underneath the input box is a grey button labeled "Next". A white hand-drawn arrow points from the right side of the page towards the "Next" button.

Super Sedley's Super Slang Quiz

Name:

Chez

Next

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

ONLINE MUSIC FESTIVAL!



Stay Up Late (the people who started Gig Buddies), have launched an online music festival for everyone!



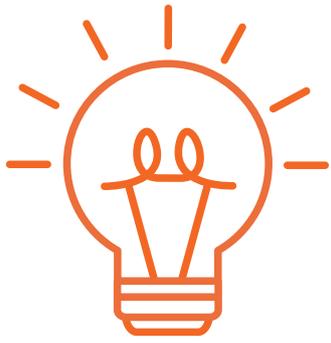
Musicians perform every night at 8pm and 9pm.



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



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



ANY IDEAS?

We want you to be at the heart of this newsletter, so if you have any ideas on how we can improve we would love to hear them.

We would love you to share with us:



- **Ideas for the newsletter**
- **Comments on the content of the newsletter**
- **Stories you would like to share with us**
- **How you are keeping busy at home**

Also tell us:

- **If you like the idea of an on online social like a Live Pub Quiz on Zoom/YouTube**
- **Or if you prefer individual activities shared in the newsletter**

WHAT CAN YOU DO?

Here are some things you can do that aren't online: **Paint a self portrait, write a song, watch a film, do yoga, listen to music.** 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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