



# GIG BUDDIES AT HOME 6!

## CROYDON 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 a Croydon special with:**

- **Gig Buddies Update**
- **Taekwondo Tuesdays!**
- **A new positive challenge**
- **'Gigs' you can go to at home**
- **A poem from Sedley**

# GIG BUDDIES CROYDON UPDATE!



**We have made changes to what we offer during lockdown, so we can support more people and have fun along the way.**

**We are using Zoom to host socials. Zoom is a video chat platform, if you need support setting this up please contact us.**



**Every two weeks on Friday at 11-11.40am we have a Gig Buddy Coffee Morning catch up.**



**Every three weeks on Wednesday at 7-9pm we have a Gig Buddy Social, a quiz, game or activity!**

**We are also working on online volunteer training and virtual pen pals!**

# TAEKWONDO TUESDAYS 5!



There is now a new video every other Tuesday.

We are on week 5 of **#NinjaBuddies** and Evie puts together all of the moves we have learnt so far!

Click on the picture to watch the fifth 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.

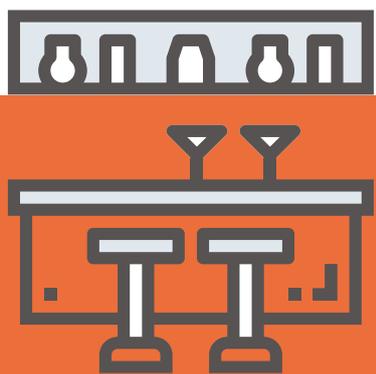


# GIG BUDDIES GOOD VIBES!



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

We want you to think about Croydon and the places we have been.

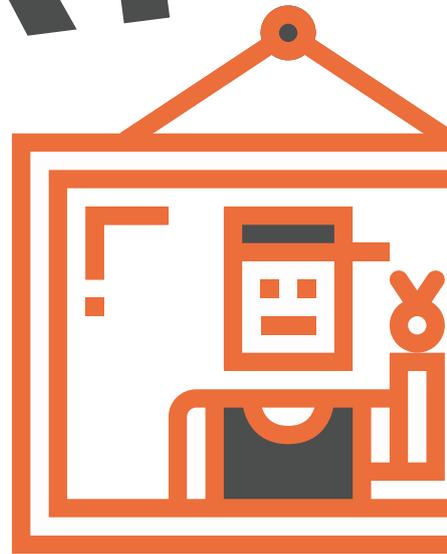


## CROYDON CHALLENGE

**WE CHALLENGE YOU TO THINK  
ABOUT YOUR FAVOURITE PLACE  
IN CROYDON OR YOUR  
FAVOURITE VENUE THAT GIG  
BUDDIES HAVE BEEN TO!**

**Draw it, write it or just tell us!**

# 'GIGS' AT HOME!



**CROYDON  
THEMED**



This weeks 'gigs' at home are all Croydon themed or from other organisations in Croydon!

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

# SCENE IT!



Scene In Croydon have sketched some of their favourite landmarks in Croydon for you to colour in.

A reminder of some of the wonderful places in Croydon!



You can share your pictures with them by tagging @sceneincroydon and using the hashtag #colourcroydon on Instagram, Twitter or Facebook.

You might win a Scene in Croydon print and your own design printed professionally!





♡ COLOUR CROYDON ♡

# MUSEUM OF CROYDON!



**Our friends at the Museum are collecting your letters from lockdown to reflect the lives of Croydon residents during COVID-19.**

**They will collect a selection of these stories and publish them as an online exhibition.**

**Click this link to send them your letter:  
[museumofcroydon.com/lockdown-stories](https://museumofcroydon.com/lockdown-stories)**

**Examples of what you could share:**

- **What has been making you happy?**
- **Who have you kept in touch with?**
- **How have we helped each other?**
- **Have you experienced or created something new?**
- **Is there anything we can do to improve our lives after Coronavirus?**

# CROYDON LIBRARIES CRAFT!



Our friends at Croydon Libraries have lots of online activities to get involved with.

We are loving Craft Time at Home. Where they share video tutorials of different art activities with Croydon artists.



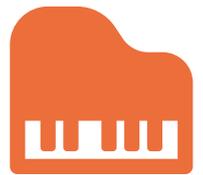
Saturdays at 2.30pm

Click the picture to watch Stain Glass Window tutorial and find others on the Croydon Libraries Facebook Page.

There are tutorials on Paper Hats and 3D Butterflies!



# LONDON MOZART PLAYERS!



The Croydon based orchestra have a daily stream of musical treats and performances, as well as exclusive behind-the-scenes interviews to keep the music going during lockdown!



Everyday!

You can watch the tutorials and performances here: [LMP YouTube Page](#)

The screenshot shows the YouTube channel for London Mozart Players. At the top is a banner image of the orchestra members standing in front of a red double-decker bus. Below the banner is the channel name 'London Mozart Players' with a logo and '733 subscribers'. A red 'SUBSCRIBE' button is on the right. The navigation menu includes 'HOME', 'VIDEOS', 'PLAYLISTS', 'CHANNELS', 'DISCUSSION', and 'ABOUT'. The main content area features a playlist titled 'At Home with LMP' with a 'PLAY ALL' button. Below the playlist is a grid of video thumbnails with their titles and durations:

- #SofaSundays with Sally Beamish & Sophie Renshaw (29:19)
- Jam Bus Drumming Workshop with Tim Spoerer... (21:17)
- Simon Blendis introduces a side-by-side performance in... (40:27)
- The Craft of Conducting in a Theatre The Grounded... (1:00:33)
- Michael Foyle & the Foyle-Stšura Duo... (7:44)

# MOVIE NIGHT!



**We wanted to share two Croydon themed films that we think you will love!**

**The first is a short film about a band called Delta-7, directed by our amazing Gig Buddies Croydon volunteer Rosie! She said:**

**"I started documenting Delta 7 as a band - they have such different personalities but work so well together and have a lot of fun! However, when we lost Tom, the film turned into a much bigger story about the different ways in which people deal with grief, and finding strength in togetherness.**

**I think the band show how healing the creative arts can be, and how important it is to look after each other and be honest about how we are feeling."**

**[CLICK HERE TO WATCH THE FILM ON YOUTUBE!](#)**



# MOVIE NIGHT!



The second film is **Chained for Life**, starring Croydon born actor and activist, Adam Pearson!

It is about how disabled actors are treated, and attitudes towards people with disabilities, or who don't conform to the "norm."

[You can rent the film for £2.99 on YouTube](#)

[You can rent the film for £1.99 on Amazon](#)



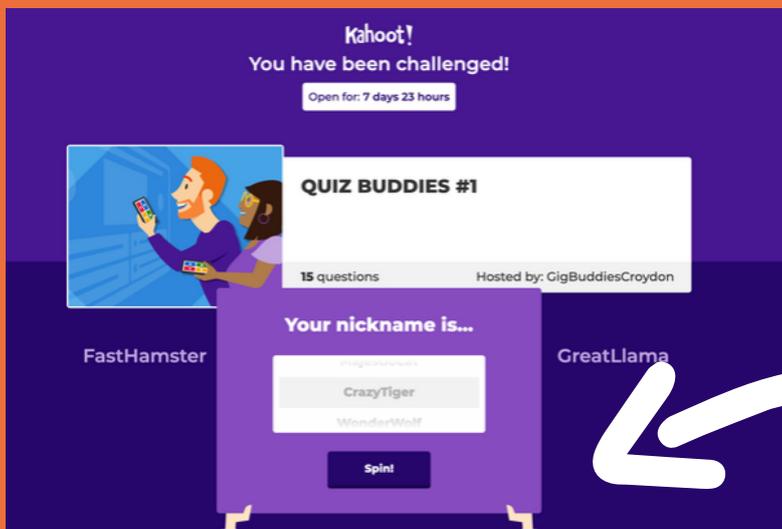


# QUIZ BUDDIES!

Thank you #QuizBuddies, we have had over 60 people play across our 5 quizzes!

This week's quiz is all about dreaming of getting out of Croydon...the travel quiz!

[CLICK HERE TO PLAY THE TRAVEL QUIZ](#)



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!

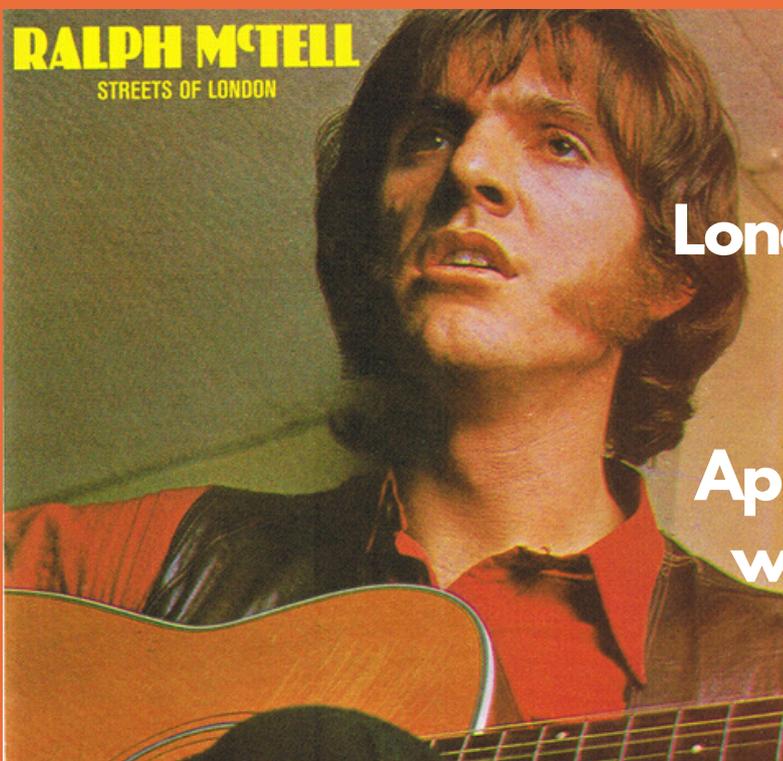




# SONGS TO STAY AT HOME TO!

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

Send us songs that are getting you through lockdown!



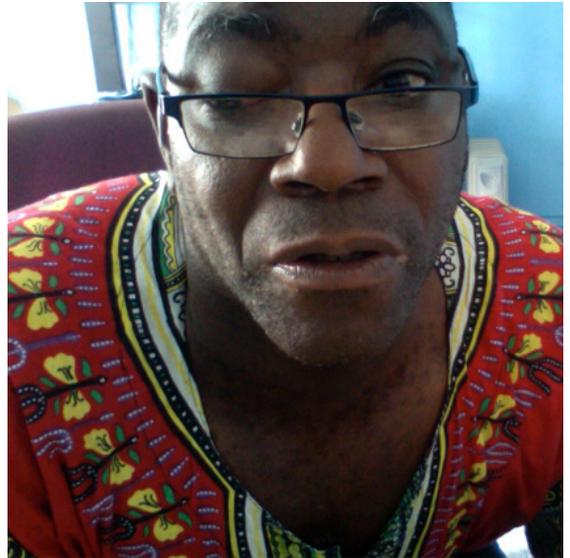
This week we are loving Streets of London by Croydon's Ralph McTell!

Apparantly the song was partly inspired by Surrey Street market.

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

# A POEM FROM SEDLEY

**Our committee member and Gig Buddy advocate Sedley sent us this wonderful poem he wrote during lockdown to share with you.**



**Am I invisible the same boat  
together but you still can't see  
me is it because I'm different  
am I invisible.**

**We are still recruiting and socialising!**

**If you or someone you know would love to join Gig Buddies, please get in touch below!**



**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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