



GIG BUDDIES AT HOME 8!



Updates from
Gig Buddies &
Club Soda
Croydon!

You may have seen pubs and restaurants have started to reopen, and people are starting to go out socialising again.

At this time our main priority is keeping our community safe.

We will not be returning to face to face meetings, and ask our matched pairs not to meet face to face, until the Government Alert Level has reached **Level 1**. It is currently at **Level 3**.

We will keep reviewing this decision. For now, we will continue our online socials, newsletters and catching up over the phone.

We know this is frustrating and thank you for your patience, we can't wait until we can go out socialising again. But for us, safety comes first...fun is a close second!

Coronavirus alert levels in UK

Stage of outbreak		Measures in place
Risk of healthcare services being overwhelmed	5	Lockdown begins
Transmission is high or rising exponentially	4	Social distancing continues
Virus is in general circulation	3	Gradual relaxation of restrictions
Number of cases and transmission is low	2	Minimal social distancing, enhanced tracing
Covid-19 no longer present in UK	1	Routine international monitoring



HOW CAN YOU **STAY** **SAFE?**



- Stay at home as much as possible
- Limit contact with other people
- Keep your distance from people not in your house (2 metres apart where possible)



- Wear a face mask on public transport and in shops



- Wash your hands regularly
- Stay home if you or anyone in your house has symptoms.

GIG BUDDIES IS STILL GROWING!



We are still introducing potential matches, growing our community and offering some fun activities!



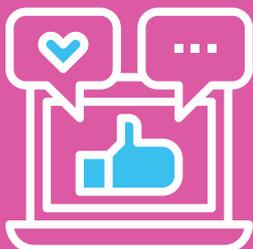
- 4 new people have joined the project looking for a buddy and have been enjoying online socials!

- 5 new volunteers want to sign up!



- 4 new matches are progressing for when we can meet again!

- Gig Buddies volunteer training is almost online, meaning we can recruit and train more people!



- We are running socials every 2 & 3 weeks which are growing in numbers!



We are dedicating this newsletter to all the brilliant work Club Soda (who run Gig Buddies Croydon) brought us throughout the month of June.

From all the amazing artists with learning disabilities, to the *MASSIVE* online SoDaDa party that had over 80 partygoers take part, Club Soda really made June a month to remember.



**CLUB
SODA**

SODADA ONLINE!

Club Soda didn't let lockdown get in the way of a great party. On June 29th over 80 people joined us on zoom or watched on YouTube!



It was amazing to see so many people come together in their own homes and dance.

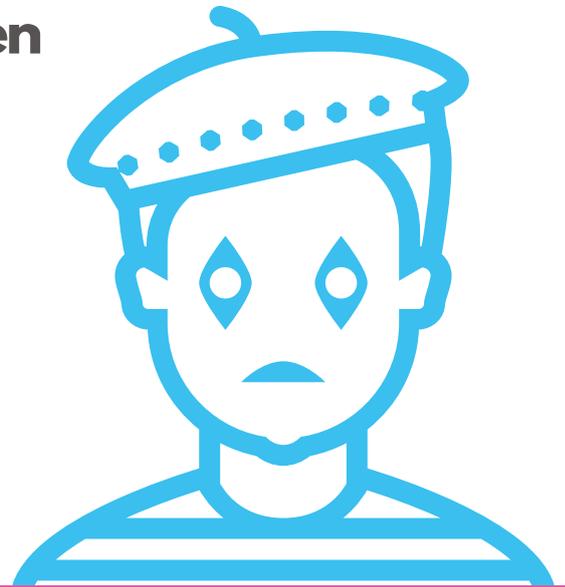
Joe from our Club Soda Committee was the host for the night and did a brilliant job!

Soda Crew DJs provided the tunes, with sets from DJ Joshua, Dj X, Dj4Blue and Soul Sista. We also had a beautiful live set from Manoj on Piano.

DRUNKEN CHROUS!

Earlier on in the month Drunken Chorus set us the challenge to make our own Dada inspired performances.

At the party they showcased everyone's Dada creations!



**Make a
performance**

**with
Drunken Chorus**

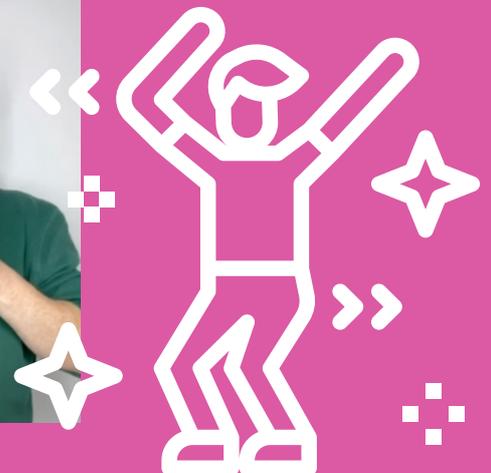
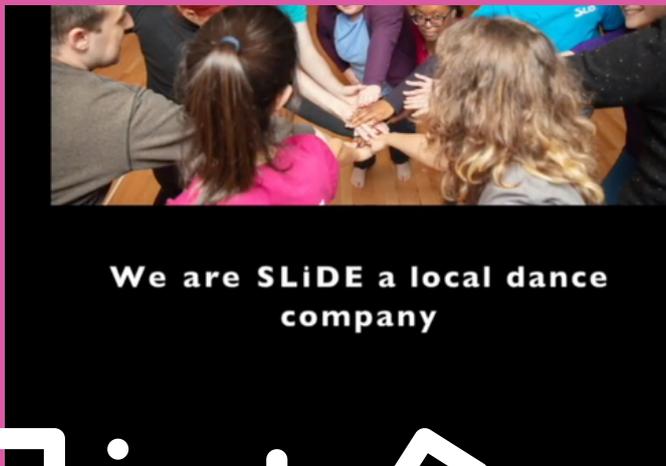
Click on the picture to see some of the creations and to learn how to make your own!!



SLiDE DANCE!

A good party wouldn't be complete without a boogie. SLiDE showed us their favourite moves to get the party started.

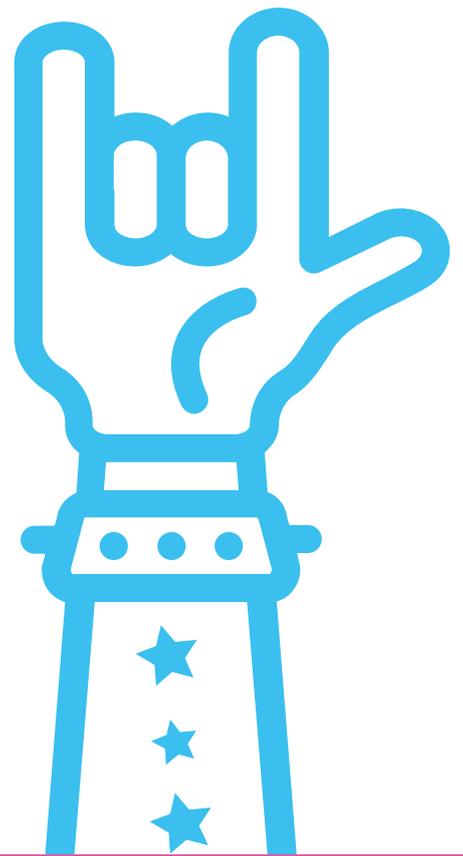
Click this pictures below to learn some new groovy moves and dance with SLiDE!



TRANSIENT VISITORS!

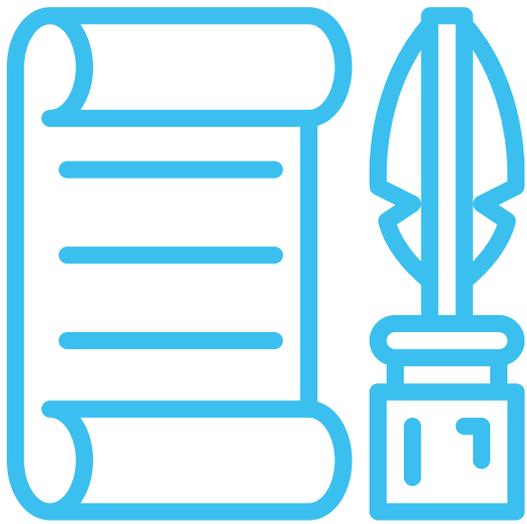
Transient Visitors are a new and exciting band originating from Croydon, South London.

They are one of the bands on the Emerging Artists programme with Club Soda.



Click on the picture to check out their new music video for their single **Battlescarred!**

POEM FROM SEDLEY!



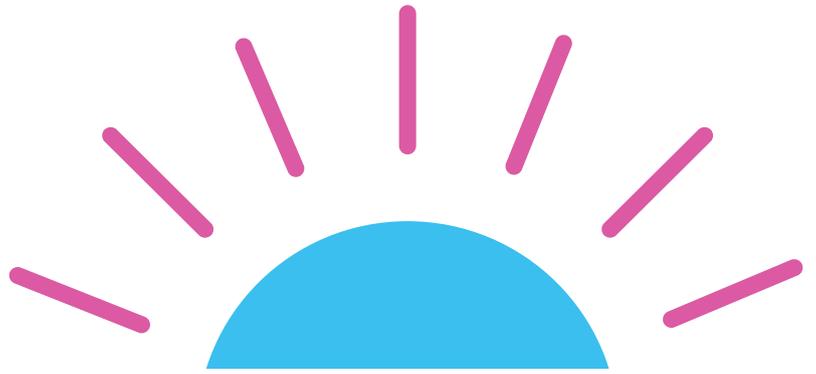
Sedley from the Club Soda Committee, and Gig Buddy advocate, wrote and performed a poem in cockney rhyming slang.

**We are burning in the
currant bun**

**Click on the picture to
hear the poem!**

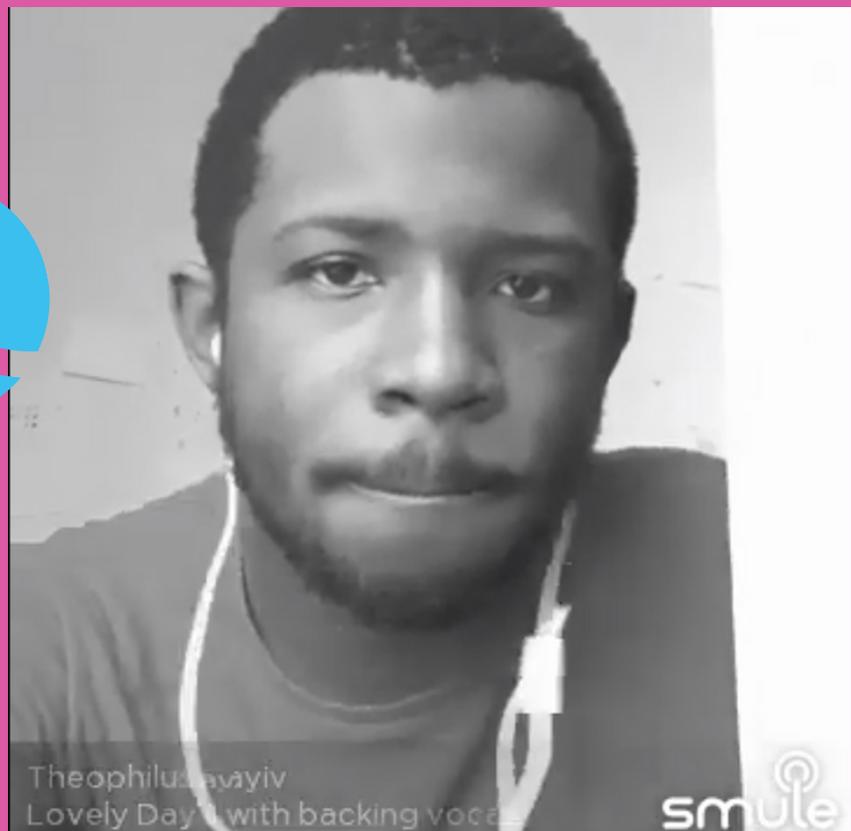
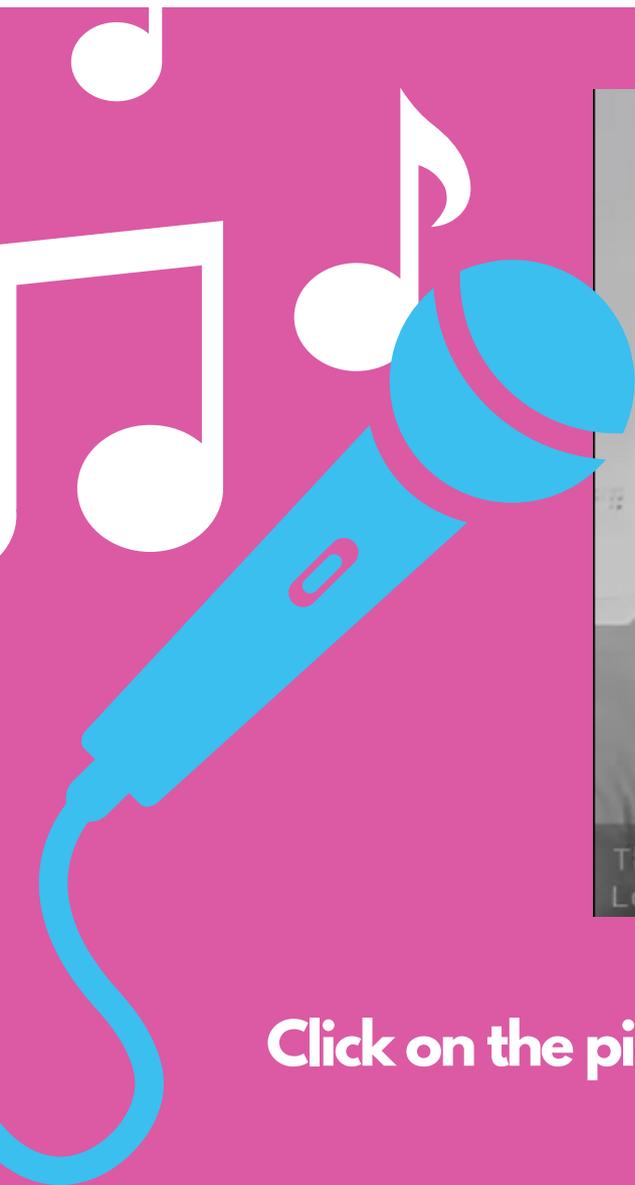


LOVELY DAY!



Club Soda member Theophilus Oluwafifehami Ajayi performed a cover of Bill Wither's Lovely Day.

This song is making us happy on these rainy summer days!



Click on the picture to listen to the cover!



FOLLOW US TO STAY UP TO DATE:



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



**Email us at:
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cherilyn@gigbuddiescroydon.co.uk**

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