



**GIG
BUDDIES**
SOUND PEOPLE

April – May 2016

Gig Buddies Newsletter



Hi Gig Buddies!

Spring is finally here! We hope you've rested up over the winter- there's loads of fun stuff coming up!

The fantastic Brighton Fringe and Brighton Festivals are here. We've picked out a few free gems for you, but there's loads to choose from. From folky blues and harmonious choirs to rock and roll. There's something for everyone!

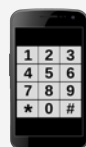


We've listed lots of fun and interesting socials for the next two months including free music for Record Store Day.

Thanks!

Gig Buddies Team

STAY UP LATE
9 Russell Place
Brighton
BN1 2RG



Madeline 07827 228171

Kate 07514 622204

kate@stayuplate.org

madeline@stayuplate.org



Would you like to be included in our next newsletter? Write a review of your next gig and send it in to us!

It's festival time!

FREE EVENTS! - Some inspirational freebies for you to check out with your gig buddies!

Brighton Festival

Lou Reed Drones

- On from Friday 13th May until Tuesday 17th May
- From 12 noon until 5pm
- At The Spire, St Mark's Chapel
- It is a performance with feedback loops and lots of guitars!



Brighton Fringe

Folk Off Sessions

- On 5th, 12th, 26th May and 2nd June from 8pm
- At The Fiddler's Elbow, Boyces Street (no tickets)
- It is alternative folk, blues and roots.

Know My Neighbour

- On from 21st until 27th May at 11am
- At the Pop Up Café on One Church Brighton (no tickets)
- Food, coffee, entertainment and neighbourliness.

Brighton Swing Choir and the Close Shaves

- On the 14th May from 8pm
- At the The Round Georges (no tickets)
- It is a harmonious choir with a vintage twist!

Brighton Showcase

- On the 11th, 18th, 25th May and 1st June from 8pm
- At the Brunswick (no tickets)
- It is new up-and-coming talent. Singers, bands, dancers and more!

The Red Lamps

- On the 16th May at 11.30am
- At the Pavillion Gardens Café (no tickets)
- It is young people from Chailey Heritage using movement and soundbeam technology.

Unified Rhythm Red Zebra

- On the 19th May at 4:30pm
- At the Pavilion Gardens Café (no tickets)
- It is a carnival arts music groups come together to make energetic music.



Gigs of the Month - Brighton

All events
listed are fully
accessible



The events listed below are only suggestions for you and your gig buddy, if you are both free.

RECORD STORE DAY (GIG)

What kind of event is it? An amazing day of gigs at Brighton Dome

When? Saturday 16th April. 1pm-late (but you don't have to come for all of it)

Where? Brighton Dome Studio Bar

How much? FREE! Because it's a Spectrum event the lovely organisers will put you on the guest list, but you will need to contact Madeline for a free ticket on 07827228171

LADY BOYS OF BANGKOK (PERFORMANCE)

What kind of event is it? A performance. Don't miss the glitz and glamour of the Lady Boys of Bangkok strutting their stuff.

When? Wednesday 18th May

Where? At the Subai Pavilion in Victoria square.

How much? £19.50 (free tickets available for Personal Assistants)

Contact Kate if you would like help booking your ticket on 07514622204



Gigs of the Month – Lewes and Newhaven

All events
listed are fully
accessible



The events listed below are only suggestions for you and your gig buddy, if you are both free.



SLIMSHACK (GIG)

What kind of event is it?

Following last month's great night, we will watch a band called SlimShack, who are a 7 piece Brighton based band. They play 50s +60s style music which we can dance to!

When? Friday 15th April, 8pm – 10.30pm

Where? Meet at: The Volunteer, 12 Eastgate Street, Lewes BN7 2LP

How much?

The gig is free, bring money for drinks.

Contact Madeline to join on 07827228171



THE FESTIVAL OF SOUND 2016 – ROCK VERSION (GIG)

What kind of event is it? An evening of live rock music and rock music DJs at the beautiful Newhaven Fort.

When? Saturday 7th May, 6pm - 11pm

Where? At Newhaven Fort, Fort Rise, Newhaven BN9 9DS.

How much? £15 (info about personal assistant tickets TBC)

Contact Madeline if you would like help booking your ticket on 07827228171



Gigs of the Month – Eastbourne

All events
listed are fully
accessible



The events listed below are only suggestions for you and your gig buddy, if you are both free.

OPEN MIC NIGHT (GIG)



What kind of event is it? It is an open mic night. There will be a variety of entertainment and you can get involved too if you want!

When? Wednesday 13th April 8pm – 11pm

Where? Printers Playhouse, 12 Station Street, Eastbourne

How much? FREE entry, bring money for drinks.

Contact Madeline to join on 07827228171

TURRET (GIG)



What kind of event is it? An indie band called Turret are performing

When? Friday 6th May, 8pm-11pm

Where? Printers Playhouse, 12 Station Street, Eastbourne

How much? FREE entry, bring money for drinks.

Contact Madeline to join on 07827228171

Gigs of the Month – Hastings and Bexhill

All events
listed are fully
accessible



The events listed below are only suggestions for you and your gig buddy, if you are both free.



TREVOR MOSS AND HANNAH LOU (GIG)

What kind of event is it? Trevor Moss and Hannah Lou are a two-person band who play folk music.

With support from local blues / soul singer Roberto Picazo.

When? Friday 22nd April, 7.30pm – 11pm

Where? King Teatr, 43-49 Norman Road, St. Leonards-on-Sea

How much? £5

Contact Madeline if you would like help booking your ticket on 07827228171



GIG AND MEAL

What kind of event is it? It is a dinner and gig event. 1950's acoustic blues, country, rockabilly jazz. These guys will get you moving, you have to see Mark work his authentic tea chest bass.

When? Friday 6th May 7pm – 11pm

Where? No. 48, 48 Devonshire Road, Bexhill

How much? £7.50 for meal and music

Madeline will book a table so contact her on 07827228171 if you'd like to come.



Gigs of the Month – West Sussex

The events listed below are only suggestions for you and your gig buddy, if you are both free.

FREE FILM SCREENING IN SHOREHAM **(Film announced on Mon 25th April)**



What kind of event is it?

A nice space to chill out.

You can sit on cushions or seats.

There is a bar for drinks and Mediterranean food.

When? Thursday 28th April

Doors open at 6:30pm and film starts at 7:30pm

Where? 20 West Street, Shoreham by Sea,
West Sussex, BN43 5WG

How much? FREE!

BOWLING

After the success of our first Worthing social last year bowling is back by popular demand.

Play against your gig buddy and try to get a strike!

When? Wednesday 4th May 8pm.

Where? AMF Bowling Marine Parade,
Worthing BN11 3PZ

How much? £6 for one game.

Burgers and chips available for about £4
And there is a bar for drinks.



AMF Bowling is
wheelchair accessible

You are invited to a free weekly yoga session!

What is it?

Our Gig Buddy Hanna is going to lead a free yoga classes for all Gig Buddies!

Yoga uses breathing techniques, exercise and meditation. It also improves your health and happiness.

When?

Every Monday



Where?

Revitalise Brighton
123A Western Road
Brighton
BN3 1DB



The venue has steps. If you need step free access and would like to take part, please give Madeline a call on 07827228171

What time?

The yoga session will start at 4:30pm and finish at 5:30pm.

Please get there for 4:15pm to get ready.

More information

Wear comfy clothes that you can do exercise in.

For example:

T-shirt and jumper

Shorts, leggings or jogging bottoms.



REVIEW: The Wave Pictures

**The Wave Pictures
– 1st March @ De La
Warr Pavilion in
Bexhill.**

In March, Sonia went out for the first time with her gig buddy Dennise. They went to see a band with some other gig buddies from the Hastings area. Chris has interviewed Sonia about her night out...



Chris: **What was the gig you went to?**

Sonia: **It was at the de la warr pavillion, and it was the wave pictures**

Chris: **Were they any good?**

Sonia: **They were good, brilliant, yeah!**

Chris: **What was the best part of the night?**

Sonia: **It was the type of music! They had different singers, there was someone who came on first who was touring with them, and then they came on and it was a different type of music.**

Chris: **Describe the Wave Pictures music!**

Sonia: **One of them had an electric guitar, and one had a normal one, so I think it was rock sort of music!**

Chris: **Had you seen them before?**

Sonia: **First time!**

Chris: **And would you go again?**

Sonia: **Yeah I would!**

**Please write about
the gigs that you go
to on our website
[www.gigbuddies.org
uk/add-review/](http://www.gigbuddies.org.uk/add-review/)**

REVIEW: Gig Buddies birthday party!

Daniel, who was in charge of the space lion making, has reviewed our amazing birthday party!

Was the party fun?

Yes it was because a lot of gig buddies turned up and there was lots of pizzas and SPACE LION MAKING AND FACE PAINTING

Was the venue good?

HAD A GOOD DANCE FLOOR AND THE STAFF WERE REALLY FRIENDLY!

What was there to do?

There was old skool computer games. Pass the parcel with lots of fun gifts like a take that cd, meet the parents dvd, temporary tattoos and there was a polaroid camera.

What was the music like?

We had brilliant DJs Paul, Perry, Chris and David – thanks guys!



FORGOTTEN FIELDS

Are you interested in going to a music festival?

We are finding out who would like to go to Forgotten Fields music festival as a group!!!



What is Forgotten Fields Festival? A music festival in the countryside near East Sussex

When is it? 5th – 7th August 2016

Where is it? Eridge Deer Park, between Crowborough and Tunbridge Wells

How much? Tickets cost £115 for 3 days at the festival with camping. Tickets for Personal Assistants (gig buddy volunteers) are free.



Why go to a festival? If you like camping, dancing, bands, making friends, relaxing and having fun then festivals are amazing!

Why avoid going to a festival? Festivals can be really tiring, crowded and wet and muddy!



What music will there be? Performers include Dizzie Rascal, Suede, Kodamine, Kelis, Maximo Park, Kula Shaker and many more...

I'm a participant and I'm interested in going!

Contact us to chat about it! You will need to bring a helper for the duration of the festival who is able to support you. This could be your gig buddy, a support worker, a family member or another gig buddies volunteer.



I'm a volunteer and I'm interested in going! Chat to your buddy to see if they may be interested in going, otherwise please get in touch if you're able to be somebody else's helper for the weekend. You're also welcome to buy a ticket and come along with the group but not as a volunteer!

STORM & THUNDER MEETINGS



The Storm & Thunder Team are the advisory group for gig buddies.

We spend one hour helping to make the charity better.

We then usually do something creative for the next hour. This is different every time and can be music, film, creative writing or art. We meet on the **3rd Tuesday of every month** in the afternoon (before Rock House!)



Next meetings are

19th April 2016 3pm – 5pm

17th May 2016 3pm-5pm

At the Stay Up Late office (see front page for address)

You are welcome to join us, please let us know you are coming.



See you all soon!