



GIG BUDDIES

with Thera Trust

April-May 2023 Spring Newsletter



Gig Buddies Big Chat 2023



Is it Spring yet?!



It's still Spring but summer is just around the corner! In this newsletter we give you an update on what we have been up to in our local areas. And share what happened when we held our first Gig Buddies Big Chat at Summerhall in Edinburgh.

There is also an update on the Glasgow Kiltwalk and we share a Summer preview of lots of exciting events to look forward to until the Summer season starts in June. Read on for how to get some FREE tickets to TRNSMT!

As always you'll also find all upcoming events for each of our areas, and we've got a wide range of events to get involved with.

This isn't everything!

There will probably be events that we just don't know about yet. Remember to join our Facebook group and keep an eye on your emails for regular updates.

Need this in a different format?

We have easy read versions of all our social calendars that we can send to you if you need it. See our Facebook page for an audio described version.





Aggressive threatening or hurtful language towards gig buddies members or staff is unacceptable.



Think before you speak. Think about who you are talking to and the language you are using.



Treat other members, volunteers and staff with respect.



Breaking any of these rules could result in a warning. You may be temporarily or permanently removed from the project.



Personal disputes between gig buddies members cannot be dealt with by gig buddies staff.

This charter was written by Gig Buddies members and staff.
If you have any questions please contact us:
gigbuddies@thera.co.uk





A manifesto for an ordinary life:

This is what adults with learning disabilities have told us they need to be able to lead an 'ordinary life'

- Choose where I live and who I live with
- Choose my support staff
- Have happy staff who love their job
- Choose my friends and have a social life
- Choose how I spend my time
- Choose what time I go to bed
- I want the right to have relationships and a sex life
- I want to be active and welcome in my community
- I want to have a proper paid job
- I don't want bad stuff said about me in the media because of my disability

Nothing special, just ordinary. Right!



Glasgow

Local Update



We've been busy with lots of great events in Glasgow over the past few months! We've welcomed lots of new members and our socials are getting busier and busier. The more the merrier!

We've done too many fun things to list them all, but a few highlights have been our return to the Inn Bru Carnival for the first time since 2020, getting out to a few 'New Years Revolutions' gigs at King Tut's, and our second visit to comic-con at the SEC

We also celebrated Independent Venue Week as always. This year we went to See Esperanza, the Dughoose Ska Band, and Local Authority at Room 2. It was our first time at Room 2, but it won't be our last! We're excited to announce that Room 2 is our newest venue partner. We'll be heading back in May to see Cardinal Black, a Welsh Indie rock band.





**“I enjoyed Comic-con. I’d never been to anything like that before, but I thought I’d give it a try. It was brilliant. I got to give R2D2 a cuddle! And I wore my Gig Buddies hat, got to advertise!”
-Michelle, member.**



**“That’s a crackin wee venue. I’d walked right by it and never knew it was there, but I’ll be back again no question”
-George, member.**








Gig Buddies Glasgow at Kiltwalk 2023.

We are doing the Glasgow Kiltwalk this year, if you haven't signed up yet there is still time!

If you haven't registered yet, you should do so as soon as possible online at <https://in.justgiving.events/glasgow-kiltwalk-2023>








We're planning on doing the Wee Wander starting at 10:30

If you have any trouble signing up, or if you have any questions at all about the Kilt Walk please don't hesitate to give Molly a call.

	Items you should bring with you.
	Comfortable walking shoes or boots.
	Waterproofs or umbrella.
	Water.
	Suncream.
	Snacks.
	Kilt or something tartan.

Your Guide to the Kiltwalk with Gig Buddies with Thera

Contact details for Molly:
Molly Tavella
Gig Buddies Glasgow
07711388420
Molly.Tavella@thera.co.uk

	<p>Sunday 30th April. 9am.</p>
	<p>We will meet at Queen Street station at 9 AM. We will get the 9:16 AM train to Balloch together.</p>
	<p>We will arrive at our starting Point at Loch Lomond Shores at around 10:15am.</p>
	<p>We will walk about 3 miles together and finish at Moss O’Balloch Park. You can view the route here</p>
	<p>After the walk we will have lunch in the Kiltwalk village. All walkers have been given a meal voucher.</p>
	<p>Remember to bring the badge and lanyard you received in the post. You will need this to register at the start of the walk and to claim your meal at the end.</p>
	<p>After lunch we will get the train back to Glasgow Queen Street together. We will probably get back to Glasgow at around 4 PM.</p>



Our West Lothian monthly pub meet ups continue to be very popular, we regularly have between 16-25 people coming along. The staff at Chain Runner are so welcoming and most importantly, the food is always great!



In January we had a café meet up in Bathgate, some members have said they would like to do more of this but on a different day, what do you think? Let me know and I will plan another one.

We also had our first cinema social, Avatar 2, a whole 3 hours and 10 mins but it flew by. We all loved the film and said how it didn't really feel like over 3 hours.

In February we went to see Wrest at the Dreadnought Rock in Bathgate, the band are a favourite of Coby's, a West Lothian member so we were all looking forward to it. Euan and his buddy Fiona came along and Patrick and Mike joined us too.



We went back to Adventure Golf in Livingston Designer Outlet in March, we had 8 gig buddies playing 18 holes and it was mayhem trying to keep up with the scores. Alex was the winner, closely followed by Stuart and Coby came third. We celebrated the win at the local pub.

Next time we go it has been requested we play 2 courses!



It's been a great 3 months, we can't wait to get out to more gigs and spend some fun times together over the next few months.



Since the start of the year we've been enjoying getting to know two new venues, Summerhall and Queen's Hall. They both recently joined the ever growing list of Gig Buddies partner venues and are being extremely generous offering us tickets to all sorts of shows.



Access Steering Groups

SUMMERHALL
Open Minds Open Doors



If you want to get more involved with our work with our partner venues, Summerhall and the Scottish Chamber Orchestra are looking for Gig Buddies members to share their experiences and help make their events more accessible to people with a learning disability and autistic people. Get in touch with Sam if you want to get involved.

We now have 26 pairs of Gig Buddies in Edinburgh and it's wonderful to see people finding all sorts of events over the city. Recently, Craig and Sarah went to the Open Comedy Night at Artisan Roast coffee shop at the bottom of Leith Walk. They recommend it to anyone looking for a fun and FREE night out! They also found out that you get 10% off in the wine shop next door if you mention that you're going to the comedy night, worth knowing!



We also want to say a huge thank you to Andy, a Gig Buddies volunteer who organised a brilliant guided dark walk of the Water of Leith for us back in February! He gave us some great facts about the city we live in, and the walk finished with us all chatting over a drink in The Antiquary in Stockbridge! Thanks Andy!



We're going to lots of events for all different tastes over the next few months. We hope to see you soon!



GIG BUDDIES BIG CHAT!

On Saturday 4th March we held our first Gig Buddies Big Chat. We wanted to have a big chat so that we could get lots of gig buddies members together, with some volunteers and project funders and partners to have a group chat about Gig Buddies with Thera.

We shared an update from the past year and asked everyone in the room to tell us what they like about gig buddies and there was anything they would like to tell us. Especially if it was something they wanted to see more or less off!



We did this by getting everyone in the room to create Gig Buddies mood boards.

The mood boards showed what everyone felt about gig buddies. Each table created a mood board and shared what they had created with the rest of the group.



You can see all the mood boards on the next page.
 We hope everyone had as much fun making them as we did hearing all about them.

This is a list of what people told us they enjoyed about Gig Buddies, what they want to see more of, and anything new they want to see us doing.

More chances to meet up like this

Crowdsource event info

I've got a better social life now - Michelle

Downs the rabbit hole - Issues around access.

Everyone feels like they're with their buddies when out with Gig Buddies.

Excited about festivals

INSTAGRAM

Open mic nights

I'd go again to trnsmt - Don

Good to meet people

Theatre and cinema, getting out for meal

Camping with Gig Buddies

Getting to know each other

More different venues

Do this again in a different place

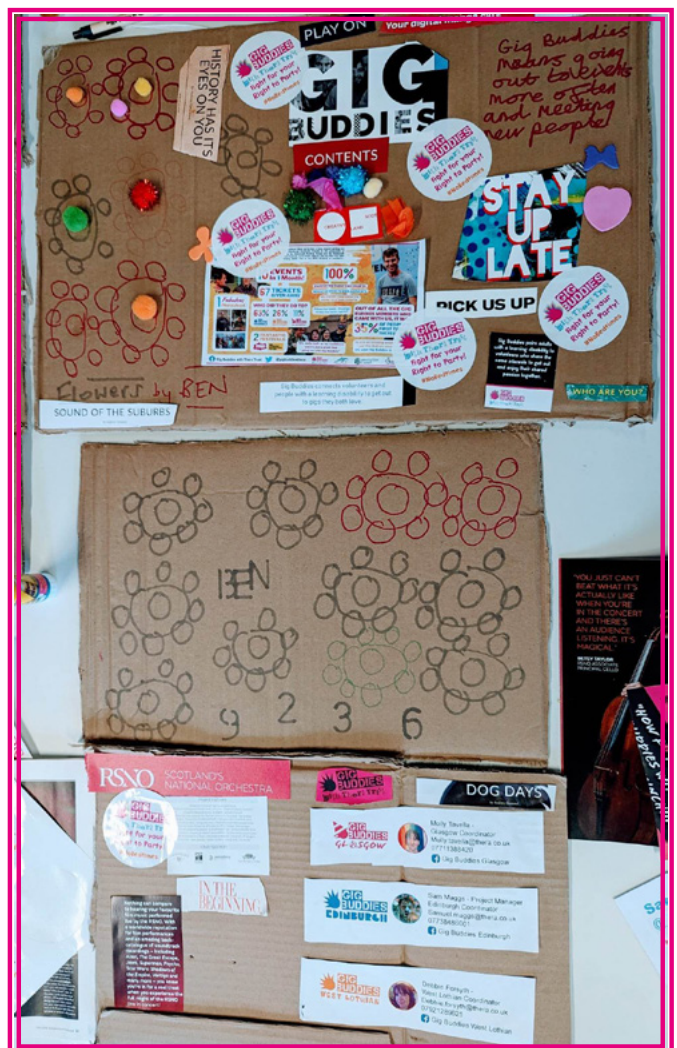
Brewery tours

Pub quizzes

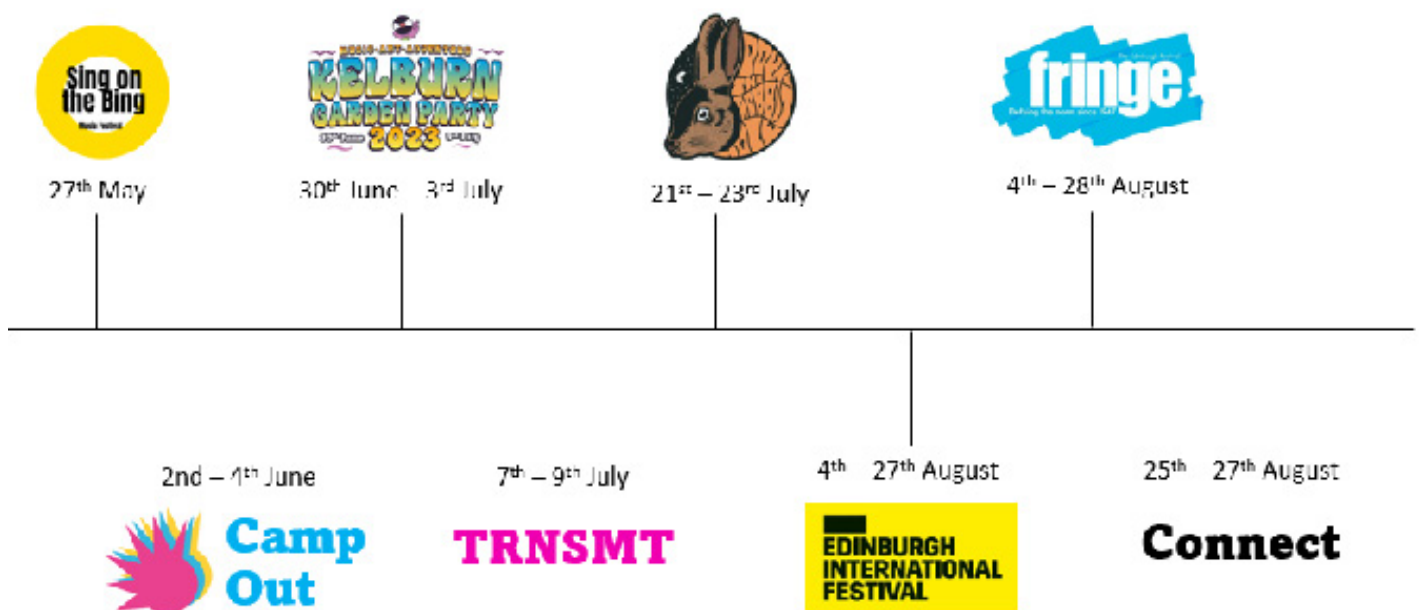
Singing at purple orange

Spread more info on social media to find the right people





At our Gig Buddies BIG chat in March, we shared our Summer 2023 plans. We thought it might be a good idea to share them with everyone else now, so we can all start making plans for the best Summer yet!



Saturday 27th May: Sing on The Bing

We are kicking off festival season in West Lothian, with Sing on the Bing Pumpherston. An all day music festival that's not to be missed! Our friends from Purple Orange will be there with their first Grass-rootenanny event of 2023!

Friday 2nd - Sunday 4th June: Gig Buddies Camp Out

We will be away at the Gig Buddies BIG camp out! Find out more later in this newsletter.

Friday 30th June - 2nd July: Kelburn Garden Party

A new festival for us, we are not sure of all the details yet, but we will be going for at least the day. This happens on the West Coast, great for Glasgow members!

Saturday 1st July: Purple Orange turns 10!

Purple Orange Arts venue celebrate their 10th birthday! Details to be confirmed but we will be there! Purple Orange will also be hosting a variety of Grass-rottenay events across West Lothian to celebrate their birthday, we will share more information in the next newsletter.

Friday 7th - Sunday 9th July: TRNSMT

Thanks to our friends at DF Concerts we will again have 2 tickets to give away for each day AND we will be going as a group on Friday 7th July. Let us know if you would like to be included in the draw to win tickets for either. **We need to know this by the end of May.**

Friday 21st - Sunday 23rd July: Doune the Rabbit Hole

Yes, we have been invited to return to the festival, we aren't sure how many tickets we have or how long we will go for but we will keep you posted! **Contact us as soon as possible if you would like to come along.**





August: Edinburgh Festivals

As always, we will be back at the Edinburgh Fringe and International Festivals. Expect to see group events for some world class comedy, theatre, and the hottest gigs in town!

Friday 25th - Sunday 27th August: Connect

We will have 2 tickets per day to give away to this great Edinburgh music festival. Acts this year include Primal Scream, Franz Ferdinand, and boygenius.

This isn't everything!

We will also be having our regular monthly meet ups and local area social events. You'll find out more in our Summer newsletter.





GIG BUDDIES BIG CAMP OUT!

We are going camping!

On **Friday the 2nd of June** we are camping for 2 nights at Mortonhall Campsite in Edinburgh.

Last year we held a practice camp before we went to Doune the Rabbit Hole festival, and it was so good we want to do it again but invite all of you! You don't need to be coming to a festival with us, and you can come for one or two nights.

Sam, Molly and Debbie will be there, hopefully with some volunteers too!

Spaces are limited, get in touch with your local area coordinator to let them know if you would like to join us.

Further details and application forms will be sent out in April, and spaces confirmed by Friday April 28th.

Some photos from last years practice camp and the campsite at Doune the Rabbit Hole 22!





Social Events

April and May 2023

These are the in person social events we have planned from April and May 2023. This isn't everything we will be doing as it was too soon to book some gigs.

Remember to always contact the area coordinator to book a place on each social.

Gig Buddies Edinburgh events contact **Sam** either by email samuel.maggs@thera.co.uk or call 07738 486001.

Gig Buddies West Lothian events contact **Debbie** either by email debbie.forsyth@thera.co.uk or call 07921 289625.

Gig Buddies Glasgow events contact **Molly** by either email molly.tavella@thera.co.uk or call 07711 388420.

Pay what you can...

What does it mean?

We understand that there is a cost of living crisis and that might mean that some gig buddies members find it difficult to afford to come to some of our social events.

You will notice that some of our social events are free and some say 'Pay what you can'. If a social says this, that means that there is a choice for you to pay. You can either pay the full amount, if you can afford it, or part of the cost, or none at all.

You can either directly ask your local area coordinator at the event, or if it's easier, let them know in advance my text, email or call.

Many of our events are free, thanks to our partner venues and artists. Some events will say limited free spaces, this is because we can offer free tickets but only a limited amount.

Unfortunately there are limits to what we can offer, and we can't cover the cost of pub social meals and some pay as you go events.

If you want to find out more, contact your local area coordinator.





Saturday 1st 7pm.

Mànran

Queen's Hall

Mànran are a Scottish Folk band who play high energy, foot stomping music.

9 Spaces available

FREE



Wednesday 22nd 1pm

Midlothian Pub Meet Up

Justinlee Inn, Dalkeith

Join us for a drink and a bite to eat. A great chance to meet new people or catch up with friends.

8 Spaces



Sunday 9th at 7pm

The Young 'Uns

Summerhall

The Young 'Uns are traditional English Folk singers/songwriters, who sing a variety of folk songs, including Shanties.

4 spaces available.

FREE



Friday 28th 6:30pm
Live Poetry.
Queen's Hall.

Join us for an evening of live poetry by a variety of performers.

5 Spaces available.

FREE



STAG&DAGGER
SCOTLAND'S ORIGINAL AND BIGGEST
MULTI VENUE FESTIVAL

EDINBURGH SATURDAY 29TH APRIL 2023	GLASGOW SUNDAY 30TH APRIL 2023
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ALL VENUES ARE INDOORS AND ONLY MINUTES APART

**FIRST WAVE
ANNOUNCEMENT**
MANY MORE TO BE ANNOUNCED

BLACK LIPS
JEFFREY LEWIS & THE VOLTAGE
LEBANON HANOVER**
SCALPING
SWIM SCHOOL
ANTONY SZMIEREK • DUTCH UNCLES
DUTCH CRIMINAL RECORD • ELEPHANT IN RED**
HER PICTURE • LLOYD'S HOUSE** • M. FIELD
MOONSUP** • NIEVE ELLA • THE NOTIONS
NO WINDOWS • REDOLENT
SAD BOYS CLUB • SHREDD
ST DUKE'S** • YOUTH SECTOR

**=EDINBURGH ONLY **=GLASGOW ONLY

Saturday 29th from 2pm
Stag and Dagger
Indie Music Festival
All day,
Across Edinburgh
Venues.

4 spaces available

FREE



Gig Buddies Edinburgh - contact **Sam** either by email samuel.maggs@thera.co.uk or call 07738 486001



Saturday 6th 6pm
Cardinal Black.
Room 2, Glasgow

Indie/Rock gig.
We will be travelling to Glasgow as a group to meet with Gig Buddies Glasgow.
Limited Spaces.

FREE



Tuesday 16th 6:30pm
Pub Meet Up
Summerhall

Join us for a drink and a bite to eat. A great chance to meet new people or catch up with friends.
Limited spaces.

Bring money for food and drink.



Friday 19th May 7pm.
RSNO
Out of This World.
Usher Hall.

Music from Star Wars, Star Trek, and Marvel movies performed by Royal National Orchestra.
8 Spaces available.

FREE



Tuesday 24th 7pm
**House of All
Summerhall**

Post Punk band
performing at
Summerhall.
4 Spaces available

FREE



**Thursday 25th
7.30pm**
**Parra for Cuva
Summerhall**

Parra for Cuva is a
German Electronic music
producer and DJ.

4 Spaces available.
FREE

**Remember to contact Sam to let him know if you
want to book a place on any Edinburgh Socials.**

Samuel.Maggs@thera.co.uk
07738 486001



Tuesday 4th 6pm

Pub Meet Up

We will be meeting at The Chain Runner in Livingston at 6pm for a bite to eat and catch up.

Bring money for food and drink.



Wednesday 5th

7pm

Adventure Golf.

We will be going to Adventure golf in Livingston Designer Outlet and going for a drink afterwards. We will be playing 2 rounds.

£10.50

Pay what you can social.
Bring money for a drink afterwards.

10 spaces.



Thursday 27th

7pm

Nearly Elton

Nearly Elton is an Elton John tribute act. We will be going to Regal Reconnect Theatre, Bathgate.

Tickets cost £19.50

Pay what you can social.
6 spaces.



Tuesday 2nd 6pm

Pub Meet Up

We will be meeting at The Chain Runner in Livingston at 6pm for a bite to eat and catch up.

Bring money for food and drink.



Friday 19th 2pm

Cafe Catch Up.

We will meet in Livingston or Bathgate and go for a hot drink and maybe a cake!

Bring money for food and drink.



Saturday 27th 2-10pm

Sing on the Bing - Music Festival

Pumpherston

We will be returning to Sing On the Bing Pumpherston for a full day of great music. This event comes highly recommended by the Gig Buddies who went along last year.

There will be lots of great music, our friends from Purple Orange Arts Venue will also be there with their Grass-rootenanny acoustic stage.

FREE.



Events

April



Tuesday 2nd 6pm
Dinner at Mono

Mono is a vegetarian and Vegan restaurant/bar. Limited spaces available. **Bring money for food and drink.**



Wednesday 26th
7pm
10 Pin Bowling
Level X,
St Enochs Centre.

We're heading to Level X for some drinks and 10 pin bowling. Limited spaces. £8.50

This is a pay what you can social.



Sunday 30th April
Kiltwalk
Balloch.
Loch Lomond

We are meeting at Queen Street train station at 9am to travel together to Balloch.

We are doing the Wee Wander at 10.30am.



Tuesday 2nd 7pm

RSNO

Video Games Music

We are going to Royal Concert Hall in Glasgow to watch the Royal National Orchestra perform music from well known video games.

Limited spaces.

FREE.



Thursday 4th 7pm

Late Live.

Acts to be confirmed.

G2

Live music presented by Club Late at G2, Sauchiehall St, Glasgow.

Tickets cost £7

£5 for Dates n mates and Include me2 members.

Support costs £2.



Saturday 6th 7pm

Cardinal Black and

Tom Jenkins.

Room 2, Glasgow

Indie/Rock gig.

We will be joined by some Edinburgh Gig Buddies at this event.

Limited spaces available,

FREE



In Person Events May



Saturday 27th 1pm
Pub Meet Up

We will be meeting at West Brewery, Glasgow at 1pm for a bite to eat and catch up.
Limited spaces available.
Bring money for food and drink.

There might be more!
We will let you know nearer the time.

Remember to contact Molly to let her know if you want to book a place on any Glasgow Socials.



Molly.Tavella@thera.co.uk
07711 388420



Extra Help to Travel Cards

First bus have created a free resource for customers who may need extra help to travel.

These cut out and keep cards can be used to discreetly let the driver know if you need any additional support. You can cut them out and keep them in your wallet or purse and show to the driver when you get on the bus.

You can also visit their website: <https://www.firstbus.co.uk/help-and-support/extra-help-travel>
And take a screenshot of the cards to keep on your phone. You could also take a photo of the card in the newsletter and keep it to show the bus driver.

These cards can be used on all public transport to let staff know if you have anything you need help with.



Contact us for more info.

If you have any questions about anything in this newsletter or simply want to find out more, please contact your local project coordinator.



Sam Maggs - Project Manager
Edinburgh Coordinator
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07738486001

 Gig Buddies Edinburgh



Debbie Forsyth -
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 Gig Buddies West Lothian



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 Gig Buddies Glasgow



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with Thera Trust