

# a #BITOFCOMPANY #OVERABREW

Lockdown is now a trilogy and although duvets and blankets are so appealing right now- equally people are wanting to connect and find ways to be together.

Camerados is a movement of people across the UK and the globe who believe the best way through tough times is to be a camerado. A camerado is halfway between a stranger and a friend, people just alongside each other, no fixing, no agenda, just there. And getting together over a zoom is what we have right now.

We're hosting spoon rooms on zoom every Wednesday at 7pm and Saturday at 11am where folk natter to each other, but people have been in touch because maybe there are other things that can bring us together over a brew, an activity or hobby for example... film club, reading poetry, kitchen dancing, listening together to the hits of 86?!

So no permission is needed to host your thing- YOU CAN DO IT! At the AOC we are here if you want to talk through your ideas, [catherine@camerados.org](mailto:catherine@camerados.org) loves a virtual coffee, and we want to make it possible for you to use the principles, wear the badge and bring people together.

Some things that might help...

## PRINCIPLES

We read this at Spoon Rooms to help connect people to the movement and what it means to be a Camerado.

1. It's ok to get things wrong. Everyone does it but owning your mistakes is strangely freeing and you don't worry about things so much. We even have a badge which says 'I'm a bit shit sometimes', it really takes the pressure off.
2. If someone talks to you about something heavy, just listen. You really don't need to 'fix' their problem ... they'll probably have worked it out for themselves just by talking about it.
3. Mix with people you appear to have nothing in common with. Seriously, only being with people from the same background as you will only give you only one perspective on life. Work at this one, it's not always easy!
4. When times are tough, fun is kicked into touch. Reverse this and set out to do something that you love no matter how daft or weird!
5. If you find yourself disagreeing with someone, do it respectfully. It could be awkward but it doesn't have to be the end of a friendship. We can't all think the same.
6. If someone is having a difficult time, ask them to help you with something, it helps you and takes their mind off their problems



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### **HOSTING**

Whatever you want to share or offer- dance/ music/ conversations about a film/ art- Being the warm welcoming host is great, but not being the boss and taking charge is equally important. Work together with people, it's o.k if things go wrong, and make space for people to be involved, contribute and chat.

The great thing about Camerados is that by creating spaces where people can come together it means we are often meeting strangers.

One of our 6 principles is... Mix with folk who don't look like you. This principle should be easy to fulfil but it isn't even for those of us who have experienced how much better a place is when people from all walks of life join together to look out for each other.

We have to work at this. The rewards are too valuable to ignore.

So to keep this possible and safe in any zoom space...

- If you have a paid zoom account, use the registration facilities- chat to people you don't know via email or DM before the event
- If you have a free zoom account, make use of passwords, waiting rooms and don't put links on public/ online platforms- get people to get in touch with you personally to get the details of how to join.
- As host, consider keeping the 'share screen' option disabled

### **CONNECT TO CAMERADOS**

Share your #BitofCompany #OveraBrew on social media and tag @Camerados\_org We will do our best to RT all that we see and help people connect to what is going on- and we are sure others in the movement will share and spread the word

Oh and don't forget to wear your badge when you host! If you want more just let us know and we'll post some out to you. Order from [office@camerados.org](mailto:office@camerados.org)

Having fun is also one of our principles and we hope you find many wonderful ways to create permission for the silliness- this is human connection at its best (in the virtual world anyway!)

If you have any questions drop us an email and we can have a chat #overabrew- [catherine@camerados.org](mailto:catherine@camerados.org)

