








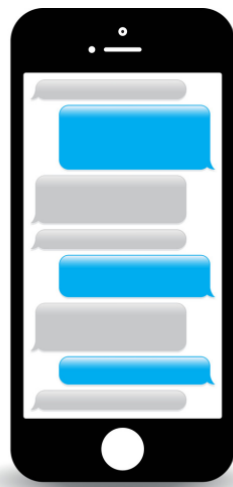
Soul Fly Band – Monthly Meeting Notes



	<p>Here are the minutes for the Soul Fly Band meeting on 29th April 2022.</p>
	<p>The Soul Fly Band held the meeting on zoom.</p>
	<p>The people that came to the meeting were: Alex, Lachlan, Nalyn, Joni, Audrey, Jack, Stavros, Xena & Chelsea.</p>
	<p>First, we each shared some good news from our lives!</p>
	<p>We then welcomed Xena to the Gig Buddies team! Xena recently started working at Gig Buddies as the Hub Manager. Xena will work with hub coordinators to set up and grow hubs in different parts of Sydney.</p>



Next we talked about tips for new volunteers to help them communicate with their buddies.



Nalyn and Jack both said sending text messages throughout the week was something they found helpful.

Jack also said if buddies could send text message updates when they are on the way to meeting up with their buddy that would also be helpful, and perhaps make the buddy feel less anxious.



Audrey and Nalyn also said looking at a calendar together to see what dates work for both buddy and volunteer would be helpful.



Stavros said it would be good to have a slide in the volunteer training PowerPoint presentation with useful apps that volunteers can use to help organise catch ups with their buddy (e.g. Google Maps, Calendar, Events apps)



Finally, Audrey said she felt it was important for buddies and their volunteers to have open and honest conversations. She said the volunteer should check in to see how the buddy is doing, and have an awareness for how they are feeling.



The Gig Buddies staff team will make these changes to the Gig Buddies Volunteer Training.



Next, Soul Fly Band talked about the recent Gig Buddies Survey.

In the survey results, almost 50% of people said they would only attend a Gig Buddies face-to-face social event if their buddy was going too.

The Gig Buddies team wanted to know how we could change this.

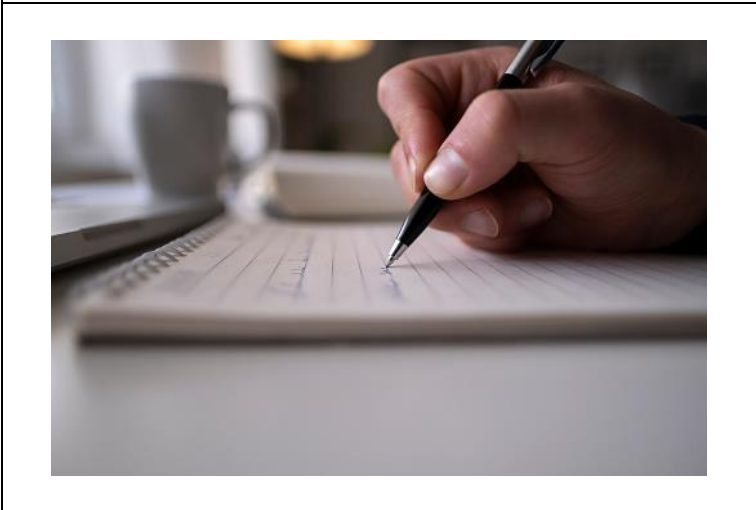


Audrey shared that for her, she would like to know if there were people that she knew also going. She said she would like to know in advance if there was people who she could talk to.



Nalyn said suggesting support workers or family members could come along to social events could be good to encourage more nervous buddies to attend.

She also said more local events in areas that new buddies were familiar with could be a way to get them along.



Jack said he could write an article that talks about his experiences at his first ever Gig Buddies social event, which he attended by himself.

He said it might help encourage other new buddies to attend.



Stavros suggested having a range of events that appeal to different people's interests could help encourage them too.

The Gig Buddies team will talk about these ideas at our next team meeting.



Lastly, the UK Gig Buddies project had asked us to talk about tips for buddies to get their confidence back to go out to gigs and events following COVID-19 lockdown.



Stavros said a recruitment drive for volunteers could help. It's message could focus on the impact that COVID has had on people with disability and their confidence when going out.

The recruitment campaign could encouraging people to volunteer to help give back and boost their buddies' confidence.

It could also have a message about safety when going out late at night and also advocating for yourself.



Stavros also said it could be good to talk to the Council for Intellectual Disability and see if they have any resources or advice.



Scavenger Hunts

Nalyn said a scavenger hunt around the local area could encourage buddies to get out to different parts of their community. This could be something they could do with their buddy and there could be a prize at the end.

She also said offering different types of events, like Lawn Bowls, dancing or walks, could also help build up people's confidence slowly.



Audrey also said it could be good to start with easy, socially distanced events e.g. going out for walks, picnics.

She said after doing this, the person could start trying different events as their confidence grows.



Audrey also felt it is important to be flexible with plans.

She said the person should try to be positive and just try to give things a go!



Finally, here is a schedule of the Soul Fly Band blog articles:

- April – Joni
- May - Stavros
- June - Audrey
- July - Nalyn
- August - Lachy



Next Soul Fly Band Meeting:

Friday 27th May 2022
12:00pm – 1:00pm

Thanks for reading!