



## Soul Fly Buddies – Monthly Meeting Notes



Here are the minutes for the Soul Fly Buddies (SFB) meeting, held on Friday 21 November



To mark the final meeting for 2025, Soul Fly Buddies met at Firestone restaurant, Hornsby.



The people that came to the meeting were: Karen, Lachlan, Audrey and Lachy.

Jack, Bevan, Alex and Stavros could not join.

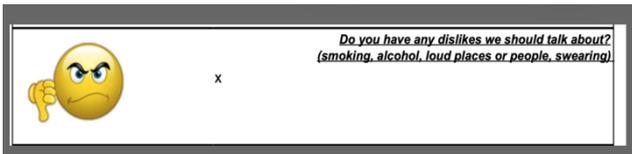
Matthew from the Gig Buddies' team chaired the meeting.



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At the start of the meeting, we each shared some news from our lives!



Next, we talked about making a change to an existing question on the Gig Buddies' pairing paperwork.



Karen said she found the question 'do you have any dislikes we should talk about?' (smoking, alcohol, loud places or people swearing) confusing and suggested breaking it into two parts.



Matthew explained the question is about topics, places or events that the buddy or volunteer would like to avoid or not talk about when catching up.



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Nalyn said the question should include a reference about buddies being on time for catch ups.



Matthew also provided some possible suggestions, including references to subjects like politics, work, family, religion, disability.



Those in attendance agreed to the changes.



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Audrey spoke about adding another question that focuses on what 'paired buddies could do for their first catch up' or possible 'talking points' to get the conversation started.



Those in attendance agreed with Audrey's addition.



Matthew will talk with Gig Buddies' staff about adding Audrey's suggested question and making the recommended changes.



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Next we stopped for lunch and drinks.



We finished the meeting ‘any other business’.



Karen suggested the Gig Buddies team send out a survey to all participants, asking them what they liked or disliked from 2025, and what they would like to see in 2026.



Karen also asked about an ‘end of year gathering’ via Zoom. Karen suggested either a quiz or Christmas carols.



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Matthew explained it may be difficult given staff availability, but he would forward the idea to the team.



Finally we took a photo of those who attended.



### Next Soul Fly Meeting

When: Tuesday 27 January 2026

Where: Zoom

Time: 5:00pm

Thanks for reading!



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Have a great festive season, and a happy new year!