



## Soul Fly Buddies – Monthly Meeting Notes



Here are the minutes for the Soul Fly Buddies (SFB) meeting on 29<sup>th</sup> September 2023

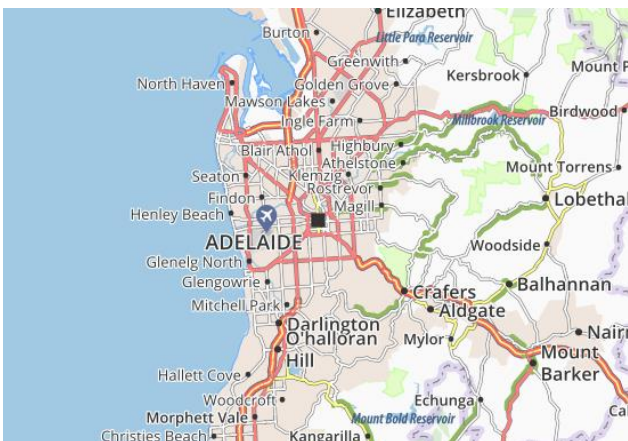


Soul Fly Buddies met on Zoom.



The people that came to the meeting were: Stavros, Alex, Audrey, Yasmin, Karen & Chelsea.

Nalyn, Joni, Jack and Lachy could not make it.



Lisa Hill also joined our meeting.

Lisa was working in Gig Buddies Head Office that week.

She wants to set up a Gig Buddies in Adelaide!



Toby Wong also joined our meeting.

Toby works for Civic. He is looking at starting up an Advisory Committee at Civic.

He wanted to talk to SFB about their experiences.



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



Next Toby started to ask SFB questions.

The first question was “What do you enjoy the most about being part of SFB”



Jack said via email that “it offers a space where buddies can share their own experiences and offer insight into what can be done better.”



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Stavros said he liked going to a conference in Tasmania to represent Gig Buddies.

He liked meeting other people from other organisations and getting new ideas for Gig Buddies.



Stavros also said he liked when we got a Community Liaison officer from Chatswood Police to come in and speak about what to do when experiencing discrimination in the community.

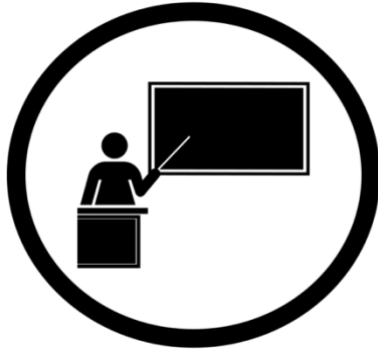


Audrey said she enjoys the monthly meetings and talking about the social events.

Audrey is passionate about helping other people with disability and likes to bring this to SFB.



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Audrey also enjoyed going to New Zealand to represent Gig Buddies at a conference.



Yasmin likes to help organise Gig Buddies events like our 8th birthday party.

She also enjoyed meeting other SFB members.



Karen said she likes that the SFB meet up in person every 6-months for a lunch.

She also likes talking about different ideas at each meeting.



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Alex said he feels SFB and Gig Buddies is his “true home.”



Everyone said they like using Zoom for most of the meetings.

They find it easy to use.



Next, Toby asked if anyone has any challenges or barriers to being part of SFB.



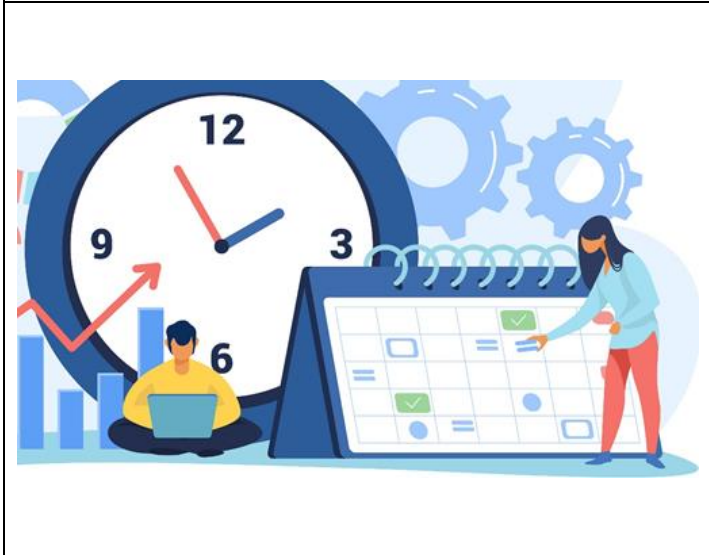


Stavros said he still faces some barriers when out in the community (getting into venues and using rideshare services).

He likes that we talk about this in SFB.



Audrey said in the past people's behaviour has been tricky for her during SFB meetings.



Karen said that everyone has different availability so that can be a challenge.

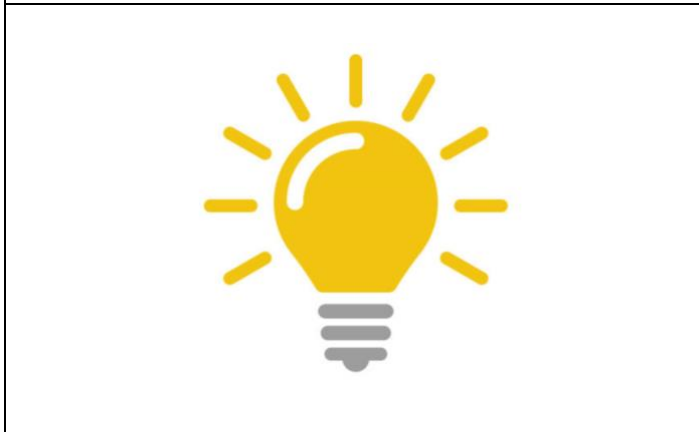
Also everyone living in different locations can be hard too.



Jack said via email “the meeting is held on a day when I'm at work and it can get in the way of some of my tasks.”



Next, Lisa asked for ideas for how to recruit for an Adelaide user-lead advisory team.



Some of the ideas we came up with are:

- Different disability services (like Ability link)
- Advocacy groups in Adelaide
- Local Facebook groups
- Disability expo
- Local councils



Next, both Lisa and Toby asked what works so well with SFB and are there any specific activities that we do to help create friendships in SFB.



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Karen said she thinks because it's user-led and it is a representation of what they want as users of the Gig Buddies project.



She said the catch up we do in the first 15 mins of the meeting helps create friendships.

Karen also said introducing new members to the rest of the group helps to make them feel welcome.



Karen also said that having a WhatsApp group chat helps to grow friendships and chat outside of the official monthly meetings.





Audrey said her friendship with Matthew (Gig Buddies Central Coast Coordinator) was how she got involved with SFB.

She said this was important to her feeling like being part of SFB was worth it.



Yasmin thinks that being able to share ideas and suggestions for how Gig Buddies can improve is what makes it work well.

Karen & Audrey agreed with this.



Lastly, Yasmin said the SFB members catching up at Gig Buddies social events also helps build friendships more.



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Next, Chelsea quickly said that the SFB Xmas Lunch is happening.

It will be on Friday the 24<sup>th</sup> of November at 12:30pm at Blue Gum Hotel in Hornsby.



She will send an email to everyone about this.



Lastly, we talked about the ACL Disability Services & Gig Buddies Annual General Meeting (AGM).

The meeting will be on Thursday 26<sup>th</sup> October 2023 at 6:30pm.

It will be at Piato Restaurant, next door to the Gig Buddies head office in McMahons Point.



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Yasmin, Audrey, Stavros and Alex all said they would attend.

Alex and Stavros will also speak about what SFB have done in the past 12 months.



Audrey's article is due at the start of October 2023.

Lachy's article is due at the start of November 2023.



## Next Soul Fly Meeting

When: Friday 27<sup>th</sup> October 2023

Where: Online via Zoom

Time: 1:00pm

Thanks for reading!