



## **Chew the Fat # 2**

### **Zoom Meeting 11am-12.30pm Monday 4 May 2020**

### **Agenda and Meeting Summary**

#### **AGENDA**

1. Welcome
2. Acknowledgement of Country
3. Attendee introductions – brief – who, where from, what they do
4. How have things changed for you in your practice due to COVID19 – challenges, silver linings, learnings
5. How are you coping – any useful strategies to share?
6. For those delivering online dance activities – what has been the uptake from participants, what has been the response? Anyone monetising their offerings?
7. Post COVID – any ideas for doing things differently when restrictions are lifted?
8. Further comments
9. Close

#### **ATTENDANCE**

##### Hosts:

- Gail Hewton, Noosa, Qld – GOLD Moves Australia and RIPE Dance
- Julie Chenery, Brisbane, Qld - GOLD Moves Australia and Life Moves Counselling

##### Attendees:

- Carol Wellman Kelly, Adelaide, SA – works with seniors in community
- Christina Monneron, Gold Coast, Qld – works with seniors
- Fiona Cullen, Brisbane, Qld – works with seniors in community
- Gail Bubb, Brisbane, Qld – works with seniors in community, choreographs and coordinates performances by seniors for aged care
- Jacqui Simmonds, Canberra, ACT – works with Belconnen Arts Centre’s Dance for Wellbeing program and with the GOLD group of seniors
- Jan Dwyer, Beachmere, Qld – works with seniors through Burnie Brae Community Centre in Brisbane
- Jess Conneely, Lake Macquarie, NSW – Dance 4 Wellbeing – works with seniors in community and aged care
- Kathy Harrison, Brisbane, Qld – works with seniors in community
- Kristy Crome, Brisbane, Qld – primary school teacher interested in intergenerational work
- Kym King, Melbourne, Vic – works in aged care
- Leisa Stock, Beachmere, Qld – works with active seniors
- Phillip Piggin, Canberra, ACT – manager and teaches for Belconnen Arts Centre’s Dance for Wellbeing program and with the community seniors dance group GOLD

##### Apologies:

- Anja Ali-Haapala, Brisbane, Qld – works with seniors in community
- Katrina George, Brisbane, Qld – exploring the potential to work with seniors in the future
- Katrina Rank, Melbourne, Victoria – works with seniors in the community and in aged care
- Wendy Magill, Sunshine Coast, Qld - exploring the potential to work with seniors in the future
- Erica Rose Jeffrey, Brisbane, Qld – coordinates the Dance for Parkinson’s Australia program

#### **SUMMARY OF DISCUSSIONS**

##### Challenges

- Shifting to and navigating the new ways of working specially to investigate and determine best income producing options
- Issues with sound when offering dance activities via zoom
  - Discussion outcome – GMA will work with attendees to collate a list of tips on how to set up zoom for best sound outcomes

- Issue emerging regarding music use and lack of clarity over what licences cover within the online environment
  - Discussion outcome – GMA will draft an email we can all send to local Ausdance branches calling for a National partnership with One Music/Apra etc with respect to making online delivery using copyrighted music more viable. This is particularly important for our field as a strong part of connecting with older people is using music of their era and music that is familiar to them
- Issues with screen fatigue and fatigue in general re the increase in online information and offerings

#### Silver linings

- Time to stop and do other things not normally have the time to do eg gain qualifications in other aligned areas eg chair yogo; attend online conferences and webinars; explore other activities for personal reward and coping (other arts and non-arts);
- Being nudged to jump in to the online world of dance delivery
- Finding alternate solutions
- Online delivery has allowed people to reconnect and interact with colleagues and former students who now live elsewhere

#### Learnings

- Open now to considering keeping some aspect of online activities when we are able to return to face-to-face activities especially to connect with those who we would ordinarily as well as allow our participants to stay connected and dancing with us when they go away on holidays or need to stay home to look after grandchildren, etc.
- Potential to explore other ways of delivering dance activities eg Window Connections with residents of aged care – check out Maurie and his Window Therapy  
<https://www.facebook.com/TheProjectTV/videos/1143528666005324/UzpfSTUyOTQ3NTgxNDoxMDE1ODYxNjIwMDc4NTgxNQ/>

#### Coping through these times

It was clear from all the research and actions that participants had shared that they have been using their resourcefulness to the max to deal with this unusual period of physical distancing. People shared many ideas for coping ranging from:

- more time in nature
- more time with family and pets
- spending time doing creative activities other than dance, eg painting, clay work, with the benefit of more conscious thinking about choices and motivations
- making an effort to stay aware of our feelings and the changing of our moods
- spending time clarifying goals and strategies towards them, refining one's focus
- facing up to challenges, especially dealing in greater detail with digital platforms
- connecting with colleagues and participants in ways other than face to face (except for that lucky Belconnen dance team!)
- appreciating and acknowledging the deep relationships that we have with colleagues and clients
- taking advantage of free online counselling sessions that are available

And it was evident through the zoom that helping participants or clients and each other is also another way of making this strange time more manageable.

#### Who's delivering online?

- Several attendees are offering online dance activities for older people – using different formats including live zooms (some just for regular participants, some open access for anyone); pre-recorded and placed on websites with open access for anyone; pre-recording to make available for the aged care facilities they work in; pre-recorded open access classes monetised and delivered via an online delivery platform.
- A couple of attendees are not yet offering online activities and are still investigating best options
- There has been a surprising uptake from this older cohort – they have risen to the challenge of trying new things; due to the need and desire to stay connected with their families they have developed their digital literacy

### Moving forward and beyond isolation

- We will need to start slowly and gently again to compensate for loss in ability due to decrease in moving during isolation.
- We may need to prepare for dealing with participants' 'fear factors' – how do we allay their fears?
  - fear from loss of confidence in moving as well as previous due to moving less during isolation and loss of strength, flexibility, stamina, balance, coordination etc
  - fear of the 'new world' – not wanting to be exposed to viruses etc – will they need to wear a mask, will they wear a mask? Etc

### Next GMA Chew the Fat

Attendees are keen to meet up again so potentially we are looking at another zoom gathering in a month's time. So stay tuned!

Thank you to everyone who attended today, great to see you, and to hear your experiences, learnings, ideas etc.!

### **POST MEETING UPDATE:**

Jacqui Simmonds has shared this link to some online advice re sound settings for zoom classes used by a colleague.

“Our teacher used the Zoom settings as described and then used a bluetooth speaker near her laptop that streamed music from another device. She reported that the dancers could hear her when she spoke while the music was playing.”

<https://vimeo.com/403871088>

Let us know how you go or if you have any other tips regarding sound for zoom meetings/classes.