

WOMEN WITH SCI NETWORK – PLANNING MEETING NOTES

DECEMBER 16TH, 2017 - 12.30 – 2.30PM

Small Group Discussion 1:

- 1) “I would regularly attend a group that...”
 - Has social outings; e.g. movies, picnics, sporting events etc.
 - Plans activities
 - Has speakers/presenters
 - Men or women - whoever is most educated on the topic)*
 - Physical health
 - Mental health
 - NDIS
 - Alternative therapies
 - New research - technology/equipment
 - Gynaecologist/Urologist
 - Sue Hamilton (<http://www.talkingthetalksexed.com.au/about.html>)
 - Vanessa (Stabilise: <https://www.facebook.com/infostabilise/>)
 - Sue Dixon (Sexual Health Nurse – Austin)
 - Women with Disabilities Victoria (<http://www.wdv.org.au/>)
 - Advocacy
 - Accessible restaurants
 - Transport (Melbourne and Australia)
 - Breaking down preconceived ideas
 - Has a purpose and a plan; e.g. dates and times set in advance
 - Internal discussions
 - Sharing experiences and learnings – tips and tricks
 - Travelling
 - Sexual health and intimacy
 - Relationships - meeting people, dating, how to progress in this area
 - Sport and leisure
 - Learning how to achieve certain tasks or goals
 - Getting past the disability – for yourself or others in your life
 - Independent – free flowing and open group with direction
 - Online platform for remote people, e.g. Skype options or even a separate group
 - Family support advice
 - Is confidential

Small Group Discussion 2:

- 1) “To help the network get started (and to keep it going) we need to...”
 - Have accessible venues with public transport options
 - Ascertain duration and frequency (weekend/weekday rotation)
 - Pre-set and agreed upon agendas
 - Committed members

- Funding e.g. speakers, venue fees, activities (AQA will support and resource where they can but can certainly apply for funding opportunities)
- Social media/email group
- Mentoring options - giving and receiving - both within and outside the group
 - o Spire has peer-support volunteers that can be utilised and you can also undertake the three-day training to become a peer-support volunteer yourself (some members of this group already are)
- Online meetings vs live meetings
- Support of Spire to help drive and resource the meetings
- Decide on maximum group size; e.g. split into smaller groups if need be
- Terms of Reference
- Membership
- Vision and Mission
- Group structure – Leader/Coordinator
- Demographic – Information on women with SCI, e.g. how many, location (map this)
- Whether to include other women with similar disabilities?
 - o It was discussed that it would be nice to open it up to other women who have similar physical disabilities, however, a group specific to women with SCI is quite unique and special – something that we may want to preserve for now.
 - o There are also quite likely support group options out there for other disabilities.
- Important to meet face to face – can use technology where/when not possible
- Understand why everyone invited didn't attend
 - o Was largely due to time of the year being very busy and a few people couldn't travel from more remote locations
- Projects to get involved in

Nitty Gritty:

1. Roles/tasks to get the group going and keep it going:
 - o Emma Bloom, Project Coordinator (Spire) will coordinate the group until other/s want to take over this role, if at all, e.g. organising venue, speakers, circulating agendas, meeting notes etc.
 - o Group members to contribute ideas for agendas, advertising group etc.
2. Group communication – best way to keep everyone in the loop?
 - o Set up closed Facebook Group so everyone can stay in touch/ask questions etc.
 - o To share all group member emails in a separate document – and request profile photos to go along with it
 - o Separate online group for those that live remotely - plan with group in future meeting
3. Meetings:
 - o Meet the first Saturday, every second month, starting from February 3rd 2018.
 - o *Possibly* also a weekday meeting every second Tuesday every two months, starting from March 13th

- Venue and location options, e.g. Royal Talbot, Austin (education centre), Darebin Arts Centre, SPAN Community House
 - Venues need to be close to public transport - preferable a train station
4. Group Name? Promoting the group to others – Where? How? When?
- Spire will continue to promote via the Spire Facebook page, Newsletter (Newslink) and website
 - Currently *Women with SCI*. One acronym suggestion: WWSCI (*Whisky!*). Continue to be open to name/acronym ideas!

What Happens Next?

- 1) Emma will circulate:
- Meeting notes
 - DRAFT Terms of Reference
 - Organise first meeting for 2018, including venue and speaker
 - Set up closed Facebook group