



Music Buddies Volunteer Project

'Music Buddies' is a new Soundabout volunteer-led online project that will match volunteers with Inclusive Choir participants to share songs, music, sounds, dancing and generally have lots of fun. This project will be running initially as a 6 month pilot scheme, and so we aim for each participant to have 10 sessions with their volunteer buddies.

The aims of the project are:

- To share our favourite songs and music with each other.
- Meet regularly online so we get to know more about each other's musical choices.
- Have lots of fun when we get together.
- Become a familiar face in the Soundabout Inclusive Choir community
- Develop our communities and friendships
- Help to reduce social isolation and support wellbeing amongst our participants
- Support the development of knowledge and awareness around disability and inclusion

The volunteer Role:

Music Buddies will be paired together to volunteer with an Inclusive Choir participant. The two volunteers will set up regular Zoom meet ups with their group of 3. The Zoom sessions will be no longer than 30mins so no paid zoom accounts will be needed.

These short, fun sessions are simply a way to share our favourite songs and music online, a typical session might include singing a hello song to each other and then taking it in turns to listen to music that you choose and singing/dancing/playing along with it and perhaps even practicing the choir songs that you like. They will largely be participant-led whenever possible.

Time Commitment:

We would suggest that you meet as a group of 3 either weekly or every other week at a regular time slot if possible. This will help our participants plan and anticipate the sessions. We would especially appreciate volunteers who have a longer time commitment to offer of at least 6 months to help our participants become familiar with you and get to know one another.

How it will work:

We will ask Choir participants if they would like to meet with a music buddy outside of the choir time, we will ask them about their musical likes so that we can try (we may not always be able to do this) to pair up groups with similar musical interests.

We are asking volunteers to team up in pairs so that people can get to know one another in the choir community and as an extra safeguard when working with our participants.

We will ask all participants to have a parent/carer present in the room when the Music Buddies sessions are on.

Soundabout volunteers will be given a Soundabout email account from which to contact their buddies with. All communication will take place on email rather than sharing phone details or social media accounts etc.

Once you are paired up, you will be able to organise your regular zoom sessions and let the Soundabout team know when they are taking place.

What you will need to do before you can start:

- If you are a new volunteer to Soundabout we will ask you to complete a DBS check with us, provide 2 referees for us to contact and fill out one of our volunteer registrations forms.
- You will be asked to fill out the same form as our participants to tell us about your musical preferences/available time/past experience etc.
- We will invite you to some basic Safeguarding training, including 'how to stay safe online' and share our approach to keeping everyone safe at Soundabout.
- We will also offer some basic ideas about what to do in the sessions, how to approach them and of course listen to each other's ideas. Our choir interns will run a volunteer training session to give you a few basic pointers for how to structure a session, communication skills etc.

Skills Required:

We are keen to work with a diverse range of volunteers and value all time contributions offered. For this project we are specifically looking for volunteers who

- Have confidence in hosting a small group of 3 people to share music together (even if no specific music skills/experience)
- Have a basic understanding and experience of how to use Zoom (create appointments, share an invitation, host a session, share sound in a session)
- Have a way to find music and share it on their device e.g. using YouTube, Spotify, Apple Music Store. Amazon Music etc.
- Have a relaxed, friendly, and inclusive approach.
- Have an interest in volunteering with people with learning disabilities.
- Have an interest in music, singing, choirs and having fun.

We hope that you can join the Music Buddies team and help Soundabout make music to change lives.