

REMOTE ACTIVITIES PROGRAM

Welcome to the roundsquared remote activities sessions,

We have created the remote activities program as a relaxed way of staying connected with other members, combating isolation and having fun! This is a pilot program. There will be members with a wide range of ages and abilities taking part.

We will be using Zoom to connect us all via the internet.

Zoom is a program that allows you to join the sessions online via your computer, smart phone or tablet.

Bookings are essential for each activity and can be made via your Consultant, or Jo on jo.rodie@roundsquared.net.au

We will send a link to your email address prior to each session enabling you to join in.

YOUR GUIDE TO USING ZOOM

If you have any technical issues with Zoom, please contact our tech specialist, Clinton from Bell Tower Media, by phoning 0476 003 486.

1. DOWNLOAD ZOOM
* Before you can use ZOOM **the first time** you need to download the ZOOM meeting application (app).
* You can download the meeting app from the ZOOM website at [https://zoom.us/download](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fzoom.us%2Fdownload&data=02%7C01%7C%7C59cb8aeffb3b4fc6a3d708d7d5ebe274%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637213081475287553&sdata=fZhE4YDeg6zkIkS3kXel47UL0jdZTkg5FdV61y3M8Ew%3D&reserved=0)

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# JOINING A ZOOM MEETING

* You will receive an email from roundsquared with your link to join the meeting prior to start time.
* Open the email or event invitation you received with the zoom meeting details and click the link.
* Click on the link under the text ‘Join Zoom Meeting.’ This will automatically open the meeting in the zoom application.
* The person running the group will accept your request.
* Once you are connected check that both your Audio and Video are turned on in the bottom left corner of your screen
1. DURING THE SESSION:
* Set up your device in a position that you can see the group in the main screen, and you can have your hands free. You will see boxes to the right of the screen for the other members.
* Whoever is speaking will be in the main screen, this will change throughout the meet as different people speak.
* Please mute the audio while you are speaking with others in your home for your privacy.

OUR REMOTE SESSIONS:

This is our starting point; we expect that the remote sessions will evolve based on member’s feedback.

* ART/CRAFT Tues - Wed 12 - 1pm

This is a social time to do our art projects together. It is a good idea to have your art supplies on hand. We will share our projects and art ideas with each other for inspiration.

* AFRICAN DANCE Wed 2 – 3pm

Join Lucky for a dance class and enjoy the sounds of African drumming. We recommend that you use an external speaker such as Bluetooth for this session for clearer sound.

* BINGO Thurs 2 - 3pm

This is a social, fun, numbers-based session

* ADVOCACY HOUR Fri 2 – 3pm

This is a time for members to chat. Join our current advocacy group members and brainstorm ways in which we can reduce the stigma around disabilities.