

BRAIN INJURY MATTERS NEWSLETTER

MEET KAREN



1. How long ago did you acquire your injury?

2 years ago I had a brain tumour.

2. What is your greatest achievement since your injury?

Sticking at things, being determined and not giving up. I couldn't walk after my operation, but now I can walk 150m.

3. What do you want to achieve in the near future?

I want to be the best person that I can be and to be able to walk pain-free, not lopsided.

4. What do you find your biggest challenge?

Not being able to use my hand.

5. What is your favourite food?

Sweet food - chocolate and cakes.

6. What is your favourite movie?

Romantic movies.

7. What is your favourite hobby?

Photography.

8. What do you want to achieve through Brain Injury Matters?

Making friends.

9. What advice would you give to someone with a new brain injury?

Don't be hard on yourself. It's going to work out ok. Seek help if you need to talk to someone.

10. What does Brain Injury Matters mean to you?

I love coming to the group. I feel accepted. I have made friends. It's changed my life.

Table of Contents

Meet a BIM Member.....	1
Regular things happening at BIM.....	3
Committee of Management Report	4
Office Report	7
PSG Program Report.....	8
Villamanta & Brainlink Ads	9
Peer Support Group Photos.....	10
Introducing Hannah & Deana from Monash	12
Brain Injury Awareness Week	13
Women's PSG Ad for August.....	14
Chat n Chuckle.....	15
Adrian's Blog	16
Disability Liaison Officer Ad.....	17

REGULAR THINGS HAPPENING AT BIM

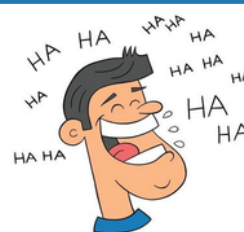
ONLINE COFFEE MORNINGS

Mondays at 11am

Open to anyone with a brain injury.

A fun way to start the week includes jokes, quizzes, and conversation starters.

Contact office@braininjurymatters.org to receive the Zoom link.



PEER SUPPORT GROUPS

- **Northcote** - Tuesdays, 10am
- **Frankston** - Tuesdays, 10am
- **Online only** - Wednesdays, 10am
- **Ringwood** - Thursdays, 10:30am
- **Footscray** - Thursdays at 10am
- **AWSABI (Albury-Wodonga Stroke & Brain Injury Inc)**
- 4th Thursday of the month, 10:30am
- **Bendigo** - Fortnightly on Thursdays, 11:30am
- **Melbourne CBD Women's Support** - 1st Monday of the month, 11am




Contact office@braininjurymatters.org if you are interested in joining a group.

CHECK OUT OUR WEBSITE, ABI WISE APP, FACEBOOK & INSTAGRAM

<https://www.braininjurymatters.org>

ABIWise App is free to download from GooglePlay and App Store



The screenshot shows the Brain Injury Matters website header with the logo and navigation menu. Below it are social media icons for Facebook and Instagram. The Instagram profile for @braininjurymatters is displayed, showing 183 posts, 2,381 followers, and 2,301 following. The ABI Wise app interface is also visible, featuring buttons for Weekly Tips, ABI Info, Stories, Meditation, Resources, and Contact Us.

COMMITTEE OF MANAGEMENT REPORT

Giddy Everyone,

It's been another busy month, with plenty happening at BIM as we wait to hear the outcome of the NDIA funding application we submitted in early August. If we are successful, BIM will be able to continue running all of our current peer support groups, as well as setting up some new groups over the next two years and providing a bunch of great training workshops for our peers.

Meantime, I continued to be involved in the CyberAbility project with Monash University and was able to include BIM and the ABI Wise app in the presentation. Along with Nia, I also attended the SARU SMG meeting as a representative of BIM. I would like to wish Nia and our Northcote Group member, Nat, all the very best as they head off to Adelaide next month to represent BIM at the National Brain Injury Conference. Nia and Nat will both be presenting about the impact of BIM's peer support group program alongside our research partners from The University of Melbourne. I would also like to wish our staff members, Fiona and Sally, a safe and enjoyable holiday, as they head overseas for a well-deserved break.

If you look on the BIM Instagram and Facebook pages, we have advertised for the Monash University Back To Work app that they are currently testing. They are looking for people with an ABI to contact them to be put on the app and test it out, so that it can be released to the public. If you would like to be involved, please contact Emily O'Kearney at emily.okearney@monash.edu

Further information below.

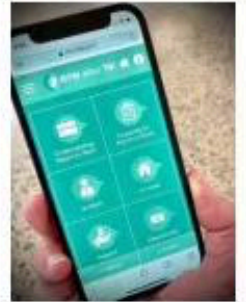
Cheers for now,
Col Brokenshire
Chairperson



RETURN TO WORK AFTER TBI PHONE APP

Monash University are looking for individuals with a Traumatic Brain Injury (TBI) who are returning to work, to take part in a trial by downloading an app called '**RTW after TBI.**' The app has been designed to provide useful information and emotional support to assist you during your return to work journey. You will be asked to complete some short surveys upon commencing the study and again at 6 months. You may also be asked to participate in an interview to provide your views on the strengths and weaknesses of the app

For more information go to [this link](#) or contact Emily O'Kearney.
Email: emily.okearney@monash.edu
Ph (03) 9426 8923



Brain Injury Matters Committee of Management (COM)

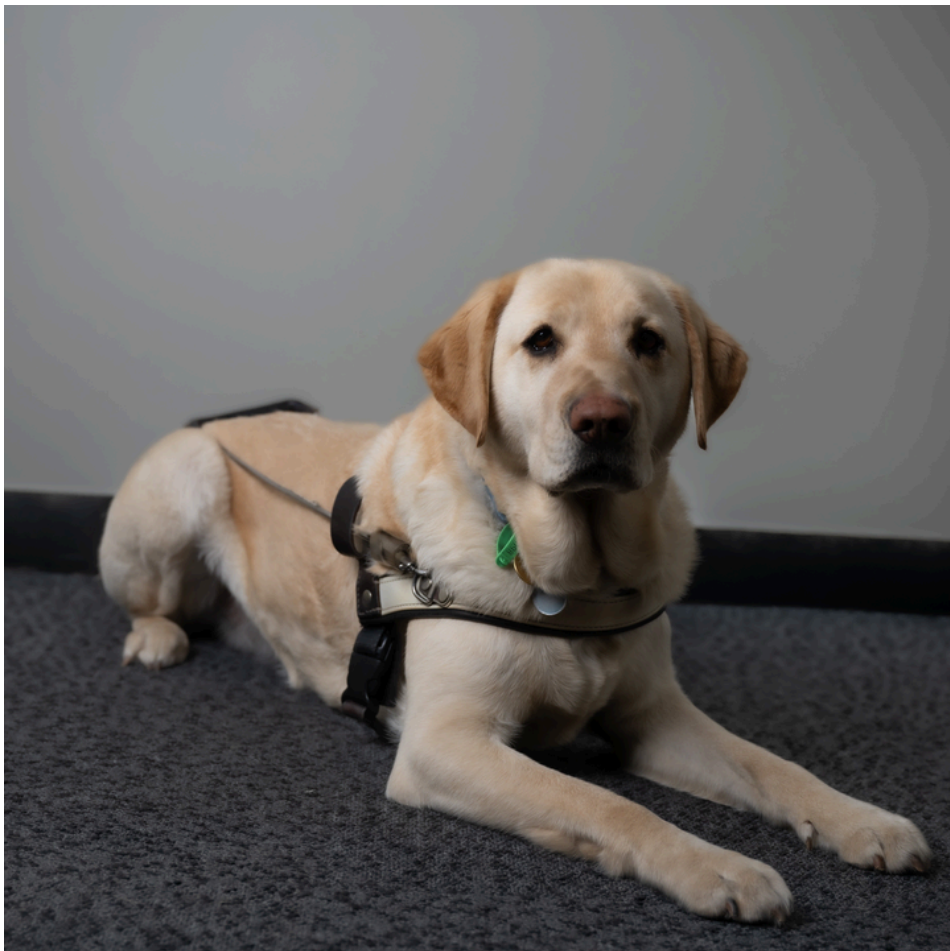
After this month's Committee of Management meeting, we had a professional photographer in to take some photos of the BIM Committee. We wanted to share with you a couple of the great images that were captured by the photographer Paul from Corporate Shots.



From left to right: Col Brokenshire (Chairperson), Kelvin Lim, Peter Lester, Anat Bigos, Virginia Giddings (Secretary), Roger Astell (Treasurer), and Adrian Jones.



And how could we resist a portrait of the wonderful Ozrik (BIM staff member, Fiona's assistance dog) who didn't take part in the meeting but was happy to pose for the camera ❤️



BIM OFFICE REPORT

This month we have been lucky enough to have Deana and Hannah join us in the BIM Office on a 12 week placement from Monash University. I will let them both introduce themselves elsewhere in this newsletter, but I just want to say how great it is to have them on board and thank them both for their work and enthusiasm so far. We also have a new volunteer, Finley, working with us on Thursdays. Finn is currently assisting with a number of tasks, including research and funding applications and I am very grateful for his knowledge, insights and enthusiasm for the work we do at BIM. I hope many of you will get to meet all three of them over the next few weeks and months.

A big part of this last month was dedicated to putting together the latest NDIS grant application and we are all eagerly awaiting news on whether BIM is successful. If we are, it will provide two years of funding for expanding our Peer Support Group network and developing and delivering a range of training workshops for members. I would like to shout out to Peter Persson and Bruce Francis who were both heavily involved in putting BIM's submission together, as well as Georgina Mills from Reinforce for her support and guidance along the way. Needless to say, fingers crossed!

It was great to get the staff and committee photos done (finally) and I hope these help to improve the public image of BIM, especially on the website and in our new brochure, which shouldn't be too far away...

I hope everyone enjoys the beginning of spring.

Cheers,
Georgia Tracy
Coordination Support Worker



PSG PROGRAM REPORT

Some of the activities our groups have been up to this month include movies, BBQs, bingo, fish 'n' chips, a visit from a former mayor and a visit to the old Melbourne gaol.

Most of our peer support groups have also had had visits from lawyers from Villamanta, a FREE Disability Rights Legal Service for people with brain injury, autism and intellectual disability. They spoke about **respect in the workplace** and also when volunteering or working with support workers.

We learnt that **respect** is making sure no one acts in a way that makes you feel uncomfortable or unsafe.

If you feel uncomfortable, you can:

1. **Ask the person to stop** and tell them that you don't feel comfortable.
2. If in a workplace/day program/with support workers, **tell the person in charge**.
3. If they don't take it seriously, you can make a complaint to one of the services on the image below.

You can also contact Villamanta for free advice about what to do on 1800 014 111 or legal@villamanta.org.au

Sally, PSG Program Leader



Complaints about Victorian Disability Services

Who to contact to make a complaint about a disability service or worker



Disability Workers Victoria only

Victorian Disability Worker Commission
1800 497 132
www.vdwc.vic.gov.au
complaints@vdwc.vic.gov.au

DFFH and TAC funded disability services Victoria only

Disability Services Commissioner
1800 677 342
www.odsc.vic.gov.au
complaints@odsc.vic.gov.au

NDIS funded supports and services

NDIS Quality and Safeguards Commission
1800 035 544
www.ndiscommission.gov.au
contactcentre@ndiscommission.gov.au

Do you need legal help?

We are a free Community Legal Service for disability related legal issues

Villamanta can help

if you have a problem with...

Guardianship

Administration

Financial Abuse

Accommodation (SDA, SRS etc.)

NDIS Appeals and IER

Workplace Sexual Harassment

Disability Services

Restrictive Practices



VILLAMANTA
DISABILITY RIGHTS
LEGAL SERVICE

CONTACT US

1800 014 111

legal@villamanta.org.au

BrainLink.

FREE

CARER SUPPORT

Supporting carers through their caring journey, through:



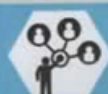
Educational workshops

Eg Positive Behavioural support, wellbeing classes



Respite

Eg Coffee & a chat, lunches, outings, retreats



Social Connections

Meet and connect with other carers



Servicing Melbourne

and regional Hume and Gippsland

To register or find out more call:



0498 333 088



carers@brainlink.org.au



Supporting carers of those with

- ABI
- Stroke
- Parkinson's, MND
- MS, Muscular Dystrophy
- Epilepsy and more

PEER SUPPORT GROUPS PHOTOS



PEER SUPPORT GROUPS PHOTOS



On Thursday the 15th of August, the Ringwood group were all smiles for the perfect combination of bingo and morning tea, and for the lucky winners a kinder surprise egg! Yannick did not only a great job of running the bingo for the group but also teaching us some of the official (and maybe not so official) bingo lingo!

-Hannah



Our Fortnightly Thursday Bendigo Group

Introducing Hannah and Deana from Monash University

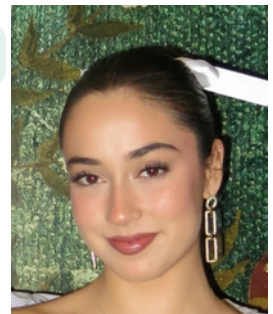
Hello!

My name is Deana and I am a student from Monash University. I am currently completing my final year of a Bachelor of Psychology, focusing on neuroscience. I have a great interest in neuropsychology and brain injury.

Outside of university, I love to dance hiphop and ballet and have been doing this for most of my life. I love spending time with friends and family and hope to pursue a career in neuropsychology.

It has been such an incredible experience working with Brain Injury Matters over the past few weeks. Under the amazing care of Georgia Tracey, I have been able to learn the ins and outs of a disability organisation and its importance. It has been great to meet a few of the members in the Peer Support Groups and I hope to meet more individuals in and around the organisation in the future!

Deana



Hi everyone,

My name is Hannah, and I'm a final-year Bachelor of Psychology student at Monash University. I'm pursuing a career in sports psychology, with a particular interest in concussions, due to my own experiences with sports injuries.



Outside of my studies, I'm passionate about sports, especially the NBA and AFL. I played basketball competitively for 13 years and currently coach my younger brother's basketball team. We're just two weeks away from what we hope will be their grand final! I'm also a dedicated North Melbourne supporter (even if a grand final isn't quite on the horizon for them yet).

Working with Georgia and Deana over the past five weeks has been both enjoyable and insightful. From learning about all the hard work Tracy does in the office, to observing the peer support meetings, I've already gained so much from this experience. I'm excited to continue learning more about BIM and the incredible community here over the next two months!

Hannah

We want to thank everyone we have met so far for being so kind and welcoming, and to anyone we haven't met yet, don't hesitate to say hello!

BRAIN INJURY AWARENESS WEEK

This is Brain Injury Awareness Week! Thanks to Synapse Australia for promoting awareness of brain injuries with images like the one below.

It is a great time to acknowledge the work of Brain Injury Matters - a Victorian self-advocacy and community education organisation run by and for people with acquired brain injuries (ABI).


The BIM Peer Support Groups meet regularly around Victoria and online, and we welcome anyone with a brain injury to attend and connect with others.

More information can be found on our website <https://www.braininjurymatters.org/peer-support-group/> and whether you are enquiring for yourself or someone you know, you can find out more by emailing: office@braininjurymatters.org

"Nothing about us without us!"

Brain Injury Awareness Week
19 - 25 August 2024

What's your
connection?



1 in 45 Aussies
have a brain injury

SYNAPSE
AUSTRALIA'S BRAIN INJURY ORGANISATION

#WhatsYourConnection
1800 673 074 | synapse.org.au

Women's Peer Support Group

When: **Monday 2nd September, 11am-12:30pm**

What: **Mindfulness, Relaxation & Rejuvenation**

What do you do to calm your mind?

Poppy will share with you some mindfulness techniques, including mandala making.

Please bring some morning tea to share if you can

Where: **Rainbow Room at Ross House**

Level 4, 247-251 Flinders Lane

Melbourne

For further information please contact Poppy Egan

poppy.egan@braininjurymatters.org

or call 0405 359 622



CHAT n CHUCKLE ABI GROUP IN GLEN EIRA

Come along and join ...



Chat n' Chuckle

A fortnightly discussion group for anyone with an acquired brain injury to meet others, share news and views, discuss ideas and have fun. You don't have to live in Glen Eira.

For further information or to register, contact Council's Service Centre on **9524 3333** or email accessandinclusion@gleneira.vic.gov.au

Location:

Online or Godfrey Street Community House, 9 Godfrey Street, Bentleigh

When: 2024

Meetings are held on Fridays (during school term) from 11am to 12.30pm

- | | | |
|-----------------------|------------------|------------|
| • 9 & 23 February | 8 and 22 March | 19 April |
| • 3, 17 & 31 May | 14 & 28 June | 26 July |
| • 9 & 23 August | 6 & 20 September | 18 October |
| • 1, 15 & 29 November | 13 December | |

Do you enjoy discussions, books and movies?

Do you enjoy talking about news and current issues?

Keen to meet others who feel the same?

Interested in great conversations and friendships?



In My Opinion... **A.I.- ADRIAN'S INTELLIGENCE**

It's almost summer...It's getting warmer and the sun is peeking out a little bit more!

Following on from last month, where we were discussing a book called **The Wim Hoff Method**, where your breath helps regulate body temperature, I'd like to discuss other benefits of breathwork. Basically, these articles say that focussing on breathwork will lead to feeling more relaxed, improving concentration, reducing tension and increasing energy.

<https://manahealthclinic.com.au/the-benefits-of-breathwork-for-emotional-regulation/>

<https://www.sciencedirect.com/science/article/abs/pii/S027826261930096X>

What I like the best is that a relaxed state of mind can also help me to review and renew my aims - what I'm aiming for. I can then work out what goals I need to kick. So I can...

A.B.I. - Always Be Improving!!

It's here now!!!

<http://www.alwaysbeimproving.net>

Newsletter Contributions Welcome

Contributions by BIM members to our newsletter are always welcome.

If you have any tips, stories or experiences that would be of interest to others, please contact office@braininjurymatters.org

Brain Injury Matters is a self-advocacy organisation and we welcome all members having a voice. However, please note that opinion pieces published in this newsletter do not necessarily represent the position of Brain Injury Matters.

Disability Liaison Officer Program

Program overview

OFFICIAL

About Disability Liaison Officers

Disability Liaison Officers (DLOs) provide support so that people with disability can access healthcare.

DLOs are based in some health services across metropolitan and regional Victoria.

Most people seek help for essential health needs, such as:

- help with booking appointments
- arranging reasonable adjustments
- mobility/physical support
- communication assistance
- general support.

DLOs help health service staff understand how to meet the needs of people with disability.

DLOs also support longer-term changes to help make the health system more accessible for people with disability.



Picture of DLO wearing a hospital uniform and a man in a motorised wheelchair smiling and talking together in area outside hospital.

Where to get help

Contact a DLO by emailing DLOcoordinator@dhhs.vic.gov.au or through the following health services:

Health service	DLO email contact
Albury Wodonga Health	awh.disability.liaison@awh.org.au
Alfred Health	disabilityteam@alfred.org.au
Austin Health	disabilityliaison@austin.org.au
Bairnsdale Regional Health Service (coordinating the Gippsland Region)	disability.liaison@brhs.com.au
Barwon Health	DisabilityLiaisonOffice@barwonhealth.org.au
Bendigo Health	disabilityliaison@bendigohealth.org.au
Colac Area Health	DLO@cah.vic.gov.au
Eastern Health	dlo@easternhealth.org.au

Goulburn Valley Health	DisabilityLiaison.Officers@gvhealth.org.au
Grampians Health	DLO@GH.org.au
Kyabram District Health Service	DisabilityLiaison@kyhealth.org.au
Monash Health	disability_liaison@monashhealth.org
Northeast Health Wangaratta	disability.support@nhw.org.au
Northern Health	DisabilityLiaison@nh.org.au
Peninsula Health	CHDisabilityServices@phcn.vic.gov.au
Peter McCallum Cancer Centre	disabilityliaison@petermac.org
Royal Children's Hospital	disability.liaison@rch.org.au
Royal Melbourne Hospital	DisabilityLiaison@mh.org.au
Royal Victorian Ear and Eye Hospital	DisabilityLiaison@eyeandear.org.au
Royal Women's Hospital	disability.liaison@thewomens.org.au
South West Health Care	Disabilityliaisonofficer@swh.net.au
St Vincent's Health	DisabilitySupport@svha.org.au
Western Health	disabilityliaison@wh.org.au

To receive this document in another format, phone 03 9892 8947, using the National Relay Service 13 36 77 if required, or email DLOcoordinator@dhhs.vic.gov.au.

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Available at <https://www.betterhealth.vic.gov.au/health/servicesandsupport/disability-liaison-officer-program>