

BRAIN INJURY MATTERS NEWSLETTER

MEET ANNA



1. How long ago did you acquire your injury?

A year ago, I had a stroke and aneurysm.

2. What is your greatest achievement since your injury?

I can walk now 30km in a day, when I was told I could never walk again.

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

Total independence.

4. What do you find your biggest challenge?

My memory isn't what it used to be.

5. What is your favourite food?

Pasta.

6. What is your favourite movie?

Stephen King's The Green Mile.

7. What is your favourite hobby?

I make personalised cups and t-shirts.

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

To make new like-minded friends.

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

Have patience. Today is not forever. All things come to an end, even bad times.

10. What does Brain Injury Matters mean to you?

A life line. It has helped diminish my anxiety.

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REGULAR THINGS HAPPENING AT BIM

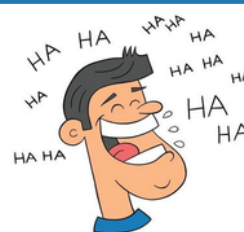
ONLINE COFFEE MORNINGS

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



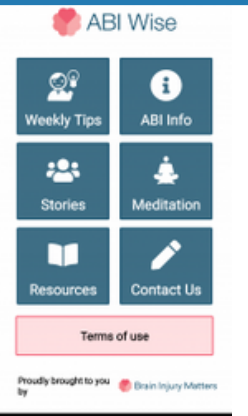
Brain Injury Matters
737 likes · 853 followers

Instagram

braininjurymatters Follow Message

183 posts 2,381 followers 2,301 following

Brain Injury Matters
Self-advocacy and community education run by and for people with an acquired brain injury
[braininjurymatters.org](https://www.braininjurymatters.org)



ABI Wise

Weekly Tips ABI Info

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COMMITTEE OF MANAGEMENT REPORT

Giddy Everyone,

At the September Committee meeting, we were pleased to hear from Camilla, from Monash University, about their research into TBI and improving care for patients in ICU. They have two important projects happening at the moment. These are in conjunction with emergency departments around the world. They are seeking volunteers (preferably people with TBI who have experience of ICU) to be on their research committees. If you're interested in participating, there is a flyer with more details included in this newsletter.

Along with Nia and Georgia, this month we met with staff from the Office for Disability at the Dept of Families, Fairness and Housing. We had a good discussion about the work BIM does on the fringes, supporting people with ABI in different ways, outside of the group context. At the moment, there is a strong interest in the Victorian disability advocacy sector, which hopefully means more funding is on the way!

I hope to see many of you at our Annual General Meeting at Ross House on Thursday, 21st November at 11am. If you're interested in attending, please RSVP to office@braininjurymatters.org. We will soon be sending out, via email, details about the nomination process for the vacant committee positions.

Finally, I would like to thank Carol Franklin for her wonderful contribution to the Brain Injury Matters Committee of Management, especially her work supporting the Treasurer role. Carol has decided to step down from the BIM Committee, but we are very happy that we will continue to see her regularly at Ross House – she works there!

Cheers for now,
Col Brokenshire
Chairperson



BIM OFFICE REPORT

This month in the BIM Office we have been working on updating all of the BIM Policies and creating easy read versions. Our placement students, Hannah and Deana, have been doing a great job helping with this important job. Some of the new easy read policies will be up on our website very soon.

Every day we are hoping to find out about the NDIS grant outcome, which will fund a much-needed expansion to the PSG program. We are ready to get going on this as soon as we receive advice about the funding. In the meantime, it is a pleasure to hear each week about the activities of the various PSGs and to be able to connect a steady stream of new BIM members into the peer groups.

In other news, we have been busy reporting to our funders and starting to get ready for:

**The BIM 2024 AGM,
on Thursday 21 November at 11am
at Ross House, Hayden Raysmith Room,
Level 4, 247 Flinders Lane, Melbourne.
Guest speaker to be announced.
Lunch will be served after the meeting.
All welcome.**

Please RSVP to office@braininjurymatters.org

I hope to get out to some of the groups in person to say hello over the next few months.

Best wishes,
Georgia Tracy
Coordination Support Worker



PSG PROGRAM REPORT

This month we've had an average of about 85 members a week turning up to peer support groups in Metro Melbourne alone. Fingers crossed we'll get more funding soon, so that we can start new groups, in both regional and metro areas, before the end of the year. Some of the activities the group have done recently include BBQs, bowling, karaoke, balloon Olympics, bingo and discussion topics, such as 'What fills your cup?' and 'How do you deal with pain?' Special mention to the Albury/Wodonga group (AWSABI) who have an exhibition of their art displayed at the Albury Library Museum. There are some very talented people in the brain injury community.

Sally (on behalf of all the PSG facilitators)



PEER SUPPORT GROUPS PHOTOS

Below are a series of art works produced by members of the Albury Wodonga Stroke & Brain Injury group (AWSABI) over 18 months that have been displayed at the Albury Library Museum.



Attendees at 'Meet the Artists'

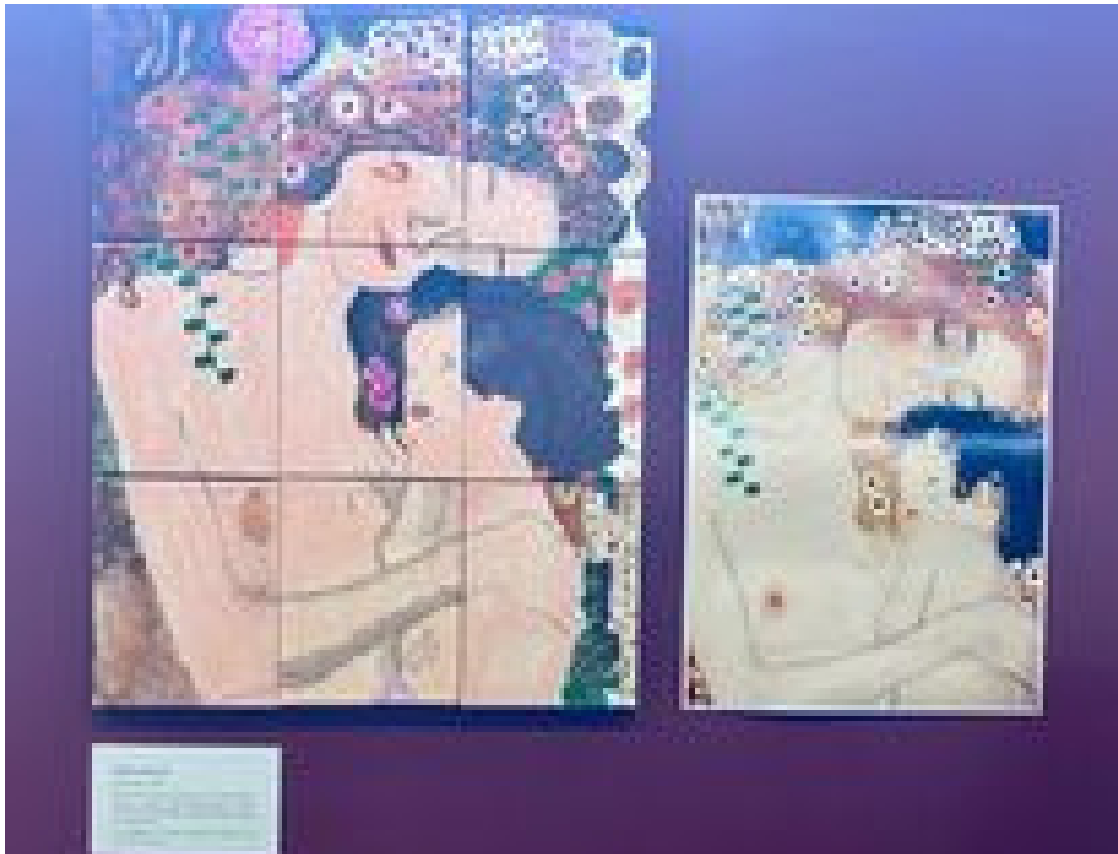
Malcolm Jagamarra Maloney's Cockatoo Ceremony



Flowers 'After Vincent Van Gough'



Gustav Klimpt's '3 Ages of Woman'



Tom Robert's 'Sketch at Coogee Beach'



PEER SUPPORT GROUPS PHOTOS cont...

Shey's birthday at the South Metro Peer Support Group



Balloon Olympics at the East Metro PSG





Women's Peer Support Group

When: Monday 7 October

Time: 11am-12.30pm

What: Low sensory stroll through NGV International 11- 11.45am
Followed by coffee at the NGV tea room on level 1

Where: NGV International, 18 St Kilda Road Melbourne VIC 3000

RSVP: Please rsvp to Poppy so she can look out for you and book a
spot for you at the café for coffee
poppy.egan@braininjurymatters.org

For further information please contact Poppy Egan
poppy.egan@braininjurymatters.org
or call 0405 359 622

image: by Jenna Johnson



DO YOU HAVE LIVED
EXPERIENCE OF A
TRAUMATIC BRAIN INJURY?
OR ARE YOU A FAMILY MEMBER OR
CARER/SUPPORT WORKER FOR
SOMEONE WITH A TRAUMATIC BRAIN
INJURY?

WE NEED YOUR HELP!



Register your
interest [here](#)

We're seeking two volunteers to join our clinical trial's management committee.

We need your feedback to help improve our research design, revise our research documents (consent forms) and share your experiences.

This will involve 2 annual meetings (zoom or in person), and revision of research documents as needed, totalling a maximum of 10 hours a year.

The goal of our Acute Brain Injury Program is to improve long-term outcomes for individuals with brain injuries by conducting high-quality research on acute care.

If you would like more information about this opportunity, please contact Camila camila.battistuzzo@monash.edu

For more
information about
the research
projects, click
[here](#)



MONASH
University

RESPECTFUL RELATIONSHIPS WORKSHOP

**Come along to this FREE workshop
for multicultural women on building
safe and respectful relationships at
home**

FREE FOOD AND DRINKS



2:00 PM TO 4:00 PM



SATURDAY, OCTOBER 19TH, 2024



**ROSS HOUSE, ROOM 4.1, LEVEL 4
247/251 FLINDERS LN, MELBOURNE VIC 3000**



BROUGHT TO YOU BY



SUPPORTED BY





Free Webinar: Australian Digital Health Technologies Overview

Wednesday 30 October
12.30pm - 1.30pm (AEDT)



Join People with Disability Australia (PWDA) for a free webinar exploring Australian Digital Health Agency (ADHA) digital health tools and how you can use them.

The webinar will give an overview on the following digital health tools

- My Health Record
- My Health App
- Electronic prescriptions
-

When: Wednesday 30 October 2024, 12.30pm – 1.30pm AEDT

This event will have live captioning and Auslan interpretation. Attendees can advise of other access requirements when you register.

If you have any questions or need assistance, please contact PWDA or call 1800 422 015.

REGISTER HERE: <https://forms.pwd.org.au/civicrm/event/register/?reset=1&id=21>

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...

I've spoken previously regarding goals. I believe in kicking goals (as opposed to having them!) Here is a real life example. I've been to my doctor and he's told me to lose 20 or 30 kg. I chose the more challenging 30 kg. That is my aim and, to get there, I'm planning to kick goals every day. Everyday, I will ride my stationary bike, go for walks and join a gym. Everyday I want to be active and kick goals toward my aim. What goals do you have? What are you aiming for?

The weather is getting warmer, but there are still some cold days. Has anyone tried the 'Wim Hoff Method'? I use his breathing technique often, as it helps me when I go for walks and other forms of exercise.

At the end of this month, Brain Injury Australia will be having their conference, that they usually have every 2 years. It's in Adelaide. We have members from Brain Injury Matters in attendance!

My website is now going strong. I encourage you to have a look at it, as it's an extension of this blurb and it goes more deeply into matters- albeit sometimes rather technical. I have divided the pages into a technical page ('Just the Facts' page) and an opinion page ('Just my Opinion'). It really is still in development, but I would appreciate you telling me what you think and how it can be improved- hence the term 'Always Be Improving'.

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

It's here now!!!

<http://www.alwaysbeimproving.net>

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

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.

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Brain Injury Matters Committee of Management Nomination and Election Process 2024

Background

1. The current two-year term of the four Committee of Management members will expire in November 2024.
2. An election will be conducted electronically, (if necessary), prior to the BIM Annual General Meeting.
3. People eligible to nominate for the BIM Committee of management must meet the following criteria: people with an ABI, who live in Victoria, are over 18 years of age, and are members of Brain Injury Matters.
4. The nomination period is three weeks. It opens on Monday 30th September and closes Monday 21st of October 2024.

Process to Nominate

1. Fill out the Nomination Form.
2. Get 2 other members to either sign the Nomination Form electronically or write an email in support of the nomination
3. Send both the Nomination Form and/or emails to Georgia by Monday 21st October 2024 georgia.tracy@braininjurymatters.com



BIM Committee of Management Nomination Form (2024)

I _____(name) accept the nomination to be on Brain Injury Matters Committee of Management as a Committee Member for the 2-year period (November 2024 to November 2026).

The person nominated needs to tick the below statements and sign:

- I understand the important responsibility of the Committee of Management to lead the organization.
- I have the skills to carry out this role.
- I will be able to attend Committee of Management monthly meetings and prioritise these meetings over my personal activities.
- I want to see Brain Injury Matters flourish and succeed in its Mission and Vision

Signed _____ (person nominating)

The nomination needs to be signed by two other Brain Injury Matters members

1. _____ (name) _____(signature)
2. _____(name) _____(signature)

Email this nomination form to the Coordinating Support Worker at Brain Injury Matters. The email address is:

georgia.tracy@braininjurymatters.org

The closing date for nominations is 5PM on Monday 21st of October 2024