

Newsletter - February 2025



Make sure to open the end of our newsletter if it is clipped in your email browser!

Meet Martin



1. How long ago did you acquire your injury?

I received the brain injury on November 4th, 2023. 15 months ago.

2. What is your greatest achievement since your injury?

Greatest achievement is freedom walking.

3. What do you want to achieve in the

6. What is your favourite movie?

Crocodile Dundee.

7. What is your favourite hobby?

Restoring old furniture.

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

Connecting to other people with brain injury.

near future?

So many tasks outstanding have created many basic daily challenges. Currently, to overcome them all, takes regular steps slow to list them individually.

4. What do you find your biggest challenge?

To conduct myself in a way that doesn't cause worry to anyone.

5. What is your favourite food?

A nicely, slightly grilled beef steak.

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

Get another professional opinion and live with it.

10. What does Brain Injury Matters mean to you?

Brain Injury Matters is a significant community worth being involved in.

Committee Of Management Report



Our Committee for this year includes Adrian, Peter (Secretary), Anat, Nia (Vice President), Roger (Treasurer), Kelvin, Col (President) and Nat (absent from photo).

Giddy Everyone

Well, unfortunately at BIM we haven't heard about any new funding as of yet, but will hopefully 🙏 have some news for you next issue. In the meantime, the peer support groups run as per usual.

Web site of interest.

I had referred to this site sometime ago, but only just recently came across it again after quite a few years. It is amazing what is up in the sky. Check out all these satellites at [Low Earth Orbit Visualization](#)

I would like to thank everyone who has put together a letter to their local State and Federal member in regards to the funding issue that BIM is experiencing. We hope that it comes to some fruition and that we get a result.

And that is it from me. It's slim pickings this month, although behind the scenes there is a lot going on, with various meetings happening.

Cheers,
Col Brokenshire
President

Office Report

February has been a busy month in the BIM Office, with many enquiries received from new members. Many are interested in finding out more about the BIM peer support groups and it is fantastic to know that new people are joining the groups on a regular basis.

The BIM Committee of Management (COM) kicked off the year with a fairly meaty agenda at the February meeting. We discussed various funding opportunities, including a number of grants that BIM has applied for, or will apply for soon. Some of these will hopefully fund specific projects and some be for funding the continuation of the peer support groups. The Committee

decided to set-up a funding sub-committee. The sub-committee will meet once per month to identify new funding opportunities. This is essential work and big thanks to all those involved! The BIM Committee

also discussed how incredibly helpful it is for BIM Members, carers, family members or supporters to make contact with their local State or Federal Members of Parliament (MP). You could contact the MPs for the area in which your group meets, or your own local MPs where you live. BIM suggests that you to write to them, email them, or call them to ask for a meeting. The

purpose is to tell them how important the BIM Peer Support Groups are to you. On behalf of all the BIM Members living with ABI, we need to fight for recognition and funding to make sure we can continue to operate our 9 current groups and expand to open new groups in other locations in the future. Will you help us? Please contact me if you would like to chat about this and help secure our future funding! Email me on office@braininjurymatters.org, or call the office on TEL:

9639 7222 (leave a voice message and I will call you back ASAP).

Thanks everyone and happy autumn days ahead.

Cheers,
Georgia



Peer Support Group News



South Metro PSG

This month our Frankston based group has had a trivia quiz, a BBQ and been to Morning Melodies at Mornington Racecourse for a Neil Diamond tribute show!

West Metro PSG

In February, this group has had a planning day and a games day at the West Footscray Neighbourhood house. They have also been to a cafe in Watergardens.



East Metro PSG

February has been Metro Trains month at our Ringwood group. (See article later in Newsletter.) The group has also been to bowling & karaoke! Left photo: Hannah and Jason ; Below photo: Nick rapping Lose Yourself!



North Metro PSG

The North Group have recently had a BBQ at Studley Park and been Ten-Pin Bowling at Wyncity Keon Park in Thornbury. (Apologies for the blurry photo.)



Joining a Peer Support Group

Join Us



You can sign up as a member at our website by clicking the Join Us button above.

Alternatively, if you would more information about any of our peer support groups, please send an email to the appropriate group.

Online

Online Co-see Morning - Mondays 11am onlineco-seePSG@braininjurymatters.org

Brainwave PSG - Wednesdays 10am onbrainwavePSG@braininjurymatters.org

In-person

Frankston: Tuesdays 10am southmetroPSG@braininjurymatters.org

Ringwood: Thursdays 10.30am eastmetroPSG@braininjurymatters.org

Northcote: Tuesdays 10am northmetroPSG@braininjurymatters.org

Footscray: Thursdays 10am westmetroPSG@braininjurymatters.org

Bendigo - co-ordinator@bnh.net.au

Albury-Wodonga - awstrokeandbraininjury@gmail.com

Women's Group - poppy.egan@braininjurymatters.org

Travelling on Metro Trains



Metro Trains Presentation & Excursion

Our East Metro Peer Support Group has been learning about how to travel more safely on public transport. We had a Metro Train sta[◆] member come to one of our session at the community centre. He educated us about:

- journey planner apps (see below)
- safe zones on platforms
- wearing sun[◆]ower lanyards
- the red buttons on platforms and on carriages
- concession cards, companion cards and travel passes
- travellers' aid
- the new stations (Anzac, Town Hall, State Library, Parkville, Arden)
- how you can get PSOs to help you

Even seasoned PT uses learnt some new things.

"I learnt that you can press the red button when you need help! It doesn't need to be a life-threatening emergency." – Fiona

The following week, the group met at Mitcham Station and travelled into Flinders St Station with an entourage of 2 Metro travel training staff, 4 Metro authorised officers and 3 policemen! We felt like royalty! (See photo above)

We're hoping to get Metro Trains to come and run the sessions at each of our metro peer support groups.



The photos above show Matt from Metro with group members Ross, Fiona (Ozrik the guide dog), Gregor, Corey and Yannick.

Here's a list of PTV apps and info you might find helpful:

Metro Resources:

Indigenous Art: [Dixon Patten's artwork](#) Virtual Story: [Metro Trains visual story](#) Helpful People in uniform: [Authorised Officers](#) [Registering a](#)

Myki Resources: [Myki fare calculator](#) [Myki money](#) [Myki pass](#) [Auto top up](#) [Public Transport Victoria Journey Planner](#) [PTV app](#) [Metro Notify](#) [Travelling safely on Melbourne's transport](#) [Level Crossing Removal Projects](#) [PTV Teachers hub](#)

Planning your journey:

[PTV app](#)
[PTV app](#)
[PTV app](#)
[PTV app](#)

Other resources:

[PTV app](#)
[PTV app](#)
[PTV app](#)

[Home - Travellers Aid Australia; Helping Travellers Since 1916](#)

[Metro Tunnel Project - Victoria's Big Build](#)

[Not all disability is visible: Metro Trains and the Hidden Disabilities Sunower program | Metro Trains](#)

[A symbol for non-visible disabilities, also known as hidden disabilities or invisible disabilities. \(hdsunower.com\)](#)

[Access Travel Pass - Public Transport Victoria \(ptv.vic.gov.au\)](#)

[Group travel - Public Transport Victoria \(ptv.vic.gov.au\)](#)

Women's Group in March

International Women's Day Celebration

DATE: Monday 3 March

TIME: 11-12:30 pm

PLACE: New Rainbow Room, Ross House

ADDRESS: Level 4 247-252 Flinders Lane, Melbourne.

Please register your attendance with poppy.egan@braininjurymatters.org



Did you know?

March 8 is International Women's Day (so we're celebrating a bit early!)

The theme this year is **#Accelerate Action**.

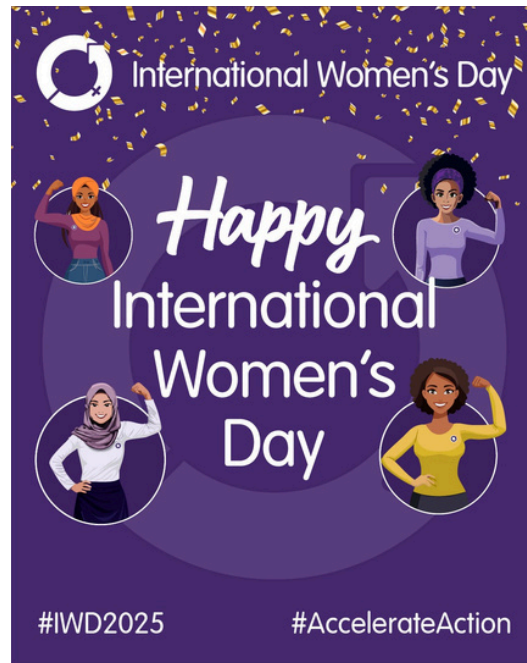
At the current rate of progress, it will take until 2158, which is roughly 5ve generations from now, to reach full gender parity, according to data from the World Economic Forum.

Focusing on the need to **Accelerate Action** emphasizes the importance of taking

swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face.

Men and women can strike the **#AccelerateAction** pose (like Poppy above) to show solidarity. Share your image on social media or on the IWD website.

Taken from [IWD website](#)



Opportunities to help with
research

Are you interested in completing a survey to help us understand experiences following Traumatic Brain Injury (TBI) ?

We are seeking



Adults with a TBI living in Australia

and

Family members or friends of someone with a TBI in Australia

Express your interest by completing **one** of the following

Scan the QR code



Follow the link

<https://forms.gle/utfXrWPq35T8DeZ46>

Contact us

tbi.rehabproject@monash.edu
03 9426 8923

Implementing evidence-based care for cognitive and psychosocial consequences of moderate-to-severe traumatic brain injury (TBI)
This project has been approved by The Alfred Health HREC (Project #11402)

AlfredHealth



Epworth



NSW

Health
Western Sydney
Local Health District



MACQUARIE
University

UNIVERSITY OF
TASMANIA

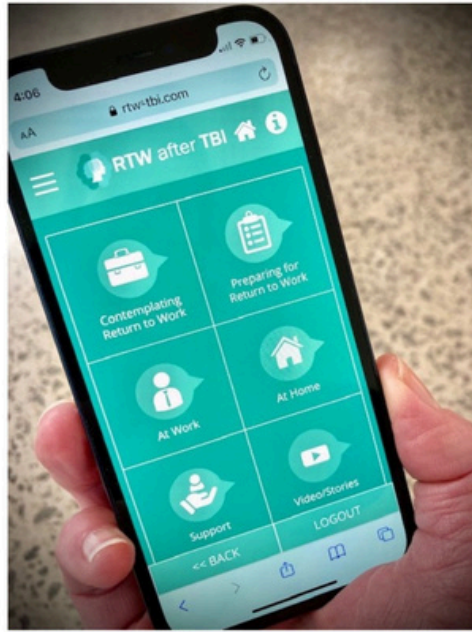
THE UNIVERSITY OF
SYDNEY

MONASH University



Calling all individuals with brain injury who are returning to work!

Are you interested in using a new brain injury specialised return to work phone app to help guide your return to work?



Dr Lauren Libeson, Dr Pamela Ross, Dr Marina Downing and Professor Jennie Ponsford, expert clinicians and researchers in brain injury and vocational rehab, have developed a return to work after traumatic brain injury (TBI) phone app:

The RTW after TBI app

This brand-new app contains practical information to help plan for returning to work. It includes some of the difficulties encountered when returning to employment after brain injury and strategies to manage these challenges. It also contains videos of individuals with brain injury who share their experiences of return to work.

It has been designed to provide useful information and emotional support to assist you during your return to work journey.

To determine whether the app can improve return to work experiences for individuals with brain injury, we are conducting a **clinical trial**.

We are looking for individuals with TBI who are returning to work to take part in this trial by downloading the app (assistance to do this is available) and using the app to find out information about, and support with returning to work following a brain injury. 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.

If you are interested in participating, please contact Lauren Libeson

Email: lauren.libeson@monash.edu

This project has been approved by the Monash Health Human Research Ethics Committee (project number: RES-23-0000-080A) and is being funded by the Transport Accident Commission (TAC).

Version 2, January 2024

Engagement opportunity: Attorney-

General's Department Review into the Disability Discrimination Act

In September 2023, the Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (Disability Royal Commission) published a report which made 222 recommendations to government relating to how laws, policies, structures and practices can be improved to ensure a more inclusive and just society. A number of these recommendations included changes to the Disability Discrimination Act 1992 (Cth).

On 31 July 2024, the Australian Government published its response to these recommendations. This included accepting, in principle, the 15 recommendations related to the Disability Discrimination Act. This report can be read here:

[Government response to the Disability Royal Commission.](#)

The government committed \$6.9 million to the review and modernisation of the Disability Discrimination Act and has asked the Attorney-General's Department to lead the review of the Act.

Our department's review of the Act is considering the recommendations from the Disability Royal Commission related to the Disability Discrimination Act, in addition to further changes recommended by stakeholders to improve the experiences of people with disability.

In late 2024, the Attorney-General's Department began the review by collaborating closely with representatives from the disability community to inform our approach.

The next step will be to launch a broad and accessible public consultation process in March 2025, which will ensure that all voices are able to be heard. The government values all opinions and will invite everyone to share their views on this important reform, including the following groups:

- people with disability
- carers
- advocates
- employers
- unions
- service providers
- small business
- education providers
- academia
- the broader community

To be involved in this important review, please [sign up to our mailing list](#) to be notified when the public consultation process begins. By signing up to the mailing list, you will automatically receive updates as the review progresses.

Other News/Events

Voices for Change

Voices for Change is looking for new members! The group are self-advocates with acquired brain injury and experience of the criminal justice system. They raise their voices to make the justice system better for people with an ABI. To find out more, call Kelly on 0439 730 252. You can also follow their work at voices-for-change.org

Look out for a new podcast they are creating that will be launched in April!





 Research alliance for youth disability & mental health

 Melbourne Disability Institute

Professor Thomas Shakespeare & guests present

PAIN: A NEGLECTED DISABILITY RIGHTS ISSUE?

Tuesday 11 March 2025
4:00 - 5:15pm



Pain, a disability rights issue?

The Research Alliance for Youth Disability & Mental Health and the Melbourne Disability Institute welcome Professor Thomas Shakespeare to Melbourne! In public health, pain is a common issue: in fact in some surveys it is the most common symptom reported. But is pain a disability rights issue? In this session, leading disability academic and activist Professor Tom Shakespeare will discuss the impact of pain on everyday lives - and how providing the right support could help those in pain as well as the wider community. This unique event about rights and reform is open to everyone - people with disability, families, supporters, researchers, advocates, providers, policy makers and community members are all welcome to come along, hear more and contribute to this important discussion.

When: Tuesday, 11 March

~~Event Details~~ What time: 4:00 - 5:15pm, followed by a reception with drinks and nibbles

Where: Ian Potter Auditorium

Kenneth Myer Building

30 Royal Parade

Parkville, VIC 3052

Venue information:

The Ian Potter Auditorium is on the ground level of the Kenneth Myer Building.

This venue has a hearing loop and we have arranged for live captioning. Please let us know when you register if you would like any other accessibility supports.

Tom Shakespeare is professor of disability research at London School of Hygiene and Tropical Medicine. He has worked at a number of different Universities and has also

completed a stint at WHO. He is author of *Disability Rights and Wrongs*, *Disability - the Basics*, and most recently, *The Ha-ha*.

limited in person tickets are available for this rare opportunity to hear from Professor Shakespeare in Melbourne!

You will also be able to register for online access.

Register



Scan me

my technology space
mytechnologyspace.org

A digital education resource on assistive technology used for cognitive support in everyday activities after brain injury.

2 entry points

People with acquired brain injury, family, friends and other key supporters >>>



There is a part of the the website that is for people with acquired brain injury and their key supporters

Information For the person and their family and friends to consider goals, supports, assistive technology and outcomes.

Checklists Checklists to think or talk together about assistive technology.

Tools Tools people can explore when they are thinking about technology used for cognitive support after brain injury.

Other resources Weblinks to other assistive technology resources including stories of technology use.

Allied health professionals or other assistive technology advisors >>>



There is also a part of the website for allied health professionals or other assistive technology advisors

Information To consider the person's goals, supports, assistive technology and outcomes.

Checklists Checklists to use with the person to think about assistive technology.

Tools Tools to use with people when thinking about technology used for cognitive support after brain injury.

Other resources Weblinks to other assistive technology resources for allied health professionals and assistive technology advisors; stories of technology use.

Adrian's Blog

The brain is a highly evolved organ. It is very complex in its structure, as it basically controls and maintains all other parts of the body.

In simple very terms, it can be explained like this:

There are two sides (called hemispheres). The left hemisphere basically controls the right side of the body and consequently the left hemisphere controls the right.

After I was hit by a car, my damage was to the right side of my brain (as I'm right handed- I landed on the right side first). Therefore the left side of my body is impaired. The more I practise using my left side, the more it improves and the less obvious my impairment becomes. There will always be damage- but the more I practise, the less evident it becomes. And I'm still retraining myself everyday- even after 37 years!!

CHICKEN DELIGHT

- Turkish roll
- Cheese
- Dill pickles
- Sun dried tomatoes
- Dijon Mustard
- Rocket lettuce
- Pulled Chicken

Put all ingredients into a Turkish roll, besides the lettuce, and grill for 8 minutes. Add lettuce. Enjoy!

Newsletter

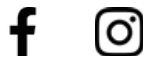
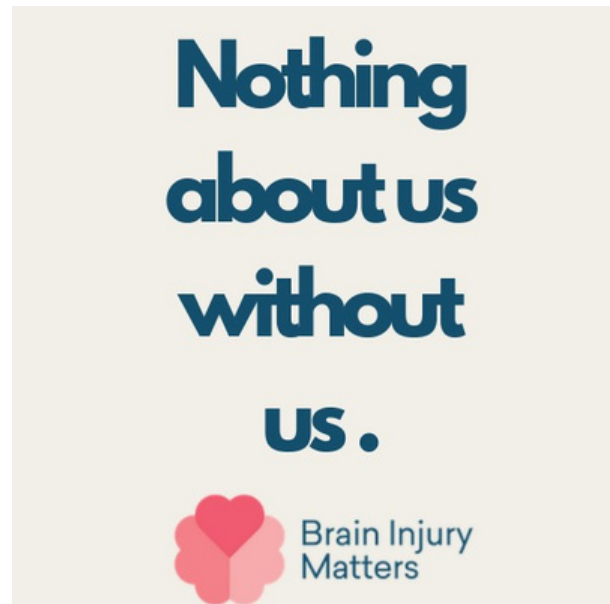
Contributions

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 all members voices are welcome.

However, please note that opinion pieces published in this newsletter do not necessarily represent the position of Brain Injury Matters.



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