



HAPPY NEW YEAR!
FROM BRAIN INJURY MATTERS

WISHING YOU PEACE, HAPPINESS, AND
PROSPERITY THIS COMING YEAR

BRAIN INJURY MATTERS

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Mission Statement

To support and empower people to speak for themselves and enhance the lives of other people with an acquired brain injury.

Strategic Direction

The 2020 - 2022 Strategic Direction provides a framework to guide the specific activities and projects undertaken by Brain Injury Matters in pursuit of its vision of people with an acquired brain injury flourishing in our community. It was produced during the grip of the COVID-19 pandemic, a time of great uncertainty and significant adjustment for people with an acquired brain injury. The document has been endorsed by the BIM Committee of Management and will shortly be sent to all BIM members and supporters

Acquired Brain Injury Workshops

Brain Injury Matters is partnering with By Accident to deliver a series of 3 workshops for people with an acquired brain injury who have transitioned past the acute rehabilitation phase, and are ready to start the next chapter of their lives.

The goal of By Accident is to show participants life has not ended after brain injury but has changed shape, offering the chance to "live with a new view and find a new you".

Next Course Dates:

Jan 28, Feb 4 & Feb11, 2021

10:30am

Brain Injury Matters is providing this opportunity free of charge. The peer-developed workshops go for 2 hours and will be held online via Zoom.

Participants must commit to attend all 3 sessions.

Please email **office@braininjurymatters.org**

to enrol or enquire further.

Places are limited!

BIM Information Technology

Sub-Committee



These hard working people are busy
finalising the new all-inclusive BIM website.
Keep your eyes peeled for updates
'zooming' into your inbox

Successful Funding Grant from the NDIS

BIM has just received funding for a 2 year
project to engage, link and empower people
with an acquired brain injury through peer
support groups, mentoring and skill building.
The funding will employ a number of people
to work on the project, 50% of whom live with
an acquired brain injury

Peer Support Groups

Would you like to meet up with other adults living with brain injury?

We are looking for expressions of interest for people living with brain injury to participate in our new peer support groups.

These groups will consist of 8-12 people who meet regularly to share their experiences, learn new skills and have fun.

Groups will be held online via Zoom and/or in person.

For more information or to register your interest, please email **office@braininjurymatters.org** or call **9639-7222**

The groups are free and participants do not need to have NDIS funding.

Calling 18-26 year olds artists living with ABI!

Can you help us find artists aged 18-26 with Acquired Brain Injury to participate in Nexus 2021?

Nexus is a free professional development program. This year's content has been adapted by and for people with ABI and is designed to help jump-start a career in the arts.

Workshops will run on Tuesdays from 2 Feb - 23 March, 10am-1pm. They will be held at the Arts Access offices in South Melbourne. it is free to attend and all access needs are taken into account.

We are finding it exceedingly difficult to reach this population. I hope you can help!

Please contact me for more information at
esifis@artsaccess.com.au



The BIM Xmas Lunch



The BIM Xmas Lunch was held at a Chinese restaurant in the city

A great day was had with many dishes eaten and lots of stories told.



Word Games

1. Where would you find the Golden Gate bridge?
2. What is Sweden's capital city?
3. What is the hardest natural substance?
4. What is the largest continent?
5. What's the river that runs through Egypt?
6. What's the capital of Spain?
7. A scientist who studies rocks is called a what?
8. Who was the first man to step on the moon?
9. What is the largest mammal in the world?
10. How many colors are in a rainbow?

Unscrabble

Can you rearrange the letters to make a word?

- 1) NCUADIEOT
- 2) YVODACCA
- 3) NRIAB

Answers

- 1) San Francisco
- 2) Stockholm
- 3) A diamond
- 4) Asia
- 5) The Nile
- 6) Madrid
- 7) Asia
- 8) Soprano
- 9) A geologist
- 10) Neil Armstrong
- 11) A whale
- 12) Seven

Unscrabble

- 1) EDUCATION
- 2) ADVOCACY
- 3) BRAIN