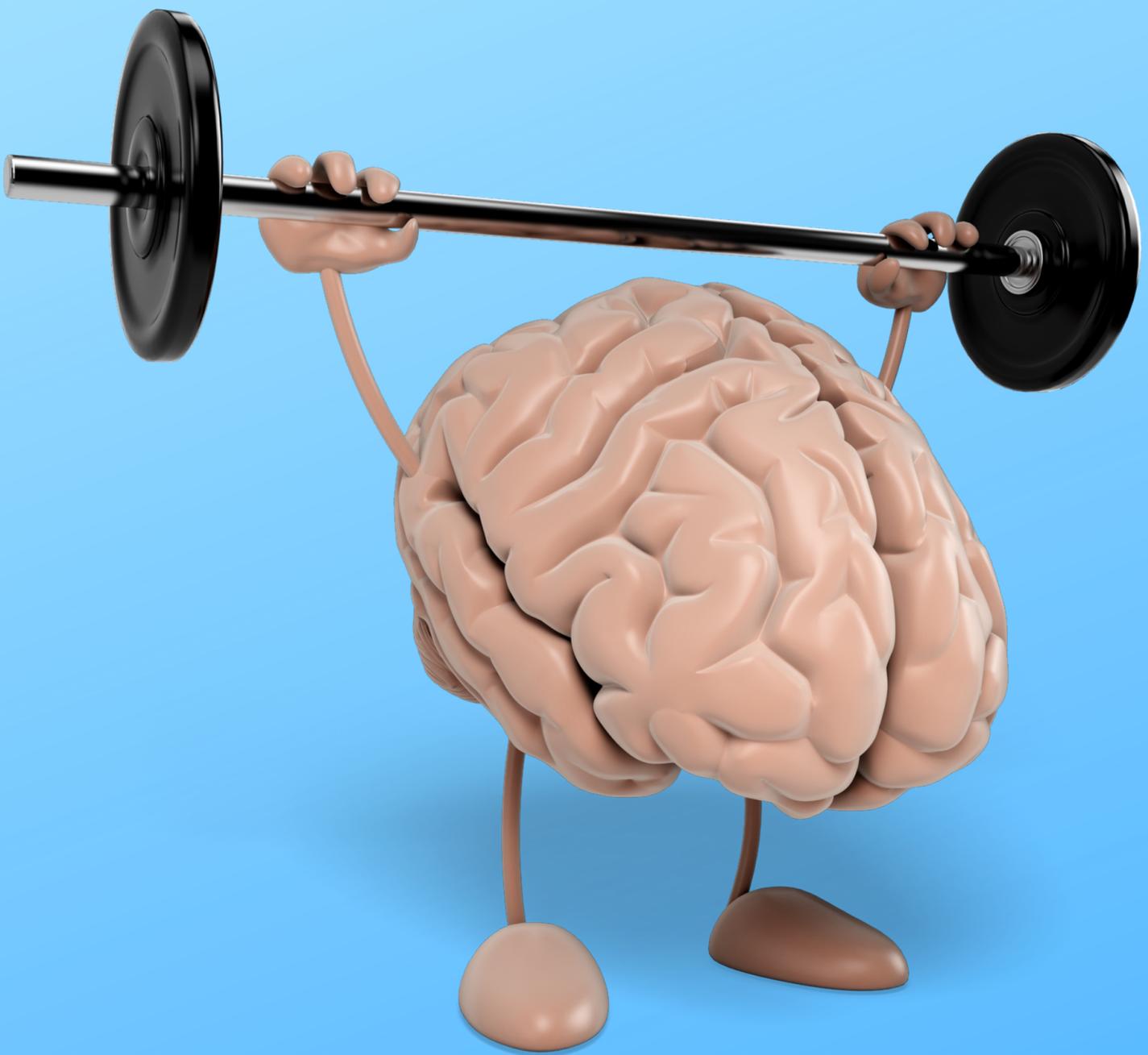


April 2021



BRAIN INJURY MATTERS

The brain is like a muscle...



**It can be damaged, injured
and impaired,
but it can always be built back
with a bit of work and hustle.**

**Ross House, Level 4/247 Flinders Lane
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April 2021



BRAIN INJURY MATTERS

And here is how the brain can be built back better...

If you have a problem, with no clear solution, go out and create a solution.

The Woman Who Changed Her Brain: Barbara Arrowsmith Young



The TED talk above is about the story of Barbara Arrowsmith Young, who worked to overcome her own severe learning disabilities with cognitive exercises. I'm not sure if this will work, but I'll try anyway. This is a metaphor for my recovery- I will try. If the system doesn't work, then work the system - find a way to make it work. (Adrian)

Type 'The woman who changed her brain' into youtube to see it.

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BRAIN INJURY MATTERS

Mission Statement

To support and empower people to speak for themselves and enhance the lives of other people with Acquired Brain Injury.

Things happening at BIM:

By Accident Workshops

Ross House, 9:30am-12:30pm, April 23, April 30 and May 7.
Contact office@braininjurymatters.org if you are interested

Online Coffee Mornings

Mondays at 11am

Contact office@braininjurymatters.org to receive the link

Peer Support Groups

Current groups: Tuesdays at 10am (Northern Metro), Wednesdays at 10am (online), Thursdays at 10:30am (Eastern Metro).

There will be more PSGs to come.

Contact office@braininjurymatters.org if you are interested

New website launch ... happening soon

(more details in next issue)

Annual Needs Survey

To access the survey go to

<https://www.surveymonkey.com/r/PKPZGGV>

ABI Wise App Survey

To access the survey go to

<https://www.surveymonkey.com/r/L6FKRGL>

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Brain Injury
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BRAIN INJURY MATTERS

Thought of the Month



Brain injury recovery is also a process that never ends, excellence is the result of small efforts - repeated and improved, day in and day out. Every day

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BRAIN INJURY MATTERS

Let's Get To Know Each Other...

Anat Bigos



- **How long ago did you acquire your injury?**
 - 17 years ago
- **What is your greatest achievement since your injury?**
 - Being able to perform an improvised play of The Hitchhiker in TheatreWork
- **What do you want to achieve in the near future?**
 - I would like to create a motivational speaking enterprise.
- **What do you find your biggest challenge?**
 - Being heard when I speak without a microphone
- **What is your favourite food?**
 - I love lots of dishes - among them, vegetarian lasagne
- **What is your favourite movie?**
 - Alive
- **What is your favourite hobby?**
 - Writing
- **What do you want to achieve through Brain Injury Matters?**
 - Improving my communication skills
- **What advice would you give to someone with a new brain injury?**
 - Never give up. Keep going!
- **What does Brain Injury Matters mean to you?**
 - It's an organisation with like minded individuals who have things in common to me.

BRAIN INJURY MATTERS

Word Games

1. What is the rarest M&M color?
2. In a website browser address bar, what does “www” stand for?
3. According to Greek mythology, who was the first woman on earth?
4. Which African country was formerly known as Abyssinia?
5. Which country consumes the most chocolate per capita?
6. What is the loudest animal on Earth?
7. What was the first toy to be advertised on television?
8. What is the tiny piece at the end of a shoelace called?
9. What is the tallest breed of dog in the world?
10. How many ribs are in a human body?

Unscramble

Can you rearrange the letters to make a word?

- 1) slgianibe
- 2) odryobabd
- 3) snaseicto

BRAIN INJURY MATTERS

Word Games - Answers

1. Brown
2. World Wide Web
3. Pandora
4. Ethiopia
5. Switzerland
6. The sperm whale
7. Mr. Potato Head
8. An aglet
9. The Great Dane
10. Twenty-four

Unscramble - Answers

1. Abseiling
2. Bodyboard
3. Cessation

April 2021



Brain Injury
Matters

BRAIN INJURY MATTERS

Peer Support Groups

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

Peer support groups consist of a small group of people with ABI who meet weekly to share their experiences, learn new skills and have fun.

Some groups are held online via Zoom, some in person and some are a mixture of both.

For more information or to register your interest, please email office@braininjurymatters.org

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



Above: 'Brainwave', the Wednesday PSG, recently met up for lunch at a cafe in Richmond

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BRAIN INJURY MATTERS

Social Distancing Effects **(A piece written during lockdown)**

It was completely understandable that during the time of the Corona 19 pandemic, we were advised not to be close to others, because the virus is very contagious. Keeping apart from others, is quite difficult for many. However, for some who have a disability, this a daily reality.

We often don't have interaction with others, for various reasons. Sometimes our communication is difficult to understand or our behaviour is inappropriate or friends visit less. Social distancing adds to our isolation and many people feel depressed at the moment. Some people are not able to meet their family, friends or do an activity, which may be their only interaction with others.

My personal experience is that I speak in an extremely low volume, hence often to better understand me, some people need to come closer to hear me, which is not allowed during the time of social distancing. Also, as a tactile person, not being able to hug close people, saddens me.

Clearly the world is not going to return to its pre-pandemic state. My hope for future is that we can transition from social distancing back to social connection quickly and seamlessly.

-Anat Bigos

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BRAIN INJURY MATTERS



NEXUS 2021

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 11 May to 29 June**, 10 am - 1 pm, at our office in South Melbourne, 222 Bank St. There will be a Covid Safe Plan in place, regular breaks, and a support worker provided throughout the program.

Download the Nexus 2021 Expression of Interest form from our website, and email it to Eva Sifis (AAV Project Officer) at esifis@artsaccess.com.au by 5 pm Monday 3 May 2021

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



ARTS ACCESS VICTORIA

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