

May 2022

BRAIN INJURY MATTERS

NEWSLETTER

Meet Nicholas Waters

1. How long ago did you acquire your injury?

Sept 2018, I had a massive stroke from a car accident.

2. What is your greatest achievement since your injury?

Walking out of hospital after being half paralysed.

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

I'm going to run again before the end of 2022.

4. What do you find your biggest challenge?

Not having a functional left arm.

5. What is your favourite food?

Fresh pasta with home made ragu.

6. What is your favourite movie?

Shawshank Redemption.

7. What is your favourite hobby?

Birdwatching



May 2022



BRAIN INJURY MATTERS

NEWSLETTER

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

Continue to rebuild myself and contribute to the lives of my peers.

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

Try and grieve what has happened but fight back with everything you've got!

10. What does Brain Injury Matters mean to you?

The peer support groups are incredible. I'm learning so much from others and now I have advice and friendship close on hand from people that understand my challenges.



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

Small groups of people with brain injury meet weekly to catch up, learn from each other and have some fun.

Current groups:

- Northcote - Tuesdays at 10am
- Frankston – Tuesday at 10am
- Online only - Wednesdays at 10am
- Ringwood - Thursdays at 10:30am
- Footscray – Thursdays at 10am

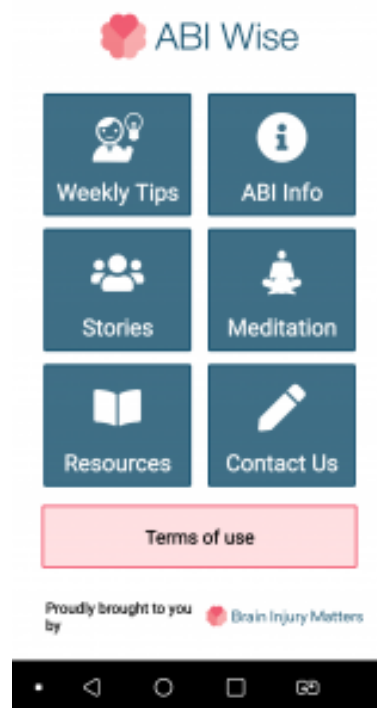
All groups are back meeting face to face following the end of lockdown. We are complying with the Victorian Government directions about how those catch ups take place.

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

Check out our Website, ABI Wise App, Facebook and Instagram

<https://www.braininjurymatters.org>

ABIWise App is free to download from GooglePlay and the App Store



May 2022



Updates

COMMITTEE OF MANAGEMENT REPORT

The Committee of Management remains very focused on keeping our peer support groups continuing. Since these groups started, over 130 people with an ABI have been connected with each other! So, we while continue to push for funds from the Federal Government to continue this work, we have been looking for funds from other sources. We are convinced of the significant positive impact that these groups have on the lives of people with ABI. We are incredibly pleased that, with the help of the Melbourne Disability Institute, University of Melbourne, and their community research grant program, we will gather evidence from people who are peer support group members. This research will occur over the next 12 months. We can get some funding through Federal Government's community fund for some new computers and other hardware.

Brent Alford
Chairperson

PROJECT REPORT

Hello!!! The peer support groups continued to meet weekly during April and into May, though Easter and Anzac Day disrupted the immensely popular Coffee Morning held on Mondays. Some of the activities included the Arthur's Seat gondola, the Briars in Mount Martha, the Van Gogh Lume exhibition, the CERES community garden in Brunswick, Deganis Café in Northcote, and a games day in West Footscray. Some of the discussion topics including 'something you find inspiring' and disaster preparedness, as well introducing a number of new group members.

On the administration side, we had to submit a regular report to the Department of Social Services (DSS) on the peer group project. We added a question on the benefits of peer support groups to the DSS survey of group members.

The WORD CLOUD is the result of what people said they got out of attending a peer support group.

Fiona, Fraser, Peter, Sally, Sonia and Yannick



Report from the Office - Lauren

Here we are almost halfway through the year, and I am happy to say there is a lot of good news to report.

BIM received a grant for new computers through the office of Federal MP, Adam Bandt (<https://www.adambandt.com/>).

Col, BIM's vice chair, did a great job getting the computers set up. Col also works on the BIM website, the BIM ABI Wise App and presents Cyberability workshops.

BIM also received a grant to set up a new Regional Self-Help Group at Gisborne from the Department of Families, Fairness and Housing <https://www.dffh.vic.gov.au/>. BIM Chairperson Brent, BIM Secretary Nia and Roger BIM Treasurer meet with Carol Franklin, who is the Convenor of the group, to plan how the group will operate. Please contact Carol on this email address to get more details and perhaps join the group.

GisborneBIM@braininjurymatters.org.

This regional group will be fully run by volunteers, please offer Carol some help if you are able.

Talking of volunteers: I recently got great feedback from some of BIM's volunteers-they said it is very rewarding to work at BIM. They commented they loved giving back to their community and really enjoyed the work they did. The contribution from each volunteer is different. Each month, from now on, I would like to individually recognise some of BIM's long-standing volunteers.

Report from the office continued

Evan has worked on the BIM newsletter for the last nine months. He has recently gained full time employment and is continuing with his full-time study at degree level. BIM is grateful for his contribution.

I want to say a huge personal **thank you** to Evan, who has assisted me in the office at BIM for the last two and a half years. Evan is a computer Wizz (and I am not).

Luckily, BIM has recently gained some more very experienced and skilled volunteers, who will be helping to write grant applications and assist at the Peer Support Groups.

A new initiative from the BIM office is to circulate books from our significant library of books about Brain Injury to members.

Please let me know at office@braininjurymatters.org if you would like me to let you know about what is on offer.

Winter is almost here: a great time to curl up in a warm place with a book.



Articles- EMPLOY ME

Brain Injury Association Tasmania (BIAT) are running a project to develop resources to assist people with ABI gain employment. A heap of people from BIM attended a focus group to provide feedback on those resources. If you are interested in hearing more about the project, email Malachi at malachi@biat.org.au.



Photos from the EMPLOY ME Focus Group

Spotlight on Pets

Hi, my name is Lynette and this is my dog, Tyler! I've had her for about 2 months, and she is a rescue dog. She is an American Staffy and she is a very sweet girl. She loves to cuddle and hop into bed with me at night. She loves to eat and sleep. She doesn't play with a lot of toys and her favourite thing is getting tummy rubs. Having Tyler has taught me how to be more responsible, and how to take care of another living thing! I've only had her for a little while, but I already love her so much, and I can't wait for all of the adventures we will have together in the future!



Lynette & Tyler

Photos from various Group Outings

*Brain Injury Friends -
outing to Arthurs Seat Eagle*



*Brain Injury Friends -
visited The Briars in Mt
Martha.
Spot the Berkshire pigs in
the background*

Photos from various Group Outings continued



*Brainstormers -
visited the Van Gogh sound
and light show at Lume*





*Social catchup at Degani's
cafe in Northcote*



*Games day for the Western
Suburbs Peer Support
Group in Footscray*

New Resources

The National Assistance Card

The National Assistance Card is now available for people in Australia living with brain injury.

The National Assistance Card Service hope that, in the future, the National Assistance Card will be available to all Australian's living with disability and/or health conditions.

To apply for a National Assistance Card please visit:

www.nationalassistancecard.com.au/apply

Click on the **Apply Online Now** button to access the online application.

To help you with your application we recommend you:

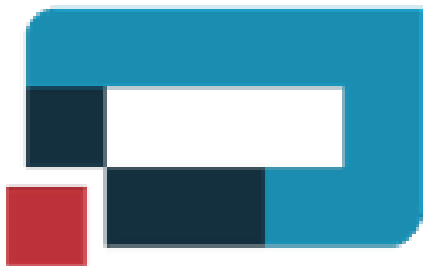
- Read one of the How to Apply Guides available at the link above. You can refer to these Guides while you complete your application.
- Watch the 'How to' videos included in the application, such as the overview video. Here is the link- <https://www.youtube.com/watch?v=ZW4DmfiDwEo&t=8s>
- Ask a family member, friend or support worker to help you.

If you have any questions about the National Assistance Card, please:

- Visit the National Assistance Card Website, you may find the answer you need on the Frequently Asked Questions page: www.nationalassistancecard.com.au/frequently-asked-questions
- Contact the National Assistance Card Team via:
 - Email: info@nationalassistancecard.com.au or
 - Phone: freecall 1300 242 827

If you have any questions about the National Assistance Card, please:

- Visit the National Assistance Card Website, you may find the answer you need on the Frequently Asked Questions page:
www.nationalassistancecard.com.au/frequently-asked-questions
- Contact the National Assistance Card Team via:
 - Email: info@nationalassistancecard.com.au or
 - Phone: freecall 1300 242 827



**NATIONAL
ASSISTANCE
CARD**

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

**Ross House, Level 4/247 Flinders Lane
Melbourne, Vic. 3000
email: office@braininjurymatters.org
www.braininjurymatters.org (03) 9639 7222**