

June 2022

BRAIN INJURY MATTERS

NEWSLETTER

Meet Peter Hawkins

1. How long ago did you acquire your injury?

I had my accident in 2010.

2. What is your greatest achievement since your injury?

Being able to ride a bike.

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

I want to drive a car. I'm hoping to go for my license.

4. What do you find your biggest challenge?

Cooking for myself. I'm looking for a cooking school.

5. What is your favourite food?

Sliced pork with noodles.

6. What is your favourite movie?

Jurassic Park.

7. What is your favourite hobby?

Fishing.



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

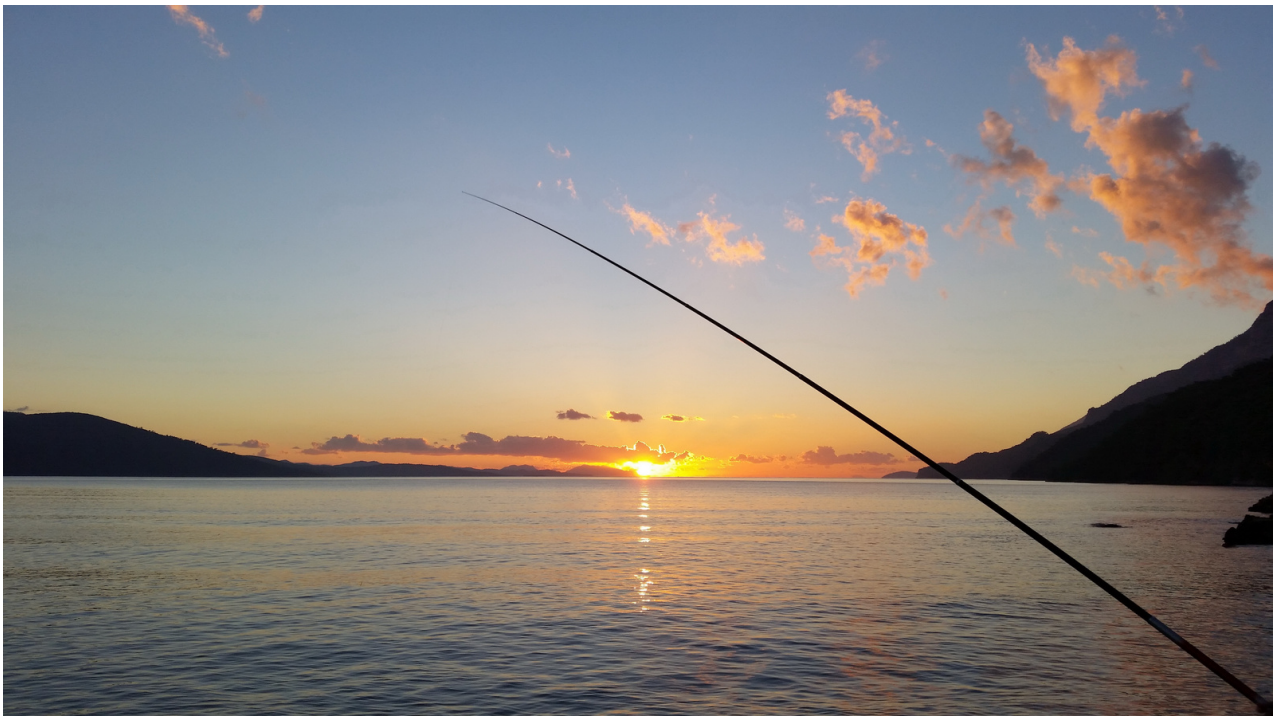
Meet new people.

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

Join BIM. By joining BIM, it helps you be able to speak for yourself.

10. What does Brain Injury Matters mean to you?

It has made me feel more confident, and it's good to hear about other people's experiences.



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

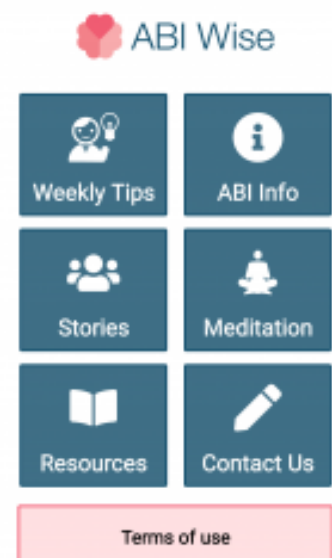
All groups are back meeting face to face following the end of lockdown. We are complying with the Victorian Government directions about how those catch ups take place.

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



Proudly brought to you by  Brain Injury Matters



Updates

COMMITTEE OF MANAGEMENT REPORT

The end of the financial year is here. The Committee of Management is still waiting on advice from the Department of Social Security on funding for our peer support groups. The decision has been delayed due to the Federal election and the swearing-in of Bill Shorten as the Minister for the NDIS. On behalf of BIM, I wrote to Mr Shorten, congratulating him on becoming Minister, and bringing the issue to his attention. We hope to hear very soon. BIM will keep our peer support groups running whatever the outcome of this funding decision.

We continue to look for funds from other sources and are submitting to State Government and Philanthropic funds. We have lots of ideas about projects that can benefit people with ABI and are seeking more funds to cover the costs of running BIM.

Importantly, we have completed our third Annual Needs Survey. There was strong support for our focus on setting up peer support groups. We emailed the results out to all our members, supporters, and funders. There is more information on the survey in this newsletter. The positive impact of the peer support groups on the lives of people with ABI coincides with the research by the Melbourne Disability Institute, University of Melbourne. Their community research grant program investigates the impact in more detail. We had a great first meeting with our researcher, Dr Lauren Kosta.

Finally, I will be soon presenting a paper on our peer support groups at the Brain Injury Australia conference in Sydney.

Cheers,
Brent

Brent Alford
Chairperson

PROJECT REPORT

Like all of BIM the project team is waiting to hear about future funding from the Department of Social Security. In conjunction with the Committee of Management, the project team has made plans to keep the peer support groups running, even if the Federal funding does not come through.

The peer support groups all continued to meet face-to-face and online. Some of the activities included the Collingwood Children's Farm, the National Gallery of Victoria, lunch at the pub for the Western group, the movies, a 21st birthday celebration and chess day, Myrtle Wine Café in Footscray, bring a favourite photo and tell the story session, karaoke and bowling. As always, all the activities are suggested and chosen by group members.

We meet on a regular basis at four Neighbourhood Houses across Melbourne and continue to try and strengthen these links.

Talk to you next month. In the meantime, stay warm!

Fiona, Fraser, Peter, Sally, Sonia, and Yannick

BIM Annual Needs Survey 2022

The results and analysis of the 2022 Brain Injury Matters Annual Needs Survey has been finalised. This is the 3rd time that we have conducted this survey. It gives us a chance to compare the 2020 and 2021 findings with the 2022 results.

The survey provides an opportunity for people with brain injury, who are members of BIM, to provide feedback and highlight key issues that they face. The first survey, in 2020, helped us prioritise our goals and contributed to our focus on setting up peer support groups (PSGs). The positive feedback in this survey on our six PSG confirms the impact that these groups have on people's lives. Issues like social isolation and connecting people remain as identified areas of need. This survey found a sharp jump in concern about the NDIS.

Jump on the BIM website for the results and the summary

www.braininjurymatters.org

Report from the Office - Lauren

BIM has an office located at Ross House in Flinders Lane Melbourne. Ross House has a long history of housing 'Not for Profit' groups'.

BIM is not just a tenant in the building: we are also part of the collective of like-minded organisations, who work with similar values of social justice and equity.

There are a significant number of disability organisations at Ross House. www.rosshouse.org.au. Ross House is disability friendly and compliant.



Report from the office continued

BIM is an active member of Ross House. We work collaboratively with other groups at Ross House, in particular Action for More Independence & Dignity in Accommodation (AMIDA) and Self Advocacy Resource Unit (SARU).

There is a display in the front window of Ross House every month from different groups. This December, BIM will create a window display, promoting BIM and people with ABI.

BIM also contributes articles to the Ross House Newsletter: this month the contribution is information about BIM's Peer Support Groups.

Information sharing is a vital part of BIM's activities. There are plans to run two workshops for members in the next few months in person and via Webinar.

BIM members requested to have a workshop on legal issues such as Wills, Power of Attorney and Advanced Care Directives. Another suggested topic is Relationships. The recent BIM members survey confirmed relationships are a very important issue for members.

Please email us at

office@braininjurymatters.org with further workshop ideas.

A call to all

Do you want to place a message on the ABI Wise app?

BIM are calling for ABI Wise app tips that are published weekly, every Thursday at 11am...

Don't know what to write or say? Have a look at the published tips on the app. Don't have the app. Head on over to the Android or Apple store and download it.

Please send any-and-all tips, or questions, to

vicechair@braininjurymatters.org

Upcoming Webinar

Ballarat Working Together Group

Life Planning

Needing help planning your future?

It is important for all of us to make good plans for what happens towards the end of our lives and not to leave this work until it is too late. We are pleased to have the **Ballarat & Grampians Community Legal Service** present a Zoom webinar to discuss end-of-life planning. We encourage everyone to become informed and aware of how you can put good plans in place.

The forum will consider options and you can raise any questions about **Preparing a Will, Powers of Attorney, and how you use Advanced Care Directives**. If this is something you are interested in, please register in advance for this meeting.

Date: Wednesday 27th July 2022

Time: 1pm-3.30pm including 30 minutes for Q&A

Topics that will be discussed are:

- a. Wills
- b. Powers of Attorney
- c. Advanced Care Directives

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZcqf-CpqjlrH9D3pF3Z1LZRgtgCGqLFYVVJ>

After registering, you will receive a confirmation email containing information about joining the meeting.

VALID is committed to the vision of an Australian nation in which people with a disability are empowered to exercise their rights as human beings and as citizens.

June 2022

Photos from various Group Outings

Brainstormers Bowling and Karaoke



Photos from various Group Outings continued

*Brainstormers celebrated Abbey's 21st
birthday with a chessboard cake.*





Brainwave (usually online) met up in person for the first time since 2020.



Ken enjoying a decadent lunch with other members of Brain Injury Friends after seeing Top Gun: Maverick at the movies.

*Northern suburbs PSG enjoying a
wander round the National
Gallery of Victoria (NGV)*



*Northern suburbs PSG
enjoying some coffee after
a visit to the NGV*

June 2022

*Northern suburbs PSG at the
Collingwood Childrens Farm & Cafe*



*Western PSG Group coffee
catchup on a winter's day*



Western PSG Lunch 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:

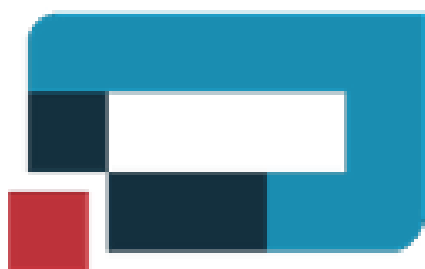
- Read one of the How to Apply Guides available at the link above.
You can refer to these Guides while you complete your application.
- Watch the 'How to' videos included in the application, such as the overview video. Here is the link- <https://www.youtube.com/watch?v=ZW4DmfiDwEo&t=8s>
- Ask a family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

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**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

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