

August 2022

BRAIN INJURY MATTERS

NEWSLETTER

Meet James Tokarczyk

1. How long ago did you acquire your injury?

6/12/2017.

2. What is your greatest achievement since your injury?

Being able to walk and talk again after coma, without training, despite the doctor's diagnosis.

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

Getting my new unit, which i'm currently waiting for.

4. What do you find your biggest challenge?

Relationships with other people.

5. What is your favourite food?

Pizza

6. What is your favourite movie?

Evil dead and Remake.

7. What is your favourite hobby?

Writing



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

Understanding brain injury better and what other people with it go through.

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

Give yourself a break and try anything that that is offered, or discovered, when you have your brain injury.

10. What does Brain Injury Matters mean to you?

A group that I can be part of and learn and listen.



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:

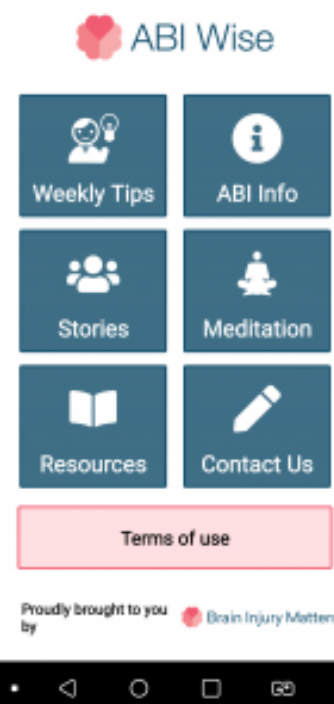
- **Northcote** - Tuesdays at 10am
- **Frankston** - Tuesday at 10am
- **Online only** - Wednesdays at 10am
- **Ringwood** - Thursdays at 10:30am
- **Footscray** - Thursdays at 10am
- **Gisborne** - Last Wednesday of the month

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



Updates

Committee of Management (CoM) Report

All the COM were very excited about the meeting arranged with Adam Bandt MP at our BIM office in Flinders Lane Melbourne. Three of the BIM executive of the COM were able to attend in person.

The purpose of the visit was to show Adam the computers purchased with the grant money he helped us get. Adam not only saw the computers, but he also hopped on to a computer and spoke to our online Peer Support Group members.

Adam and Sharin, his Advisor, then talked to us over morning tea about what he can do to assist BIM. He asked lots of questions to ensure he knew how he could do the best for BIM. He has committed his ongoing support to lobby to improve funding for us and meet with us when possible.

Here is a picture on the day with the new BIM Banner:



From left: Lauren , Brent, Adam, Nia and Col

Cheers
Brent

Brent Alford
Chairperson

Project Team Update

The Project Team has been a bit different this month: our project manager, Peter, has been on holiday in Cambodia; our Finance/Admin guru, Fraser, is in the UK; and our peer worker, Sonia, has concluded her role at BIM. We thank Sonia so much for all the work she has done setting up and running peer support groups. We also thank Ryan and Nick, who have stepped up to facilitate their peer support groups (Brainwave and Get-Ahead) and Bruce, who has helped out while Peter is away.

All our peer support groups are going well and growing. We continue to get lots of enquiries from people wanting to join one.

The Project Team

Report from the Office - Lauren

Before Covid times, the BIM office was a place for many morning teas with BIM members and guests. It was pleasing to be able to do this again recently. The COM executive hosted a visit by Adam Bandt MP. I oversaw the catering and have included a photo of us at morning tea.



Report from the Office continued

Col gave Adam a tour of Ross House and the BIM office to see the computers funded by a grant through Adam's office. Col wrote the grant. Sally invited Adam to join her online with the Wednesday online Peer Support Group. I have included photos of the Zoom with Adam.



Brent, Nia, Col, Adam, and his parliamentary advisor Sharin talked about the continuing collaboration between BIM and Adam's office while having refreshments.



Brainwave Peer Support Group – Chatting to Adam Bandt online. Photo: top row – Tanya, Sally, Brent, Adam Bandt, Alissa; middle row – Ryan, Anat, David; bottom row - Peter

IT Information from Col

<https://carrd.co/> - Build a one page website

<https://namechk.com/> - Want your own domain name, hop onto this site to check if its available

<https://play.google.com/store/apps/details?id=keepass2android.keepass2android>

- Keepass2Android Password Safe, an update to the Keepass that was in the last newsletter, this update brings many fixes to previous releases and is compatible with Keepass 2.x Password Safe for Windows.

If you have anything in relation to IT that you like to raise, send an email to vicechair@brainjurymatters.org



Invitation Legal Webinar

This is a unique opportunity for people with Acquired Brain Injury to gain greater understanding of their legal rights when planning for their future. It will be a forum to discuss your options and ask questions. This forum will be delivered via zoom.

Hosted by

Brain Injury Matters &
Peninsula Community Legal Centre

Topics:

- Wills
- Powers of Attorney
- Advanced Care Plans

Speaker:

Will Betts
Peninsula Community Legal Centre

Tuesday
6 September 2022
11.00am

information & zoom link details

contact:
Lauren Howe - 9639 7222
office@braininjurymatters.org



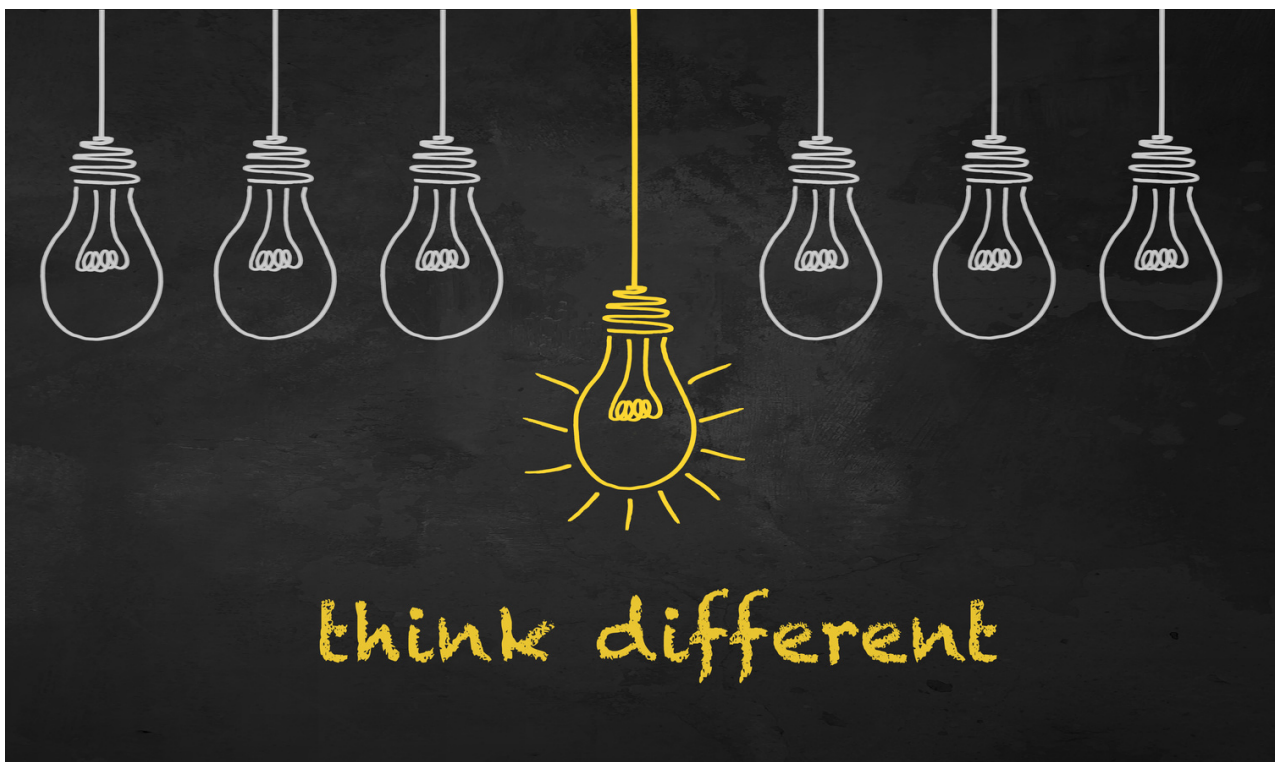
Peninsula
Community
Legal Centre



Contribution from Adrian

THINK DIFFERENTLY

As many of you have realised (and the rest will soon), I have trained myself to think differently about life. This is because I have had different experiences. So have most of you. 'Different' doesn't mean necessarily contradicting everyone (like Doctors and other professionals): it just means a unique way of solving problems. I've had to deal with different issues to most people, so I've trained myself to think differently. And I've learned to try new things. For a real world example: I've learned to take negative thoughts and make positives out of them. For example, turning 'cannot' into 'how can I?'. Another example is using my left hand to do things that I would otherwise do with my right hand. Yet another example is reviewing my experiences and thinking how I can do better next time, then going out of my way to practise. Go out of my comfort zone to do things that are difficult for me. I expand my consciousness by reading more and listening to others. I learned this early on and it has helped me greatly.



Spotlight on Pets

Jason and Lucifer

Lucifer came to Jason 4 weeks ago, as a 12 week old puppy. Jason named his puppy after his favourite TV series, 'Lucifer', which is the DC Universe's version of the devil.

Although Jason's family home has many pets, including a number of dogs, Jason decided to get Lucifer because he wanted a dog of his own, as all the other dogs belonged to other family members.

When asked how he would describe Lucifer's character, Jason said "Like father, like son. He is quiet, keeps to himself most of the time and eats everything." Jason loves that Lucifer doesn't bark around him like the other dogs do.

Jason is part of our 'Brainstormers' Ringwood peer support group. Lucifer is also a regular at Brainstormers and even came to karaoke with us.



Photos from various Group Outings

Brainstormers visit to the Yarra Valley Chocolaterie and Ice Creamery. We did a taste-and-create class, tasted 12 different chocolates and made our own rocky road!



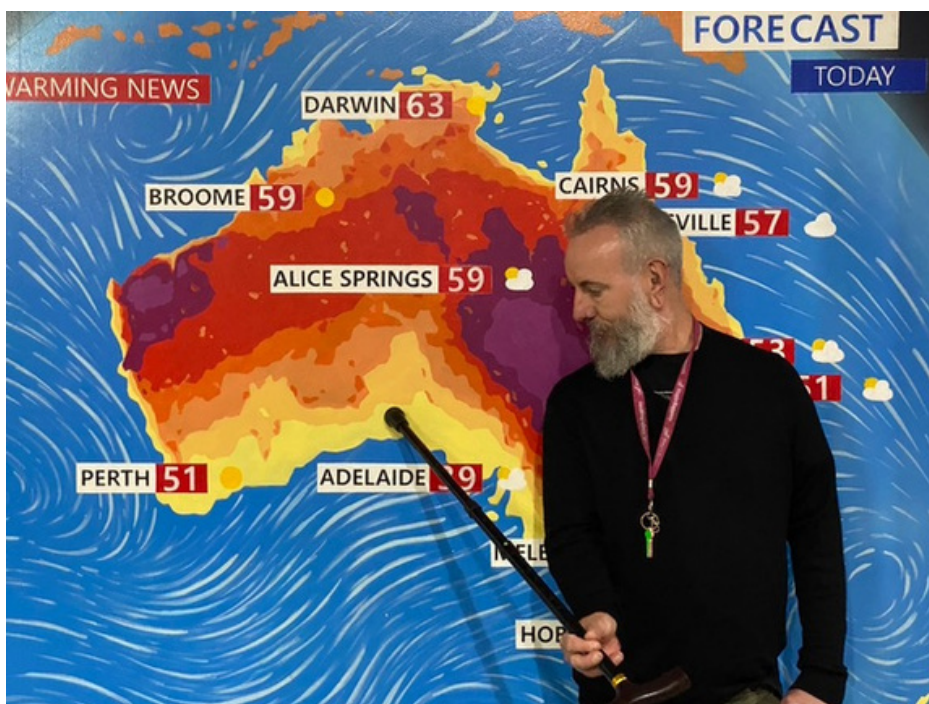
Photos continued



The Northcote Peer Support Group, 'Get-Ahead' visited ArtVo in Docklands. Here's some of the great photos they took.



Lynne, Kevin, Nick and
Peter (Aquarium)



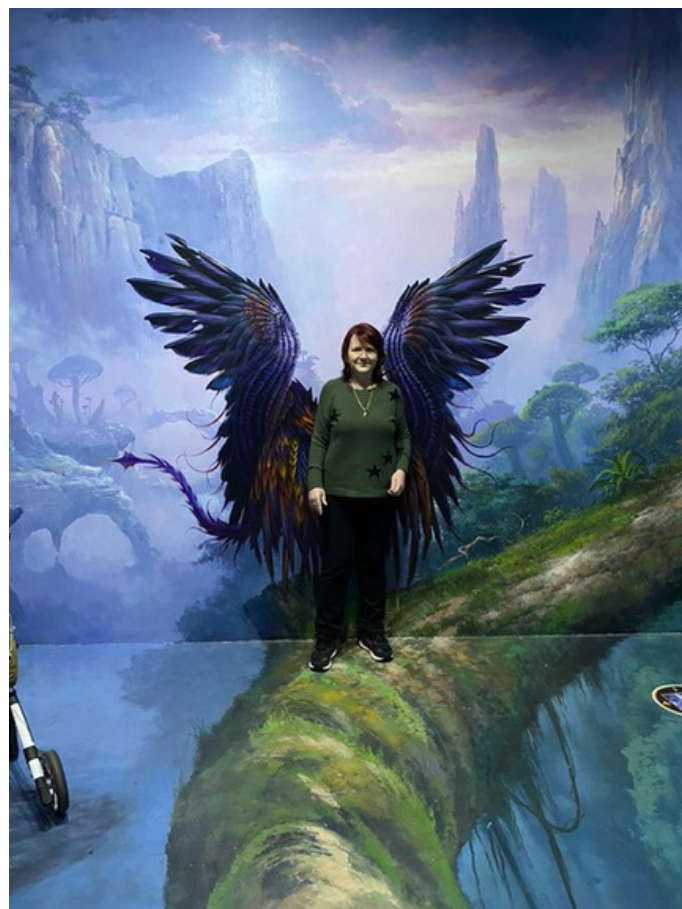
Nick (Weatherman)



Kevin (Owl)



Peter (Surfing)



Lynne (Wings)

COFFEE MORNING SHENANIGANS!

At Coffee Morning recently the question was asked,
“If you were a condiment, what would you be and why?”

Wasabi – it’s hot!

Honey – so I can slip into anything

BBQ sauce – to sweeten everything

Lemon butter – sweet with a bit of a tang

Raspberry jam – kind of nice

Salted caramel – sweet and salty

Salted caramel – bloody beautiful

Blueberry jam – likeable

Hot peri-peri – it’s hot

Turmeric – added to prevent Alzheimer’s and an anti-inflammatory

Chutney – full of goodness

Mustard – a bit vinegary and spicy, goes well with a hot dog!

BBQ sauce with maple and honey – all mixed up!



COFFEE MORNING SHENANIGANS!

Jokes

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station...

What did the grape say when the elephant stepped on it?
Nothing, it just gave a little wine!

How do you follow Will Smith in the snow?
You follow the fresh prints...

I'm afraid for the calendar, its days are numbered.

How is it that one careless match can start a forest fire, but it takes a whole box to start a campfire?

Why don't oysters donate to charity?
Because they're shell-fish!

I got fired from my job at the bank today---an old lady came in this morning and asked me to check her balance so I pushed her over.

Quote: "People say nothing is impossible, but I do nothing every day." Winnie the Pooh

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.

The National Assistance Card can:

- help cardholders communicate their unique areas of difficulty and the assistance they may need.
- give cardholders greater independence.
- assist cardholders to feel more confident in everyday social situations.
- provide peace of mind for families and carers.
- enhance community understanding of disability and health conditions.
- support positive community interaction with cardholders.

Every National Assistance Card is personalised.

The Card includes a cardholders:

- first and last name
- photo
- date of birth
- nominated contact person's name and phone number
- (A cardholder can choose if this person is contacted)

Also printed on the Card:

- up to five areas of difficulty chosen by the cardholder
- (for example: communication, fatigue, memory, processing information)
- a QR (Quick Response) Code providing access to additional written information (written or personalised video) that the cardholder has chosen to include.
- the Police Assistance Line phone number.

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>

[v=ZW4DmfiDwEo&t=8s](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:

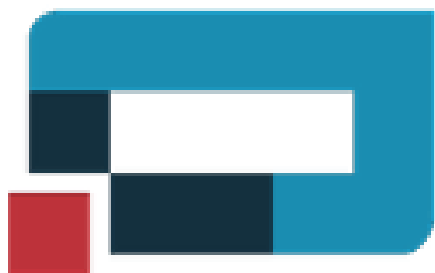
- Visit the National Assistance Card Website, you may find the answer you need on the Frequently Asked Questions page:

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



**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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