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# BRAIN INJURY MATTERS

## NEWSLETTER

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### Meet Alissa Wells

#### 1. How long ago did you acquire your injury?

In 2009 I fell 8 metres off an indoor balustrade at my apartment.

#### 2. What is your greatest achievement since your injury?

Greatest achievement is working hard to get better, playing the piano and singing.

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

I'd like to find an interest that would give me weekly focus on.

#### 4. What do you find your biggest challenge?

My biggest challenge is learning how to sing fluently, as I once did professionally.

#### 5. What is your favourite food?

I love a good pasta dish, or eye fillet.



**6. What is your favourite movie?**

My favourite movie is *The Score*.

**7. What is your favourite hobby?**

Favourite hobby would be playing my piano.

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

BIM group is a great space to speak with other people in your shoes.

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

For a new person know there is hope for you and that you're not alone through your journey.

**10. What does Brain Injury Matters mean to you?**

Brain Injury Matters for me is a supportive place to be heard and supported.



## 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](mailto: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:

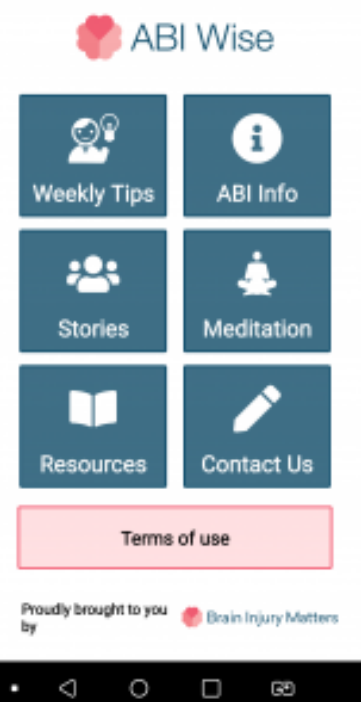
- **Northcote** - Tuesdays at 10am
- **Frankston** – Tuesday at 10am
- **Online only** - Wednesdays at 10am
- **Ringwood** - Thursdays at 10:30am
- **Footscray** – Thursdays at 10am
- **Gisborne** - Last Wednesday of the month

Contact [office@braininjurymatters.org](mailto: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**

There is exceptionally good news to report on two fronts.

Firstly, BIM has received an 18-month funding extension for our peer support groups, commencing 1st January 2023. This funding is under the ILC funding part of the NDIS. The extension will allow us to continue supporting the six peer support groups. We are also considering new activities, but this will be dependent on the level of funding. BIM will continue to be in touch with the Department of Social Security, as the department which is leading the review into the ILC.

Secondly, we have successfully applied to the TAC to develop series of training modules on a range of key relationships that people living with an ABI need to re-establish and navigate post their brain injury. These include:

- intimate relationships
- relationships with children
- relationships with family & friends
- building new friendship networks

This is a short project will be completed in the first half of 2023.

Our Annual General Meeting is being held on the 3rd of November.

It is our first face-to-face AGM for a couple of years, and it would be great to see many people come along. Neil Cameron, a past president of BIM and legend in ABI self-advocacy, is our guest speaker.

BIM is keen to provide training to service providers on the lived experience of people with ABI. We trialled this training last month with Inclusion Melbourne and we are looking to provide this on a regular basis.

Finally, we are thrilled as the numbers of people attending our peer support groups continues to increase. This reinforces the need for peer support.

Continue to be the self-advocates I know you can be.

Talk soon

Brent

Brent Alford  
Chairperson

## Project Report

As Brent mentioned in the CoM report we had great news about the peer support group program. We now have more secure, longer-term funding commencing in 2023! The peer support groups all continued to meet face-to-face and online. Some of the activities have included BBQ's next to the Yarra and Ringwood Lake, catchups at cafes, and a Devonshire tea.

Some of the topics that peer support groups have talked about included 'your favourite movie and why', 'your goals for the next six months', 'what motivates you', 'a favourite holiday photo and why', and 'what people do when they get bored'.

Our connection with the four neighbourhood houses (NH) has many aspects to it – people with ABI joining other activities that take place at the NH, morning tea for the group provided by the NH, and one NH connecting people with ABI to a peer support group.

Take care till next month.

Fiona, Fraser, Nick, Peter, Sally, Rhino, and Yannick



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## Report from the Office - Lauren

The BIM Annual Report will be sent to BIM members and associates very soon. The BIM financial audit is almost complete and will be included in the Annual Report. The report is a document which tells everyone about the great work done at BIM, and it meets legal requirements for our Incorporated Association. The staff and COM have been working hard on the content. You will enjoy the extra reading material!

This is all leading up to the BIG DAY – November 3rd, the BIM Annual General Meeting (AGM). Please come to Ross House and meet each other, listen to a great speaker - Neil Cameron and have Sushi, Pizza and FUN.

The Law Webinar recording is on the BIM website now, and notes from the day are being sent to those who attended. Ask me if you want a copy of the written material on legal future planning.

Yet to be officially confirmed, watch this space, however it is looking very hopeful there will be a new project that will involve training workshops on relationships post ABI, happening next year.

The last week of October I am taking leave which will end the day before the AGM.

So please contact the rest of the team on [office@braininjurymatters.org](mailto:office@braininjurymatters.org) until I see you on November 3rd for our great get together for the AGM.

Our last in person AGM 51 people attended, LET'S BREAK THE RECORD this year!

Cheers  
Lauren

## Helpful websites from Col

<https://www.resumemaker.online/>

Want to create a professional looking resume?? No sign up required and plenty of examples to help you...

<https://downforeveryoneorjustme.com/>

Is a website down for just me or everyone...go to the site and enter the web address and find out...

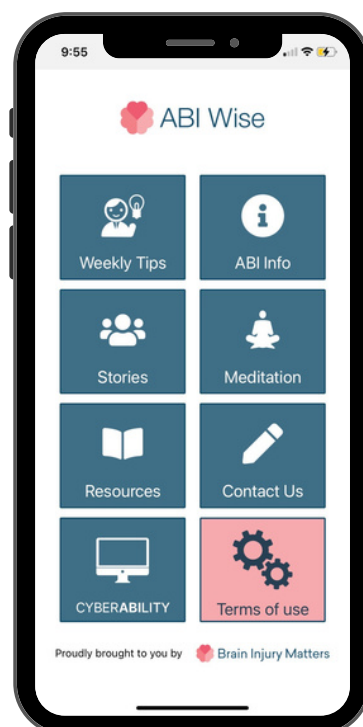
If you have any tips or want some help finding a website let me know at [vicechair@brainjurymatters.org](mailto:vicechair@brainjurymatters.org)

## ABI Wise App

To download the ABI Wise app, click on the link below for your smartphone:

Apple - <https://apps.apple.com/au/app/abi-wise/id1453507116>

Google - <https://play.google.com/store/apps/details?id=com.braininjurymatters.abiwise>





# Contribution from Adrian

IF ONE DOOR CLOSES AND ANOTHER OPENS,

YOUR HOUSE IS HAUNTED AND YOU NEED TO RUN!!

**Success is not a Destination, happiness is not a Place and Practice does not make Perfect**

These were a few of the ideas that I had when I was younger, which turned out to be wrong - or maybe misguided. I thought that I when I achieved my goal, then I'd be happy. That was what I was told. But it is not the case.

Success is not a destination; happiness is not a place. I didn't realise that, in order for me to be happy, I needed to find happiness in the present moment - not in some future destination called success. I find that success is a journey. Every day I focus on what is important to me. I look at how I can find happiness each day, practicing doing what I can do better each day.

Practice will never make perfect - but the more I practice, the better I will get.





October 2022



# AGM Flyer



Brain Injury  
Matters

**Special  
Guest  
Speaker  
Neil  
Cameron**



**A G M**  
Annual General Meeting

***3rd of November***  
**11 am to 1pm**

**2022**

LUNCH PROVIDED

For those who wish to attend but cannot in person, a ZOOM link will be provided closer to date

***4th floor Hayden Raysmith Room  
Ross House***

***247 Flinders Lane Melbourne***

**rsvp**

**office@braininjurymatters.org**

# Brainwave Movie Recommendations!

At our Brainwave online peer support group, we had a great discussion recently about movies we've enjoyed. Here is a list of the movies that members shared!

- **Saving Private Ryan** - Tom Hanks, war movie
- **Kokoda: 39th Battalion** - war movie about Australian & Japanese battle during WWII
- **The Peanut Butter Falcon** - comedy drama about boy with Down syndrome who runs away from his nursing home to become a wrestler
- **The Zookeeper's Wife** - based on true story of Polish zookeepers who saved hundreds of people during Nazi invasion in WWII
- **Fight Club** - Brad Pitt, Edward Norton; drama about an underground fight club
- **Good Will Hunting** - Matt Damon, Robin Williams; about a delinquent young guy who is gifted at maths
- **Dead Poets' Society** - Robin Williams; about a teacher at a boarding school who encourages his students to 'seize the day'
- **Reservoir dogs** - crime thriller about a heist that goes wrong
- **Boyz in the Hood** - Ice Cube; crime drama about 3 guys living in Los Angeles ghetto
- **The Godfather and The Godfather Part II** - crime drama about a organized crime family
- **Chuck** - based on the true story of heavyweight boxer, Chuck Wepner
- **Amelie** - French romantic comedy about a girl who helps others around her
- **Alive** - Ethan Hawke; based on the true story of a Uruguayan rugby team who crashed in the Andes
- **Ride Along** - Ice Cube & Kevin Hart, action comedy about 2 guys on a 24-hour police patrol
- **Inside Man** - Denzel Washington, Clive Owen, Jody Foster; crime drama
- **Top Gun: Maverick** - Tom Cruise; sequel to 1986 film Top Gun
- **Catch me if you can** - Leonardo Dicaprio, Tom Hanks; based on a true story of a con man
- **Penguin Bloom** - Naomi Watts; based on a true story of a lady in a wheelchair who's family take in an injured magpie

- **Forrest Gump** - Tom Hanks; about the life of a kind-hearted man with an IQ of 75
- **The Terminal** - Tom Hanks; comedy drama about a tourist who is stranded in JFK airport
- **The Blind Side** - Sandra Bullock; true story of Michael Oher, an African American boy who was homeless but became an NFL player after being helped by a white woman and her family
- **Shawshank Redemption** - Morgan Freeman & Tim Robbins; drama about a white and a black man who bond in prison
- **Schindler's List** - WWII movie about Oskar Schindler who saved Jewish refugees from the Holocaust by employing them in his factories
- **The Boy in the Striped Pyjamas** - WWII movie about a forbidden friendship between the son of the commandant at a German concentration camp and a Jewish boy in the camp
- **Gorillas in the Mist** - true story of Dian Fossey who studied mountain gorillas in Africa
- **Braveheart** - Mel Gibson; about Scottish warrior William Wallace who leads a rebellion
- **Hidden Figures** - based on true story of 3 female African American mathematicians who worked for NASA
- **CODA** - about a girl who is the only hearing person in her deaf family. Main actors are deaf and won academy awards



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## **Photos from Frankston Peer Support Group called Brain Injury Friends (BIF)**

Brain Injury Friends (Frankston) peer support group visited the local member for Frankston, Mr Paul Edbrooke.

Each member of the group got to share a bit of their story, Mr Edbrooke told us what it was like to work as a member of parliament and we went on a tour of his office.





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# Photos from Northern Peer Support Group - Brunch BBQ at Studley Park next to the Yarra









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## **We had a visitor at the Northern Peer Support Group**





# Photos from Brainstormers Peer Support Group

On September 29th, the Brainstormers Peer Support Group discussed the challenges of staying motivated after brain injury.

Group members identified that memory challenges, lethargy, fatigue, feeling overwhelmed and disorganized and a sense of loss contributed to a lack of motivation. Members then shared strategies that they've used to remain motivated:

- having small, realistic goals
- celebrating achievements (no matter how small)
- writing lists
- focusing on positives
- having a good support team
- talking to others and sharing ideas

We also had an unexpected visit from the Hulk and Queen Elsa!



*Photo 1: Whole group*



*Photo 2: (L-R) Elsa, Petey and Hulk*

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## 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](http://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?](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:

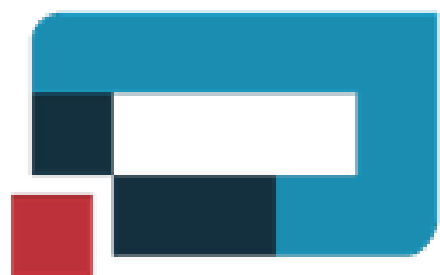
- Visit the National Assistance Card Website, you may find the answer you need on the Frequently Asked Questions page:

[www.nationalassistancecard.com.au/frequently-asked-questions](http://www.nationalassistancecard.com.au/frequently-asked-questions)

- Contact the National Assistance Card Team via:

- Email: [info@nationalassistancecard.com.au](mailto: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](mailto:office@braininjurymatters.org)

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