



Meet Col Brokenshire

1. How long ago did you acquire your injury?

About 17.5 years ago...I woke up three days after my accident occurred on the 20th of April 2005 at 8.30 in the morning...

2. What is your greatest achievement since your injury?

Going to Uni and achieving a degree and now I have progressed to completing a Graduate Diploma in Disability and Inclusion and next year I am starting my Masters...go me 🤘.

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

I want to continue with BIM and help in whatever way I can, from little jobs to the big ones.



4. What do you find your biggest challenge?

I guess with most people who wake up in hospital, it is getting back on your feet: physically and mentally.

I was able to think straight away that I would provide support where I could, volunteering for various organisations, and this has occurred all the way since completing rehabilitation.

5. What is your favourite food?

Middle Eastern...excellent mains such as dishes like Falafel and Hummus followed up with a couple of pieces of Baklava...how could you resist??

6. What is your favourite movie?

This is a bit of an old one that not too many people know about, but it's called "*Withnail and I*" and it's one of Richard E. Grants first films and it's a doozy.

7. What is your favourite hobby?

Cooking, reading, music and the Internet.

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

I want to help the organisation grow, with more staff to help more people with an ABI. We know that people with an ABI are out there: it's just getting the message to them that BIM exists to help.

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

Look forwards and not back. Seek help when needed.

I have been fortunate to have a great support network, from family to my support team, which hasn't changed in the time that I have had my ABI.

10. What does Brain Injury Matters mean to you?

BIM is an organisation with its heart at its core and it is striving to be the best it can be to help those in need, and I have been one of those people in need.

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.

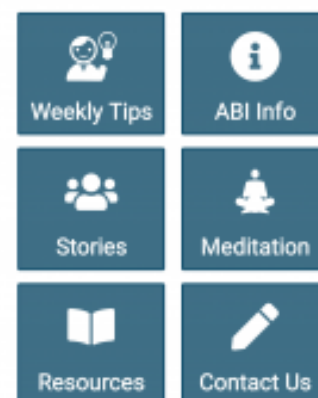
Check out our Website, ABI Wise App, Facebook and Instagram

<https://www.braininjurymatters.org>

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



 ABI Wise



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Updates

Committee of Management (CoM) Report

We held our final meeting for 2022, with Adrian Jones attending his first CoM meeting since being elected. The CoM approaches 2023 with a sense of optimism, whilst not resting on our laurels. With funding secured for our peer support program for the next 18 months, and the research project with the University of Melbourne to investigate the impacts of the peer support program of people's lives, there is plenty to look forward to.

Early in 2023, we will once again conduct the BIM Annual Needs Survey, which gives you a chance to tell us what the key issues for you, as a person with an ABI are. The survey has told us over the past 3 years that social isolation is a critical issue.

This has underpinned our determination to set up and support peer support groups on an ongoing basis.

The CoM has also just commenced reviewing our Strategic Direction, which concludes this month. We will be seeking your input as we develop the new Strategic Plan.

So, we wish you a restful break and hope to see or hear from you early in the New Year.

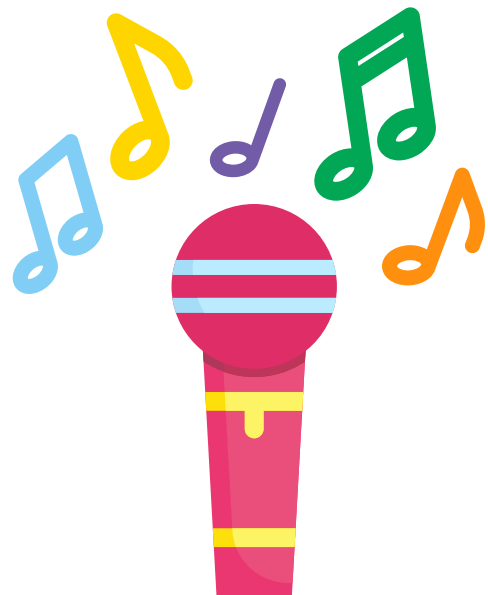
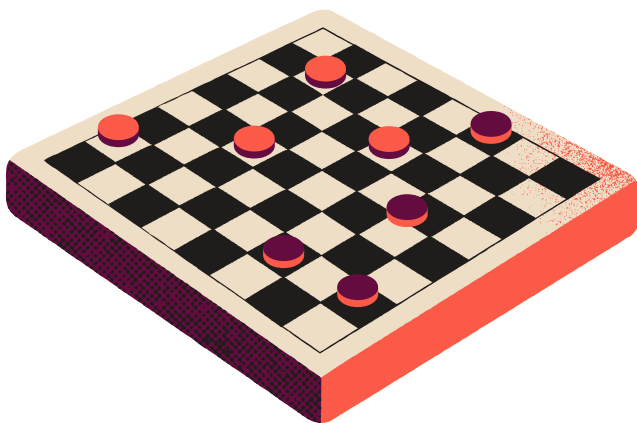
Brent

Brent Alford
Chairperson

Project Report

December was another busy month, full of interesting activities, though mainly old favourites – these included a board games day, karaoke and bowling, a BBQ and coffee at favourite cafes. A number of groups looked at how to get the best out of a visit to the doctor, and we have combined those suggestions, which will be distributed in the new year. The Monday online Coffee Morning continues to be a hoot with fun questions and bad jokes! Many of the groups had an End-of-Year breakup – there are some photos elsewhere in the newsletter, including some of the Monday Coffee Morning group catching up for a real coffee!

So, take care till next year, when we will do it all again!
Fiona, Fraser, Nick, Peter, Rhino, Sally, and Yannick



Lauren's report from the Office

This is the last report from me for the year. BIM slows down a little in January, we don't have a COM meeting, and the December issue of the newsletter will need to tide us over until February. Most of the staff, COM, and volunteers have a break over the holiday period. It has been a great year and we will be ready for another great one in 2023!

To prepare for a positive future, a planning meeting was held on 6th December to review the current BIM Strategic Direction document, with the view to making a new one from 2023. A draft amended document, with the suggestions made at the meeting, will be sent to all members in late January. There will be time for members to give feedback before the final document will be tabled at the Feb 2023 COM meeting for the COM to consider.

Looking back over this year, a highlight was the creation of the New Gisborne ABI Self-help Group (GASG). Carol facilitates the group, which has 5 regular members. Carol is doing promotion to attract new members in 2023. I hope more members will step up, as Carol has, to start more volunteer run groups. BIM can Auspice groups which ask for funding from the Victorian government Self Help Grants scheme.

The grant does not allow the payment of workers, the groups must be run by volunteers. However, BIM can advise and give support, plus manage the financial side. Please contact me in 2023, if you might want to think about leading a volunteer ABI group in your local area.



VOLUNTEERS

Lauren's report from the Office continued

Talking of volunteers. I am in awe of the amazing input from a core group of people at BIM, they put their hand up - Again and Again. Most recently to be part of a project Reference group to Co-Design a project with Eli from Monash University, to create workshops to address '*Building Relationships Post Brain Injury*'.

This and many other exciting things are happening in 2023. I have only talked about some, Brent and the ILC team have updated you about other ventures - new and ongoing. I would like to wish the entire BIM family a Very Happy Holiday period and an extremely safe and Happy New Year. Cheers Lauren



Important links

ABC Regional Storyteller Scholarship-

<https://careers.abc.net.au/caw/en/job/502859/abc-regional-storyteller-scholarship>

TAC Client Update December 2022-

<https://comms.tac.vic.gov.au/pub/pubType/EO/pubID/zzzz639a69482c9dd469/?aid=5c51f09bdd5ec041c51f09bdd5ec041>

Contribution from BIM Volunteer Bernadette-

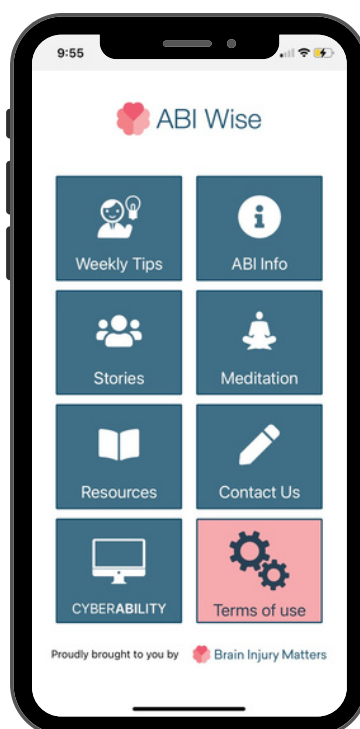
<https://www.abc.net.au/news/2022-12-12/pioneering-scientist-maisie-carr-nee-fawcett-s-legacy/101683736>

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

The opposite of courage isn't cowardice: it's conformity.

December is usually a time of year to celebrate. It's the time of year to be festive with Christmas and celebrate with family/friends. And, at the end of the month, it's time to welcome in the new year. Many people set New Year resolutions - ones that most don't keep. I know that I've done that. I believe that setting resolutions at New Year's Eve isn't good - why not set them all year round?

I think that Stoicism shows the best way to set and keep resolutions. I find that if I focus on what I can control, don't worry about what I can't, this sets me up for success. And this can be done any time of the year!

For example, if I want to get fit, I could start by walking around the block. And each time, increase the distance/speed. These are all things I can control. The weather, on the other hand, is out of my control (if you know a secret to control the weather, please let me know!) Also friends might come around. There are many other things that could happen, which are out of my control. What is in my control is my response. I can plan, ahead of time, an appropriate response which would deal with the situation - as well as keep me on the path to success.

An example of this was Anat. She was a close contact of a person who had COVID-19. That was something that she couldn't control. But she could control her response. She chose to isolate herself (which was certainly in her control). It wasn't the easy decision; it was the responsible one.

The obstacle is the way

So I'd like to end this year on a positive note. Make resolutions everyday - not every year! I try to make today better than yesterday.

I wish everyone a wonderful festive season- Have a fantastic holiday and I look forward to improving with you next year!!



Contribution from Adrian

Garlic Prawns a La Creamy Fettuccine

Ingredients:

- Knob of butter
- 200g pasta
- 300g peeled prawns
- 300ml thickened cream
- ½ cup chicken stock
- ¾ cup parmesan cheese

Optional:

- Cherry tomatoes/sundried tomatoes
- Capsicum
- Broccoli
- Chorizo
- Onion

Method:

1. Cook packet of pasta (make sure you take it out of the packet first!).
2. Before draining pasta, scoop out one cup of pasta water and set aside.
3. Melt butter in a large frypan over medium heat.
4. Add chopped onion to frypan.
5. Add chopped chorizo, prawns, broccoli, capsicum.
6. Once cooked, add to a separate bowl, and make sauce.
7. Add scoop of pasta water and simmer for 2 minutes.
8. Add 300 ml chicken stock.
9. Add small container of thickened cream.
10. Stir until consistency thickens.
11. Add all ingredients (including sundried tomatoes).
12. Stir, serve (with sprinkling of parmesan cheese) and enjoy!

Photos from Coffee morning on 12th of December



Photos from BIM Committee and Staff End of Year Lunch



*End of Year lunch
was held at Blue
Train cafe in
Southbank*



*Final 2022
Committee
Meeting*



Christmas decorations on the Evan Walker Bridge - Southbank

Photos from Gamesday at West Footscray



Scrabble!



Uno!

Photos from Gamesday at West Footscray continued



Greed!



Uno champ!



Jenga!

Photos from Western Peer Support Group End of Year Celebration



Northern Peer Support Group Christmas Breakup



*Nick in charge
of the BBQ*



Letter of Thanks for 2022

Hello Bimcats

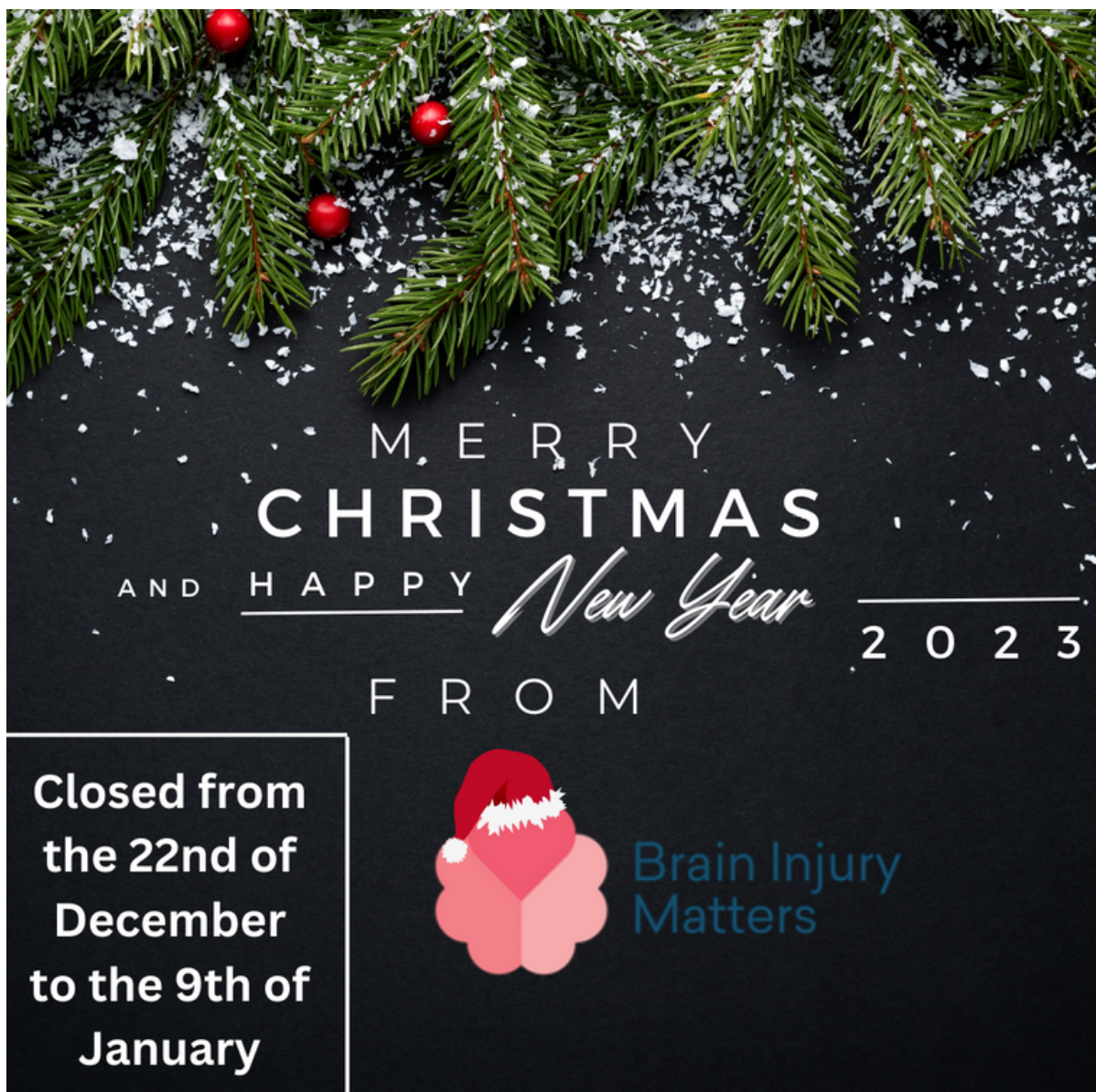
2022 what a magnificent year we have had, back in the community and living life, 7 peer groups allowing us to grow our relationships in our groups to become stronger peers and advocates.

Thank you to the BIM team for continuing to grow and achieve our goals, I hope you all are continuing to achieve your personal goals as well, because to achieve BIM greatness, from the flow on affect, when your mind is achieving your own goals we are achieving ours.

Have an awesome Christmas and time to recharge for 2023.

Cheers Brent

Chairperson



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>

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



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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