

BRAIN INJURY MATTERS NEWSLETTER

MEET TRENT SEXTON



1. How long ago did you acquire your injury?

I've had a brain injury since April 2020.

2. What is your greatest achievement since your injury?

Volunteering at Salvation Army.

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

I'm in the process of doing an occupational therapy driving assessment, so getting my driver's license back is what I want to achieve in the near future.

4. What do you find your biggest challenge?

My biggest challenge is fatigue and remembering things.

5. What is your favourite food?

Pizza!



6. What is your favourite movie?

No favourite really. Star Wars is great and The Matrix is good too. I also like all the Star Trek movies (some more than others). If I had to choose one, it would be John Wick maybe.

7. What is your favourite hobby?

Collecting coins and shoes. I currently have 71 pairs of shoes (which is not enough!).



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

Learning different ways to cope with brain injury .

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

It's really challenging at the start but it does get better. Try and get used to how you will be after brain injury, because it completely changes one's life.

10. What does Brain Injury Matters mean to you?

BIM is good for the different activities we do. It's good to know the people that go there, so it is fun.



CONGRATULATIONS



TO MANDY HAY

- WINNER OF THE \$50 GIFT CARD

**DRAWN FROM THOSE MEMBERS WHO COMPLETED
THE ANNUAL NEEDS SURVEY**

Thanks to all those who completed the survey.

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
- **AWSABI (Albury-Wodonga Stroke & Brain Injury) Inc**
- 4th Thursday of the month 10:30am



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

CHECK OUT OUR WEBSITE, ABI WISE APP, FACEBOOK & INSTAGRAM

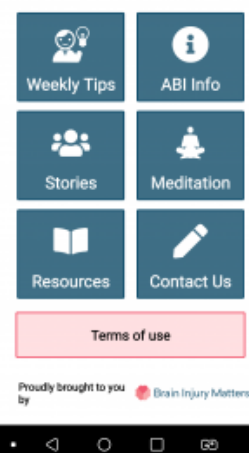
<https://www.braininjurymatters.org>

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



WANTED - TECH SAVVY VOLUNTEERS

If you have time and tech skills, we are looking for people to volunteer to help keep our website and ABI Wise app updated. Please contact office@braininjurymatters.org if you are interested.



COMMITTEE OF MANAGEMENT REPORT

Hello BIMcats

Exciting things have been happening in the last month that I wanted to bring you up to date on.

We have conducted our Annual Needs survey for the fourth year. This survey is one way for you to tell us what BIM should focus on in the coming year. I'm pleased to say the response rate was very good. As soon as the survey results and analysis have been completed, we will get them to you.

The other exciting area that is making good progress is the research that BIM is working on with Melbourne University. The research is looking at the impact of the peer support groups. The research is a great example of real co-design. We are hopeful of ethics approval in the near future. The research is due for completion by the end of 2023.

Talk with you next month. In the meantime, stay well.

Brent Alford

Chairperson
Brain Injury Matters



LAUREN'S OFFICE REPORT

Hi Everyone

More and more paid jobs at BIM are being taken on by people with ABI. Speaking for myself, I can say working at BIM alongside people with ABI, is a great experience. I am drawing to the end of my decades long career in community services. Many organisations I have worked at did not display the commitment to embracing the capacity of people with disability the way BIM does. BIM values the lived experience of people with ABI and acknowledges them as the best people to run BIM. The Committee of Management – all of whom have an ABI and many of the paid positions are done by people with an ABI.

This situation will continue to increase. Please see the Advertisement in this newsletter for several new paid positions at BIM for people with ABI. These jobs are part of a new project funded by the TAC called 'Building Relationships Post Brain Injury.' Five BIM members have been working with Monash University to Co-design the series of workshops.

A lead facilitator from Monash, and several Co-facilitators from the ABI community, will deliver training to people living with an ABI. The workshops are about the changes that occur in relationships post ABI and how to best deal with any difficulties that arise and how to make new relationships. The training will cover the areas of intimate relationships, friendships and relationships with families.

To start with, these workshops will happen at the BIM Peer Support Groups from July this year. A sustainable model is being developed, which will ensure the training will be delivered more broadly. Plus, the workshop material will be added to the BIM ABIWise mobile phone App.

Please contact me if you would like to know more about the project or the jobs. Email the office: office@braininjurymatters.org or call (03) 9639 7222.



JOB VACANCY

BIM 'Relationships Post ABI' Workshop CO-FACILITATORS (Trainers)

Several co-facilitator jobs are available with BIM, on our Relationships Post ABI Project, to help deliver workshops about Relationship's post ABI at BIM Peer Support Group meetings.

- **Casual work:** between 15 - 45 hours in total, according to availability in locations required.
- **Paid to be trained** by attending 'Train the Trainer' sessions for 6 hours in June 2023.
- **Paid to deliver** Workshops between July to November 2023.
- Support Worker provided.

BIM's Relationships Post ABI Project will deliver training to people living with an ABI about the changes that occur in relationships post ABI and how to best deal with any difficulties that arise and how to make new relationships. The training will cover the areas of intimate relationships, friendships and relationships with families

**To get more information and receive the Position Description,
please email office@braininjurymatters.org**

Applications close 29th April 2023

Interviews will take place in May 2023

ONLY people with an ABI can apply for these positions

ILC PROJECT REPORT

The Peer Support Groups are in full swing, with a whole heap of interesting and fun things happening in the past 4 weeks or so. Group activities and discussion topics have included: BBQs, a visit to the Werribee Zoo, discussions on people's hobbies, 10 pin bowling, karaoke, movies and board games.

The North-Metro group also took part in VOICES of VICTORIA LISTENING TOUR run by the Victoria Council of Social Services (VCOSS). VCOSS were seeking information on what challenges people face, and what supports people need to live a good life.

And across all of the groups, in the first couple of months of 2023, we had 100 people come to the groups!

There has also been good progress on the development of the regional peer support groups. We are very much looking forward to making an announcement soon.

Cheers

Andrew, Fiona, Fraser, Nick, Peter L, Peter P, Ryan, Sally and Yannick

NORTH METRO PSG - Northcote



The Northern suburbs group participated in a community consultation conducted by the Victoria Council of Social Services (VCOSS). Fourteen of the group along with other members of the local community detailed the challenges they face and what they hope for the future. It is the second time VCOSS has undertaken a statewide community consultation with everyday Victorians. The information is then summarised and presented to the Victorian State Government.

EAST METRO PSG - Ringwood (Brainstormers)

Brainstormers recently had a board games day.



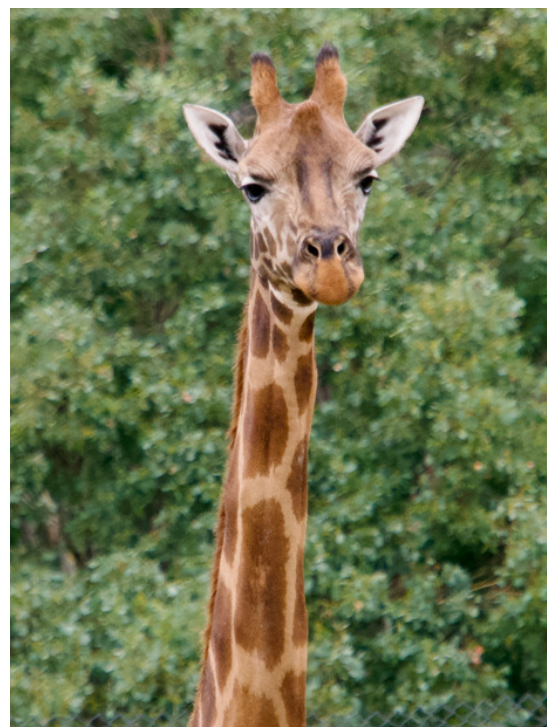
SOUTH METRO PSG - Frankston (Brain Injury Friends)

The South group at the movies.



WEST METRO PSG - Footscray

The West Metro Peer Support Group recently visited Werribee Zoo. Here's a great shot of a giraffe taken by one of the members.



The group also had a session talking about hobbies and people brought in different things for show and tell.



INTERNATIONAL WOMEN'S DAY

Anat Bigos, a BIM Committee of Management member, was on a City Of Glen Eira panel celebrating International Women's Day.

Other panel members were the deputy mayor and an education coordinator of the council.

Anat spoke of her experience before and after the accident, her challenges now and her involvement in different committees such as BIM and others. And of course the issue of equality.



CONTEMPORARY ART EXHIBITION ENTRANT



Tim Archer from the North Metro group is exhibiting in the A4 Art Australia exhibition on Herring Island. Great exhibition, great location and great sketch. The exhibition closes on Easter Monday. See details at <https://www.contemporaryartsociety.org.au/exhibitions/a4-art-australia>

CONTRIBUTION FROM ADRIAN

In My Opinion...

Aim for Improvement, not Perfection!

Last month, Brent tried to enter into the World Indoor Rowing Championships. He wasn't successful, but the important part was that he TRIED. So, instead of wallowing in self-pity, he grabbed the bull by the horns and did what he could! I was there to support him. And he succeeded!

And what this shows me is that life requires participation. I can simply survive or I can put effort in and thrive. I find that even a simple change (like cleaning my teeth with my left hand), that is done consistently, will bring about big changes over the long term. This is what I've been doing over the last 30 years and this is what suggest that others do, too. I find that it's small changes, done over the long term, which yield the best results.

Of course I've compared myself with others, most of whom did not have an injury like myself. I used to sink into a depressed state, which obviously compounded my problems. Now, I approach the problems differently. I focus on the solution, not the problem. I focus on what I want the outcome to be, and break it down into manageable changes. Then I make these small changes regularly. Another example is when I type on a computer. I used to type predominantly with one hand. Years ago I tried to learn how to touch-type. I am not able to master typing, without looking at the keyboard, YET. But I'm sure, as I keep trying, I'll be able to master it.

The aim is to be able to touch type. The goal is to continually use two hands while I type- like I'm doing right now. I focus on 'kicking' goals repeatedly- and this very act helps me improve.

A.B.I.- Always Be Improving!

ADRIAN'S RECIPE

GREEK SALAD

INGREDIENTS

- 1 cup cherry tomatoes
- 1 small red onion
- 1 medium cucumber
- 1 medium pepper
- ¼ cup whole kalamata olives
- ¼ cup feta cheese



INGREDIENTS- DRESSING

- 2 teaspoons extra virgin olive oil
- 1 ½ tablespoons freshly squeezed lemon juice
- ½ teaspoon dried oregano
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

METHOD

- Start by preparing ingredients. Dice red onion and slice/chop cucumber into quarters.
- Chop green pepper and crumble feta cheese.
- Mix all vegetables together into a bowl.
- To prepare salad dressing: juice 1 lemon, then combine all other dressing ingredients.
- Pour salad dressing over salad and toss well. Top with crumbled feta cheese.

DEEP INTO OVERTIME

BY SCOTT JEFFERIES

Most major organs out of play--
heart, lungs, kidneys, brain.
New GP says: you should have been dead
after you had that car accident.

They bring you back,
but you are never the same,
while specialists
crow, coma is the only way.

And how do you horde the build
of a young man?
Your appearance doesn't match
the Ultrasound?

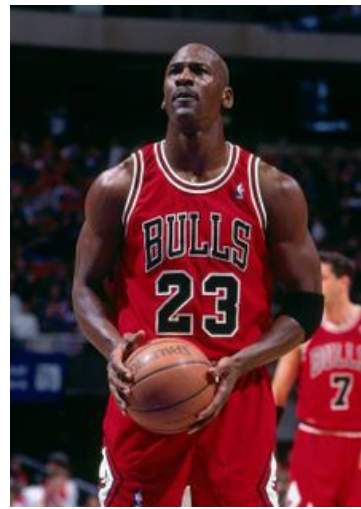
It all reminds of a memorable game,
while Doctor's sign a few scripts away.
Basketball was fun when I was young.
I made the top team and we easily won.

I wish I could go back to those halcyon days
where health and fitness were The Craze.
Michael Jordan was my hero and fave -- even before his Nike Air days.

He's deep into Overtime -- hand in face, falling out of court -- shoots the ball -
- nothing but net...

Scotty Jefferies 23

Scott is a member of our Coffee Morning and East Metro Peer Support Group.



MOVIE RECOMMENDATION



A number of our peer support group have recently been to see the 2023 movie, 'Champions', at the cinema.

It is based on the 2018 Spanish film, 'Campeones'.

'Champions' is about a minor league basketball coach (Woody Harrelson), who is sentenced to community service and has to train a basketball team of people with disabilities, including one guy with an ABI! The cast includes 10 actors with disability.

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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