

# BRAIN INJURY MATTERS NEWSLETTER

## MEET PETEY CADBY



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

in January 2019, I got hit by a car while I was riding my motorbike. I didn't have a helmet on.

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

I learnt to walk, talk and eat again. I didn't like rehab, but I'm thankful for it. I learnt so much. Now I can go out by myself.

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

I want to be a good father to my 3 kids, get a job and live a normal life. I've never had a normal life because I was into drugs.

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

I can't run as fast as I want yet.

### 5. What is your favourite food?

Maccas.



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

*Kung Fu Panda, Shrek and Frozen make me happy!*

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

Listening to music and doing groups like wood-work, hydrotherapy and our peer support group.

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

How to relate to different people.

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

Don't give up. Stay determined

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

It's awesome. We all matter and it helps us be hopeful.

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# 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

- **Northcote** - Tuesdays, 10am
- **Frankston** - Tuesdays, 10am
- **Online only** - Wednesdays, 10am
- **Ringwood** - Thursdays, 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
- **Bendigo** - Fortnightly on Thursdays, 11:30am (May 18, June 1 etc)
- **Melbourne CBD Women's Support** - 1st Monday of the month, 11am




Contact [office@braininjurymatters.org](mailto: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 App Store



**Brain Injury Matters**  
737 likes • 853 followers

Message Like Search

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Log In Sign Up

braininjurymatters Follow Message

183 posts 2,381 followers 2,301 following

Brain Injury Matters  
Self-advocacy and community education run by and for people with an acquired brain injury  
[braininjurymatters.org](https://braininjurymatters.org)

ABI Wise

Weekly Tips	ABI Info
Stories	Meditation
Resources	Contact Us

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# COMMITTEE OF MANAGEMENT REPORT

Hello Everyone

Almost 2 months of winter gone and we are over 6 months into 2023. Time flies!

We were pleased to bring you the results and analysis of the 4th BIM Annual Needs Survey. The survey showed that many challenges remain for people with ABI. Having said this, the positive impact that peer groups have had on people's lives tell us that we are on the right track.

We are also excited about the research that the University of Melbourne is doing on the impact of our peer-led support groups. If you are interested in participating in the research, please contact BIM.

Likewise, the piloting of the Relationships Workshops developed with Monash University has started. The workshops cover Friendships, Intimate Relationships and Families and will be conducted with 5 of our peer support groups.

Talk next month. Take care.

Brent

Brent Alford  
Chairperson  
Brain Injury Matters





# BUILDING RELATIONSHIPS POST INJURY WORKSHOPS

Our series of workshops called Building Relationships Post Injury have begun in our peer support groups. The workshops have been designed by a group of BIM members in collaboration with neuropsychologists from Monash Uni. A number of BIM members have also been trained as co-facilitators.

The dates of the relationships workshops are as follows:

- North Metro PSG (Northcote) - 18 July, 25 July, 1 August
- West Metro PSG (Footscray) - 10 August, 17 August, 24 August
- East Metro PSG (Ringwood) - 31sAugust, 7 September, 14 September
- South Metro PSG (Frankston) - 17 October, 24 October, 31 October

There will also be a series run at our online Wednesday group.



Photos from Northcote PSG  
Workshop 1: Friendships



## ILC PROJECT REPORT

With the new Peer Support Group for women, Brain Injury Matters now has 10 peer-led Support Groups, meeting on a regular basis - weekly, fortnightly or monthly catch-ups. And we are commencing planning for another new group in Regional Victoria and will let you know when we have more information.

The reach of the groups continues. Our Ringwood group is busting at the seams. The number of new people joining the peer groups in 2023 is nearing 50, with a reach of 150 people. Our weekly average attendance is 67 people each week, up from 65 last month.

You can see from the photos the variety of interesting activities and catch-ups from the past month or so. These have included coffee at cafes, Neighbourhood House consultations and counter lunches!

Cheers

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



The Footscray Peer Support Group celebrating Peter P's birthday

## RESEARCH INVITATION

### What do you think of BIM's Peer Support Groups?

#### •Have you ever attended one of BIM's peer-support groups?

– whether as a regular or just whenever you can

#### •Have you heard about the peer-support groups?

– You might still be deciding or even have decided you'd rather not attend one

### We'd like to hear from you!

Hello, we're Lauren, Marlana, and Rachel (pictured with BIM's Brent, Nia and Nat). We're researchers from The University of Melbourne.



We'd like to talk to BIM members to learn about BIM's peer support groups. We hope this will help BIM and other people and organisations who fund or run similar groups. We'd like to hear from people who attend each of the different groups, as well as people who have thought about attending at some point.

### I'd like to do an interview, what now?

Get involved!

Register your details via this link and we'll be in touch with you shortly:

[https://melbourneuni.au1.qualtrics.com/jfe/form/SV\\_dohMUjXzw68Xvqm](https://melbourneuni.au1.qualtrics.com/jfe/form/SV_dohMUjXzw68Xvqm)

or you can let Lauren know by phone or email (phone 03 8344 6489 or email: [lauren.kosta@unimelb.edu.au](mailto:lauren.kosta@unimelb.edu.au)) and one of us will be in touch.



# PHOTOS FROM PEER SUPPORT GROUPS

## **EAST METRO PSG - Ringwood** **Firepit and toasted marshmallows**



Our Ringwood PSG regularly has 20-25 members attending (plus 20 or more support workers). We have outgrown the space we hire at the Central Ringwood Community Centre and have now moved to a large hall. This photo shows us braving the cold to toast marshmallows and make "s'mores".

## **NORTH METRO PSG - Northcote** **Attending Neighbourhood House consultation on their** **new fence and surrounds**





***SOUTH METRO PSG - Frankston  
Lunch at the Mornington Hotel***



***BBQ and Bocchi at Frankston Botanic Gardens***



## ***AN UPDATE... FROM WEST METRO PSG - Footscray***

Hi Everyone

I'm Peter L from the Thursday Footscray group. I help facilitate with Andrew, Poppy and Peter P.

We have been busy again this month with a multitude of birthdays to celebrate - with cakes... hmmm... and a great lunch. We tried calling a few Bistros and explained who we are and that most of us are not working. They have been more than happy to allow us to order from the seniors' menus. That's great since many of us can't afford a \$25 - \$30 lunch and our carers can also get the seniors' lunch. One pub even filled the carers up with coffee just to help us say thanks for the work they do.

Back at the centre, we had games day. Uno is a favourite, as well as the tower game. I think my carer cheats - she always beats me, hmmm.

Topics are also popular and we have discussed things like travel tips and our routine of a morning. All has been great and we are looking forward to warmer weather.

### ***WEST METRO PSG - Footscray Counter Lunch***





***more from WEST METRO PSG - Footscray***  
***Celebrating Lynette's Birthday***



**BENDIGO NEIGHBOURHOOD HUB PSG**  
***Art Gallery Cafe***







# Women's Peer Support

Please join us at the next monthly  
Women's Peer Support Group

**Monday 7th August**

11am-12.30pm,

Hayden Ray Smith Room

Level 4, Ross House

247-251 Flinders Lane, Melbourne

You are invited to join us for morning tea.

Bring along your favourite treat from  
your childhood to share.

Come along have a chat and meet some new  
friends.

For further information and to RSVP, please  
contact Poppy Egan

[poppy.egan@braininjurymatters.org](mailto:poppy.egan@braininjurymatters.org)

or call 0466101812

# WE DON'T PLAY TRAINS, WE RUN RAILWAYS!!

By Peter Lester

I had my stroke back in 2020 and was paralysed down my left side. I couldn't drive and was stuck at home. The hospital helped me apply for NDIS which, at the time, I had no idea what that was. Shane from Femur Connect got me up and running. We worked hard on rehab and got me back out in the community.

I was lucky to have friends pop over and one guy suggested I come along with him to a model train group, meet some people and just enjoy the day.

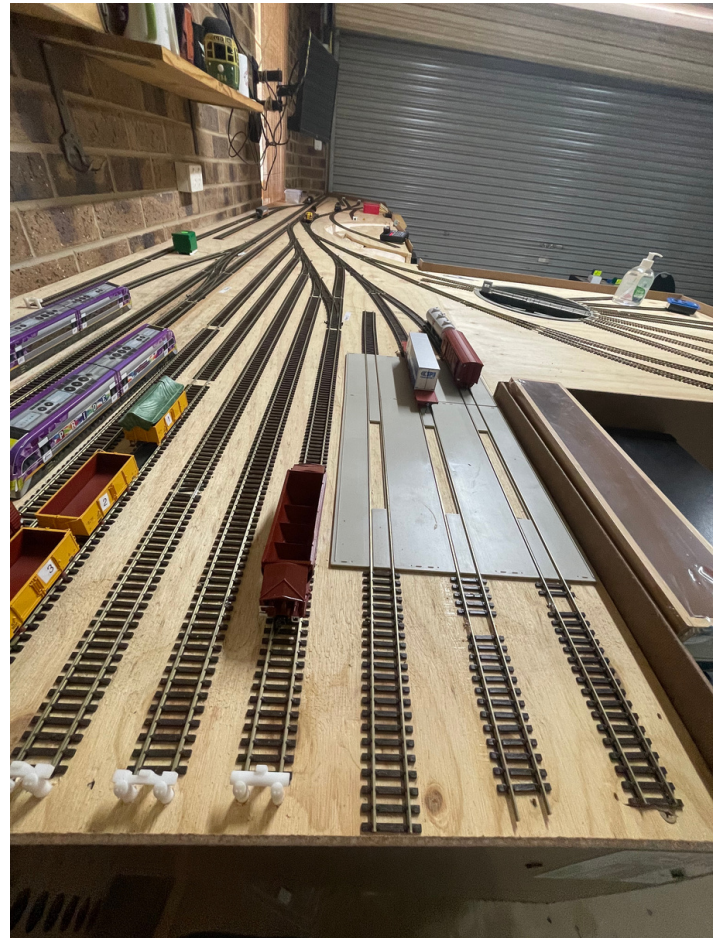
Well, that started my obsession in model trains. Another person, Jay, who I am good friends with now, popped along to my house one day and suggested I needed a train layout (that's a train set).

Off to Bunnings and wood, nails, glues and plenty of coffee later, we got started. Jay is a top tradie so it was pretty good and we built the baseboard in no time. Next was laying track, then the electrical work. Just the locos are \$500 each and I have about 15 plus carriages etc. Lisa (my wife) wonders why the groceries are so dear when I go to the supermarket :) We even added a turntable. It all looks pretty good and runs well.

I have another friend, Will. He pops around and has a layout of his own and we run trains together on a Thursday night.

On Sundays, I also have some train guys over, including Shane, who works on my rehab. We fire up the BBQ and cook the meat. (Lisa adds this thing called salad??? but none of us blokes touch it :))

It's great to be involved in something with people and just enjoy an afternoon with mates.



# ADRIAN'S BLOG

## In My Opinion...

I find that it's difficult for me to say exactly what I mean, especially when lots of other things are happening around me. It's something that I've been working on for some time.

I felt tight in my chest on Thursday, I went to see my GP, who unfortunately wasn't there. Instead, I saw a nurse who didn't know me. I said I had a pain in my chest, which wasn't accurate. She took me at my word, without checking, and called an ambulance. It was a lost cause, looking for a pain in my chest that wasn't there. Eventually, the source of the tightness was found and I was given medicine.

I like to think that I'm able to articulate myself clearly, but it seems that I'm not, especially when there are lots of other things happening around me. This is something that I need to be aware of....

Joke of the Month  
What kind of bees eat brains?  
ZOM-bees



**A.B.I. – Always Be Improving!!**

If you would like me to add anything to this page, please email me on  
[adie3@hotmail.com](mailto:adie3@hotmail.com)





GLEN EIRA  
CITY COUNCIL

Come along and join ...

# Chat n' Chuckle

A fortnightly discussion group for anyone with an acquired brain injury to meet others, share news and views, discuss ideas and have fun. You don't have to live in Glen Eira.

For further information or to register, contact Council's Service Centre on **9524 3333** or email [accessandinclusion@gleneira.vic.gov.au](mailto:accessandinclusion@gleneira.vic.gov.au)

## Location:

Online or Godfrey Street Community House, 9 Godfrey Street, Bentleigh

## When:

Meetings are held on Fridays from 11am to 12.30pm

- 3 and 17 February
- 3, 17 and 31 March
- 28 April
- 12 and 26 May
- 9 and 23 June
- 14 and 28 July
- 11 and 25 August
- 8 September
- 6 and 20 October
- 3 and 17 November
- 1 and 15 December

Do you enjoy  
discussions, books  
and movies?

Do you enjoy talking  
about news and  
current issues?

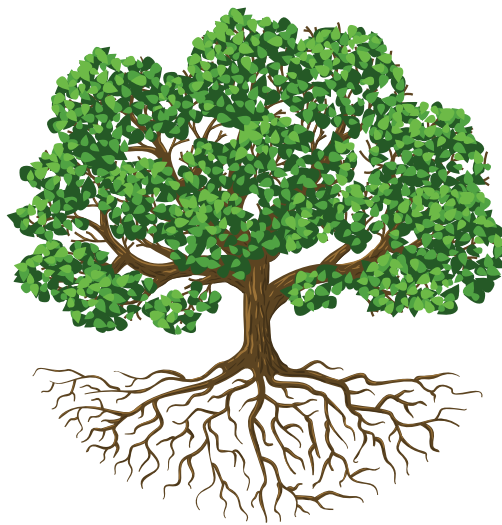
Keen to  
meet  
others  
who feel  
the same?

Interested  
in great  
conversations  
and friendships?

# HAIKU

By Scott Jefferies

The trees in the field  
Are stronger than trees in the forest  
Because isolation builds deeper roots



## 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)

Brain Injury Matters is a self-advocacy organisation and we welcome all members having a voice. However, please note that opinion pieces published in this newsletter do not necessarily represent the position of Brain Injury Matters.

**BRAIN INJURY MATTERS**  
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