

BRAIN INJURY MATTERS NEWSLETTER

MEET PHOENIX MCDONOUGH



1. How long ago did you acquire your injury?

I acquired a TBI in October 2017.

2. What is your greatest achievement since your injury?

Learning to love my unique brain and completing my Certificate 2 in AUSLAN. Also being a dad to Joey.

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

I want to meet Phoenix.

4. What do you find your biggest challenge?

Society. I can do everything by myself, my way, but I feel like I can't do it because of the way I learned and the way the world is right now.

5. What is your favourite food?

Cheese and bacon sandwich.

6. What is your favourite movie?

Finding Dory



7. What is your favourite hobby?

Playing pretend with Joey.

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

Connection and education through discussions with other people with lived experience.

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

You need to walk before you can run and you need to stand before you can walk. So rest and recover - this time is for you.

10. What does Brain Injury Matters mean to you?

Living with a brain injury is a lonely experience. When you meet others who are struggling as well, it gives me a sense of support and community to be myself.

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COMMITTEE OF MANAGEMENT REPORT

Welcome to the Spring edition of our newsletter! I certainly like having some warmer weather!

BIM is exploring new areas that we know meet the needs of people with ABI. I'm pleased to let you know about our work with the Epworth Hospital. We have been in talks about bringing our lived experience expertise to people who are early in their recovery journey. It will be like a mentoring program. The Epworth operate the Transitional Living Centre (TLC) in Thornbury. The TLC is a stepping-stone for people who have been through the intensive rehab phase, prior to returning home in the community. We will be setting up a system where a few BIM members will visit the TLC on a regular basis. So if you have lived experience of ABI and are interested in supporting other people with ABI, please get in touch.

The Relationships Workshops, which cover Friendships, Intimate Relationships and Families, have been in full swing. Three workshops have been delivered with two to go. As I said last time, once the program has been evaluated and any changes made, BIM will conduct the workshops on a regular basis.

We are also pleased to launch our Lived Experience Training for service providers. This 2-hour professional development is being delivered by three people with an ABI. Our first session is on the 25th of September. Get in touch if you know someone who might benefit from coming along.

Until next month, take care.

Brent Alford
Chairperson, Brain Injury Matters



Brain Injury Matters Annual General Meeting

will be held on Tuesday 14 November at 11AM.

It will be in the city at Ross House in Flinders Lane.

Put it in your diary/calendar now. More details to come.

ILC PROJECT REPORT

In the past month our groups have continued to thrive. Some of the activities have included portrait painting, an urban farm Twisted Science, weaving, and of course lots of coffee has been drunk.

The relationships workshops on the topics of friendship, intimate relationship and family relationships was delivered to Ringwood group. This has been well attended and generated lots of discussion.

You can see from the photos that there have been lots of fun activities.

Cheers for now

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

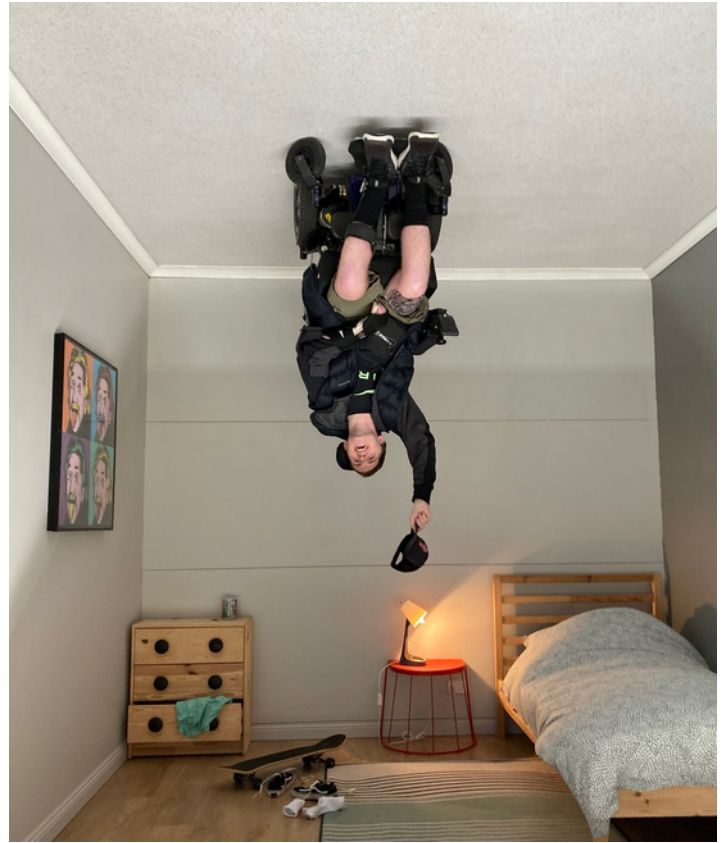
PHOTOS FROM PEER SUPPORT GROUPS

NORTH METRO PSG

Visit to the Collingwood Urban Farm



***SOUTH METRO PSG
Visit to Twisted Science (Moorabbin)***



EAST METRO PSG - Ringwood Relationships Workshops



WEST METRO PSG - Footscray ***An Update***

We have had a busy couple of months with visits to coffee shops (keeps us warm those cuppas) and the talks at the community house (BIM -Monash Relationships Project). Thank you to Tracey, Maria and Carol for running the workshops. Everybody said it was fun and informative, and looked forward to each week.

We try to have a cake day at the end of each month and I do know it was Patrick, Vicki and Peter L's birthday this month.

Our group usually has a planning day at the end of the term and we look forward to getting out and about in the warmer weather.

I have compiled a list of things to do. If any other group does that or would like a copy of the list, you are welcome to email me on peterlester@me.com

BENDIGO PSG ***Portrait painting***



DON'T FORGET TO VOTE!

The **Voice to Parliament Referendum** will be on **October 14**.

Who has to vote?

If you're an Australian over the age of 18 it is compulsory to vote.

Enrolling to vote

If you have voted in previous elections, you're already on the electoral roll.

If you need to enrol or update your details, you have until September 18.

The easiest way to enrol is to go to aec.gov.au/enrol

You can check whether you're enrolled at <https://check.aec.gov.au/>

Where can I vote?

You can vote at any polling place in your state or territory on October 14.

Polling places will open at 8am and close at 6pm.

To find your nearest polling place go to aec.gov.au/where

You can also check the **accessibility** details of polling places at aec.gov.au/where

For **blind and low vision** voting options, visit aec.gov.au/assistance or call 13 23 26

Can I vote early?

Early voting centres in Victoria will begin on Monday, 2nd October but opening dates and times vary so visit

aec.gov.au/where

Postal voting is available to eligible voters. Check your eligibility and apply online at aec.gov.au/pva



Commonwealth of Australia
BALLOT PAPER
Australian Capital Territory

Referendum on proposed
Constitution alteration

DIRECTIONS TO VOTER
Write "YES" or "NO" in the
space provided opposite the
question set out below.

A PROPOSED LAW:
Description of the proposed
constitutional change.

Do you approve
this proposed
alteration?

Yes
WRITE "YES"
OR "NO"

AEC
Australian Electoral Commission

SAMPLE



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A PROPOSED LAW:
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alteration?

No
WRITE "YES"
OR "NO"

AEC
Australian Electoral Commission

SAMPLE

HOBBIES - PHOTOGRAPHY

A couple of months ago I was talking about model trains as my hobby in recovery. I also enjoy photography and especially going down to the Melbourne sewerage farm, better known as the Melbourne Treatment Plant, to photograph bird life. It's one of the greatest world habitats, treating about 500 mega-litres daily, rivalling Kakadu in diversity.

I have been popping down there for years now before my stroke and after, taking workers with me, estimating what's around the next corner and trying to name all of the birds.

There are plenty of roadways. I am told it's a bit like driving to Echuca. That's a few K's to cover.

There are literally thousands of birds down here - raptors, spoonbills. 52% of our sewerage comes past here and the treatment lagoons are 3 times the size of the city. There's plenty of exploring birds, with a third of all Australian bird species being spotted down at the plant.

I'd like to organise a photo group at Ross House once a month. If anybody is interested like me know on peterlester@me.com





Women's Peer Support

Monday 2nd September

11am-12.30pm,

Hayden Ray Smith Room

Level 4, Ross House

247-251 Flinders Lane, Melbourne

You are invited to join us for a
Games Day



Please RSVP to Poppy
poppy.egan@braininjurymatters.org
or call 0466101812

You are invited to



Our FREE Stronger Voices Training about: Your Rights and How To Speak Up



For people with an Acquired Brain Injury



Date:



Thursday 12th October



Time: 10am - 2:30pm



Where: Ross House, 247 Flinders Lane, Melbourne



We will provide lunch and drinks!

How to contact us:



Email: training@voiceatthetable.com.au



Phone: 0493 700 734

REGULAR THINGS HAPPENING AT BIM

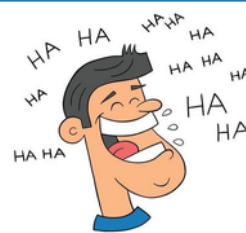
ONLINE COFFEE MORNINGS

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

- **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 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

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Instagram

Search







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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

ABI Wise

| | |
|---|--|
|  Weekly Tips |  ABI Info |
|  Stories |  Meditation |
|  Resources |  Contact Us |

Terms of use

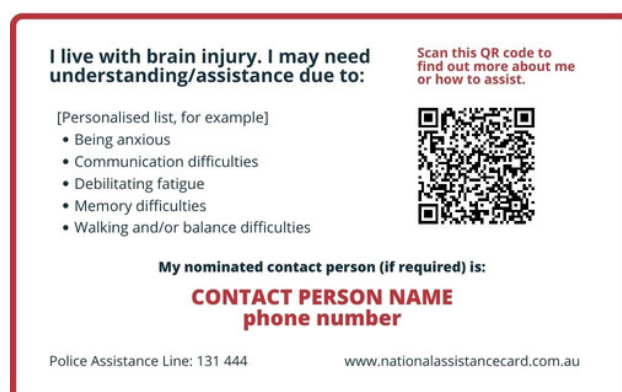
Proudly brought to you by  Brain Injury Matters

NATIONAL ASSISTANCE CARD

The National Assistance Card is a personalised card to assist people with disability and health conditions in the community. It is currently available to all people in Australia living with brain injury. It can help cardholders to communicate their unique areas of difficulty and the assistance they may need. Each card shows the cardholder's full name, a photo, date of birth, disability and/or health condition and related areas of difficulty.

The card costs \$44 and requires health professional documentation.

For more information and to apply for the card, go to <https://www.nationalassistancecard.com.au/>



HIDDEN DISABILITIES SUNFLOWER

The Hidden Disabilities Sunflower is a tool to help others in the community better recognise and support people who have disabilities and medical conditions that are not immediately obvious. There are different ways to display the Sunflower symbol. You can buy badges, lanyards and wristbands and learn more at <https://hdsunflower.com/au/>

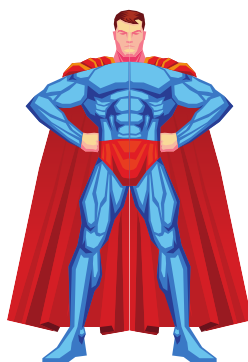
You can also get one for from Travellers' Aid at Flinders Street station and Southern Cross station, as well as the City of Melbourne Tourism Hubs.



SUPERHEROES

So here's to those who yearn to break free--
Beyond the bounds of brain injury.
To those who endure and fight -- and always believe,
You are the hero's of life's grand symphony!

--Scott Jefferies



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

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.

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