

BRAIN INJURY MATTERS NEWSLETTER

MEET KATHY ALDERSON



1. How long ago did you acquire your injury?

I got hit by a car on 24th of May, 2019.

2. What is your greatest achievement since your injury?

- Meeting new good friends.
- Can walk by myself, with the gutter frame, for short distance under supervision.
- Became closer to my family .
- More positive in life.

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

- I want to walk again by myself.
- Renew my wedding vow on my 40th wedding anniversary.
- Back to my hobby - scrap booking.
- Travel around Australia with my husband.

4. What do you find your biggest challenge?

- Short term memory loss.
- Get fatigue easily.
- Can't walk, so I need help with most daily living activities.

5. What is your favourite food?

- Fast food like McDonald and KFC; lasagna; Chinese food; avocado; cakes & chocolate.

6. What is your favourite movie?

- Titanic.
- Crazy Rich Asians.

7. What is your favourite hobby?

- Playing games like Uno, Greed, crosswords, puzzles, Word Hike.
- Hangout with friends and family.

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

- Maintain my goals and friendships.
- Increase my knowledge about brain injury and how to help myself moving forward.

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

- Stay strong, be positive, look for the future and never give up.

10. What does Brain Injury Matters mean to you?

I've learned a lot from BIM. I've become peaceful about what happened to me. I've gained more confidence. I've accepted who I am today and don't look back in the past to what I used to be. To me, BIM is like an extended family where I can share my thoughts and feelings.

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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 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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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

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ANNUAL GENERAL MEETING

We invite you to attend our Annual General Meeting on
Tuesday 14th of November 2023
11AM

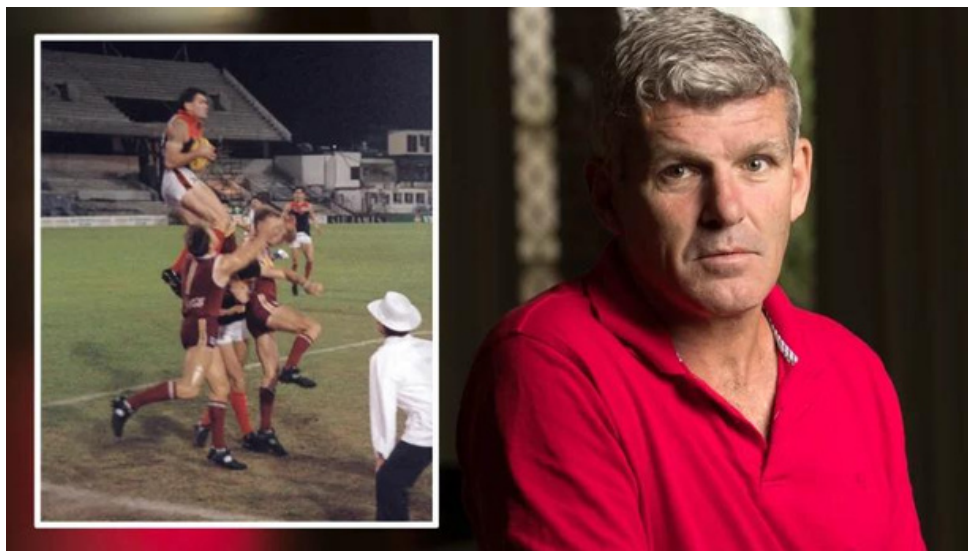
There will be reports on the past year, on our all activities and financial positions.

Guest Speaker: Shaun Smith, ex-AFL footballer.

Shaun will talk on the important issue of concussion, his own journey and its lasting impact on himself and others.

Here is a link giving some background on Shaun and a picture of his Mark of the Century.

<https://www.abc.net.au/news/2020-09-18/vic-afl-player-shaun-smith-concussion-insurance-payout/12676602>



The AGM will be held at Ross House,
Level 4, 247 Flinders Lane Melbourne.

A light lunch will be provided.

Could you email (office@braininjurymatters.org) and tell us if you are coming, or wish your apology to be noted.

All BIM women are invited to a
Ladies' Day Lunch

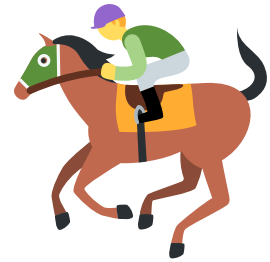
Monday 6th November

11am-12.30pm

Jenny Florence Room

Level 3, Ross House

247-251 Flinders Lane, Melbourne



It's Spring Carnival, so wear a hat!

**(All hats welcome - fascinator, sun hat, beanie,
cap or silly hat)**

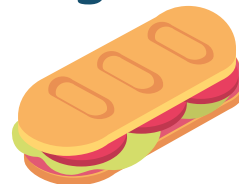


\$10 for lunch

A selection of sushi and rolls provided

Book now at

<https://www.trybooking.com/CMQHJ>



Any questions, contact Poppy
poppy.egan@braininjurymatters.org
or call 0405-359-622

COMMITTEE OF MANAGEMENT REPORT

Hi Bimcats!

Busy times continue.

We held our Lived Experience Training for service providers and had 9 people attend. This was a 2-hour professional development, delivered by three people with an ABI. The feedback was overwhelmingly positive and we plan to conduct these 3 or 4 times per year.

Behind the scenes, we have been recruiting a new coordinator, as well as organising our Annual General Meeting coming up on the 14th of November. We are so pleased to have Shaun Smith, ex-AFL footballer, as our guest speaker talking about his experience of concussion. I hope we see you at the AGM.

As chairperson, I have taken the chance over the past few months to catch-up with all our peer support groups, both city and country. It is so great to meet people and see and hear firsthand about the positive impact that our PSG have on people lives.

It is also coming into the fire season, so it is a good reminder to think about planning ahead to keep ourselves safe during what could be a tough summer. Here is the link to the information on Disaster Preparedness that Brain Injury Matters. <https://www.braininjurymatters.org/disaster-preparedness/>

So until next month, take care.

Brent Alford
Chairperson, Brain Injury Matters



ILC PROJECT REPORT

The reach of the Brain Injury Matters peer support groups continues to grow. The number of new people joining the peer groups in 2023 is well over 65 people. We now have a reach of 170 people.

Our relationships workshops on the topics of friendship, intimate relationship and family relationships will be delivered to our Frankston group and On-line Wednesday group over October and November. The workshops at Footscray, Northcote and Ringwood have been well attended and generated lots of discussion.

You will see the photos of the range of interesting activities and catch-ups from the past month or so, from the groups. These have included ScienceWorks, lunch at the pub, bowling, board games and BBQs.

Cheers for now

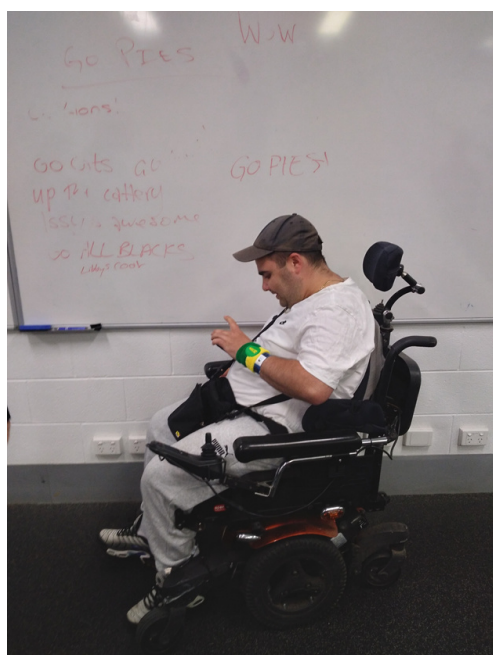
Andrew, Fiona, Fraser, Nick, Peter L, Peter P, Poppy, Ryan, Sally, Scott, Troy and Yannick

PHOTOS FROM PEER SUPPORT GROUPS

EAST METRO PSG Jells Park



NORTH METRO PSG Visits to the MCG, Scienceworks and Bowling



WEST METRO PSG - Ringwood

An update, a counter lunch & ACMI

Thursday group has been busy, as always. We visited ACMI, in the city, which was fantastic and I would recommend it to anyone, as it is free. You can also pick up a membership card which entitles you to other offers. (Check out their web page <https://www.acmi.net.au/>).

Coffee shops and pubs are always popular with the group. Often we get a meal at pension prices for everyone, (including the support workers,) which really helps when you are on a budget.

We did our planning for next term and looking forward to summer activities with the group.

I am putting a list of activities for groups to do/places to go, so if you are interested in a copy let me know peterlester@me.com



GRAEME ALFORD VISITS BRAINWAVE PSG

Graeme Alford, Brent's father, spoke to the Wednesday BIM Online Peer Support group, called Brainwave.

He amazed us by telling us his unique experience as a criminal lawyer. Graeme became a barrister, but then, because of alcohol addiction, went downhill and mixed with underworld mob, embezzled money and participated in a bank robbery. He then went to jail.

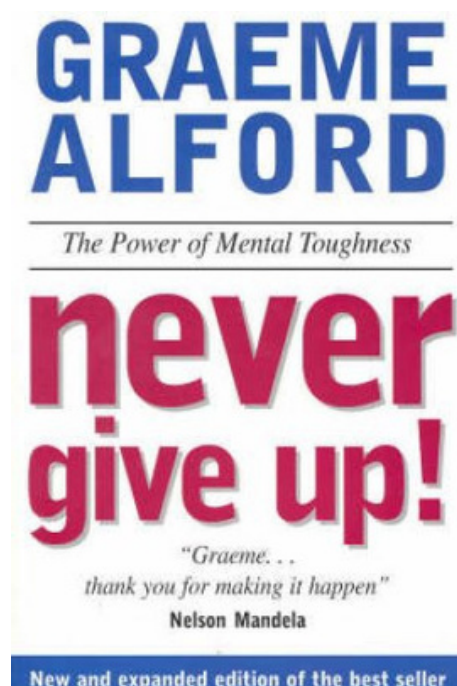
After attending AA meetings, Graeme rehabilitated, overcame his alcohol addiction and turned his life around. He became a motivational speaker, wrote a book and became a drug and alcohol counsellor.

His motto is:

"Yesterday is history
Tomorrow is mystery
So focus on the Present".

Graeme's story was very interesting and inspirational.

By Anat Bigos



'VOICES OF VICTORIA' LISTENING TOUR

On Thursday October 12th, Susan, from Jika Jika , and I attended the launch of the VCOSS (Victorian Council of Social Services) "Voices of Victoria " Listening Tour 2023 , and held in Queens Hall , Parliament House, Melbourne.

About two months ago we were invited to give feedback at Jika Jika Community House which also hosts our fortnightly BIM meetings. VCOSS wanted to hear from under represented Victorians, about what is a good life. Even if you don't read all the report, read the section on the Disabled Key Findings and the Future Directions pages (and of course look at the photos).

VCOSS are to be congratulated on listening to the often overlooked members of the Victorian community and hopefully their Future Directions will be implemented in full!!

I must say that in attending this event I was a little apprehensive, as I was on my own, but I was so impressed with the kindness, consideration and assistance of all of the people I had contact with.

<https://vcoss.org.au/housing-and-homelessness/2023/10/voices-of-victoria-2-0/>

By Meredith



iPHONE/iPAD GAMES

There are several iPhone games that can be beneficial for people with brain injury as they can help with cognitive and motor skills recovery.

Here are a few recommendations:

- 1. Lumosity:** This app offers a variety of brain training games that can help improve memory, attention, and problem-solving skills.
- 2. Peak:** Peak provides a range of games designed to challenge memory, language, and mental agility. It's a good choice for cognitive rehabilitation.
- 3. Brainwell:** Brainwell offers a collection of games and puzzles to stimulate various cognitive functions, including memory, language, and problem-solving.
- 4. Jigsaw Puzzles:** Working on jigsaw puzzles can help with fine motor skills and cognitive abilities. Many jigsaw puzzle apps are available on the App Store.
- 5. Colorfy:** Coloring apps like Colorfy can assist with fine motor skills and provide a relaxing and creative way to engage patients in stroke recovery.
- 6. Apple games:** I subscribe to the apple games and find them to be fantastic, as I am assured there are no add and extra payments. Many of the games are not complicated, but it a monthly fee of \$7.99.

Always consult with a healthcare professional to determine the most appropriate games and exercises for your specific needs and abilities. Additionally, these games should be used as part of a broader rehabilitation program.

Compiled by Peter Lester

PHOTOGRAPHY GROUP

Is anybody interested in a photography get together over summer? I was thinking once a month in the city. If you are, email me on



peterlester@me.com



ADRIAN'S BLOG

In My Opinion...

This is the difference between reacting and responding. Everyone, at some point in life, has been put in a bad situation, or has received bad news. I think people who move forward in life don't react to good or bad news - they respond by thinking through what's happened and decide on the best way forward. Learn from mistakes, don't be ashamed of them!!

Joke of the Month

How do you turn a brain into water?

Take away the 'b'!!!



A.B.I. – Always Be Improving!!

If you would like me to add anything to this page, please email me on adie3@hotmail.com

REX AIRLINE TIP

REX Airlines flies to many regional areas in Australia. If you need a companion to assist you to move from a wheelchair to an airline seat, your companion can travel for free. To be eligible you need to have your GP, or OT, fill out the Disability Assistance form at this website:
<https://www.rex.com.au/Forms/Default.aspx?pos=mb#da>

Tip from Ebony



A DIFFERENT ABILITY

All are survivors -- All are fighters
All are resilient -- All are brave
All are hopeful -- All are supported
All are human -- All are loving...

We do not have a disability. We have a different ability.

We do not ask for anything else but this --
To be respected as we are.
Not to miss the chance to show you what we are perceiving...

--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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