

BRAIN INJURY MATTERS NEWSLETTER

MEET SCOTT JEFFERIES



1. How long ago did you acquire your injury?

My injury occurred in a car accident in September 2015..

2. What is your greatest achievement since your injury?

Doing a TAC TV advertisement.

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

I want to do a CELTA course to teach overseas students English online in my spare time.

4. What do you find your biggest challenge?

Shopping. I hate it.

5. What is your favourite food?

Thai food: Papaya Salad.

6. What is your favourite movie?

The 300.

7. What is your favourite hobby?

Writing and reading.

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

Improve myself and gain better concentration through socialising and helping organise activities.

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

Be a stayer. Keep trying.

10. What does Brain Injury Matters mean to you?

BIM has been great. They have raised me up towards achieving my goals

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REGULAR THINGS HAPPENING AT BIM

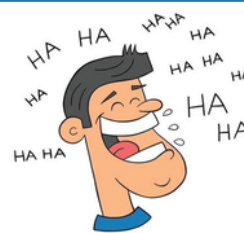
ONLINE COFFEE MORNINGS

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>

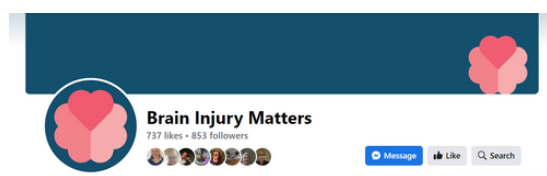
ABIWise App is free to download from GooglePlay and App Store

ABI Wise

 Weekly Tips	 ABI Info
 Stories	 Meditation
 Resources	 Contact Us

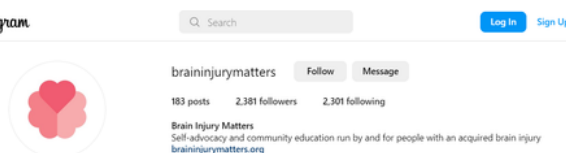
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Brain Injury Matters
737 likes · 853 followers

Instagram



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://www.braininjurymatters.org)

March 2024



CHANCE TO WIN A \$100 BUNNINGS VOUCHER!!

Our **Brain Injury Matters Annual Needs Survey** is on again and we REALLY need your help to fill it out! Click the link, or scan the QR code below, to do our survey and be in the running to win a \$100 Bunnings voucher.

<https://www.surveymonkey.com/r/VR5BQ9M>



The survey helps us give feedback to government and others about what's important to people with brain injury, so that we can lead dignified and meaningful lives in an inclusive community.

WOMEN'S PEER SUPPORT GROUP

Usually the first Monday of the month, but in April we won't miss out because we're meeting on April 8!.

Our topic this month:

What are the challenges of being a female and having an ABI?

Come along and share morning tea and stories.

DATE: Monday, 8th March

TIME: 11am-12:30

PLACE: Rainbow Room, Level 4 Ross House

ADDRESS: 247-251 Flinders Lane, Melbourne

RSVP: to poppy.egan@braininjurymatters.org



COMMITTEE OF MANAGEMENT REPORT

Dear Members, Friends and Staff of Brain Injury Matters,

Re: Changes to Brain Injury Matters Executive

I am writing to let you know that, after 5 fantastic years as the Chair of Brain Injury Matters, Brent Alford has stepped down from the role and the Committee of Management due to a number of circumstances. Many of you will be aware of Brent's dedication to BIM and his passion for our shared mission: to support self advocacy for people with brain injuries and increase brain injury awareness in the wider community. I am sure you will join me in thanking Brent wholeheartedly for his services over the last five years. We are thrilled that he will continue to participate in BIM activities and our peer support network.

As the Vice-chair of Brain Injury Matters, I have been appointed Acting Chair, effective immediately. I look forward to representing BIM and working with you all, as we continue to support each other and advocate for better lives for those living with brain injuries.

I can be contacted on chairperson@braininjurymatters.org

Yours sincerely,

Col Brokenshire
Chair (Acting)
Brain Injury Matters

ILC PROJECT REPORT

In the past month our groups have continued to thrive. Some of the activities have included, games days, bowling, karaoke, BBQS, ACMI and, of course, lots of coffee has been drunk. You can see from the photos that there have been lots of fun activities.

In the coming weeks, we will be giving peer group members a free sunflower lanyard. This lanyard is to show members of the public that the wearer has a hidden disability (such as an ABI). The Sunflower lanyard is recognised in airports and on Victoria public transport.



Cheers

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



PEER SUPPORT GROUPS

***NORTH METRO PSG
BBQ at Studley Park***



LIVED EXPERIENCE WORKSHOP

Well done and thank you to Adrian, Nia and Anat for running a successful Lived Experience workshop on March 14. They presented information about the causes and effects of acquired brain injury and told their personal stories to the group.

Here are some of the attendees' comments:

- Very informative. This will help us improve services to our clients
- Small group was really great!
- You all did really well - thank you!
- Really enjoyed listening to their lived experiences - how life was before and now after!
- Lots of little things learned from the individual life experiences from the presenters.
- 100% - I found the personal stories useful.
- What I learned from this professional development: reinforcement of best practices and confirm development and education.

We hope to run this workshop again soon.

If you would like a friend, family member or carer to better understand brain injury, please get in touch with our office.

At BIM we love to raise community awareness about what it's like to live with an ABI.



OVERCOMING LONELINESS

PEER SUPPORT GROUP DISCUSSIONS

In the past few weeks, two of our peer support groups have had discussions about loneliness and ABI. The table below is a summary of the discussions, including the barriers to social connection and strategies that people believe have helped them.

Overcoming Loneliness	
Barriers	Strategies
<ul style="list-style-type: none"> - feel like a burden - age related - harder to make friends as an adult - no work colleagues - doing things slower - physical barriers (eg. Can't sit with mates at footy if in a wheelchair) - thinking of topics - communication challenges - memory issues (remembering names) - fatigue - our culture often values independence rather than family/community 	<ul style="list-style-type: none"> - support workers - talking to family - exercise - joining shared interest groups - Men's shed - gardening - book groups - Art class - Brain Injury peer groups - Brainwave!!!! - Drop in centres - Meet Ups - finding ways to volunteer - speaking gigs - online courses, webinars - Open university / U3A - having a good team behind you - talking to others - being part of a church - contemplation/meditation - being brave and asking someone if they'd like to have coffee with you

OVERCOMING LONELINESS cont...

Some links to articles, videos and research was also shared (see below). Here is a helpful paragraph from a Brain Injury Association of USA article:

"As a person with a brain injury, you may hesitate to explore new activities and meet new people because you have trouble getting around, following conversations, or finding the right words. You may worry about what others think of you. The likelihood is that many people are more understanding than you think, and that you are more critical of yourself than others are of you. Keep in mind that people will connect to your character, kindness, and interests, regardless of how well you speak or remember names and faces. Like you, they too have a need to connect and feel appreciated."

[Breaking free from loneliness after a brain injury - article](#)

Here are two other links you may like to look up:

[Improving loneliness after brain injury](#)

Suggestions from this YouTube video include:

- Tell people about your brain injury;
- Tell others how they can help you;
- Find small ways to help others;
- Be kind & considerate;
- Listen to others. Ask about their lives;
- Spend time with friends & family;
- Try one on one or small groups; and
- Participate in brain injury survivor groups.



[Loneliness & Isolation after brain injury - webinar](#)

This is from Headway in the UK. It's a long video. The first 15 mins is a doctor who works with ABI survivors talking about what he notices about the experience of loneliness from people he works with. From then on, ABI survivors share their experiences.

Some of the points made:

- There are 2 kinds of loneliness - 1. where a person is not seen and feels invisible. 2. Where a person is seen, but is then rejected;
- ABI survivors often feel they don't have a thick skin like they used to and feel more vulnerable in social situations;
- We need other people in a way that's manageable for us; and
- It can be helpful to hear and share with others who may experience similar feelings of loneliness and isolation - like being in a peer support group!

SONGWRITING WORKSHOP OPPORTUNITY

SONGWRITING

VALID

MUSIC

INCLUSIVE SONGWRITING WORKSHOPS

VALID'S COMMUNITY
DEVELOPMENT TEAM
ARE OFFERING FREE
WORKSHOPS IN 2024

Starting in April, you are invited to join in a series of fun and exciting sessions that explore the craft of songwriting. If you love music and want to get some experience in writing, playing and recording music, then this is the course for you.

There will be 8 sessions... 2 hours each. We are seeking participants who are able to commit to the entire program. Proudly hosted by the Banyule/Darebin Peer Action Group.



SONGWRITING WORKSHOP cont...

MORE

DETAILS

DATES

WEDNESDAYS 1-3 PM

3 April
10 April
17 April
1 May
8 May
15 May
29 May

Jika Jika Community Centre
- 1B Plant St, Northcote

5 June Kathleen Syme Library
- 251 Faraday St, Carlton



TUTOR

Charles Jenkins is a Melbourne songwriter, musician, producer, performer and teacher with more than 30 years experience in the Music Industry. Charles has released 21 albums, toured the world and been nominated for two ARIA awards with his band the Icecream Hands.



CONTACT

Please confirm before 27 March 2024.
Places are limited.

David Hansen - davidh@valid.org.au
0435 019 775



TRAINING OPPORTUNITY



Voice At The Table

Stronger Voices Training



You are invited to our FREE Training about:
How To Speak Up in a Big Way!

This is a 2 day training.

1

Day 1:

We will:

- Chat about what is important to you and what you want to speak up about.
- Chat about why it is good to speak up
- Do activities



2

Day 2:

We will:

- Try speaking up about something we care about.
- Learn about ways you can have a voice in services.
- Do activities



This training is for people with Intellectual Disability or an Acquired Brain Injury.

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TRAINING OPPORTUNITY cont...



Dates for people with an Intellectual Disability

Day 1: Wednesday 10th April 2024

Day 2: Wednesday 17th April 2024



Dates for people with an Acquired Brain Injury

Day 1: Thursday 9th May 2024

Day 2: Thursday 16th May 2024



Time: 10:30am - 3pm



Where: Ross House, 247 Flinders Lane, Melbourne



We will provide lunch!



How to contact us:



Email: training@voiceatthetable.com.au



Phone: 0493 700 734 or 03 9070 9070



This training is co-designed and co-delivered by trainers with Intellectual Disability and an Acquired Brain Injury.

STUDY INTO SOCIAL MEDIA USE BY PEOPLE WITH ABI

We are a team of researchers from the University of Sydney. We are developing an online social media assessment tool for people with ABI. This will help clinicians work with people after their injury to find out what their goals are for better communication and connection on social media.

To help develop this tool, we would like to hear more from people who:

1. have an ABI;
2. family/friends of people with an ABI; and
3. researchers/clinicians who are involved with people who have an ABI.

The research will be conducted online and would involve the following:

1. completion of a short online form. (Up to 30 minutes);
2. participating in an online group discussion via zoom. (Up to 1 hour);
3. providing feedback on the social media assessment tool via online surveys. (1 survey/month, up to 30 minutes/survey, we anticipate 3 surveys and up to 1.5 hours in total).

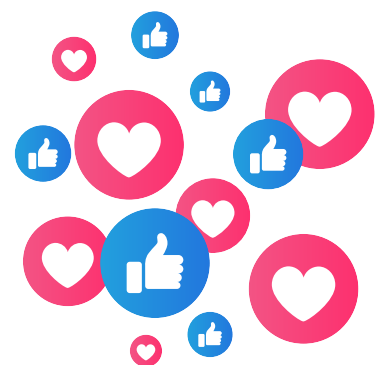
Participation is voluntary. If you are interested, please click on the link below to access an information sheet to find out more, provide consent and complete a short online form.

https://sydney.au1.qualtrics.com/jfe/form/SV_6fCbqOXRDgfkIHk

We would also encourage you to pass this information on to others you know who you think might be appropriate to participate.

For more information, please contact Melissa Brunner, Head Researcher, via:

- Phone: +61 2 8627 9866
- Email: melissa.brunner@sydney.edu.au



ADRIAN'S BLOG

In My Opinion...

How is everyone going with their new year resolutions? I know that it's not easy, (easy to set aims, much more difficult to follow through!), but having goals set out, and someone to keep you kicking goals, always helps.

I find that having an exciting vision for the future is vital. Everyday, or as often as you can manage it, it's great to review and renew (bit of R & R): look at your vision and make sure the goals you're kicking are still relevant. Nothing worse than travelling down the road and realising that it's not heading in the right direction!!

How am I going? My website is progressing nicely and my garden is still alive. I'm doing fairly well by exercising most days and eating healthy foods a few times a week- but there is definitely room for improvement!!!

Speaking of improvement, everybody excited that the footy's starting?
Let's see everybody kicking goals!!

Joke of the Month

Why don't blind people go bungee jumping?
It scares the hell out of the dogs!!!



A.B.I. – Always Be Improving!!

Coming soon... <http://www.alwaysbeimproving.net>

DO YOU HAVE A PET OR ASSISTANCE ANIMAL THAT WE COULD FEATURE IN OUR NEWSLETTER??

If you have a pet or assistance animal, we'd love to feature you in our newsletter! Please send a photo and short blurb about why you love your pet or assistance animal to office@braininjurymatters.org



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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