

BRAIN INJURY MATTERS NEWSLETTER

MEET LEANNE



1. How long ago did you acquire your injury?

I had a car accident in June 1996.

2. What is your greatest achievement since your injury?

Getting back to my good sporting performance, e.g. ten pin bowling.

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

Going to the gym.

4. What do you find your biggest challenge?

Not being able to do all the things I want to do.

5. What is your favourite food?

A banana sandwich.

6. What is your favourite movie?

Lethal Weapon.

7. What is your favourite hobby?

Craft and jigsaws.

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

I love to see everyone in our peer support group every week.

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

Come to a peer support group! You don't know what you're missing out on!

10. What does Brain Injury Matters mean to you?

They think of everyone. It makes you think outside the square.

Table of Contents

Meet a BIM Member.....	1
Regular things happening at BIM.....	3
Committee of Management Report.....	4
ILC Project Report.....	5
Peer Support Group Photos.....	6
Women's PSG Ad for June 3.....	9
VOCC Lived Experience Pilot.....	10
VCAT Communication Facilitation Pilot / CyberABlility	11
Stories That Stir Ad.....	12
Adrian's Blog	13
Pets & Assistance Animals.....	14

REGULAR THINGS HAPPENING AT BIM

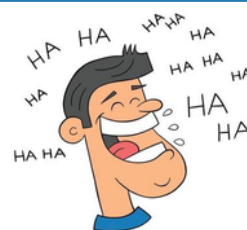
ONLINE COFFEE MORNINGS

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
- **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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COMMITTEE OF MANAGEMENT REPORT

Gidday, BIM members and friends

The funding announcement to continue the peer support group program, continues to be delayed. Our fingers are crossed.

The Relationships Project is in its final stages, with Monash University completing its review. Here's a snapshot of what that evaluation found.



*'Participants stated that having facilitators with ABI provided important real-life experience that was **“powerful,” “relatable”** and **“inspiring”**.'*

*'They felt able **“to talk freely, [and] to open up without criticism or judgement”** during workshops. Participants were reassured that they were **“not alone”**.'*

We will conduct the three workshops covering Friends, Families and Intimate Relationships on a regular basis, with the content being available for other groups or organisations.



CoM REPORT continued....

We think this is first-rate example of real and meaningful co-design, start to finish.

- **Content** – combination of lived experience, the evidence base and clinical experience.
- **Delivery** – Train-the-Trainer and then co-facilitation.
- **Remuneration** – People with brain injury remunerated at equivalent to award wages.

Feel free to get in touch with me. Email me at:
chairperson@braininjurymatters.org

Talk to you next month, if not before.
Col Brokenshire
President



ILC PROJECT REPORT

The PSG network continues to grow – it now connects close to 200 people, with a weekly average across 2024 of 69 people.

Some the activities this month have included a visit to the Botanical Gardens, coffee catch-ups, bowling, karaoke, Scattergories and pool.

Discussion sessions included planning on the activities and discussion topics for the next few months, friendship, hobbies, goal setting and memory.

See some photos from our Peer Support Groups below.

Cheers

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



PEER SUPPORT GROUPS

NORTH METRO PSG Visit to the Botanical Gardens



BENDIGO PSG Catching up for a coffee



PEER SUPPORT GROUPS cont...

EAST METRO PSG Karaoke and Bowling at Eastland



PEER SUPPORT GROUPS cont...



SOUTH METRO PSG Sages Cottage



WOMEN'S PEER SUPPORT GROUP

Meeting on the first Monday of the month.

Our topic this month is:

Accessible Fashion

Do you feel like your enjoyment of the clothes you wear has changed since your brain injury?

If so, is that because of physical changes, or lack of choice/control?

This month we have Bec Collins coming to share her insights into enjoying 80s fashion, on a budget, as a visually impaired woman.



**You can check out Bec's podcast at
80's Fashion Fever: Insights from a Visually Impaired Thrifter**

Come along and share morning tea and stories.

DATE: Monday, **3rd June** 2024

TIME: 11am-12:30

PLACE: Rainbow Room, Level 4 Ross House

ADDRESS: 247-251 Flinders Lane, Melbourne

RSVP: poppy.egan@braininjurymatters.org

INVITATION FROM VICTIMS OF CRIME COMMISSIONER

Seeking Expressions of Interest: VOCC Lived Experience Pilot Program

The Victims of Crime Commissioner works to advocate for the respect, participation, recognition and inclusion of victims of crime in the justice system.

The Commissioner is commencing an exciting new program aimed at embedding victims' lived experience expertise into her work.

They are now calling for expressions of interest from people with Lived Experience as a victim of crime. They would be keen to hear from any BIM members, who have been victims of crime, who might be interested in joining them. They are happy to answer any questions and can provide support to apply.

[Click here](#) to view information about the Lived Experience program, who is eligible to apply and how to apply. If you need assistance, please contact office@braininjurymatters.org

[Agencies](#) [Resources](#) [Media](#) [Contact](#)[About](#)[Victims of crime](#)[Making a complaint](#)[Recent activity](#)[Support services](#)

Lived Experience program



HELP WITH VCAT GUARDIANSHIP & ADMINISTRATION HEARINGS

**Do you, or someone you know, have communication difficulties?
Could you use some help having your voice heard at VCAT?**

VCAT is the Victorian Civil and Administrative Tribunal. VCAT was created to be a fair, low cost, efficient way of resolving disputes without going to a formal court. If you are under guardianship, or administration, orders that you believe are unnecessary, you can apply to VCAT to have the orders changed, or overturned.

VCAT is now running a **communication facilitation pilot** that could assist you. You can be supported by an experienced speech therapist, so your voice can be heard in the management of your affairs.



If this is you, or someone you know, please contact:

Miranda Bain 0431-114-539

or email Miranda.L.Bain@courts.vic.gov.au

cc anna.kricker@courts.vic.gov.au

HAVE YOU BEEN SCAMMED?

**Do you want help in coping with the loss of money, or feelings of
anger, shame, confusion or disbelief?
Have your relationships, or lifestyle, been affected?**

**We are trialling a new program to help scam survivors,
called Smooth Sailing After Scams.**

More information about the program is at:

<http://www.cyberability.org.au> or email cyberability@monash.edu



CYBERABILITY

STORIES THAT STIR

FEATURING BIM MEMBER, DEBORAH STATHIS

Stories that Stir is an event concept where 6 people share a raw personal story, based on a theme.

Deborah Stathis will be sharing part of her story at a Melbourne event, with the theme of *courage*, on

June 11th, 2024

7pm-10pm

West Beach Pavilion

330A Beaconsfield Parade, St Kilda West VIC

To find out more and to book tickets, click on this link:
[Humanitix](#)



Editor's note: We wish Deborah all the best!

*If you would like to share your story, this newsletter is a space where you can
and we'd love to read it!*

Send in a contribution to office@braininjurymatters.org

ADRIAN'S BLOG

In My Opinion...

"Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and freedom."

Victor Frankl, 'Man's Search For Meaning'

There are different stressors in life- different situations that cause difficulties. Over the years, I have learnt that I don't need to react, without thinking, to these situations.

I can choose how I respond to them as challenges...a chance to refine myself. To improve temperament. I look for meaning.

There is an acronym for luck – Labour Under Correct Knowledge. There are some things that are referred to as 'lucky' that are in fact a direct result of a person's choice - for example: when a ball misses someone. It could be seen as 'lucky' but actually it is a direct result of that person ducking at the right time!

- People are difficult to deal with? I choose to think of this as a challenge...
- Life doesn't go the right way? Challenging...
- Problems with going up/down stairs? Challenges.
- People don't treat me the way that I feel that I deserve? It's an opportunity to become a better person.

Of course, these are ideals and are difficult to maintain, but it is something to strive for....



A.B.I. – Always Be Improving!!

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

MEMBERS' PETS/ASSISTANCE ANIMALS

Meet Tye - Alanna's Bandog

Tye is a Bandog and is 7 yrs old. He lies usually 1 to 2 meters away from me. It doesn't matter what I'm doing: doing my art; going for a shower; hanging out washing; gardening... If allowed, he will come into my room and wake me up. He goes for walks with me on my property. When I'm down, he senses it and comes up for extra pats and won't leave me alone. Since my ABI, he is more attentive of me. He seems to sense my moods. Tye is a great watchdog. He barks at everyone who turns up and waits till I tell him it's OK before he let's people out of their cars. He is great with my grandkids. They've grown up with him letting them crawl all over him.



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

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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