

BRAIN INJURY MATTERS NEWSLETTER

MEET COREY



1. How long ago did you acquire your injury?

I acquired my brain injury in 2004, when I was 7 years old.

2. What is your greatest achievement since your injury?

One of the doctors said I would never be able to walk, or talk, properly ever again, and for a long time I wasn't able to, but I wanted to prove the doctor wrong and look at me now.

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

To keep learning new skills and building on the ones I already have, especially work at the cafe.

4. What do you find your biggest challenge?

My biggest challenge is not being understood, or not being given the time to get my words out.

5. What is your favourite food?

Coffee

6. What is your favourite movie?

Back to the Future.

7. What is your favourite hobby?

Going for walks, especially to my local cafes, where they know and respect me.

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

Forming and keeping friendships alive.

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

Don't give up. Just try a little every day.

10. What does Brain Injury Matters mean to you?

I find it great to be part of a community that understands me and to know that I'm not alone.

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REGULAR THINGS HAPPENING AT BIM

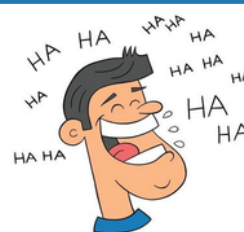
ONLINE COFFEE MORNINGS

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
- **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

Instagram

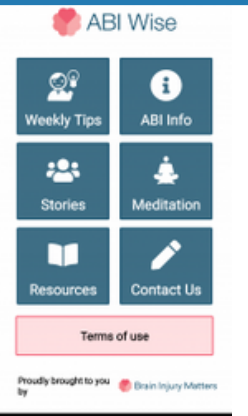
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183 posts 2,381 followers 2,301 following

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



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COMMITTEE OF MANAGEMENT REPORT

Our focus for the past month or so has been responding to the disappointing news that our submission to the Federal Government's Department of Social Services to consolidate and expand our peer support group program and engage with the mainstream community health sector amongst other new initiatives, was not successful. This is very disappointing given the 5-years work creating a peer support network of 10 groups connecting over 200 people.

Whilst we are working on a range of fronts to source interim funding, we have also taken on the very real challenge of ensuring our peer support groups continue. I can assure they will continue!!!!

We will call on you to assist with BIM's push to secure ongoing funding for peer support groups and self-advocacy, by talking with State and Federal politicians.

Cheers for now.

Col Brokenshire
President



BIM OFFICE REPORT

BIM Peer Support Groups – it's business as usual.

First of all, a word of reassurance – our BIM Peer Support Groups are here to stay!

Some of you will have heard about changes to BIM's funding from the Australian Government. Many other organisations have also been affected. However, please be assured...BIM's peer support groups WILL continue!

BIM OFFICE REPORT cont...

We know how important the groups are for BIM Members and we have every intention of keeping the current groups going and setting up new groups in different areas in the future. Although the recent funding announcement was disappointing for BIM (and other organisations), we are nothing if not resourceful! We are working hard to find interim funding while the Federal and State Governments work out how to fund self-advocacy organisations like BIM in the future.

Over the next 6-12 months, we will create a campaign and invite all BIM Members to take part. Our goal is to contact every Member of Parliament (MPs), at all levels of government, to let them know that the BIM groups provide a really important form of activity, connection and support for people with brain injuries. We want to make sure that they understand this, so that future funding can be allocated to BIM to expand our groups and keep working to raise awareness of ABI in the community.

Other news from the office:

This month we have connected with ARBIAS, Villamanta, Victorian Disability Liaison Officer Hospital Program and had a number of meetings to discuss funding. We are also going to have some professional photographers come to some of the BIM groups to take photos of your activities. These photos will be used in a new BIM brochure and on our website. It is OK if you don't want to be in the photos – just let the photographer know on the day, or tell your support person or the group facilitator.

We are also having some university students coming to BIM on placement in the second half of this year. We have a bunch of things for them to work on and they will likely visit each of the BIM groups a couple of times during August, September and October. When we know their names, I will introduce them to you in a future newsletter and that way you will know who they are. Go well everyone and stay warm.

Cheers,
Georgia



ILC PROJECT REPORT

The PSG network continues to grow unabated – it now connects over 200 people, with a weekly average across 2024 of 69 people. The Peer Support Group team remains committed to keeping the program going, despite the unfortunate news about the loss of funding. We are often reminded when we attend the groups, of the positive impact that peer groups have on the lives of people with an ABI. Some of the activities in June included “Your favourite song and why?”, visiting a police station and visits from the Office of the Public Advocate and Voices for Change

Till next month

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

PEER SUPPORT GROUPS PHOTOS

SOUTH METRO PSG

10 pin bowling, pool and shuffleboard at General Public



NORTH METRO PSG

Sharing our favourite songs!



The North Metro peer support group recently had a day of sharing their favourite songs. Here's the list:

- 1. Jedi Theme (Nick)*
- 2. LA Woman by The Doors (Kev)*
- 3. Under the Bridge by the Red Hot Chili Peppers (Brent)*
- 4. Set Fire to the Rain by Adele (Sayed)*
- 5. My Girl by The Temptations (Annika)*
- 6. You make me happy by Claire Bowditch (Poppy)*
- 7. Going up the country by Canned Heat (Jenna)*
- 8. See you again by Wiz Khalifa (Michael)*
- 9. Light a fire by Nirvana (Lynne)*
- 10. Heart of Gold by Neil Young (Peter)*
- 11. Georgie Girl by The Seekers (Phil)*
- 12. Surfing the Aliens by Joe Satriani (Darren)*
- 13. Popa Pola by AXS Music (Nat)*
- 14. Sultans of Swing by Dire Straits (Philip)*
- 15. I want it all by Queen (Matt)*

EAST METRO PSG Visit to Ringwood Police Station



On June the 13th, our peer support group visited the Ringwood Police Station. We were invited by Sergeant Nicole Baxter, who is the Disability Inclusion Officer, to tour the station and give feedback to the police about how they can better relate to people with brain injury. The custody officers showed us the cells and a police car. They even let off the siren. We then met other officers and detectives, toured the rest of the station and enjoyed morning tea.

- Abbey



WOMEN'S PEER SUPPORT GROUP

Report from our May meeting

Last month the women's group met at Ross House to hear from guest speaker, Bec Collins. Before Bec gave her talk, group members shared if they enjoyed shopping and what they enjoyed wearing. This gave us all an opportunity to connect.

Bec is passionate about 80's fashion. She not only collects, but also sells, vintage fashion. Bec is vision impaired and is an advocate for accessible fashion. When she is looking for clothing she relies on a magnifying glass and touch to choose a garment. As an advocate for accessible fashion, Bec works with people who are vision impaired. Many people who are vision impaired rely on others to choose their clothing. Bec assists people to choose clothing that they enjoy wearing. She also helps them to organise their wardrobe, so that they can find the clothing they want to wear.

The PenFriend is an audio labeller that she uses. The PenFriend allows the user to record audio information about a garment such as colour, fabric washing instructions to a barcode. You can then attach the barcode to the garment and scan it and the pen will play back the description.



PenFriend Audio Labeller

Bec also discussed her interest in accessible fashion. These are garments that make it easier for a person with a disability to put on independently.

We are grateful to Bec for her time. As someone who is not visually impaired, I can appreciate how important Bec is to raising awareness of vision impairment to the fashion industry. She also raises awareness of how we can benefit from buying second hand clothing. If you go to op shops regularly, you can find affordable clothing that is of good quality and help reduce the impact on our environment of fast fashion.

- Poppy

WOMEN'S PEER SUPPORT GROUP

Meeting on the first Monday of the month.

The BIM Women's PSG topic for July is:
Winter Warmers

What motivates you in Winter?



Bring \$3 to cover cost of hot soup and bread for lunch

DATE: Monday, **1st July** 2024

TIME: 11am-12:30

PLACE: Rainbow Room, Level 4 Ross House

ADDRESS: 247-251 Flinders Lane, Melbourne

RSVP: poppy.egan@braininjurymatters.org

In August we have booked a free tour of the State Library for 10 people.
Let Poppy know if you are interested.



THE HOUSE OF LEARNING PATIENTS

I met Tim through my peer support group and have been a fan of his art since he started showing me his work. I have also supported him by attending a couple of his exhibitions and then commissioned him to do this painting of Elim House:



Elim House is part of the Epworth Hospital, where I have recently finished my outpatient rehabilitation therapy. This building is where I learned to walk again and achieve many milestones in regaining my independence and self, after a catastrophic stroke caused by a motor vehicle accident 6 years ago. I have made lifelong friends of fellow patients and therapists in this building and meeting Tim has allowed me to hold these memories close with a beautiful physical reminder.

I have named the piece: The House of Learning Patients

Photo: Tim & Nick



Nick facilitates our North Metro peer support group

- Nick

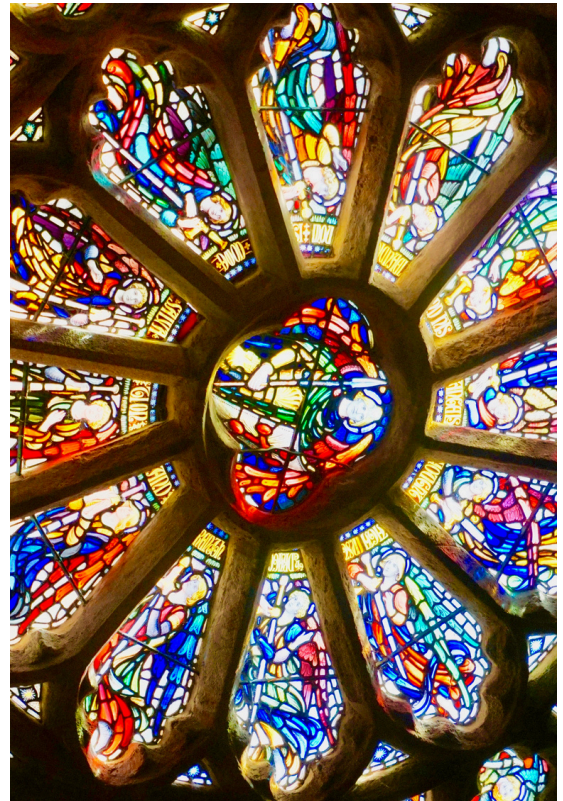
THE CATHEDRAL OF SCARS

In the cathedral of scars,
we light candles for survival.
Each flame whispers secrets:
how bones mend, how hearts endure.

The stain glass windows
tell stories of fractured suns,
and we, the broken constellations,
learn to shine through cracks.

Embrace your mosaic self,
for you are both wound and healer.
In the alchemy of pain,
you forge resilience - a masterpiece.

- by Jimmy



MEET DAISY - NICK'S GREAT DANES

It's almost impossible to get out succinctly what Daisy has been for me through my rehab journey. When I was in hospital for over 200 days and half paralysed in bed due to stroke, I had a Polaroid of her taped to the end of my bed. For hours every day, lying in bed, I would look at this photo promising to her and myself that we would walk together again. Now we spend most mornings out for a 3-4km walk. It is miraculous because I was completely unable to walk and my rehab therapists were initially unsure I would be able to manage having this gentle 63 kg giant back in my life. Yet, here we are, not only having survived, but now thriving post stroke :)

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



DISABILITY DISCOVERY PROJECT



Do you have the support you need to live the life you want?

Last week the Disability Dialogue launched an exciting new project – the Disability Discovery project. The team at the Disability Dialogue want to understand what support people have now that makes a difference in their lives – and what support they wish they had.

The project aims to build a picture of the supports available in Australia, valued by people with disability and their families, and what is missing.

The Dialogue will use the results to help inform the development of “Foundational Supports” a new type of support recently recommended by the NDIS Review.

You can take part in lots of different ways. You can take a photo or complete an [online survey](#).

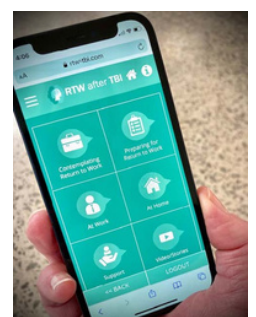
The Disability Dialogue run disability-led events, projects and conversations. The founding partners of the Disability Dialogue are Disability Advocacy Network Australia (DANA), Inclusion Australia, Melbourne Disability Institute and Alliance2



RETURN TO WORK AFTER TBI PHONE APP

Monash University are looking for individuals with a Traumatic Brain Injury (TBI) who are returning to work, to take part in a trial by downloading an app called '**RTW after TBI.**' The app has been designed to provide useful information and emotional support to assist you during your return to work journey. You will be asked to complete some short surveys upon commencing the study and again at 6 months. You may also be asked to participate in an interview to provide your views on the strengths and weaknesses of the app

For more information go to [this link](#) or contact Emily O'Kearney.
Email: emily.okearney@monash.edu
Ph (03) 9426 8923



HEADS TOGETHER'S 1ST BRAIN INJURY YOUTH SUMMIT

SATURDAY 17TH AUGUST

YOUTH BRAIN INJURY SUMMIT

A Roadmap for the School Years

A unique professional development opportunity for parents, clinicians, educators and other key supports to learn together how to positively navigate the challenges that young people with brain injuries face throughout their education.

Learn from specialist youth brain injury experts both professional and lived experience, about how brain injury impacts students and families, and how to create school environments where these kids can thrive.

 **SATURDAY**
17 AUGUST 2024 9.30-3.30

 **LEVEL 2**
90 MARIBYRNONG ST, FOOTSCRAY

 **CONTACT**
jane@headstogether.org.au

[REGISTER NOW](#)

HEADS
Together
FOR BRAIN
INJURY



Powering lived experience, driving positive change



DISABILITY LIAISON OFFICER PROGRAM

Disability Liaison Officers provide support so that people with disability can access healthcare. They are based in health services across metropolitan and regional Victoria.

Check out the [better health channel](#) to find out more.

CHAT n CHUCKLE ABI GROUP IN GLEN EIRA

Come along and join ...



GLEN EIRA
CITY COUNCIL

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

Location:

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

When: 2024

Meetings are held on Fridays (during school term) from 11am to 12.30pm

- | | | |
|-----------------------|------------------|------------|
| • 9 & 23 February | 8 and 22 March | 19 April |
| • 3, 17 & 31 May | 14 & 28 June | 26 July |
| • 9 & 23 August | 6 & 20 September | 18 October |
| • 1, 15 & 29 November | 13 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?



ADRIAN'S BLOG

In My Opinion...

Success is not a Destination, Happiness is not a Place and Practice does not make Perfect

These were a few of the ideas that I had when I was younger, which turned out to be wrong- or maybe misguided. I thought that when I achieved my goal, then I'd be happy. That was what I was told. But, it is not the case. Success is not a destination; happiness is not a place. I didn't realise that, in order for me to be happy, I needed to find happiness in the present moment- not in some future destination called success. I find that success is a journey. Every day I focus on what is important to me. I look at how I can find happiness each day, practicing doing what I can do better each day. Practice will never make perfect – but the more I practice, the better I will get.

Speaking of which, I'm very happy to announce the launch of my website. It's my first foray into social media, so I'm still a little rough around the edges. But through diligent practice and resilience, I will work on getting better!

A.B.I. – Always Be Improving!!
<http://www.alwaysbeimproving.net>

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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