**BIG April Newsletter**

**What’s been happening**

**MacDuff Aquarium Trip**

Unfortunately due to the “Beast from the East” snowstorm our trip to the aquarium had to be postponed again. We hope to re-arrange the trip for August. Full revised details will be included in future Newsletters.

**March Evening Meeting**

Peter Lewis entertained a small, but enthusiastic, audience with a wonderful show of his photographs. His talk was very informative and his dedication to getting just the right angles, light, subject etc was quite amazing.

Peter has offered to take members on a “Photoshoot” in the Haddow Estate in May (likely on the weekend of 26/27th May). We already have a few interested from the evening but if any other enthusiastic members would like to attend please let Ian know on 01224 733941 as soon as possible. Full detail of the trip will be included in the next newsletter.

**Laughter Therapy Sessions**

These started on 16th March - Laughter Therapy aims to get people laughing in groups and individually. Laughing releases endorphins (natural painkillers) into the bloodstream which allows you to relax more easily, reduces your stress levels and increases your confidence.

The session went very well with all attending thoroughly enjoying themselves. The unanimous decision was to continue with the pilot for the next 2 months and then re-assess for the future.

The next 2 sessions will be on Friday 20th April and Friday 18th May at Inchgarth Community Centre from 12 until approx 3 p.m.. So, why not come along, have a good laugh and a nice lunch. **Guaranteed to Beat the Blues!!**

**RGU Gym Sessions**

The RGU gym sessions started on **Friday 16th February** and are running on a weekly basis through till end of May (end date still to be confirmed) There will be no session on 6th April as the students are off that week.

These sessions as always are primarily for the students to get practical experience of working with people who have suffered a Brain Injury but our members benefit so very much from them too.  
The students are absolutely wonderful to work with and all regular attendees look forward to these annual sessions.

It’s not too late to join up, so, if you want to join get along to RGU gym on Friday.

**Future Events**

**Lochter Activity Day out**

Our very popular activity day at Lochter this year in on the Sunday 13th May 2018. All are welcome to come along and enjoy a fun filled day. Can be quite competitive!! Starting at 10a.m. We will have 2 events in the morning followed by a soup and sandwich lunch. There will be a further 2 events in the afternoon.

Likely events will be along the lines of previous years i.e. Go-carting, Digger driving, Blindfold 4 wheel driving and archery/Air rifle shooting. We need numbers to get the day arranged.

If you would like to join us this year please contact Ian Crombie on **01224 733941** as soon as possible as we require to advise Lochter of the likely numbers.

**Palm Court Social Evening**

The annual Social evening at Palm Court will be on Wednesday 13th June at 7 pm.

This event is usually very popular, so, if you would like to attend please book your place by contacting Ian Crombie on **01224 733941**

**North East Model Farm & Construction Show**

A great outing for the family with all proceeds coming to BIG. It is held at the Axis Centre Newmacher on Sunday 6th May from 10 a.m. until 4 p.m. Really worth a visit – the Model Farms and Exhibitions are really quite stunning!

**18th April - Evening Meeting – Inchgarth 7.30 p.m.**

**Games and Film Night –** An informal fun evening with a selection of games available (Pool, Dominoes, Scrabble etc). “Only Fools and Horses” Box Set will be showing on the BIG screen.

Come along and enjoy good fun, good company and perhaps even good prizes!!

**16th May – Annual General Meeting**

The Annual General Meeting of Brain Injury Grampian (BIG) Group will be held at Inchgarth Community Centre at 7.30 p.m. This is a very important evening when we can review what has been done/achieved over the past year and decide how we wish the group to move forward and develop into the future. We would hope that this will be well attended as we need to have the views of as many members as possible. We will also be electing Office Bearers and Committee Members for the following year. New faces and new ideas are always a great thing for a small group such as BIG. Please give it some thought and if you feel that you can help in this way please speak to any committee member or just declare your interest on the night.

**Female Carers Weekend**

Our yearly weekend to Craig Alvah is on the weekend 18 to 21 May 2018. Please contact Isobel on 07739029904 if you would like to attend or need more information

**The next BIG Drop-In**

Our next monthly Drop-Ins are on 6th April and 4th May both at Inchgarth Community Centre and open to all members, their carers’ and close family. A light lunch will be provided.

There is no fixed format for the Drop-In but there will be pool tables available, games, tea/coffee good chat and good company.

**If you would like to attend but transport is a problem please contact Ian on 01224 733941 and we will try to help.**

We will also be holding Drop-Ins on the 3rd Friday of April and May (20th April and 18th May) to accommodate the Laughter Therapy initiative.

**BIG Art Group**

**Brian Duncan** will continue to facilitate our Art Group for BIG members, which runs within the Drop In from 1.30 until 3.00 on the 1st Friday of each month.

The group is now well established and the quality of sketching is quite impressive. Sketch pads and pencils are provided. We will be using water and acrylic paints for the 1st time this month Brian will be demonstrating his skills and assisting those attending.

**Come along and join the group**.

**Bowling:**

**Aberdeen** bowling takes place on the 1st Thursday of each month 7- 9PM at Codona’s at Aberdeen Beach, the next bowling nights are on Thursdays 5th April and 3rd May. If you would like to take part just turn up or contact Ian on 01224 733941.

**Female Carers Bar Suppers**

The next Female Carers’ bar supper will be on Tuesday 1st May at Brig o Don at 7 pm.  If you would like to come along please contact Christine Lewis on 07974855134 for details.  The Group will partially subsidise this event.

**Male Carers Monthly Meal**

A regular monthly meal for male carers has now been established and running for the last few months. The group continue their theme of eating their way around the world. Hungary this month! The next meal is on Friday the 6th April at the Ghoulash Restaurant in Adelphi Lane. Meet at 7.00 for 7.30. This is open to all male carers and is an opportunity to have a nice meal and a chat with others who face the same challenges. BIG will partly subsidise the cost of the meal. If you would like to come along or get more information please contact John Cushine on 07966 417375

**Support groups:**

The Aberdeen Momentum Social support .group now meets every Thursday at the YMCA building in Skene Terrace from 1.00-3.00 PM.

The BIG “Team Horizons” support group meets from 11 a.m. on the last Wednesday of each month at “The Fine Peace” Café just behind Horizons in Eday Road.

The Elgin support group meets the last Monday of the month at 11 AM at the Moray resource centre, Maisondieu Road, Elgin, IV30 1RX.

The Inverurie support group meets on the last Friday of the month in the Discussion Room at the Garioch Community Centre, Victoria Street, Inverurie, 1-3 PM.

For further details phone Ian (01224 733941), or Chris (07948 609783) for the Aberdeen groups, Lois for the Elgin group (01343551339) and Carol for the Inverurie group (07512667250).

BIG group website: brain-injury-grampian.weebly.com

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