**BIG Christmas Newsletter 2018**

**We would like to wish all of our members and their families our best wishes for a truly enjoyable Christmas and a happy and fulfilling 2019!**

Just tap on the picture to animate.



**PLEASE NOTE THE NEXT NEWSLETTER WILL BE IN FEBRUARY**

**What’s been going on?**

**November 4th 2018**

Our member Cheryl Mainland (partner to member Andy Irvine) ran the New York Marathon raising funds for charities including Brain Injury Grampian (BIG) Group. Through sponsorship Cheryl raised an amazing £2035 for BIG (including Gift Aid).

We would like to congratulate Cheryl on completing the marathon – quite a feat – and to thank her most sincerely for raising these funds on our behalf. Without such efforts we would find it very difficult to sustain and build our social support programme.

**November 18th**

**Visit to Peterhead Prison Museum**

A group of members visited the Museum on Sunday 18th November. This was a truly interesting and eye opening view into the workings of the prison from its inception in the Victorian era until it closed in 2013. We rounded the day off with a Cuppie and Fine Piece in the cafe. One of our members Ian Cameron was able to relate his experiences during the prisoners’ riot in 1987 when he was involved in the team negotiating with the prisoners to get the hostage wardens released and the prisoners down off the roof. His friend Jackie Stuart who was one of the hostage wardens was also on hand to speak with us. A great visit!

**November 21st**

**Speaker Dr Alex Czepulkowski**

Alex spoke of his personal ABI experience and his road to recovery. A truly helpful and inspirational event for all who attended. For those who were there and also for those who could not attend Alex has forwarded a link to an article which he has written regarding his experiences. <http://www.acnr.co.uk/2015/08/the-french-connection/> This makes very interesting reading.

**BIG Drop-Ins**

The next Drop In is this Friday 7th December from 12 ‘til 3 and will be fortnightly in the New Year from 11th January as detailed below. Art and Laughter Therapy will be incorporated at alternate Drop Ins. This Friday is a Laughter Therapy session, so, come along, have a light lunch and a good laugh!! **The Drop In scheduled for 21st December has had to be cancelled as the Inchgarth Community Centre closes for Christmas on 20th December.**

**LAUGHTER THERAPY** **ART SESSIONS**

|  |  |  |  |
| --- | --- | --- | --- |
| December | Friday 7th |  |  |
| January | Friday 11th | January | Friday 25th |
| February | Friday 8th | February | Friday 22nd |
| March | March 8th | March | Friday 22nd |

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

**Bowling:**

**Aberdeen** bowling will continue to take place on the 1st Thursday of each month 7- 9PM at Codona’s at Aberdeen Beach. The next 2 months dates are 6th December and 3rd January. If you would like to take part just turn up or contact Ian on 01224 733941.

**Lady Carers Bar Supper**

For detail on the next Lady Carers Supper please contact Christine Lewis on 07974855134.

**Male Carers Meal**

The male carers group continue in their quest to eat their way around the world. The next meal is on Friday 8th February at 7pm. The venue will be advised when confirmed.

All male carers are invited and will be welcome. If you would like to come along get in touch with John Cushine on 07966 417375

**Future Events**

**December 13th**

**Our BIG Christmas “Shindig”**

It’s looking like a full house for our Christmas Event at Codona’s!

We will meet at the Bowling Reception @ 11.15 for a day of food and fun likely to finish around 4pm.

During lunch we will have our traditional **Christmas Jumper Competition**, so, dig out that jumper from last year or get/knit a new one to be in with a chance of winning a nice prize.

We will also be having a **Raffle** for BIG funds. Donations of prizes would be most welcome.

**January 16th**

**BIG Burns Night**

Plans are well advanced for our first Burns Night. The evening will commence with a traditional Burns Supper and finish with a Scots Quiz. We have a piper, a fiddler, a member to address the Haggis and another to deliver the “Immortal Memory”, so, all looks good for a great night.

We already have a list of a few who wish to attend but it is likely that for accommodation and catering purposes we will have to limit our numbers, so, if you would like to come along please contact Christine Kennedy on 01651 891771 as soon as possible but definitely before 5th January.

**February 20th**

**Speaker – Dr Maggie Whyte. Consultant Neuropsychologist**

We are delighted to have Maggie speak to us again. Maggie is a good friend of BIG and is well known to many of our members. This year she will be giving a further insight into the lifelong effects of Acquired Brain Damage. This is always an informational and interesting evening. So, come along to Inchgarth Community Centre at 7.30. **Don’t miss this!!**

**Support groups:**

The Aberdeen Momentum Social support group meets every Thursday at Momentum in Ruby Place 1.30-3.00 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 contact details**

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

BIG group email: [info.biggroup@gmail.com](mailto:info.biggroup@gmail.com)

BIG group mobile: 07532 186155

BIG group postal address: ℅ Digby Brown, 220 Union Street, Aberdeen, AB10 1TL

BIG is a registered charity, Scottish Charity number: SC032273