**BIG March Newsletter 2019**

**What’s been going on?**

**February 20th**

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

We were 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 her topic was “**The Impact of Brain Injury and adjustment to Brain Injury”** giving a further insight into the lifelong effects of Acquired Brain Damage. As always Maggie's talk was informative and helpful to members. The turnout on the evening was our largest ever for a speaker. 38 members attended which fully filled the conservatory.

**RGU**

This year’s Gym sessions commenced on 15th February and will run on Fridays until 17th May. The sessions so far have been very well attended, but, we can still cope with more. The feedback from members has been very positive, so, if you would like to attend just come along any Friday.

**BIG Drop-Ins**

The next Drop In is Friday 8th March from 12 ‘til 3 and fortnightly thereafter as detailed below. Art and Laughter Therapy will be incorporated at alternate Drop Ins. The format is very informal – Tea, coffee, soup and sandwiches with the opportunity to have a chat, play games, pool etc and get involved in the Art/Laughter sessions if you wish, so, come along, have a light lunch and a good laugh!!

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| March | Friday 8th | Friday 22nd |  |
| April | Friday 5th | Friday 19th |  |
| May | Friday 3rd | Friday 17th | Friday 31st |
| June | Friday 14th | Friday 28th |  |

**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 7th March and 4th April. If you would like to take part just turn up or contact Ian on 01224 733941.

**Lady Carers Weekends**

These weekends have been a regular feature on our programme for quite a few years. Those who attend find the weekends very beneficial and a real break from their caring duties in the company of others with the same challenges at home.

We would love to welcome some new faces to these weekends. You can join in the fun or relax on your own whatever you feel like doing.

There are 2 female carers weekends planned for this year. Craig Alvah Lodge at Banff from 10th to 13th May and Easter Bendochty in Blairgowrie from 4th to 7th October.

Both these properties are really nice with lots of facilities and things to do.

The weekends are for 3 nights, but, if you would like to come only for 1 or 2 nights (or even just a day visit) then that is fine.

If you would like to find out more about the weekends and are interested in coming along give Isobel Buchan a ring on 07739029904 or email [izzybuc59@hotmail.co.uk](mailto:izzybuc59@hotmail.co.uk)

**Lady Carers Bar Supper**

For detail on the next Lady Carers Supper please give Christine Lewis a ring on 07974855134.

**Male Carers Meal**

The male carers group’s next meal is on Friday 8th March at the Goulash Restaurant in The Adelphi (just off Union Street) at 7pm.

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

**Future Events**

**March 20th at Inchgarth 7.30p.m.**

**BIG Photography Group Evening (hosted by Peter Lewis)**

We are happy that we again have Peter Lewis to speak to us and show us a selection of his photographs. Peter is an exceptionally talented photographer and some of his photo’s are quite amazing.

The Photography Group (with Peter as guide) only had one outing last May to Haddo House. The intention had been to have maybe 3 outings but this has not happened to date, perhaps 2019!

Quite a few of our members are keen photographers. Chris Smith has agreed to collate and prepare a presentation of members’ photographs. We will ask Peter to comment on the photo’s giving hints and tips to members on improvements that they can make. There will be prizes for the best 3 photo’s as selected by Peter. If you would like to participate please contact Chris on 07948 609783 and forward your photo’s to him at [cmswesthill@gmail.com](mailto:cmswesthill@gmail.com)

So, all you keen photographers - come along – promises to be a great night!!

**April 24th at Inchgarth 7.30. (please note change of date!)**

**Rehabilitation and Support after a Brain Injury**

Dr Helen Gooday, Director in Rehabilitation Medicine, Suzanne Livingston, Community Rehabilitation Nurse (Brain Injury Support) and James Anderson, Neuropsychologist at the Aberdeen Major Trauma Centre will speak to us on recent advances in Rehabilitation and Support for those with a Brain Injury. Should be an interesting night – come along!!

**May 15th at Inchgarth 7.30**

**The 2019 Annual General Meeting**

**Notice is Hereby given that the 2019 Annual General Meeting of the Brain Injury Grampian (BIG) Group will be held at Inchgarth Community Centre on Wednesday 15th May at 7,30p.m.**

This is a very important date in the calendar of our group. We assess how things have been going and how we should move forward. Our involvement is essential to the continuing health and development of BIG. We hope for a good turnout of members.

Please come along and also give some thought to whether you could in some way (large or small) help in the running and organisation of the group and our events.

An Agenda and 2018 Minutes will be issued in due course.

**May 19th**

**Lochter Activity Day**

Our popular annual Activity Day at Lochter is now arranged for Sunday 19th May.

The programme for the day:-

10.00 - Arrive at Lochter - Tea/coffee and bacon rolls on arrival

10.30 - Activity 1

11.15 - Activity 2

12.00 - Soup and Sandwich lunch served – Open Bar tab for soft drinks

12.30 - Fundraising Raffle

12.45 - Activity 3

13.30 - Activity 4

14.30 - Gather to learn scores and present Certificates

15.00 - Raffle Draw

15.15 app - Depart Lochter

The activities which will be available on the day are:-

* 4X4 Blindfold Driving
* Go Karting
* Digger Driving
* Archery

Fishing will also be available for those who wish it.

This is a family day open to BIG group members, their carers and families. If you would like to go contact Ian on 01224 733941as soon as possible as we have to confirm numbers to Lochter well before the date.

**June 19th at Palm Court Hotel**

**BIG Group Annual Dinner**

We are holding our very popular annual dinner again at the Palm Court. An informal 2 course meal in good company with good “craic”.

We meet at the hotel at 7p.m.

If you would like to attend give Ian a ring on 01224 733941.

**September 20th to 22nd**

**BRAW 2019**

A group of 13 members attended the Headway Scotland BRAW weekend at Tulliallan last year. Over 120 attended from various Headway Groups and BIG. The weekend was enjoyed by all.

Full details and an application form are attached to this newsletter. The cost for the weekend is £120 per head but BIG has reserved a number of places and will pay the deposit of £30 for those who wish to attend leaving a balance of only £90 to be paid for what promises to be a great weekend. There is also a £10 Single person supplement.

If the numbers wishing to attend exceeds our booked places we will try (but cannot guarantee) to secure further places.

Places will be allocated on a “first come – first served” basis, so, if this would be of interest to you please contact Ian on 01224 733941 ASAP and forward the application to him at, 76 Binghill Crescent, Milltimber, Aberdeen – AB13 0HU

**And, Lastly!**

We are currently working on our summer programme for 2019. Inter alia we are investigating a trip to the “Wild West” in Lumphanan, and a Steam Train trip. More detail will be given in the next Newsletter.

**Support groups:**

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 group, 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