**BIG Christmas Newsletter**



**Whats been happening**

**November Monthly Meeting**

“Rehabilitation and Support after a Brain Injury” was very well attended. The speakers, Dr Helen Gooday and her team, were very good and all who attended found them very informative. Plenty of time was available for questions.

**HMT outing to“Grease”**

One of the best shows the group have seen at the theatre. Ice cream and sweets were good too.

**Digby Brown Calendar Competition**

Following on last year’s success one of our Art Group members has won a prize in this competition for his entry. Well done Chris Smith.

**Future Events**

**Next Meeting – Inchgarth Community Centre Wednesday 17th January**

**Quiz Challenge!**

We will be having a further Quiz Challenge (on a Scottish Theme). Come along and unseat the current BIG champions “Over the Hill Gang”. We hope to again secure the services of world famous quizmaster Carol Innes to test our wits. As usual there will be BIG prizes for the best teams and we will once again be competing for the Joke Wardle Memorial Shield in honour of our late Secretary.

Please come along or bring a team. Great fun night for all.

**“BIG” Christmas – Codona’s -14th December**

See attached leaflet for detail

**United Pro Wrestilng**

United Pro Wrestling are kindly donating £1 from every ticket sold for their show on 9th December in Mintlaw to our group.  There will also be a raffle on the night. Please support this event. Fun for all the family. Tickets available from [www.ticketsource.co.uk](http://www.ticketsource.co.uk) or in person at Macbi Community Hub, Mintlaw

**Panto time. Oh yes it is!!**

We have 18 tickets available for the Panto at HMT on Sunday 7th January. These will be issued on a first come first served basis. Limited to two per member. We got these tickets free thanks to Lesley-Anne Bruce. Contact Ian on 01224 733941 if you would like to apply for tickets.

**RGU Gym Sessions**

Hopefully will have information on this for the next Newsletter.

**HEADWAY, SCOTLAND**

**BRAW 18 Weekend 18th to 20th May 2018**

Following excellent feedback from last year’s event Headway are again organising a BRAW “Best Relaxation and Activity Weekend” in May. All BIG members are able to attend this event. Full details and application form are attached to this newsletter. The cost for the weekend is £115 per head but BIG has reserved a small number of places and will pay the deposit of £30 for those who wish to attend leaving a balance of only £85 to be paid for what promises to be a great weekend.

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

 **Male Carers Weekend**

Initial interest has been good so it is likely that we will be arranging this weekend in the spring. If you would be interested in attending, please contact Ian on 01224 733941.

**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

**Trip to MacDuff Marine Aquarium**

This has been re-arranged for Sunday 4th March. Full details will be in February newsletter but the plan is to leave Aberdeen picking up on the way to Macduff. We will lunch at the Banff Springs Hotel and visit the Aquarium.

**The next BIG Drop-Ins**

Our next monthly Drop-Ins are on Friday 12th January (Inchgarth does not reopen until 8th January) and 2nd February from 12.00 until 3pm 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.**

 **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 move from sketching to painting in the New Year.

Come along and join the group.

**Enthusiasm is more important than artistic talent!!**

**Bowling:**

**Aberdeen** bowling takes place on the 1st Thursday of each month 7- 9PM at Codona’s at Aberdeen Beach, the next bowling is on Thursday 7th December then 4th January and 1st February. If you would like to take part just turn up or contact Ian on 01224 733941.

**Lady Carers Bar Suppers**

The next Lady Carers’ bar supper will be on Thursday 25th of January 2017 at the Brig of Don restaurant in Aberdeen 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.

**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).

**The next newsletter will be in February.**

**HAVE A GREAT CHRISTMAS AND A HAPPY NEW YEAR!!**



**See you all next year!!**

**BIG contact details**

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

BIG group email: 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