

BIG October Newsletter 2018

What's been going on?

- **What a BRAW time we had!**

A group of 13 members attended the Headway Scotland BRAW weekend at Tulliallan from 7th to 9th September. Over 120 attended from various Headway Groups and BIG. The food was good as were the entertainment, therapies and events. The trip to the Falkirk Wheel was a particular highlight. It is intended to have a similar event next year. Attendance is highly recommended. More detail of the 2019 event will be included in future Newsletters as it becomes available.



We managed to get the majority of our crew for the photoshoot but Alistair MacLean and Davina Clark were elsewhere.

- **Quiz Challenge Night**

“World famous” quizmaster Carol Innes hosted our autumn Quiz Night at Inchgarth on the evening of 19th September. 34 members attended with 8 teams competing. The winners of the Joke Wardle Memorial Shield were the team comprising Jimmie Dickie, Carol McLeod and Ian Cameron. Coming second were the team naming themselves “The Winners”. Well done. A great night!

- **New Headway Initiative Launched**



Headway has launched an innovative new website called [I'm calling about Chris](#) to help people keep family and friends updated on the condition of a loved one following brain injury.

[I'm calling about Chris](#) is designed to make it easier to 'connect, share and update those who care' by providing regular updates without having to spend hours on the phone each night, exhausted after spending hours at the hospital bedside.

[Find out more on the Headway website](#), and don't forget to share with anyone who you think would benefit from this new website

BIG Drop-Ins

The next Drop In is Friday 5th October from 12 'til 3 and will be fortnightly thereafter throughout the winter. Art and Laughter Therapy will be incorporated at alternate Drop Ins. On 5th we will have our first Laughter Therapy session, so, come along, have a light lunch and a good laugh!!

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 4th October and 1st November. 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. They are having a Steak meal this month at Miller and Carter on Union Street on Friday 12th November at 7pm.

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

October 14th

Our annual BBQ is at Lochter on Sunday 14th October at 12 noon. You can enjoy the lovely BBQ laid on and you can also if you wish try your hand at fishing. Everyone is welcome, but, we do need to advise Lochter of numbers by the 7th, so, if you would like to attend please contact Ian on 01224 733941 and also let him know if you would like to try fishing.

October 17th

Speaker – John Dargie Local Solicitor

John spoke to us last year, giving a very informative and interesting talk on the subject of Powers of Attorney and Guardianship. This year he will widen his talk to cover the need for Wills and the use of Trusts to help ensure that you are aware of all the options open to you. John will also be glad to have an open Question and Answer session on any legal matters which may be concerning you.

October 20th

HMT trip to see “Evita”

We still have some tickets available for “Evita” on 20th October @ 2.30. These will be allocated on a “First Come/First Served” basis. So, if you would like to come along please contact Jimmie on 07875 234891 as soon as possible! We will meet at HMT Box Office at 2 pm.

November 18th

Visit to Peterhead Prison Museum

We are visiting the Museum for tour on Sunday 18th November. We will be meeting at the Museum @ 12.15 for our tour followed by a “Cuppie and Fine Piece”.

Unfortunately the tour guide will not be available that day but headsets will be available and there are information boards throughout the Prison. The Prison is accessible for wheelchairs but not electric wheelchairs.

Sounds like a great day out.

As some of our tour will involve us going outdoors please make sure you are wearing suitably and warm clothing.

If you would like to come with us phone Ian on 01224 733941

November 21st

Speaker Dr Alex Czepulkowski

Topic – A Philosophy of Recovery

Alex will be talking about his personal ABI experience and his road to recovery thereafter. This promises to be a truly inspirational evening. Come Along!!

At Inchgarth Community Centre Wednesday 21st November at 7.30 p.m.

December 13th

BIG Christmas “Shindig”

Our annual Christmas event has now been confirmed.

Arrive at Bowling Reception 11.15

Dodgem Grand Prix 11.40

2 Course Christmas Meal 12.00

Karaoke 1.30

Bowling 2.30

Indoor Crazy Golf is also available if you wish.

To book your place for this highlight of the BIG year please contact Ian on 01224 733941

Support groups:

The Aberdeen Momentum Social support group meets every Thursday at Momentum 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

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