**BIG Newsletter Summer 2018**

**What’s been going on?**

* **Lochter Activity Day 2018**

Our annual Activity day at Lochter was held on Sunday 13th May. Activities this year were old favourites Blindfold Driving, Go Carting, Digger Driving and Archery**.** Over 50 members attendedand enjoyed a great day out, despite the wet weather. We hope to return to Lochter for our autumn bar-b-q and fishing later in the year.

* **Female Carers Weekend – Craig Alvah**

Our lady carers met at Craig Alvah in Banff for their May weekend on 18th May. Good fun, good food, good company. A real break from caring duties and a chance to recharge batteries. All dressed up for the Royal Wedding. Weather was very kind to us and the much needed therapies were enjoyed by all. Any new ladies who feel they would like to come along to our next one in October please get in touch with Isobel on 07739029904 to find out more about the weekends.

* **BIG 2018 Annual General Meeting.**

Our Annual General Meeting was held at Inchgarth on Wednesday 16th May and was well attended. Jimmie Dickie was appointed as Secretary replacing Isobel Buchan who stepped down after years of faithful service. Isobel will remain on committee but with no specific responsibilities. Ann Crombie and Alisdair MacDonald joined the committee replacing Morag Little and Christine Lewis who intimated their wish to stand down.

* **Photographic Group**

Following his talk to the Group at our April meeting Peter Lewis offered to take a group of members interested in developing their photographic skills on a photoshoot at Haddo estate. This outing took place on 26th May with 10 eager members meeting at Haddo at 8.30 a.m. (yes, that early). A beautiful morning, a nice walk and an opportunity to benefit from Peter’s skill - enjoyed by all. It is likely that this will become a regular part of the BIG calendar as those who attended have an interest in forming a photographic Group.

The next planned photoshoot will be in the autumn with Peter currently researching suitable accessible locations. WATCH THIS SPACE!!

**BIG Drop-Ins over the summer and beyond.**

The monthly Drop-Ins will continue over the summer with Drop Ins on Fridays 1st June, 6th July,3rd August and 7th September from 12.00 until 3pm at Inchgarth Community Centre and is open to all members, their carers’ and close family. A light lunch is 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.

Following the success of our Laughter therapy Pilot it is intended that from September the Drop-Ins will move to fortnightly with therapy sessions (Art, Laughter, Music, Yoga etc) included in alternate Drop ins

**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, i.e. 7th June, 5th July, 2nd August and 6th September. If you would like to take part just turn up or contact Ian on 01224 733941.

**Lady Carers Bar Supper**

The female carers meal will be on Friday 6th July at the New Inn Ellon. For more information please contact Christine Lewis on 07974855134 for more info.

**Male Carers Meal;**

The male carers group continue in their quest to eat their way around the world, meeting at Christos Greek Restaurant in John Street on Friday 6th July 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

**BIG Annual Dinner – Palm Court**

Our ever popular yearly annual Social Dinner is at the Palm court on Wednesday 13th June 7 for 7 30 pm. Time is getting short, so, if you would like to go but have not yet booked your place, don’t delay- contact Ian on 01224 733941 to book your places.

**Future Events**

**Summer Programme**

**Please note that the support groups, Drop-In, Art Group and bowling continue as usual over the summer months**

**July 15th (Sunday): Disabled Carriage Driving**

We are again visitingMaryculter Home Farm Carriage Driving Centre. This has been a very popular visit in previous years. We meet for a picnic lunch (under cover) approximately 12.00. Thereafter we will be able to view the different carriages (including a fully refurbished Stagecoach), have a carriage ride, view and even help groom the horses etc

We have to advise the centre of our numbers prior to the day, so, if you would like to attend please contact Ian on 01224 733941.

**August 4th(Saturday) : Trip to MacDuff Marine Aquarium**

“Oor jaunt” to the Macduff Aquarium will definitely happen on 4th August ( 3rd time lucky!) leaving Aberdeen at 9.15 picking up en route to arrive at the “Spotty Bag Shop” for a visit at 11 a.m. for a little retail therapy. We will then have a buffet lunch at the Banff Springs Hotel before our visit to the Aquarium which will be timed to give ample time to view all the exhibits, have a short talk from staff, view the diving display and watch the fish being fed. Thereafter return to Aberdeen dropping off on the way.

The projected timetable is:-

Bus leaves Spa Street Aberdeen 09.15 a.m.

Westhill – Layby at Police Station 09.45 a.m.

Inverurie – Town Hall 10.10 a.m.

Banff – Spotty Bag Shop 11.00 a.m.

Banff Springs for Lunch 12.00 a.m. app

Sealife Aquarium 1.15 p.m. app

Diver & Talk 2.00 p.m.

Return to Aberdeen 3.00 p.m. app

If you would like to attend and have not yet booked your places please contact Ian on 01224 733941

**September 17th (Wednesday)**

**Autumn Quiz Challenge**

Come along and join us. Bring a team and challenge for the Joke Wardle Memorial Trophy. We hope to, again, secure the services of “world famous” quizmaster Carol Innes for a general knowledge quiz.

Good fun, good company, huge prizes?.

Meet at Inchgarth 7.30 p.m.

**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