



Brain Injury Grampian

Newsletter October 2023

What we have been up to lately.

Lochter

We recently visited Lochter Activity Centre for our annual BBQ. We also did some fishing. It was a great success, despite the weather. Thank you to everyone that came, it was a great day



Bowling at Codonas

Bowling at Codonas on 1st Thursday of every month, and it has moved to an earlier time of 3pm for the winter. Hope to see you all there. Any questions contact Linda on 07745642237.

Extraordinary General Meeting - EGM

An Extraordinary General meeting will take place at the Inchgarth Community Centre on November 16th 2023 at 7pm. The purpose of the meeting is to formally elect the Committee for the coming year. We would welcome nominations for the positions of Convenor, Deputy Convenor, Secretary, Treasures, and Committee members. Nomination forms are attached and can be brought to the meeting or sent in advance of the

meeting to victoria.humphreys@digbybrown.co.uk. Everyone is welcome to attend.

Female Carers

Calling all female carers! Do you enjoy good food, great company and a bit of fun?? Please come and join us for our monthly female carers meal. A chance to chat with other women who care for those with acquired brain injury, make some friends and take some time out together.

It is on the last Thursday of every month @ the Buchan Hotel in Ellon at 7pm. Please contact Isobel on 07739029904. **If you are coming, please either email Liz breen27@btinternet.com or text Isobel to let them know.**

What are the committee working on?

We have been looking into options for our Christmas lunch! Please put the date of 13th December in your diary! We will be in touch with further details.

We are also looking into hosting a Burns supper in January 2024.

We are working to put together an updated website for the BIG group, watch this space!

We continue to deliver an extensive activity program and appreciate your continued feedback on what is working well and what is not working quite as well.

Please could you email Victoria with any change of contact details, or if you would like to be added to the email or postal list, please send on your contact details. We can make sure you get all of our news updates. victoria.humphreys@digbybrown.co.uk

CODONAS BOWLING

Our monthly bowling sessions re-commence on Thursday October 7th and monthly thereafter on the 1st Thursday of the month. Meet at the Bowling Reception @ Codonas at 3pm. For further detail contact Linda MacDonald on 07745642237

WELLBEING CAFE

Located at the Honeycomb cafe 11am – 2pm the last Wednesday of every month.

All welcome for a chin wag, coffee and food.

Further info: Please contact Duncan on 07912884624, or email to d2jlr@aol.com

WEEKLY DROP INS

At Inchgarth Community Centre

Every Friday 12.00 'til 3.00pm

- **Monthly Bowling – 1st Thursday each month @ Cadona's 3p.m.- During the summer months**
- **Drop/Ins Inchgarth –Every Friday 12.00 'til 3.00pm**
- **Lady Carers Meals – Last Thursday of the month contact Isobel on 07739029904**
- **Carers Meals – Male Carers meals are monthly, any info on this can be obtained via BIG Group email or mobile.**
- **Inverurie Group – Tesco's community room at Inverurie from 1pm until 3pm alternate Friday's. 3rd Nov, 17th Nov, 1st Dec, 15th Dec Please contact Ian on 07840012131.**

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

DATE	LOCATION	CONTENT	NOTES
13th December 2023	The Village Hotel, Kingswells 12pm – 4pm	Christmas 3 Course Lunch 😊	Feel free to wear something Festive! There will be prizes for the best dressed! Please email Victoria to confirm your attendance and reserve spaces victoria.humphreys@d igbybrown.co.uk
30th December 2023	His Majesty's theatre	Pantomime	Please contact the BIG group mobile if you would like to reserve tickets.

A big thank you to everyone, from committee members to non-committee members, who volunteer running and organising events for BIG Group. Without you we wouldn't be able to run, especially with the lack of funding after the pandemic. A big thank you to our sponsor Digby and Brown and to all our members for your continuing support, understanding and attendance.