



Brain Injury Grampian

Newsletter July 2024

BIG group are very grateful to Fiona, Emma, Liz and Karen for raising a fantastic amount of money by taking part in the Kiltwalk.



This photo was taken at our Summer get together at the Palm Court when they had recovered from their aches & pains and blisters!

🏆🏆👏 Well done 👏🏆🏆

[Palm Court](#) – the get together at the Palm Court on 12th June was very well attended. Thanks to everyone who came along to make it such a successful evening with good food and good company. Thanks also to Isobel for organising the raffle which raised a good amount for our funds, and not forgetting Ali's wonderful piping.

[The Activity Day at Lochter](#) on 26th May went well despite the weather!!



As you can see the weather didn't put us off and a good time was had by all.

DROP-INS — these are a great opportunity for anyone who has a brain injury or anyone else who helps care for them to come along and meet others in similar circumstances. The drop-ins are very informal and are held in Aberdeen and Inverurie.

Aberdeen drop-in - Inchgarth Community Centre
every Friday 12 - 3pm. Come and join us for Soup, Sandwich and a chat.



Inverurie drop-in group meets every other Friday 1pm – 3pm upstairs in the Community Room in Tesco, Inverurie. Please feel free to drop in for a chat and a cup of tea/coffee and a biscuit or 2! If you want any more information contact Ian Stewart 07840012131

The next meeting dates for the Inverurie group:

5th July, 19th July, 2nd August, 16th August, 30th August

What is coming up?

FALCONRY – A day out at the Huntly Falconry Centre, 28th July. This trip has been very successful in the past. We meet at the Falconry Centre at 11.00am. The flying display and talk is at 12.45.

Please bring a picnic with you although there is a cafe with limited supplies, crisps, cakes, drinks etc on site.

If you would like to attend please give Ian Crombie a ring on 01224 733941 before 21st July as we have to give the centre numbers in advance.

If you would like to come but do not have transport please contact Ian and we will see what we can do to get you there!



Speakers

Thursday 22nd August at 7pm in the Inchgarth Community Centre

Douglas McAndrew, Benefits Manager at Digby Brown will speak to the group on

How the Change from PIP to ADP will affect you

He will advise members of the change from PIP to ADP now that Benefits are devolved to Holyrood and will be happy to answer any questions/concerns from members on this change or any other questions you might have on benefits generally.

Thursday 24th October 7pm, Inchgarth Community Centre

We are pleased to advise that **Dr Maggie Whyte, Consultant Clinical Neuropsychologist at ARI** will speak to the group on

"Rebuilding your Life After a Brain Injury". Maggie is a good friend of BIG Group and many of our members are also her patients. Her talks are always interesting, informative and well received. She is happy to answer any questions and to speak with members individually (as time permits) after her talk.

LOCHTER Fishing and BBQ Sunday 6th October.

Save the date! Details to follow.

Contact Ian Stewart if you want to attend Tel 07840012131

Bowling at Codonas

Ten pin Bowling at Codonas on 1st Thursday of every month, at 3pm. Meet at Codonas Bowling reception. Any questions contact **Ian Crombie** on **01224 733941**. Hope to see you there on 4th July, 1st August, 5th September.

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. 25th July and 29th August. Please contact Isobel on 07739029904. **If you are coming, please either email [Liz breen27@btinternet.com](mailto:Liz.breen27@btinternet.com) or text Isobel to let them know.**

Male Carers meals are monthly. For information please email info.biggroup@gmail.com or phone 07532 186155.

Next meal out is Friday 19th July.

Christmas Card and Calendar Competition

Digby Brown are inviting people living with an acquired brain injury in Scotland to design their Christmas card and 2025 desktop calendar. Submissions can include drawings, paintings, photographs or even creative writings such as short poems or personal insights.

The deadline for submissions is Friday 27th September 2024.

For more information contact: kirsten.smith@digbybrown.co.uk

SHIF (Scottish Head Injury Forum) Conference “On Your Mind”

The next SHIF conference is in Perth Concert Hall on Wednesday 4th September. The conference will be discussing **mental health after brain injury** and exploring services and opportunities to support mental health. It is free to attend for those with a brain injury and for carers. You can see the programme and register at <https://shif.org.uk>

BIG contact details

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

* NEW WEBSITE COMING SOON* details in next Newsletter 😊

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

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. We can make sure you get all of our news victoria.humphreys@digbybrown.co.uk

