



BRAIN INJURY GRAMPIAN

Newsletter September 2024

Hello all!

STOP PRESS!! - We're very excited to be able to announce our New Website is now up and running! Please click below, take a look & explore. Let us know what you think – any thoughts on it (good or bad) or on how it might be improved

<https://braininjurygrampian.co.uk/>

Grateful thanks go to Dave Stewart and his staff at DieselGraf for getting us over the finishing line, and to Ali MacDonald our Webmaster!

Last month we had an excellent talk by **Douglas McAndrew from Digby Brown on Adult Disability Payment as well as some other benefits.**

We would like to thank Douglas very much for travelling to Aberdeen to talk to us, and he has kindly offered to help anyone from BIG who is struggling with these applications. If you would like some help you will need to be referred by BIG so please **talk to one of the Committee** who will be able to make a referral to Douglas to see if he can help.

Update from Headway

Head Injury Information Day Scotland 2025 will be on 18th September at the Hydro in Glasgow. You can register for more information [HERE](#)

News



Our own Jimmy Moir was wined and dined by the Lord Provost of Aberdeen as a thank you for his volunteering work at ARI. What a proud moment for Jimmy and a very well done from all of us at BIG Group.

Forget the Olympics!!



Our very own Ed Fish has won no less than **4 gold medals** at the 2024 Frame Running World Abilitiesport International Cup at Bagsvaerd, Denmark in July 2024. – Scoring 1st place in the 200, 400, 800 and 1500 metres despite only having competed for 3 years.

Ed discovered FrameRunning while recovering from an operation in 2019 when he became interested in the role exercise plays in recovery. He climbed aboard and knew instantly that he had found the sport for him. It has changed his life.

Well done Ed, we are all very proud of you.

Up and coming events

Lochter – Fishing & BBQ Sunday 6th October 2024 11am - 3pm.

Contact Ian Stewart for more information and to reserve places -
Tel 07840 012131

Talk - “Rebuilding Your Life after a Brain Injury” We are pleased to welcome **Dr Maggie Whyte, Consultant Clinical Neuropsychologist**, on **Thursday 24th October, 7pm at Inchgarth Community Centre**. Her talks are always interesting, informative and well received. She is happy to answer any questions and to speak with members individually after her talk if time allows

Quiz Night and AGM – Thursday 5th December, 7pm-9pm, Inchgarth Community Centre. We haven't had a Quiz Night for a while so thought it would be a good idea. Ali MacDonald will be our Quizmaster so come along and have some fun! We thought it would also be a good idea to hold the **AGM** on the same evening. It would be great if we could get some **new members on to the Committee** so if anyone is interested in becoming a Committee member please speak to any of the current Committee to see what it involves.

Female Carers Weekend - 8th – 11th November 2024 at Ness Castle Lodges Estate. Time to chill and relax among fellow carers and friends. Lots of lovely country walks on the banks of the River Ness. Contact Isobel on 07739029904 if you wish to attend or for more details.

Xmas Party– Wednesday 11th December 12 ‘til 4 at Village Hotel, Kingswells, AB15 8PJ Come along and enjoy some good food and some festive fun including the Christmas Jumper Competition! Contact Isobel on 07739029904 to reserve places.

Pantomime – “Jack and the Beanstalk” Friday 3rd January 2025, HMT at 1pm. Contact Liz breen27@btinternet.com or Isobel, 07739029904 to reserve places. **Wheelchair spaces are limited so please book early**

Theatre Trip -“Hairspray” Saturday 25th January at HMT 2.30 Contact Liz breen27@btinternet.com or Isobel 07739 029904 to reserve places.
Wheelchair spaces are limited so please book early.

Other Activities

Bowling at Codonas

Ten Pin Bowling at Codonas on 1st Thursday of every month at 3pm.
Hope to see you there. Any questions contact **Ian** on **01224 733941**.

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. For more information please contact Isobel on 07739029904 and if **you are coming, please either email Liz breen27@btinternet.com or text Isobel to let them know.**

CODONAS BOWLING

Our monthly bowling sessions are held on the 1st Thursday of the month. Meet at the Bowling Reception @ Codonas at 3pm. For further detail contact Ian Crombie on 01224 733941

WELLBEING CAFE

This is now no longer running.

WEEKLY DROP INS

At Inchgarth Community Centre

Every Friday 12.00 'til 3.00pm

- **Monthly Bowling – 1st Thursday each month @ Cadona's 3p.m.**
- **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. Also watch the BIG website events page (<https://braininjurygrampian.co.uk/>) for date of next meal**
- **Inverurie Group – Tesco's community room at Inverurie from 1pm until 3pm alternate Fridays. The next few dates are -**

13th September	27th September
11th October	25th October
8th November	22nd November
6th December	20th December

Please contact Ian Stewart on 07840012131.

BIG contact details

BIG group website: <https://braininjurygrampian.co.uk/>

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

Contact the Committee

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.evans@digbybrown.co.uk



DATE	LOCATION	NOTES
<u>6th October 2024</u>	Lochter Activity Day	11am- 3pm. For more information and to reserve places please contact Ian Stewart tel: 07840012131.
<u>8th – 11th November 2024</u>	Female Carers Weekend	Ness Castle Lodges Estate. Time to chill and relax among fellow carers and friends. Lots of lovely country walks on the banks of the River Ness. Contact Isobel on 07739029904 if you wish to attend or for more details.
<u>5th December 2024</u>	Quiz Night	AGM and Quiz night, details to follow.
<u>11th December 2024</u>	Christmas Party	Village Hotel, Kingswells Contact Isobel 07739029904
<u>3rd January 2025</u>	Panto	Panto - Jack and the Beanstalk 3 rd January 2025. Contact Liz breen27@btinternet.com or Isobel, 07739029904
<u>25th January 2025</u>	Theatre Trip	Hairspray - Saturday 25th January, the show starts at 2.30 pm Contact Liz breen27@btinternet.com or Isobel, 07739029904