



Brain Injury Grampian

[Newsletter January 2025](#)

Hello all!

The Committee met recently and discussed the Committee as a whole and how it is going. We would really love to reach out to anyone who feels that they could assist the committee and become a member, we do such wonderful things but always need more hands with the day to day running of BIG group. If a friend or family member of someone suffering with a Brain Injury would like to become a member, please do get in touch and let us know! In the meantime, we hope you are looking forward to what 2025 has in store for BIG group.

Christmas Party @ The Village Hotel!

This was the BIG groups 2nd year st the Village, and it was another huge success. Arranged by Isobel, with help on the day from Victoria, and of course Santa, a great time was had by all.



[Fundraising](#)

We recently had a kind donation from the Aspey family. Thank you to all those who continue to support our group. You may be aware that the Digby Brown Aberdeen office chose us to be their local charity for 2024. The Charity reps from Aberdeen came to the recent committee meeting to present us with a cheque. A total of £1,691.94 was raised for BIG group through various efforts of the 9 staff members in Aberdeen. Even more exciting is they have chosen big group as their charity partner for 2025 😊



Up and coming events

- Thursday 20th March – Talk from John Dargie, 7pm, Location to be confirmed, more details to follow.
- Lochter – May 2025, details to follow.
- BBQ in October – Details to follow
- Race Night - September, to be organized by Digby Brown, details to follow.
- June - Annual Dinner, details to follow.

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.

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 or text Isobel to let them know.

Male Carers meals take place generally every 4 to 6 weeks.

weeks at different venues, throughout the year (except December and January) Our First meal of 2025 is provisionally to be held at Rusticos, Aberdeen on the 28th February.– If you are a Brain Injury Grampian group male carer and would like to join the male carers meals please e-mail: alasdair@braininjurygrampian.co.uk. Alternatively contact info.biggroup@gmail.com or phone 07532 186155 for any further info.

BIG contact details

- BIG 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
- 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.evans@digbybrown.co.uk

BiG

INCHGARTH COMMUNITY CENTRE

BiG

BRAIN INJURY GRAMPIAN

Friday Drop In Lunch Club welcomes
anyone with a brain injury and those
who help care for them



Every Friday 12 Midday until 3pm

**For more information call
07532186155
or email
info.biggroup@gmail.com**