



Brain Injury Grampian Group (Registered Charity No – SC032273)

Newsletter February 2026

Hello all!

It seems so early but please find attached details of the **Headway Christmas Card and Comp 2026**.
Entries must now be in for March 2026!

We recently held our Burns Supper, and this was well attended and enjoyed by all, photos from the day below.



This is an urgent request from the Committee

Two Committee members have confirmed their intention to step down. This is obviously such a shame, and we thank all the members for their support over the years.

This means that we urgently need to recruit new committee members to assist with the running of BIG group. We are looking to have an AGM soon where new members can be appointed.

If you would like to become a committee member, please note your interest to either the committee secretary Victoria, or via the BIG Group email. If you have any questions, please also do not hesitate to get in touch.

Up and coming events: (please keep checking website www.braininjurygrampian.co.uk for all the latest updates and firm dates of our events program)

DRAFT LIST BIG EVENTS 2026 – All months are provisional only, until dates are added in last column. These will be confirmed in future newsletters and on our website in due course & list may change as our events program is fully developed.

Month	BIG Events (Proposed events shown in brackets until confirmed)	Dates (added only once confirmed)
Jan	<ul style="list-style-type: none">Lochter Burns Lunch	25 th January 2026
Feb	<ul style="list-style-type: none">	
Mar	<ul style="list-style-type: none">(BIG AGM & QUIZ)	
Apr	<ul style="list-style-type: none">(Speaker event-TBC?)	
May	<ul style="list-style-type: none">Female Carers weekend Craig Alvah lodge, Banff	8th to 11th May 2026.
May	<ul style="list-style-type: none">(Lochter Activity day)	
Jun	<ul style="list-style-type: none">(Annual Dinner)	
Jul	<ul style="list-style-type: none">(Theatre event- Lord of the Dance?)	
Jul	<ul style="list-style-type: none">(Grampian Transport Museum visit/ picnic? TBC)	
Aug	<ul style="list-style-type: none">(HUNTLY Falconry-TBC?)	
Aug	<ul style="list-style-type: none">(Steam train - fish n chips or similar-TBC?)	

Month	BIG Events (Proposed events shown in brackets until confirmed)	Dates (added only once confirmed)
Sept	<ul style="list-style-type: none"> BRAW Headway weekend event 	Friday the 25th – Sunday the 27th of September 2026 , at a great new venue - Inverclyde National Sports Training Centre in Largs.
Sept	<ul style="list-style-type: none"> 	
Oct	<ul style="list-style-type: none"> (Lochter BBQ Fishing) 	
Oct	<ul style="list-style-type: none"> (Speaker event-TBC?) 	
Nov	<ul style="list-style-type: none"> (BIG Race night/ fundraiser?) TBC 	
Nov	<ul style="list-style-type: none"> (Female Carers Weekend?) 	
Dec	<ul style="list-style-type: none"> (BIG Christmas Lunch) 	
Dec	<ul style="list-style-type: none"> (Annual PANTO) 	

Talk To Us

e : info.biggroup@gmail.com t : **07532 186 155**

Please leave a message on the answering machine and we will get back to you as soon as we can.

BIG Group ten pin bowling

On the 1st Thursday of every month For info contact Linda Macdonald on: 0774 5642237

Alternatively you may contact BIG Group on T: 07532 186155 or

Email: info.biggroup@gmail.com

Female Carers

Female Carers weekend

Fancy a chill out weekend away from it all then join us in May for a wee break at Craig Alvah Lodge Banff. Lovely peaceful atmosphere to re charge the batteries. Swimming pool and lovely local walks. Spend the weekend how you want to. A chance to chat with other women who care for those with acquired brain injury, make some friends and take some time out together .

Dates for weekend are 8th to 11th May 2026. Places are limited so please contact Isobel Buchan on 07739029904 for more information or to get your place booked soon.

Female Carers Monthly meal

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. 26/02/26, 26/03/26, 30/04/26. Please contact Isobel on 07739029904 for more info or if you fancy coming.

Male Carers meals: are generally organised on a regular basis, usually monthly throughout most of the year. We always welcome new male carers to this support group which provides stress busting, non-judgemental, sympathetic, understanding, general chat & long-lasting camaraderie with male carers who are all in a similar situation. For more information:

please email: alasdair@braininjurygrampian.co.uk

or **phone/text 07443393122**. (please leave a message if no answer and your call will be returned).

BIG contact details

- BIG WEBSITE <https://braininjurygrampian.co.uk/>
- BIG group email: info.bigggroup@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 our news
victoria.evans@digbybrown.co.uk