

SYNAPSE RECONNECTIONS

Support Groups



Join us and connect with others living with a brain injury as well as their carers, families, and support networks across Western Australia.

Reconnections groups provide those impacted by brain injury the opportunity to chat, provide support, education, and share some of your challenges, victories, as well as tips & tricks. Come and learn from other people's stories and hear about different experiences of brain injury and issues that are important to you. You will be in a supportive space with people who understand.

These meet ups will be held monthly.

Other than the '*special events*', all meet ups will be **accessible online** (via MS Teams) for those unable to get to the venue.

VENUE: Belmont Hub; 213 Wright St, Belmont.

Entrance to the Belmont Hub faces Wright St (next door to the 8 Yolks café).

For access into the building, please ring the bell (to the left of the door) for **unit 206** and you will be buzzed in.

BUS STOP (#11304) is located out the front of the venue on Wright St, Belmont

PARKING: 2-hour and 4-hour parking is located on the same site as the Belmont Hub – the driveway to the parking can be accessed off Wright St.

Alternatively you can park across the road in the Belmont Forum carpark for up to 4 hours

Tea, coffee and light refreshments will be provided however you are welcome to bring your own lunch.

We look forward to seeing you!

Fri 3rd February 2023

TIME: 11am – 1pm

VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)

MS Teams LINK: [CLICK HERE](#)

GUEST SPEAKER: Dr Travis Cruikshank, Research Fellow, Edith Cowan University will present information about the SPIN (Systematic Profiling in Neurological Conditions) Research Program at ECU. The SPIN project was established to tackle some of the challenges faced by people living with brain injury and other neurological conditions and aims to develop new treatments that help people to manage their conditions now and improve their quality of life.

**** Special event ****

Tues 21st Feb 2023

Let's have some fun bowling!!

We would love you to join us to do some barefoot (or shoes if you prefer) lawn bowling. We will have access to a 'bowling arm' if you have difficulties bending &/or balancing to bowl.

Hamburgers and a sausage sizzle will be available after the bowling.

You are very welcome to come alone or invite a friend &/or family members to come for some fun too.

TIME: 4.30pm – 6.30pm
VENUE: Lake Monger Recreation Club
144 Gregory St, Wembley

COST: \$5 for the bowling and a hamburger / sausage sizzle. Buy your own drinks from the venue

Fri 31ST March 2023

TIME: 11am – 1pm
VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)
MS Teams LINK: [CLICK HERE](#)
GUEST SPEAKER: Vicci Niven (qualified Yoga instructor) will take us through some techniques and movements for **Seated / Chair yoga**. Great for relaxation and overall wellbeing.

We will have a chance for catch up n chat over a cuppa before we do yoga

Fri 5th May 2023 **** family, friends and carers invited ****

TIME: 11am – 1pm
VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)
MS Teams LINK: [CLICK HERE](#)
GUEST SPEAKER: Bruce Simcock and his wife Robyn will present 'The Puncture and the Repair' in which they share their story about Bruce's experience with a brain bleed, surgery and aphasia. They will also share their story about Bruce's recovery.

Followed by some Q&A time with Bruce or Robyn, a cuppa, chat and catch up.

Fri 2nd June 2023

TIME: 11am – 1pm
VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)
MS Teams LINK: [CLICK HERE](#)
GUEST SPEAKER: N/A – 'Cuppa n chat catch up'

Fri 7th July 2023

TIME: 11am – 1pm

VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)

MS Teams LINK: [CLICK HERE](#)

GUEST SPEAKER: Dr's Steve Leslie / Liz Wason, Optometrists from EyeSense Vision and Therapy Centre have more than 20 years' experience in neuro-optometric rehabilitation (NOR) vision care. One of them will talk about the impact brain injury can have on your vision and share some advances in treatment of these.

Followed by some time for a cuppa, catch up and sharing news & information.

Important note: If you are unwell, please do not attend.

For further information and to RSVP, please contact Kylie Jackson
on 0499 016 426 or kjackson@synapse.org.au