

SYNAPSE RECONNECTIONS

Support Groups

for family, friends and
other support networks



Join us and connect with other family, friends and support networks of people living with a brain injury across Western Australia.

Reconnections groups provide 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.

Other than the '*special events*', all meet ups will be at the Belmont Hub (see details below) and will also be **accessible online** (via MS Teams) for those unable to get to the venue.

They will be held monthly with a guest speaker at each followed by an opportunity to catch up, share information, etc. with each other.

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!

**** Special event ****

Tues 21st Feb 2023

(combined event with people living with brain injury)

Let's have some fun bare foot 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.

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 10th March 2023

TIME: 11am – 1pm

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

MS Teams LINK: [CLICK HERE](#)

GUEST SPEAKER: Johanna Mathewson, Community Neurological Nurse from the Neurological Council of WA will present information about the **NeuroCare program** which provides neurological nursing and health care navigation services to people of all ages living with a neurological condition or symptoms.

Fri 14th April 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.

Fri 5th May 2023

(combined event with people living with brain injury)

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 9th June 2023

TIME: 11am – 1pm
VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)
MS Teams LINK: [CLICK HERE](#)

GUEST SPEAKER: Michelle Nunn (Outpatient Occupational Therapist; State ABI Rehab unit) will present information on **Fatigue Management and Sleep Hygiene** post brain injury.

Fri 14th July 2023

TIME: 11am – 1pm
VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)
MS Teams LINK: [CLICK HERE](#)

GUEST SPEAKER: (TBC) 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 **impacts brain injury can have on your vision** and share some advances in treatment of these.

Fri 11th August 2023

TIME: 11am – 1pm
VENUE: Belmont Hub; 213 Wright St, Belmont (see further details above)
MS Teams LINK: [CLICK HERE](#)

GUEST SPEAKER: Michelle Nunn (Outpatient Occupational Therapist State ABI Rehab unit) will present information on the **impacts on executive functioning** (eg: impulsivity, insight, planning, problem solving, organising, memory, attention, and stress management) from acquiring a brain injury and possible support strategies.

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