

HEADS TOGETHER COMMUNITY NEWSLETTER #3 - June 2018



WALK TOGETHER FOR BRAIN INJURY

What a **HUGE** success our first Walk Together for Brain Injury was.

We had 41 walkers take part and we raised \$39,500!

We had over 20 kids take part in the 3.6km Walkathon around Cherry Lake. The Kids team raised a staggering \$7018.

We also want to give a big shout out to Marina (one of our wonderful camp volunteers) who



the sausages and Coles vouchers as well as Officeworks (organised by Maria Peters, Jess T-P's mum) who donated the banners and flags.



was the highest individual fundraiser with over \$3,000.

We had some very generous donations from our sponsors The Shared Table, Hawken Manufacturing and Cummings Flavel & McCormack. Bunnings Melton (organised by Susie Aquilina) donated the marquees, trestles & chairs, and the Caminiti family who donated

Thank you to everyone who participated, raised funds and cheered on our walkers. But *again* the biggest thanks need to go to our amazing volunteers who, as always, worked incredibly hard behind the scenes and on the day, setting up, supporting walkers on the trail and at the rest stations ensuring they were always ok, cooking sausages, packing up and much more.

Have a look at the [website](#) for some more pics and videos from the day and stay tuned because we're planning an even bigger and better WTFBI for next year!



CAMP FUN & FRIENDSHIP - FANTASTIC

Our first camp for this year was held at Camp Manyung in Mt Eliza on 18th – 20th May. With a Circus theme there was plenty of fun and Saturday night brought out many talented circus performers and all the usual fantastic camp fun.



Next camp is at Lady Northcote, 19th to 21st October. You can put in your expression of interest here

[Camp Expression of Interest Form for Families](#)

[Camp Expression of Interest for Volunteers](#)



BIG Day Out Saturday 11th August 2018 Yarraville

Our first ever BIG Day Out event will kick off at 10am with a Parent workshop – Managing Challenging Behaviours with Sue Sloan (OT and Neuropsych). This is primarily for Parents as well as some Volunteers who are working in the field and are interested in building their knowledge.

We are also launching our Teen Hangout at 10am for any teens in our HT community aged 13-19.

We will have some of our wonderful volunteers on hand to run fun activities for the younger kids (under 13) whose parents are attending the workshop.

In the afternoon we will have an opportunity to catch up at the Community BBQ from 12-3pm. Everyone is welcome. Hope you can join us at the [Yarraville Trugo Club](#).

Here's the link for families to [RSVP BIG Day Out](#) and here's the link for Vols to [RSVP Volunteer at BIG Day Out](#) (Spaces are limited so rsvp ASAP)

Meet Courtney our new Heading Out Program Coordinator



Courtney joined the Heads Together staff in April to coordinate the Heading Out programs.

Courtney currently organises and coordinates our Heading Out lunches for young adults with ABI which are held monthly in the city for anyone with an ABI 18 and over. Courtney is assisted by volunteers at these lunches. If you have a young adult who would like to attend or if you are a volunteer who'd like to help out please contact Courtney headingoutabi@headstogether.org.au

Courtney will also be responsible for getting our Heading Out Teens and Heading Out Parent programs up and running over the next 12 months, kicking off with the Big Day Out event.

Research - Penny Analytis



In 2018, Heads Together and Monash Epworth Rehabilitation Research Centre continued their research partnership. This year, our first research project examining parents' experiences of the Heads Together camp was published in the international journal *Neuropsychological Rehabilitation*. This is the first research paper published in the scientific community which explores how a camp can support families with a child with an ABI.

We are continuing our partnership with two further research projects which I am leading under the supervision of Professor Jennie Ponsford and Dr Narelle Warren. One research project explores children and young people's perspectives of the camp and their relationship of siblings. Our aim is to explore sibling relationships in families with a child with an ABI and how to best support stronger bonds between siblings. The second research project examines parents' wellbeing and coping strategies. By understanding these factors better, we hope to raise awareness of how parents can best be supported.

We are very grateful to all the members of the Heads Together community who have contributed to these research projects so far. Your participation helps shape both the direction of our research and ultimately the message we communicate to the wider community.

Please contact me if you are interested in participating or for more information. penelope.analytis@monash.edu

Advisory committee

Heads Together is currently setting up an advisory committee to help guide our organisation and programs as well as contributing to future plans. This committee will be made up of representatives from all aspects of our community - Parents, siblings, young people with brain injuries as well as volunteers and people from related organisations.

If you are interested in joining this committee, please contact Kate via email kate@headstogether.org.au