

HEADS TOGETHER COMMUNITY NEWSLETTER #6 - December 2019



2019 – ANOTHER YEAR OF WONDERFUL HT FUN



Families had adventures from storytelling through enchanted lands to escaping the asteroid showers in prehistoric times at this year's camps. We connected 37 families including 5 new families during the two awesome camps, with October being our BIGGEST CAMP EVER!! 22 Families including 36 Parents, 49 kids and young adults and 58 Volunteers. Now it's time to get excited for a magical & spellbinding time at our next camp.



Parents had the chance to attend 3 Parent workshops during the year, covering diverse topics from Managing Challenging Behaviours, Mental Health and Brain Injury, Being your Child's Champion to Making the Most of your Funding. Parents had the opportunity to build their capacity to manage the needs of their family but more importantly opportunities to reconnect and share their knowledge in a safe and supportive space. AND the kids had lots of fun with our wonderful vols.



Heading Out Young Adults had another fantastic year of lunches, with more than 250 people coming along to enjoy the monthly catch ups. Thank you to everyone who keeps this wonderful group going. Thank you to the volunteers in our community who join in with the fun too. Special thanks to Kayla who stepped in to keep the program going while we recruited Steph Cuce the new HOYA program coordinator



ABiLiTy has grown in more than just numbers and the connections between the members have strengthened from a team to a family. During the year we have seen and shared a lot of exciting milestones from setting goals to gaining employment, getting licences, strengthening relationships & buying property. Excited to see all the great things we have coming our way in 2020!



Teens is our newest program and we ran two Teen events this year. Our new Program Coordinator, Steph Cuce ran the most recent one in November, and everyone had such a great day playing 'Mafia', hanging out listening to music, chatting and making awesome pizza's for lunch. To make it easier for families, we'll continue to run the Teen program in conjunction with our Parent Workshops in 2020.



Thank you to our Amazing Vols!

This year our organisation and programs have been supported by 97 volunteers who generously gave their time, energy, enthusiasm and love at Camps, Heading Out lunches, Parent Workshops, Teen hang-outs, ABILiTy Seminars and behind the scenes. These Vols are the lifeblood of our organisation and we couldn't exist without them.



SAVE THE DATES FOR MORE FUN IN 2020

Families: Expression of interest is open for our first camp for 2020

*"Heads Together
School of Witchcraft
and Wizardry"*



Lady Northcote – 15th to 17th May 2020

[FAMILIES - Camp Expression of Interest Form](#)

[VOLS - Camp Expression of Interest Form](#)

+ **Save the date** for our second camp at Lady Northcote, Glenmore – 23rd to 25th October 2020.

Parents & Teens: We will be running another Workshop for parents & a concurrent Teen Catch-up at the South Melbourne Community Centre on Sunday 22nd March.

The workshop will give parents the opportunity to network with other parents and clinicians from our HT community to find and share answers to funding questions. All Teens are welcome even if parents are not attending the workshop.

[FAMILIES Expression of Interest Form](#)

[VOLS Expression of Interest Form](#)

We're also planning two more Parent & Teen events for 21st June and 2nd August so keep a look out for more information to come.

ABILiTy & Heading Out Young Adults: Keep an eye on our website calendar for ABILiTy seminar dates and Heading Out Young Adults lunches in 2020.

Project Hope

We are excited to welcome Penny to the HT team! She has been part of our community for the past few years undertaking research with our families on the value of our Camps as well as being a Volunteer with almost every program, and now we are lucky enough to have her working with us on Project Hope



Heads Together families have often told us how joining Heads Together and meeting others impacted by brain injury gave them a sense of hope for the future, as well as an opportunity to gain valuable information to help them navigate the many challenges they face. They have also told us how they wished that they had that support and connection with other families much earlier.

In response, the Heads Together team will be working on a new initiative in 2020: Project HOPE - Heads Together Online Peer Education. Project HOPE will offer families, in the early period after brain injury, online video and audio stories from Heads Together families sharing their experiences of living with brain injury. The aim is to connect families to peers who have experience in navigating this traumatic and emotional time.

Heads Together will be trialling this resource with Victorian Paediatric Rehabilitation Service (VPRS) at the Royal Children's Hospital through a partnership with the Murdoch Children's Research Institute (MCRI) in late 2020. If you are interested in finding out more about the project or being involved, please contact Penny Analytis at penny@headstogether.org.au or Kate Heine at kate@headstogether.org.au.

Tali Train Research Project



Are seeking families for a study on attention and childhood brain injury

Researchers at Monash University and the Murdoch Children's Research Institute are interested in understanding whether a game-based attention training program can strengthen attention in children who have experienced an acquired brain injury (ABI).

Who can participate? Children aged 4 - 9 years who have experienced an ABI are invited to take part in this research.

What is involved? Children will complete a training program at home over 5 weeks, as well as attending sessions at MCRI to measure changes in attention, memory, social and academic skills.

If you would like to find out more, [please visit the MCRI website](#). If you have any questions, you are welcome to contact the research team on 03 9905 3255 or tali.train2@gmail.com

End of Year message from Kate



What a year it's been! I've never felt so proud and excited for the future of HT. And that is because of the contributions of every single person in our amazing community. Our incredible dream team of women who run HT, our board who never stop teaching and inspiring me, our volunteers who create the walls that hold up our beautiful community and our families and young adults who are quite simply our reason for being. Thank you for your endless generosity and understanding. I know that none of us are perfect but together we're pretty damn close.



Happy Christmas from the HT Team
Kate, Lara, Kayla,
Penny, Steph & Jane

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