



Brain Injury Network  
of South Australia Inc.  
(BINSA)

If undelivered please return to

Brain Injury Network of South Australia Inc.  
70 Light Square  
Adelaide SA 5000

PRINT POST  
PP 535216/0067

POSTAGE PAID  
AUSTRALIA

**Patron**  
Professor Richard Clark

**BINSA Board (Voluntary)**  
Chair – Joanna Andrew  
Vice Chair – Pam Kirkham  
Treasurer – Terence O'Rourke  
Members  
Dean Fyfe  
Neville Hamilton-Brown  
Nadia Moffatt  
Karl Mortimer  
Simon West

**BINSA Staff**  
Chief Executive Officer  
Mariann McNamara Mon-Fri  
8217 7609 / 0412195296

**Coordinator Administration**  
Karen Arthur Mon-Fri  
8217 7600 / 8217 7606

**Coordinator Springboard Program**  
Victoria Zelipski Mon-Fri 8217 7602

**Springboard Program Assistant**  
Catherine Young Mon-Fri 8217 7607

**Springboard Re-Wired Fitness**  
Catherine Young Thurs 8217 7607

**Springboard Support Workers**  
Jordan Forrest  
Cindy Gillespie  
Patrick Kiu  
Bill Wright

**Counsellor**  
Chris Farrand  
Tues – Friday 8217 7601

**Advocate (NDAP)**  
Cynthia Betterman (on extended leave)  
John Harley - Consultant Advocate  
Wed-Thurs 8217 7614

**Advocate (EMRSS)** Amy Ambagtsheer  
Mon-Thurs 8am-4pm 8217 7608

**Assistant Advocacy** Tegan Whittard  
Mon and Thurs 9am-5pm 8217 7603

**Community Learning & Lifeskills Coordinator** – Thursdays only  
Shaneen Renshaw 8217 7605

**Reconnect Transition Program (RTP)**

**RTP Programs**  
Tegan Whittard Tues-Wed-Fri 8217 7603

**RTP Alumni**  
Chris Farrand Wed 8217 7601



2013 Spring Edition  
Brain Injury Network  
of South Australia Inc.

Brain Injury Network  
of South Australia Inc.

70 Light Square  
Adelaide SA 5000  
P 08 8217 7600  
F 08 8211 8164  
E info@binsa.org  
CC 1300 733 049  
W www.binsa.org

• IN THIS ISSUE •

- 1 What's new
- 2 Comings and Goings
- 3 CEO Reporting
- 4/5/6/15 Program Reports
- 7/8/13/14 2013 Awards and Sponsors
- 9/10/11/12 Photo Spread
- 15 BINSAs Program reports
- 16/17 My Story  
Brett Afford
- 18 BINSAs Consultants  
Volunteers and Advisory  
Groups
- 19 Links and Podcasts

• DATES •

- October**
- 7 Public Holiday
  - 8/15/22 RTP
  - 14 Be Kind and Unwind
  - 16 yRTP - 1 - 3pmw
  - 23/24 SEABIN - Mt Gambier
  - 25 Western Coffee Group
  - 30 BINSAs AGM
  - 31 City Coffee Group
- November**
- 5 Melbourne Cup
  - 6 RTP Alumni
  - TBA Be Kind and Unwind
  - TBA RTP @ Schoolies - Victor Harbour
  - 22 Western Coffee Club
  - 28 City Coffee Club
- December**
- 3 IDPwD
  - 3/4 NABIN - Pt Pirie
  - 4 RTP Alumni
  - 11 BINSAs Festive Dinner and Springboard Graduations
  - 13 Springboard end of year closure

WHAT'S NEW?

**BINSAs 2013 AGM Wednesday 30 October**  
**4.30pm-6.15pm @ BINSAs**  
(notice of meeting flyer inserted inside)

BINSAs is very pleased to call the Notice of Meeting of our 21st AGM covering 2012-13 to be held at the BINSAs office. We invite *anyone* interested in issues confronting those affected by an ABI to come along. Our special guest speaker, commencing at 5.00pm, is Dr John Brayley, SA Public Advocate - Office of the Public Advocate - [www.opa.sa.gov.au/](http://www.opa.sa.gov.au/)  
Dr Brayley will discuss

*Equal Recognition Before the Law - Upholding  
Decision Making Rights for People who have  
Experienced a Brain Injury*

This will be the first AGM under the new BINSAs Constitution as adopted on 1 May 2013. This means that the current BINSAs Board members continue in their current roles and remain under the relevant elected member terms as set out in the Constitution. A full copy of the BINSAs Constitution is on [www.binsa.org](http://www.binsa.org). We look forward to welcoming you  
light nibbles and refreshments will be served.

While an RSVP is not essential we would appreciate if you can advise attendance to Karen Arthur on [karen@binsa.org](mailto:karen@binsa.org) or call 08 8217 7600 or 1300 733 049 or check [www.binsa.org](http://www.binsa.org)

**early notice - dinner and celebration**  
**2013 BINSAs friends**  
**festive season dinner**  
combined with  
**2013 Springboard Graduations**  
**11 December 6.00-10.00pm - venue TBA**  
**full details advised in November - but note**  
**your diary now - great food and great fun**

## BINSA COMINGS

### Advocate

#### Cynthia Betterman

It is a pleasure to announce that we have successfully recruited our new Advocate to take on the National Disability Advocacy Program (NDAP) position that **Amy Ambagtsheer** is vacating given she is moving into the EMRSS role.

**Cynthia** will be joining us for 3 days/week.

**Cynthia** has an outstanding background in advocacy gained over many years and was until recently the CEO of Family Advocacy Service but is now keen to re-establish herself in a more hands on position and working slightly less hours!

### ERMSS Advocacy Support Component

#### Amy Ambagtsheer

**Amy** has now moved across to the new External Merits Review Support Service - in the Advocacy Support role.

**Amy** has an extensive legal and regulatory background as well as well-developed networks and relationships (in an advocacy capacity) with SAPOL, Housing SA, Disability SA and DCSI.

**Amy** also has experience in quality and compliance, which will be an added bonus especially as we implement our new strategic planning and those ongoing ad hoc policy and procedure reviews. Amy also has contract management experience. So all in all – a terrific asset for BINSA.

### Assistant Advocacy

#### Tegan Whittard

It also gives us much pleasure to announce that we offered the Assistant Advocacy position to **Tegan**, who has a Degree in Psychology from UniSA.

**Tegan** will be working 15 hours a week in support of both **Amy** and **Cynthia**.

So it is a terrific outcome all round - we now have 2 very senior people undertaking our vital advocacy work, as well as providing an opportunity for skills development and extension for an existing staff member.

Congratulations to **Cynthia**, **Amy** and **Tegan** – we are looking forward to making an even bigger difference for our many constituents' lives that need this level of our services.

The '**advocacy team**' officially commenced 12 August.

(We have to build a new office space so we can accommodate Cynthia and we are waiting on quotes so in the meantime there will be a slight squeeze upstairs but we'll sort it out so it fits. Thanks everyone for understanding.)

### STOP PRESS

Regretably at the time of going to press **Cynthia** has had to go on extended leave and in the short term we have invited **John Harley** to come back as our Consultant Advocate - we will keep you posted

### Springboard Program

We have another 2 new starters in the Springboard Program. They will be

spending several months on a 'work hardening placement' (our first such placement) following an injury.

**Bill** is being offered a casual Springboard Support Worker position and we are really pleased that he has made such progress in adjusting to very different work from his past – as a French Polisher – one suspect you couldn't get more different careers! Congratulations **Bill** – we hope this will be the important 're-start' for you and will lead to a more promising future ahead.

**Patrick Kiu** is also joining us as a casual Springboard Support Worker. He has been a volunteer in the Springboard Program and is just completing his Physiotherapy studies – so again we are blessed with such excellent talent in our overall team here at BINSA.

Thanks to **Bill** and **Patrick** for being interested in these positions, we hope they will lead to a really deep appreciation of the needs of individuals with an ABI.

## BINSA GOINGS

**Kelly Weckert - Coordinator Reconnect Transition program (RTP).** **Kelly** has left BINSA to take up a community position at Salisbury Council - Coordinating Volunteers who are involved with the Jack Young Centre for over 50s activities. it's closer to home, with more hours and ideally suits her study schedule.

In her time here, **Kelly** helped to extend RTP options offered to participants and together with Catherine Young was part of the SE ABI Network initiative.

We thank **Kelly** for all her efforts and wish her the very best in this new career direction.

**Tegan** and **Chris** will continue to deliver all the RTP activities.

## LINKS AND PODCAST INFORMATION



**BINSA** will again host the annual **IDPwD** on the 'square' at Light Square Park opposite the BINSA office - on Tuesday 3 December 2013. It will be the usual 'sausage sizzle' kindly arranged and donated by the local **Lions Club**, tender and more ish 'lamb on the spit' with all the condiments - again supervised by **Toni and Rosa Polyak** - several information booths, equipment displays, soft drinks and lots more - relax in chairs arranged in undercover shade.

**IDPwD** is the perfect way to raise awareness about disability and to enjoy a 'get to know you' with local people, neighbours, allied agencies and co-workers from offices near by.

Each year the **BINSA IDPwD** expands its reach so conversation and good food flow - what better way to enjoy a warm and welcoming work day lunch!

**gold coin donations for all food and drink**

Join **BINSA** and friends on Tuesday 3 December 2013 from 12 noon - 3.00pm - for catering let **Karen** know you are dropping by - [karen@binsa.org](mailto:karen@binsa.org) or 8217 7600 or 1300 733 049

**all details on [www.binsa.org](http://www.binsa.org)**

### ABC news items

**Disability reform is enough to keep any minister busy**

<http://www.abc.net.au/news/2013-09-19/young-dsability-reform-is-enough-to-keep-any-minister-busy/4969060>

**Bill Shorten calls for national rehabilitation program**

<http://www.abc.net.au/news/2013-10-07/shorten-calls-for-scheme-to-get-people-off-disability-pension/5002736>

**Equal but different**

<http://www.abc.net.au/rampup/articles/2013/09/30/3857116.htm>

**Freedom of choice a dream come true**

<http://www.abc.net.au/rampup/articles/2013/09/24/3855229.htm>

**Sydney doctors fined for underpaying disabled employee**

<http://www.abc.net.au/news/2013-10-07/doctors-fined-over-treatment-of-disabled-employee/5002452>

**Radio National**

All in the mind / ockhams razor

**The science of love and happiness**

<http://www.abc.net.au/radionational/programs/allinthemind/the-science-of-love-26-happiness/4777920>

**The music in your brain**

<http://www.abc.net.au/radionational/programs/allinthemind/the-music-in-your-brain/4985414>

**Curiosity**

<http://www.abc.net.au/radionational/programs/allinthemind/curiosity/4675208>

**The large wow collider**

<http://www.abc.net.au/radionational/programs/ockhamsrazor/the-large-wow-collider/4993488>

**Specialist Consultants**

Angela Gregory – Accountant  
Ann Woodcock – Special Projects - Client MIS  
Interintra – IT and Website Contractor  
James Burdon – BurdonAwire Design Website Graphics  
Joan Tamaiaans – Minute Taker – BINSA Board  
Karen Osborne – Psychologist, Independent Associate Cognition  
Michal Dutkiewicz – Website Illustrator  
Natasha Sari – Website Project/Newsletter  
Steve Elkins – Handyman  
Susanne Hillier (Dr) – Physiotherapist)

Nathan Giaccio  
Patricia Jamieson  
Rebecca Closter  
Robert Semmens  
Suzanne Edwards  
Tanya Davey  
Valmai Mackenzie  
Whitney Rose  
Will McIntosh

**Administration General**

Keryl Beesley  
Robwert Semmens  
Virginia Chen

**Reception**

Monica Ayliffe  
Penny Sommers

**Program Advisory/ Events Support Cttees**

**Springboard Professional Member Group**

Anna Miles  
Delores Wells  
Fiona Creed  
Liz Williams

**RTP Advisory Group**

Adrian Horan  
Donna Lamden  
Terry Sommerville

**IDPwD 3 December**

Lions Club  
Toni and Rosa Polyak  
URS  
Peoples Choice Credit Union  
Energy Partners

**Festive Season Dinner and Springboard Graduations 11 December tba**

**Student Practicum**

**Rajbir Gill**

Flinders University - Bachelor of Social Work and Social Planning

**Return to Work**

**Bill Wright**

Proactiv People Solutions – WorkCover SA

**Volunteers Springboard Program**

Britney Keech  
David Bajjali  
Delores Goodey  
Ella James  
Emma Scanlon  
Irene Para  
Janelle Wood  
Jess Turner  
Jessie Wu  
Lisa Hall  
Megan Jenkin  
Monica Ayliffe

**ABI Reference Forums**  
continued from page 15



As a result on the 1 October the Blog-A-Van was officially opened by the SA Premier Hon Jay Weatherill MP, at the Adelaide Showgrounds, with Jordan Forrest representing BINSA in attendance.

The Blog-A-Van will now be used at late night venues and youth attracting shows throughout the state over the next 6 months.

The Blog-A-Van will have a “diary room”.

This will be where punters can provide blogs that can be immediately uploaded to the website, about their thoughts on alcohol fuelled violence, such as what young women really think of violent drunk men, and video clips of people affected by alcohol fuelled violence and what the results can be.

For more information as the website progresses please visit

[www.greatnightout.net.au](http://www.greatnightout.net.au)



Amy Ambagtsheer  
BINSA Advocate

**Chief Executive Officer Reporting**

**BINSA influencing key policies and legislation(s) related to improving services and opportunities for people with a disability**

The past 6 months have been really hectic with many opportunities for BINSA to be represented in key fora and reference groups, including the following:

**Motor Injury Insurance Reform Office Lifetime Support Scheme Rules Advisory Group Meeting**

- alongside many of SA leading professionals and consumers we are adding the voice of our ABI constituency to the determination of the rules and eligibility that will apply to the new legislation
- Motor Vehicle Accidents (Lifetime Support Scheme) Act 2013
- An Act to provide a scheme for the lifetime treatment, care and support of persons catastrophically injured in motor vehicle accidents

**Disability SA Quality Reference Group**

- responding to a discussion paper has been developed by the DCSI Quality team, Quality in the South Australian Disability Services Sector. This has been developed to provide context for, and to stimulate discussion with, service providers about how we can work together to provide high quality disability services in South Australia with the reference group will advise on the development of a rateable quality framework to improve services and support the skilling of the workforce in line with national quality standards.

**Disability Justice Plan Consultation**

- BINSA constituents provided specific advice related to ABI to the Attorney General's state wide consultation team

- the draft recommendations are currently being circulated for comment - go to [Change@SA](mailto:Change@SA) 90 Day Project
- Amendments to the Evidence Act 1929 are also being progressed, with a Bill expected to be introduced into Parliament by the end of the calendar year

**Freedom to Advocate - SA Legislation**

- BINSA joined other not-for-profit leaders and SA Minister Piccolo to debate the proposed SA 'antigag' Legislation to complement Federal Legislation
- Not-for-profit Sector Freedom to Advocate Act 2013 - An Act to prohibit Commonwealth agreements from restricting or preventing not-for-profit entities from commenting on, advocating support for or opposing changes to Commonwealth law, policy or practice, and for related purposes ComLaw Authoritative

**Disability Services (Rights, Protection and Inclusion) Amendment Bill 2013**

- BINSA involved in advising on the final drafting of the revised SA Disability Act - now before the SA Upper House

**SA BIRS Consumer Consultation Group**

- Report on Community and Stakeholder Consultation for SA Brain Injury Rehabilitation Services Community Hub and Spoke Model of Care
- key reference group also advising on the future of Hampstead Centre and transitional accommodation



**BINSA Radio waves**

For the past 3 months BINSA has been broadcasting 2 thirtysecond radio ads - on a variety of commercial radio stations - including 5AA - and community stations eg Radio Adelaide, RPH and 5Mbs - check the website [binsa.org](http://binsa.org) to listen - we would really welcome your feedback

**best regards Mariann McNamara**

## Springboard Program

It is that time of the year again, to go out and enjoy the beautiful weather and what better opportunity than the Royal Adelaide Show.

For the second year in a row, 4 Participants, 2 staff and 4 volunteers did just that, they saw many of the amusements but the favourite was the pig racing and diving.

It was a very enjoyable day; it looks like this may be an annual event from now on.

We are also happy to report that Cheryl Mason was successful in securing 2 days a week employment with ORANA.

She is enjoying working very much; we are all very pleased with this outcome as Cheryl has achieved one of her graduation goals.

Gaining her first 'job' will give Cheryl even more confidence to aim higher when she graduates at the end of this year.

There are 5 Springboard participant graduating in 2013.

This can be an exciting but uncertain time and with this in mind, I was personally very pleased to have the opportunity to catch up with one of our graduates from last year Wolf Karschimkus and his wife Meri.

It was great to talk to them and hear about the many things that Wolf has been doing since moving on from Springboard.

Here is what Wolf has said about life after Springboard *"Springboard contributed to my newly found confidence to sail the seas (literally) and put myself through a self-initiated program at the local public gym. With the skills I learned through the Springboard program I am now studying at TAFE.*

*I miss the place but have replaced the hours with painting and setting up my own business.*

*Life has been really good and the Springboard Program contributed to the new skills necessary to make an identity for myself and manage a productive and happy life. All this from my wheelchair!*

*Thank you to Springboard and all those awesome participants who encouraged me along the way, to the dedicated volunteers and staff."*

Thank you Wolf and Meri for these affirming words, we are sure it will add encouragement to the other participants getting ready to leave Springboard. Thank you once again to the wonderful participants, families, volunteers, students and staff of Springboard.

### Victoria Zelipski Coordinator Springboard



Cheryl Mason 1st day at Orana

## Administration

We have been busy with so many things it's hard to keep up, but one of the highlights would have to be BINSA's 2013 BIAW- it was action packed, full of information. Professional, legal and fun activities - especially with the visual arts, writing poetry and 'recording' my story - all our visitors enjoyed these activities.

Of course the launch was also a great night with Dr David Caudrey (Disability Care Australia) leading the launch with a great discussion around the roll out of the NDIS. But, the crowning jewel was the Awards and 21st party celebration evening. We had over 100 awardees to recognise - some pictures are inside or on the attached sheets - and what a party it was! - thank you to CMI Toyota for your generosity in letting us use your wonderful showrooms on West Tce. Of course, that's not all we were up to - read on to find out more and what's what in the next 3 months - exciting times,

And our deep gratitude for all your generous donations - they have been instrumental in helping us with our regional program - more inside!

Don't forget, we are always looking for volunteers - anyone interested in helping me in the administration department? If you have a passion and knowledge of the administration environment - CALL ME!

**Karen Arthur Coordinator Administrator**

he says proudly that he is now "one hundred percent independent at home." He is determined to overcome his injuries as best he can, and does gym work to build up his fitness. A spare, string-bean of a bloke, he's surprisingly muscular when he lifts his shirt to show off his tattoos.

According to statistics from the Australian Institute of Health and Welfare, Brett is one of approximately 31,000 South Australians, or 2.2% of the population, who live with an acquired brain injury. Almost three-quarters of ABI survivors are aged under sixty-five. Rehabilitation and support are vital.

**The Brain Injury Network of South Australia (BINSA) provides a range of services, including physiotherapy, counselling and advocacy. Programs are tailored to the needs of the individual.**

Since 2011 Brett has been part of BINSA's Springboard Program, a three-year intensive rehabilitation program co-ordinated by Victoria Zelipski. Here he builds on his previous therapies, and continues to learn skills that will equip him for an independent life.

Victoria says that Brett has made amazing progress, has taken responsibility for his accident, and is determined to make the most of life as it is now. "Brett has given me grey hairs," she says with pride. Clearly, he is worth every one of them.

She recalls that he got out of his wheelchair before the BINSA physiotherapist had a chance to examine him. From his wheelchair he was to progress to a frame, designed to provide stability while he learned to walk again. She found him walking with the aid of only a stick.

Brett's determination and positive outlook have earned him the position of 2013 Ambassador for BINSA. The simple pleasure of mobility is reflected in his favourite Springboard activity, which he says is going for a walk outside.

His other love is photography. At the time of his injury, he was a construction management and economics student at the University of South Australia. Now he is undertaking an online Certificate IV in Photography.

Courage? Without doubt: the desperate courage of one for whom failure is not an option. Outstanding achievements? Many, from the football field to BINSA. But the most outstanding achievement of all for this self-confessed douche bag is the simple, yet unbelievably complex, feat of learning to walk again.

Brett's driver's licence remains suspended, but he says he would like to drive again "someday". He's not nervous when in a car, possibly because he has blocked out memories of the accident, which he sees, paradoxically, as having saved his life. "I don't know where I would have ended up, with the path I was on," he says of his binge-drinking days.

**Does Brett have any advice for other young people? You bet. "Don't be an idiot. It's not worth it. You can ruin your life."**

Brett's is an inspiring story of triumph over adversity; one shared with his therapists, his family, good mates like Carmine Cristarella, and his ongoing support network at BINSA. Tattooed across his ribs are the words, "What doesn't kill you makes you stronger". The Oxford English Dictionary defines a hero as "a person, typically a man, who is admired for their courage, outstanding achievements, or noble qualities".

Brett's natural enthusiasm for life ramps up when he talks about photography, and his dream to travel overseas to take pictures. He says he likes photographing the sea, especially at sunset.

Beside his study, Brett works one day a week at Elders Real Estate at Flinders Park, sells his photos from a stall at the Stirling Markets, where twelve of his mates helped him set up on his first day, and visits the West Beach Surf Club on Friday nights. He is romantically unattached, and still enjoys a drink and a and a trip to the casino.

## Brett: BINSAs ambassador and hero by Cheryl Jenner

Courage, perseverance and a few good mates help a binge drinker get back on his feet after a serious car accident. Life was good for Brett Afford.

Listening to him now, you can almost believe it still is. Except that his speech is halting, he walks slowly with the aid of a stick, and he constantly massages the fingers of his left hand, still bent backwards after a car accident five years ago.

Born on 31 October 1989, Brett followed the path typical of many young Australians. He lived near the beach, was a keen surfer and lifesaver, and a member of the West Beach Surf Club. An image of sun over water is tattooed on his back.

A talented Australian Rules footballer, at just seventeen he won the 2007 Best and Fairest for St Michael's College First 18s. He rucked for Flinders Park and Henley Football Clubs, and played as a six-foot-two wingman for Woodville-West Torrens Under 17s and Under 19s. His coaches told him that, with commitment, he could have made AFL.

He drove a 1991 V6 Toyota Soarer, which he'd rebadged with a Lexus emblem. He drank a lot and gambled a lot, mostly with his "little wog short-arse" mate Carmine Cristarella. Brett describes himself in those days as "a douche bag". **In the early hours of 13 October 2008, eighteen days before his nineteenth birthday, Brett's life changed abruptly.**

A few hours earlier, after returning home from his cousin Alexis's christening, Brett called Carmine, and they'd shared a bottle of Belvedere vodka. Brett then drove from his home at West Beach into Adelaide to play blackjack at Skycity Casino. They never reached their destination. The two were later rescued from the wreckage of Brett's car on Festival Drive, a stone's throw from the casino.

Brett was found to have a blood alcohol reading of 0.15%, three times the legal limit. He can't remember the accident, has no idea what they hit, and has not revisited the scene.

While Carmine suffered only minor injuries, Brett wasn't so lucky. At the Royal Adelaide Hospital he was kept in an induced coma for 100 days, while a section of his skull was temporarily removed to take pressure off his brain. The first person he saw when he woke up was his father.

Ahead lay a battle of heroic scale. Ironically, it is probably the very qualities that led to his accident that have most helped Brett's recovery.

Brett is the quintessential young Australian male. He fits a stereotype born three quarters of a century before he was, when a generation of young men went to war just for the hell of it. Legend has it that they, like Brett, were a bunch of intrepid ratbags who thumbed their noses at authority, and, where providence allowed, got up again when they were cut down.

**"Failure wasn't an option," says Brett of his rehabilitation. "I did something I shouldn't have done, but you get up, dust yourself off, and keep going."**

When he left the RAH, Brett spent twenty months at the Brain Injury Unit at Hampstead Rehabilitation Centre, where his treatment included physiotherapy and occupational therapy, and where he kept a diary to combat the effects of short-term memory loss. While still an in-patient at Hampstead, he attended Carmine's twenty-first birthday party, and made a speech.

After Hampstead, he spent six months at the Brain Injury Rehabilitation Community and Home, which helped prepare him for life in the community. In 2010 he returned home, where he still lives with his parents David and Tracy, his younger brother Mitchell, and their two dogs, Bailey the Labrador and Kruzer the German Shepherd.

He has physiotherapy at home with Tam Levy, and his "taxi" Michelle visits twice a week. Learning to walk again was Brett's biggest challenge. Although he'll never again lead the ruck,

## BINSAs PROGRAM REPORTS

### Re-Wired Fitness Program - Fee for Service

The **Re-Wired Fitness Circuit** is continuing to assist individuals with getting started in regular fitness programs.

The **Re-Wired Fitness Program** that started on 12 July had 4 participants. One of these participants is continuing with a fitness program at home and 2 others are in the process of locating fitness centres in their local area.

**Re-Wired** is a fee-for-service program costing \$25/session for a 6 week personally tailored fitness program - maximum course is up to 2 x 6 weeks - that is 12 weeks.

**Re-Wired** offers fitness classes for individuals with an ABI with the goal of transitioning into regular fitness programs in their local area.

**Re-Wired** in Mount Gambier has continues to run with the support of Community Health and Squashbrook Fitness Centre in Mt Gambier.

**Re-Wired** runs on Friday afternoons in the second half of the year in Adelaide and we are continuing to develop the program as required.

If you have any enquiries or would like any further information please contact

Catherine on 088217 7600 or email [catherine@binsa.org](mailto:catherine@binsa.org).

**Catherine Young - Re-Wired Sessional Specialist**

### Counselling

The last few months of **Counselling** have been, as per usual, varied in content, directions and duration.

That is to be expected in working with such a broadly encompassing field as acquired brain injury (ABI).

A lot of working with relationships; cognitive exercises; goal setting; information and fostering insight around ABI; recreation options, drug and alcohol problems and more have been predominant themes.

Also, **Counselling** works closely with the **Advocacy** and other programs here at BINSAs and externally, to bring greater clarity, support and resolutions to BINSAs constituents.

The maxim "You don't know what's out there until you know it" is true for **counselling**.

Many people make do with their reality without enquiring into what may be out there, or checking for alternate ways of doing things.

The above is only a few aspects of the **Counselling** done here at BINSAs, so if you feel the above or other concerns might benefit from being discussed, please don't hesitate to contact

Chris on 8217 7601 or [chris@binsa.org](mailto:chris@binsa.org).

**Chris Farrand - Counsellor**

### BINSAs Regional Support

#### SEABIN

The BINSAs South Eastern Acquired

Brain Injury Network meetings are now held every 3 months.

This is a chance for local service providers to share information about and for individuals with an ABI or interest in brain injury to find about regional activities.

The next meeting will be Thursday the 24 October at the Main Corner from 9.30am- 11.30am. For more information please call

**8217 7600 or for country callers, 1300 733 049**

#### NABIN

**BINSAs Northern ABI Network (NABIN)**

BINSAs recently facilitated a series of successful meetings in Port Pirie as part of its initiative to expand its support and facilities to Northern local communities for people with an ABI. Thanks to everyone who came along. Key issues to emerge included

#### A - Transport

- Adelaide bound transport - Limitations of Adelaide sponsored bus run
- Limited inter-town transport - Pt Pirie - Pt Augusta - Whyalla
- Limited intra-town transport
- Access cabs

#### B - Community Service Calendar

**C - Extend use of local and or personal 'smart' technology or 'social' media and or technology per see - to communicate and educate/ support.**

BINSAs will be back 3-4 December to be involved in the local IDPwD and continue to facilitate local options and negotiate support for the above key priorities. **Interested** - call 08 8217 7600 or 1300 733 049 or [karen@binsa.org](mailto:karen@binsa.org) or [www.binsa.org](http://www.binsa.org)

## BINSA PROGRAM REPORTS

### Advocacy - NDAP

### Advocacy - EMRSS

### Advocacy Assistance

Hi we're **Cynthia Betterman** and **Amy Ambagtsheer** and **Tegan Whittard**

The last few months has seen quite a few changes in the BINSA **Advocacy** roles with the introduction of an advocacy team.

**Cynthia** has joined as the new BINSA **NDAP** Advocate and **Amy** has moved across into the new External Merits Review Support Service (EMRSS) role. **Tegan** has taken on some additional duties providing assistance to both **Advocates**.

With the introduction of the **EMRSS** role there have been many meetings to attend which has allowed the **A-team** to get a great introduction to service providers and other networks in the brain injury support area.

**Amy** will be commencing the roll out of education and general information forums to various stakeholders involved with the National Disability Insurance Agency (NDIA - formerly DisabilityCare Australia [DCA]) launch site participant cohort - children 0-14 years of age over the next 3 years

In the last couple of weeks the **A-team** attended at Port Pirie along with other BINSA staff and the inaugural NABIN meeting was held with a very good attendance - see the details on page 5.

We completed numerous meetings with service providers in the area to introduce BINSA and the services

we can provide.

This included meetings with Police, Disability SA, the local MP and Department for Education and Child Development.

This is great for BINSA as it extends our service even further into the regions of South Australia, and allows BINSA to support many of those rural constituents who don't have the same support services available as the metropolitan constituents.

As usual a steady stream of clients have come through the doors including more accommodation issues, financial support and some family law matters as well.

If you have any issues or matters you need support with or are having trouble getting answers, please contact the **Advocacy team** at BINSA and we will assist you wherever we can.

**Contact Cynthia on 8217 7614 or [cynthia@binsa.org](mailto:cynthia@binsa.org)**

**(for the time being that's now John Harley [jharley@binsa.org](mailto:jharley@binsa.org))**

**Contact Amy on 8217 7608 or [amy@binsa.org](mailto:amy@binsa.org)**

**Contact Tegan on 8217 7603 or [tegan@binsa.org](mailto:tegan@binsa.org)**

### Reconnect Transition Program (RTP) RTP – general

A new **RTP** program began on the 3 September and will run until the 22 October. This program is aimed at individual who have

sustained a brain injury as a result of Road Trauma and we are always seeking referrals for both participants and mentors alike.

### Young RTP (yRTP)

The next **yRTP** program will be commencing shortly! Over the past few months the team have been interviewing mentors for the young program and carefully selecting individuals who understand the challenges of being a young person with an injury.

**yRTP** is for people under 30 and deals with concerns about relationships, social pressures surrounding drugs and alcohol and also helps the group look at pathways to employment, further education, recreational and volunteering opportunities.

### We are considering appearing at 'Scolies @ Victor Harbor' in November as part of our RTP preventative education forums

check the website for any updates

### Express RTP (eRTP)

On 18 September the RTP and BINSA crew hit the road to Pt Pirie and the **eRTP** was held at Centacare.

The **eRTP** covered some of the **RTP** essentials such as Introduction to the Brain, Stress Management and Coping Strategies, Communication and interpersonal relationships.

The program was well received and positive feedback was given. The **RTP** team look forward to heading back to the region in the future.

### RTP Alumni

3 July - Future Pathways: Guest speakers, from 4 disability employment agencies, came to share their knowledge and advice in regards to training and

**continued page 15**

## BINSA PROGRAM REPORTS

### RTP Continued from page 6 RTP Alumni ...

employment opportunities and to let us know of the support available to both individuals and employers to ensure success in the workplace.

There was great interest and a very large attendance.

7 August - Personality Part 1: This session we looked into the nature of personality and the changes to personality pre and post injury.

4 September - Personality part 2: An extension from the conversation held in the previous month, the group looked at personality traits and strengths.

We explored needs behind behaviours and discussed the changing nature of personality over an individual's life in relation to changing needs and desires.

Upcoming **RTP Alumni** sessions –

2 October – Memory and Learning Styles: Tips and Strategies to Improve Memory

6 November – Avoiding Overload: Christmas Planning and Preparation

4 December – Christmas Nibbles: A Chance to catch up with everyone before the Christmas break!

**If you, or someone you know are interested in getting involved either as a mentor or participant - call us! 8217 7600 or email [tegan@binsa.org](mailto:tegan@binsa.org) or [chris@binsa.org](mailto:chris@binsa.org) or check the website [www.binsa.org](http://www.binsa.org)**

### Community Learning and Lifeskills

#### Workshops/Info sessions

Feedback from participants has indicated positive outcomes from a number of different events held over the past months.

In particular "Be Kind and Unwind" facilitated by Jonathon from Angli-care SA proved so popular we are now able to present a different theme to this workshop on a monthly basis.

Other presentations have included Health Seminars and "Low Cost Living".

#### Coffee Clubs

The City Coffee Club has re-located to the Town Hall Café over the winter months with participants finding this venue warmer and easy to access.

This meeting occurs on the last Thursday of each month from 2pm, all are welcome to come along, have a chat and find out what else is happening at BINSA.

The attendance at the Western Coffee Club is now excellent and the venue at Villie's Café has proven popular with their selections of delicious food and reasonably priced coffees.

This meeting occurs the third Friday of each month at 2pm.

Do you have an interest in the re-establishment of a Northern Coffee Club? If you would like any further information please contact Shaneen on 8217 7605 on Thursdays or email [shaneen@binsa.org](mailto:shaneen@binsa.org)  
**Shaneen Renshaw - Coordinator Community Learning and Lifeskills.**

## ABI Reference Forum



### Alcohol Fuelled Violence

#### Sammy D Foundation and the Blog-A-Van

In June BINSA was invited to join a reference group with the Sammy D Foundation to address Alcohol Fuelled Violence in SA.

The Sammy D Foundation had a grant from the Attorney General's Department for addressing Alcohol Fuelled Violence and the impact it has on youth in SA, particularly male adults aged 18-30 years.

As part of this project numerous agencies, including BINSA, were asked to join a reference group to provide input into the creation of a Blog-A-Van.

BINSA thought this was an appropriate project for us to be involved with, due to a common result of alcohol fuelled violence being acquired brain injury (ABI).

As a result BINSA Advocate Amy Ambagtsheer took part in the reference group attending monthly meetings to provide a perspective from the many constituents that BINSA represents.

The main aim of the group was to create a Blog-A-Van, addressing youth and alcohol fuelled violence in the most age-appropriate medium, that being social media.

**continued page 18**

**Individual Nominees**

Amy Ambagtsheer  
 Barry O'Loughlin  
 BINSA  
 Celine Randabel  
 Chris Farrand  
 David Fabbro  
 Dean Fyfe  
 Families 4 Families  
 Frank Hill  
 Jamie Dollard  
 Jan Palmer  
 Jane Fong  
 Les Koopowitz (Dr)  
 Linda Cox  
 Marguerite Harding (Dr)  
 Mary-Anne Edge  
 Michaela Dollard  
 Ralph Brew  
 Tamina Levy  
 Tim Zaltron  
 Tina Benbow

**Springboard Professional Group Nominees**

Anna Miles  
 Barry O'loughlin  
 Cherie Archer  
 Dolores Wells  
 Fiona Creed  
 Liz Williams  
 Robert Pride  
 Robert Semmens  
 Sue-Anne Gale  
 Susan hillier (Dr)  
 Tina Benbow

**RTP Nominees**

Adrian Horan (mentor)  
 Jeff Keyl  
 John Furda (mentor)  
 Mt Gambier Community Health Service

Mt Gambier Council  
 Patrick Comerford  
 Robyn Hunt

**Assuming Control Professionals - Nominees**

Carolyn Burns  
 Con Polychronis  
 Jacqui O'Daly  
 Julie-Ann Whitehead  
 Kaye Mahomet  
 Miranda Jelbart (Dr)  
 Pauline Wood  
 Peter Rivera  
 Sue Harper (Dr)

**Re-Wired - Adelaide**

Donna Lambden  
 Elaine Kuczmarski  
 David Baynes

**Re-Wired Mt Gambier**

Ben Williams  
 David Shipton  
 Helen McQueen  
 Kara Lea  
 Krys Howard  
 Michelle King  
 Simon Brook  
 Tari Wagland-McCarthy  
 Tracey Crafter  
 Trudy-Ann Doyle



**Assuming Control**

Adrian Horan  
 Derek Parker  
 Dolores Goodey  
 John Furda  
 Paul Smith  
 Peter Mayers  
 Phil Dohnt  
 Shaun Jones  
 Rita Stockley  
 Tom La Frenais

**Community Learning and Lifeskills**

Chris Simoner  
 Keryl Beesley  
 Leanne Ward  
 Peter Lane  
 Robert Semmens  
 Rikki Starr  
 Rita Stockley

**Re-Wired**

Brett Afford  
 Jamie Matthews-Batanas  
 Leanne Ward  
 Kris Karamoshos  
 Kyle Bromley

**RTP Express Mt Gambier**

Amanda Fergusson  
 Denis Cotton  
 Stacey Cennon  
 Josh Robertson  
 Kerry Daffy  
 Shane Wright



**Youth RTP (yRTP)**

Aaron Rounsevell  
 Detlen Cann  
 Josh Robertson  
 Melissa Hosking  
 Todd Richter

**RTP**

Barry Coldwell  
 Boban Vuckovic  
 Brett Afford  
 Hayden Jarldorn  
 Jason Ihms  
 Mathew Chessman

**UniSA Presentation**

Brett Afford



**Individual Nominations**

Andrew Unferdorben  
 Barry O'Loughlin  
 Bob Tetley  
 Cheryl Mason (2)  
 Chris Farrand  
 David Fabbro  
 Harry Dollard  
 Jody Koerner  
 Keryl Beesley (2)  
 Luke Pollice  
 Mary-Anne White  
 Peter Caporn and Ned  
 Peter Gollan (2)  
 Rikki Starr  
 Robert Semmens  
 Sam Button  
 Todd Richter  
 Wendy Trow

**Springboard Program**

Andrew Potter  
 Anne Rowlands  
 Brett Afford  
 Cheryl Mason  
 Jane Trowse  
 Jason Ihms  
 Kaye Leyland  
 Mark Payne  
 Michael Stewart  
 Minh Nguyen  
 Peter Gollan  
 Robert Tanti  
 Sharron Hempel  
 Silvana Melchiorre  
 Simon Turner  
 Trevor Gay  
 Wayne Avery  
 Wayne Fogarty



**Individual Nominees**

Amy Ambagtsheer  
 Barry O'Loughlin  
 BINS  
 Celine Randabel  
 Chris Farrand  
 David Fabbro  
 Dean Fyfe  
 Families 4 Families  
 Frank Hill  
 Jamie Dollard  
 Jan Palmer  
 Jane Fong  
 Les Koopowitz (Dr)  
 Linda Cox  
 Marguerite Harding (Dr)  
 Mary-Anne Edge  
 Michaela Dollard  
 Ralph Brew  
 Tamina Levy  
 Tim Zaltron  
 Tina Benbow

**Springboard Professional Group Nominees**

Anna Miles  
 Barry O'loughlin  
 Cherie Archer  
 Delores Wells  
 Fiona Creed  
 Liz Williams  
 Robert Pride  
 Robert Semmens  
 Sue-Anne Gale  
 Susan Hillier (Dr)  
 Tina Benbow  
 Kaye Mahomet  
 Miranda Jelbart (Dr)  
 Pauline Wood  
 Peter Rivera  
 Sue Harper (Dr)

**RTP Nominees**

Adrian Horan (mentor)  
 Jeff Keyl  
 John Furda (mentor)  
 Mt Gambier  
 Community Health Service  
 Mt Gambier Council  
 Patrick Comerford  
 Robyn Hunt

**Assuming Control Professionals - Nominees**

Carolyn Burns  
 Con Polychronis  
 Jacqui O'Daly  
 Julie-Ann Whitehead

**Re-Wired - Adelaide**

Donna Lambden  
 Elaine Kuczarski  
 David Baynes

**Re-Wired Mt Gambier**

Ben Williams  
 David Shipton  
 Helen McQueen  
 Kara Lea  
 Krys Howard  
 Michelle King  
 Simon Brook  
 Tari Wagland-McCarthy  
 Tracey Crafter  
 Trudy-Ann Doyle



**BINS  
 acknowledges the following for their generous assistance during 2013 BIAW**

**Sponsors**

Adam McCallum  
 Branch Manager  
 CMI Toyota

Claudio Galloni  
 General Manager  
 Tindall Gask Bentley  
 Lawyers

David Fabbro  
 Principal  
 Andersons Solicitors

James Burdon  
 Principal  
 burdononawire

John Mazzocato  
 Managing Director  
 Skye Cellars

Lauro and Dante Martire  
 Directors ETC  
 East Terrace Continental Cafe

Nicholas Davey  
 Proprietor  
 Orange Spot Bakery

Paul Crawford joint  
 Managing Director  
 CMV Group

Roy Marando  
 General Manager  
 CMI Toyota

Shaun Garfitt  
 Marketing Executive CMV Group

Tom and Lucien Sankey

Vinh Giang  
 Encyclopaediaofmagic

Liam Stewart  
 General Manager, Ayers House

**Presenters**

Dr David Caudrey  
 Executive Director  
 Disability SA

David Fabbro  
 Principal  
 Andersons Solicitors

Peter Phillips  
 AKA 'Jungle'

Jo Wicks  
 Director  
 Engagment and Funding  
 DisabilityCare Australia

Rob De Kok  
 Co-West

Sharon Kernot  
 Coordinator Writing for  
 Disability  
 SA Writers' Centre

Shaunee Fox  
 CEO  
 Sorento Care

Tim Ide  
 Illustrator

**Suppliers**

Aussie Party Hire  
 Campus Color  
 Encyclopaediaofmagic  
 ETC  
 Face Painter - Gem Congdon  
 ListenUp  
 Martin Wells  
 Michal Dutkiewicz  
 Orange Spot Bakery  
 Sankey Cocktails  
 Skye Cellars





Be Kind and Unwind Session - September 2013



Jane Trowse putting the bike under pressure at Springboard!



Some help from our friends at Peoples Choice Credit Union



