



Donegal brain injury support groups 2012 calendar

Donegal South support group

Each meeting is held on the 1st Tuesday of every month at 7:30pm - 9:30pm
In Donegal Community Hospital, Ballybofey Road, Donegal.

3rd January	3rd July
7 th February	7 th August
6 th March	4 th September
3rd April	2nd October
1 st May	6 th November
5 th June	4 th December

Donegal North support group

Each meeting is held on the 3rd Tuesday of every month at 7:30pm - 9:30pm
In the St. Conal's Rehab Unit, Letterkenny

17 th January	17th July
21st February	21st August
20 th March	18 th September
17th April	16th October
15th May	20 th November
19 th June	18 th December

For any queries regarding these groups, turn over this page to read our frequently asked support group questions and answers or contact the Brí office:

- Brí office 01 235 5501 / info@briireland.ie

Questions you may have about Brí support groups!

Who are your support groups for?

Our support groups are for people who have a brain or head injury due to a stroke, accident (road traffic or hit to the head), infection such as meningitis or encephalitis, brain tumours or lack of oxygen to the brain or any other cause. Our groups are also for carers, family members or friends of people with brain injury.

Do I need to register or contact anyone to attend a support group for the first time?

No, simply show up at the next group in your area and you will be welcomed by the group facilitator. You do not need to be a member of Brí to attend, anyone is welcome.

How often are the group meetings?

Our groups are held once a month (groups take summer a break in August) and last for two hours. Different groups meet at different times.

How many will be there?

It's impossible to predict how many will attend any group. On average, attendance will usually be between five and fifteen, with a mixture of people with brain injury, carers, family members and friends.

Do I have to say anything when I get there?

You don't have to speak if you don't want to, you can sit back and listen. However, you may be invited to share if you wish.

Can someone come with me for support?

Yes of course. Many people coming to a group bring their carer, a family member or a friend for moral support. Everyone is welcome to come along to our groups.

Do you have social outings within the groups?

All of our groups are different. Some groups prefer to sit and talk, while other groups like to organise social activities such as bowling, mass, group outings, depending on what the group would like to do. The group facilitator can advise you more on this.

Do you have guest speakers on different topics at your groups?

Most of our groups invite guest speakers to come along and speak on different topics. It depends on what the group would like information on. The group facilitator will organise a guest speaker on what the group would like.

So, what happens when you get there?

- People are welcomed on arrival by the group facilitator
- The groups are confidential so that what is discussed at a meeting is not to be spoken about outside the group.
- Through the two hours, the group listens and supports each other, ideas on different issues are freely given. A certain topic may be discussed at the meeting or a guest speaker may speak during the meeting. It is important to remember that you can be of great help to others within the group by sharing your experience and the coping skills you have developed.
- There may be tea/coffee available at the group either during or after the meeting.