

# The LifeMoves Programme

Provided by **BrainLink** and **peers inspiring peers**

LifeMoves is an 8 week peer support programme that empowers people with acquired neurological conditions. It has been a service of the Royal Melbourne Hospital, Royal Park Campus from 2002-2009. Now delivered by the not-for-profit organisation Peers Inspiring Peers, LifeMoves is expanding to reach more people across a wider geographical area.

Many people experience significant social and emotional consequences as a result of their brain injury, including anxiety, major changes in identity and relationships, loss of self esteem and a diminished sense of autonomy. Given this, they need guidance, courage, strategies to cope and an increased sense of control and meaning to their lives.

The rationale for the LifeMoves programme is that people who share similar experiences and challenges best facilitate healthy psychosocial adjustment - **peers inspiring peers**. All LifeMoves facilitators have experienced a brain injury.

Our next 8 week programme is commencing at:

**BrainLink -The Nerve Centre 54 Railway Road Blackburn VIC 3130**

**Wednesday 3<sup>rd</sup> February 2010 10.00am to 12.30pm (we meet every Wednesday at this time) until 24<sup>th</sup> March 2010**

Please contact the LifeMoves Relationship Coordinator, Florence Kingsley-Matthews for further information.

Her numbers are (03) 9376 6669 or 0412 178 507.

In order to secure a place, please arrange to have the attached referral form completed by a treating therapist/doctor.