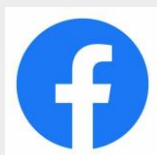




To:



<https://www.thesilverlining.org.uk/>



Laween Saadi
Link Worker & Rehab Assistant

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07596 861523

MISSION



- We take a fresh and exciting approach to brain injury support by helping Silverliners (members of the Charity) to discover a new direction and meaning to their life.
- We change lives by promoting self-care, friendships, positivity and education.
- We enable those affected by brain injury to rebuild a sense of purpose, through participation in Charity events.

MISSION



- We educate the public to the plight of those affected by brain injury.
- We unite and engage the brain injured, their families and friends with a wider community.
- We are open to anyone with brain injury – irrespective of the cause of the injury.



- We run free and low-cost activities and events in the community, encouraging our members to connect, grow and discover something new.
- Our activities are open to adults of all abilities. We believe that disability should never be a barrier to personal achievement.



Growth of the Charity

- Prior to the Covid-19 pandemic, we were doing mainly face to face activities including meetings, art groups, music groups, bowling and book clubs.
- However, since the pandemic, we have developed an online presence with over 700 Zoom meetings so far, over 918 hours of direct support and more than 6000 attendees throughout the past year.
- Face to face activities are back !!



Current Silverlining Charity groups

The Member Zone



- The Member Zone is an online space with details of all Silverlining activities taking place in the foreseeable future. All online activities are FREE.
- It is password protected and the password is updated once a term (three times a year).

<https://www.thesilverlining.org.uk/member-zone/>

Typical week

London

Open Access

Oxford & Bristol

Public Holiday

Surrey

Wales

West Midlands

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

4

1:30 pm - 3:00 pm

Needlework

4:00 pm - 5:00 pm

West Midlands Silverlining Meeting

5

11:00 am - 12:30 pm

Coffee Morning

3:00 pm - 4:00 pm

Silver Prayers

6

11:00 am - 12:00 pm

Seated Yoga & Mindfulness

3:30 pm - 4:30 pm

Music & Song Writing

6:30 pm - 8:00 pm

Relationships

7

1:30 pm - 3:30 pm

Oxford & Bristol Silver Studios

4:00 pm - 5:30 pm

Silver Studios

7:00 pm - 8:00 pm

Film Club

8

11:00 am - 12:00 pm

Seated Exercise

9

10





Become a 'Silverliner'



- Membership is free.
- Details: <https://www.thesilverlining.org.uk/membership/>
- Online form: <https://www.thesilverlining.org.uk/contact-us/apply/>

Optional extras for members:



- Silverliners can join one of five regional WhatsApp groups (London, Surrey, West Midlands, Oxford, or Bristol / Bath). They can also join activity WhatsApp Groups.
- Silverliners can opt to have a free once weekly 'Sunshine Call' where a volunteer rings them for a friendly chat and to check on their wellbeing.



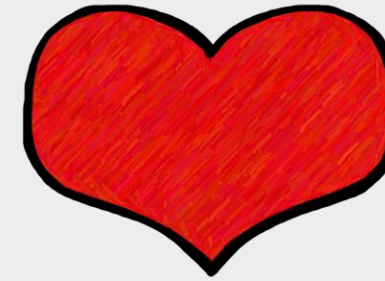
WhatsApp



Some of our recent:



- Digital Heart Shine Art Book.
- Collaboration with Aston University, Birmingham.
- Rowing at City of Oxford Rowing Club with Love Rowing.
- The Dragon Boat Race on Sunday 17th July 2022.
- Mile A Day in May Annual Fundraiser.
- Ongoing collaboration with The Child Brain Injury Trust.
- The Acquired Brain Injury Strategy (ABI Strategy).



Digital Heart Shine Art Book

- In late 2021 / early 2022, the Silverlining Charity asked Silverliners: What makes your heart shine?
- We then published a digital book on Valentine's Day 2022, showcasing everyone's creativity.

<https://www.thesilverlining.org.uk/heart-shine-art-book/>





The Silverlining Brain Injury Charity supports those affected by brain injury to rebuild their lives through finding purpose, meaning and connection. Since the pandemic the charity has pivoted to provide a host of online activities to inspire and support.

Inspiring others to find what makes their hearts happy, connected and fulfilled is central to The Silverlining. The "Let your Heart Shine" digital art book is meant to help others find what makes their heart shine.

The Silverlining has focused on creating the STAR Programme (Structured Therapeutic Activities for Rehabilitation) to highlight healthy and positive ways for people in recovery from brain injury to connect, learn and grow. Coming together to share creativity and positivity, through Art, Music, Stitching, Sports, Movies, Books, Cooking, Quizzes, Yoga, Prayer, Creative Writing, Photography to name a few! Activities are co-ordinated through our website www.thesilverlining.org.uk.

Membership is free, as is our weekly Sunshine Call service, which is offered to all, to check in on our members and offer support on a weekly basis. The charity also provides in person activities and hybrid options to help members stay connected during this difficult time.

This book hopes to illustrate our amazing Silverliners' stories and inspire through sharing what makes their hearts shine.

The Silverlining is very grateful to Slater and Gordon Lawyers for giving us the chance to shine!

Dr. Sherrie Baehr
Founder of the Silverlining Charity

Art makes my heart shine



Laween

I've been a Silverliner since 2017. I love the community and the activities on offer. I love learning new things and sharing the information with others. That's what makes my heart shine.

Here's some trivia for you: The word Google comes from Googol which is a very large number (the number 1 with one-hundred zeros after it). That's one less thing to Google!!



Art makes my heart shine



Maryam d'Abo

Actress and Filmmaker

My heart shines when I see colours... the blue sky, a pink moment... sunsets and the moon coming through the clouds, a golden sun... trees in Hyde park... when a bird sings... when my dog wags his tail... when a person smiles...

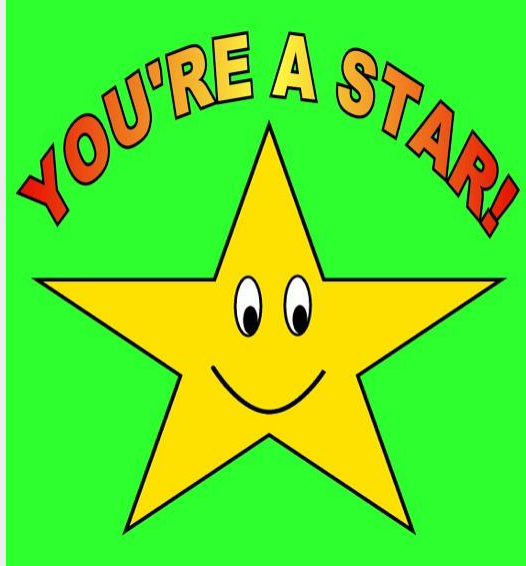
I was born in London, grew up in Europe and became an actress and a documentary filmmaker. After surviving a brain aneurysm rupture, I met Sherrie who helped me through the recovery. I began life drawing where I found peace, inspiration and joy.

The cello case used as a sled in the Living Daylights is being auctioned at Christie's Auctions in September and all proceeds will benefit The Silverlining Charity.
Many thanks to Maryam d'Abo.



The Silverlining Charity STAR Programme

Structured Therapeutic Activities for Rehabilitation (STAR)



Aston University collaboration



1. “Expert Patient Programme”

- Silverliners speak to medical students, enrolled on the medical degree programme at Aston University, immediately after the students have completed their modules on the brain and nervous system.
- Silverliners speak about their experience of brain injury and pathway to recovery. Students can then ask questions to further their understanding of brain injury. The medical staff at Aston Uni assist everyone.

Aston University collaboration



2. “Pathway to Healthcare Programme”

- Aston University works with two hundred Year 12 and Year 13 students to support their journey into studying healthcare/medicine and to help them make informed decisions about their higher education.
- Silverliners talk to students about the impact of brain injury on them, the rehabilitation process, the importance of good bedside manner, and the different healthcare professionals involved in their recovery.

Some other activities (in brief)

- Rowing at City of Oxford Rowing Club with the Love Rowing Charity.
- The Dragon Boat Race on Sunday 17th July 2022 in Kingston.
- A Mile A Day in May Fundraiser.



The ABI Strategy



- In December 2021, the Government agreed to make a long-term plan to help acquired brain injury (ABI) survivors. This is the ABI Strategy
- The first step of the ABI Strategy was to ask everyone's opinion on what should be considered....
- This is the Call for Evidence and it closed on Monday 6th June 2022.
- We are waiting for the Government to publish its findings.

What areas are they asking about?

- Awareness, identification and prevention of ABI.
- Healthcare and social care.
- Employment and benefits.
- Sport.
- Housing.
- Supporting specific groups.
- Identifying and addressing disparities in care and support for people with shared characteristics.
- Research and any other areas.



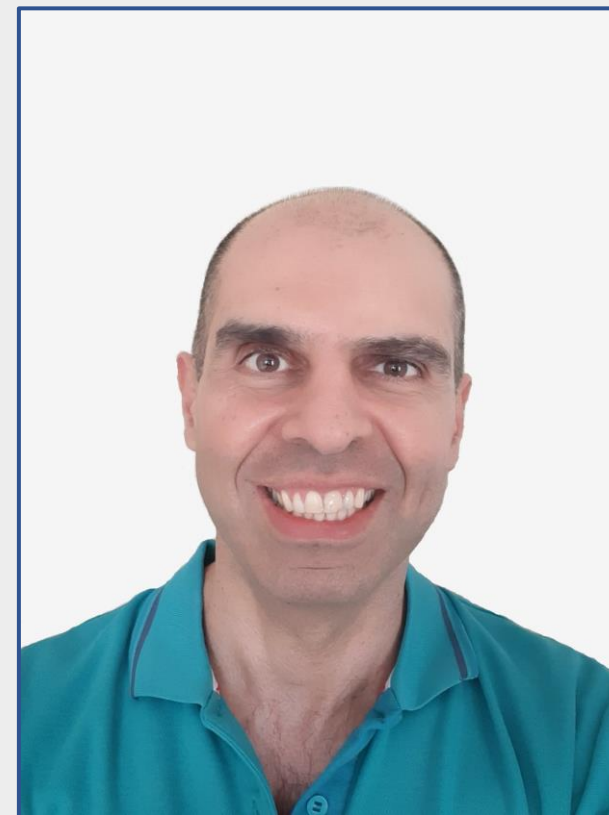
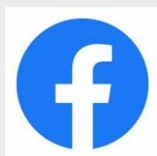
Silverlining 2021 Promotional video on YouTube®:
<https://www.youtube.com/watch?v=nTP92Sesa10>



From:



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