



## Acquired Brain Injury Forum for London (ABIL)

<http://www.abil.co.uk>

**Date:** Tuesday 3 December 2019

**Time:** 1.30pm – 5.00pm (**Registration from 1.00 pm**)

**Venue:** Irwin Mitchell, 40 Holborn Viaduct, London, EC1N 2PZ

### Programme

#### My Brain, My Life, My Story

- 1.30 - 1.35 **Welcome and introduction** - Tony Hart Chair ABIL
- 1.35 - 1.50 **Food For Thought** - Safi, ex Michelin Star Restaurant Chef and Brain Injury Survivor
- 1.50 - 2.10 **My new life training plan** - Tom Bell
- 2.10 - 2.30 **“From this moment on” - has significance and there is a little story attached to why** - Simon Handcock
- 2.30 - 2.50 **Off The Wall** – Mark, Brain Injury Survivor and Dr Jenny Brooks, Consultant Clinical Psychologist
- 2.50 - 3.15 Break for Refreshments & Networking
- 3.15 - 3.30 **Employment as an AT Mentor** - Abdi Omar, ATmentor and Fran Sephton, ATmentor Manager & Highly Specialist Speech and Language Therapist AT Therapy
- 3.30 - 3.40 **‘Everything is broken’ - life after traumatic brain injury (TBI)** - Jessica Stevens
- 3.40 - 4.00 **Looking at life half full** - Lewis Unwin and Freddy in conversation, Headway East London
- 4.00 - 4.15 **[#jumbledbrain](#)** - Film of Michelle Munt, Survivor. Blogger. Lifecoach
- 4.15 - 5.00 Close, Festive Refreshments & Networking

#### RSVP to Gigi Quartey

Email: [Gigi.Quartey@IrwinMitchell.com](mailto:Gigi.Quartey@IrwinMitchell.com)

**Please apply by 26<sup>th</sup> November 2019**

*ABIL has the following aims:*

- 1. to raise awareness of brain injury in London*
- 2. to encourage dissemination of good practice*
- 3. to campaign for services*