



**The  
Silverlining  
Brain Injury Charity**

*Inspiring lives after brain injury*

# CONNECT & EDUCATE

- ▶▶ Connect with and educate others about the services and benefits of the Charity.
- ▶▶ Represent the Charity at conferences throughout the country.
- ▶▶ Interface the Charity with the Government ABI Strategy Initiative.
- ▶▶ Talks to neurorehabilitation professionals. For example: acute rehabilitation hospitals, community rehabilitation teams, case managers, solicitors, and social workers.



**Laween Saadi | Lead Link Worker**

# OUR SILVERLINING STORY

## Rebuilding lives through helping others

▶▶ The Charity was founded in London in 2006, by Neuropsychologist Dr Sherrie Baehr, whose clinical experience led her to seek novel ways to help the brain injured.



▶▶ After seventeen years of collaborative working with Silverliners, Case Managers, and Solicitors, the Silverlining is now in London, Oxford, Surrey, Bristol/Bath, the West Midlands, Cardiff, and Manchester, as well as many others via our online programme.

▶▶ We continue to grow in leaps and bounds.








## OUR VISION

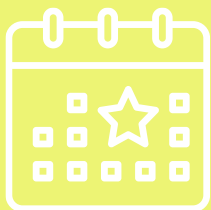
-  Uniting and educating the brain injured, which empowers them to educate and engage their families, friends, and the wider community.
-  Being there for all adults with a brain injury, irrespective of the cause of the injury. We foster an environment of perspective, gratitude, and positivity.

# OUR VISION

-  Taking a fresh and exciting approach to brain injury support by helping Silverliners to discover a new direction and meaning to their life.
-  Changing lives by promoting self-care, friendships, positivity, and education, in order to ignite and invigorate their recovery.
-  Enabling those affected by brain injury to rebuild a sense of purpose, friendship, and community.



# WHAT DO WE DO?



We run free activities and events online and in the community, encouraging our members to connect, share their experience, and discover new possibilities for their recovery journey.



Our activities are open to adults of all abilities. We believe that disability should never be a barrier to personal achievement.



We organise meetings and events in the community, that provide opportunities for friendship, and goodwill. We run a Structured Therapeutic Activities for Rehabilitation (STAR) Programme online five days a week.

# THE STAR PROGRAMME online

The Structured Therapeutic Activities for Rehabilitation Programme highlights healthy and positive ways for people to build friendships and find ways forward on their recovery journeys.


 Music Therapy

 Art Classes / Art Therapy

 Creative Writing

 Healthy Relationships

 Monthly Quiz Night

 I.T. Support

 Photography

 Coffee Morning

 Family Support

 Film Club

 Book Club - hybrid

 Seasonal Parties

 Football Club




 Needlework

 Yoga and Mindfulness

 Seated Exercise

 Drama Club

# TYPICAL STAR PROGRAMME WEEK

 **Morning**  
 **Afternoon**  
 **Evening**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	12 PM <i>Creative Writing</i>	10 AM <i>Music Therapy</i>	11 AM <i>Yoga and Mindfulness</i>	-	11 AM <i>Seated Exercise</i>
Afternoon	12 PM <i>Monthly Photography</i>	11 AM <i>Coffee Morning</i>	-	-	2 PM <i>Monthly London Meeting</i>
	1:30 PM <i>Needlework</i>	2 PM <i>Prayers</i>	-	-	2 PM <i>Mid Month Meeting</i>
	4 PM <i>West Midlands Meeting</i>	2 PM <i>Book Club - hybrid</i>	-	4 PM <i>Art Group</i>	-
Evening	6 PM <i>Football Club</i>	7 PM <i>Monthly Quiz</i>	7 PM <i>Relationships</i>	7 PM <i>Film Club</i>	-

Member Zone

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



# WhatsApp

Each group comes with its own monitored WhatsApp chatline so members can be informed, and they can connect and share experiences between meetings. Some Silverliners prefer to stay in the background and listen to others.

We couldn't have envisioned how popular the WhatsApp chats would be!



# FACE TO FACE ACTIVITIES


 Monthly Meetings

 Monthly Dinners

 Weekly / Monthly Art

 Picnics

 Silver Strolls

 Sailing / Shooting / Axe  
throwing and more!

 Community Talks

 Silver Strikes - Bowling

 Monthly Rowing

 International Goodwill Missions

 Annual Fundraisers

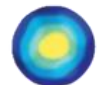
 Seasonal Parties

# CHILD BRAIN INJURY TRUST (CBIT) MENTORSHIP PROGRAMME

- Annual Glow Bowl to highlight CBIT's "Be seen not hurt" campaign.
- Annual Dragon Boat Race as a joint charity fundraiser with CBIT.
- Collaboration with other charities opens up lots of opportunities for Silverliners.

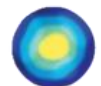


# MULTIMEDIA BOOK



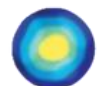
## MULTIMEDIA BOOK

Writing and designing a multimedia book for children with brain injury.



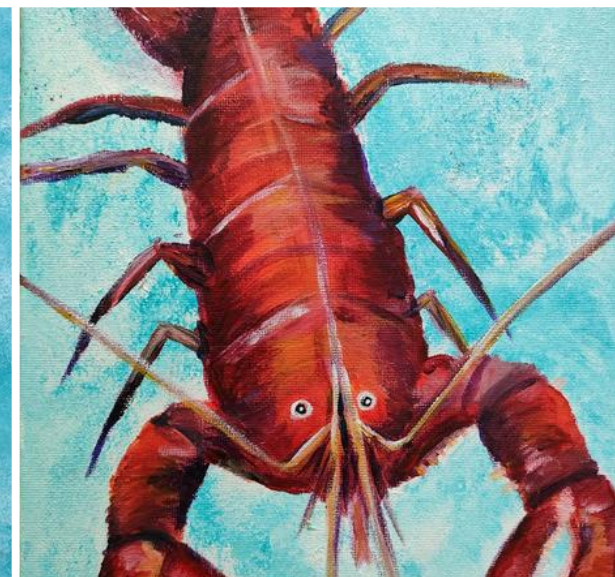
## CREATIVE COLLABORATION

The book is a creative collaboration of Creative Writing, Photography, Art, and Music Therapy, and is led by the Healthy Relationships Group.



## SELF ESTEEM

The aim of the book is to instill self-esteem, self care, and resilience.

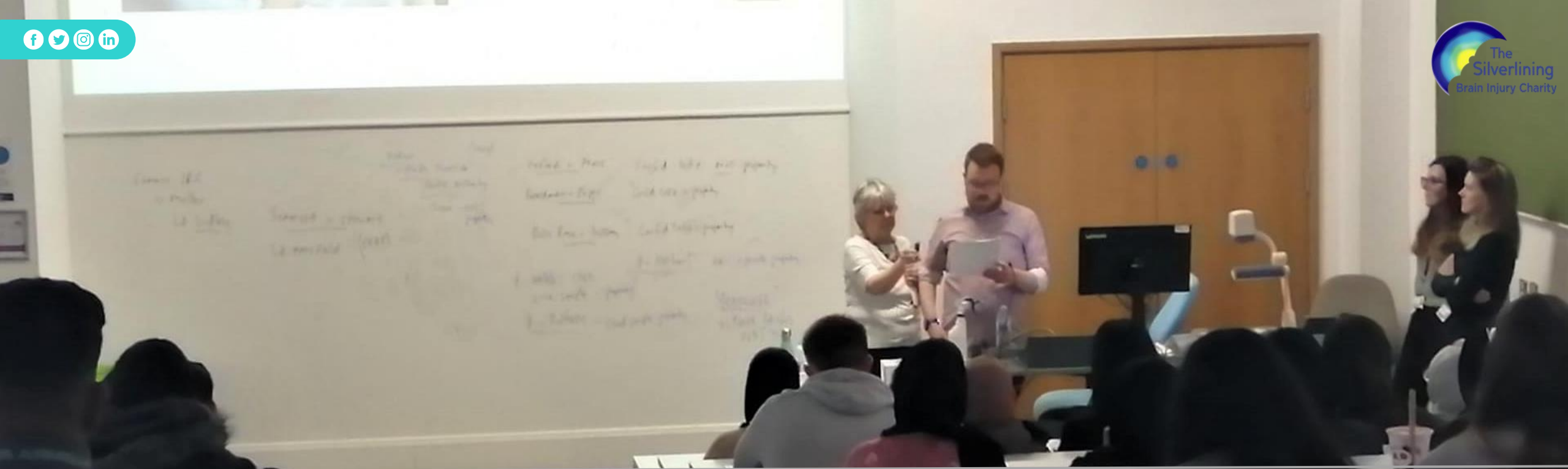




# ASTON UNIVERSITY COLLABORATION Expert Patient Programme

Silverliners share their experiences of recovery with medical students to enhance their learning and contribute to the ongoing understanding of brain injury and its care.





# ASTON UNIVERSITY COLLABORATION Pathway to Healthcare Programme



Silverliners are given a platform to advise year 12 and year 13 students of the multitude of life-changing medical career options that have positively impacted their lives within the field of neuro-rehabilitation.



The Silverlining Brain Injury Charity

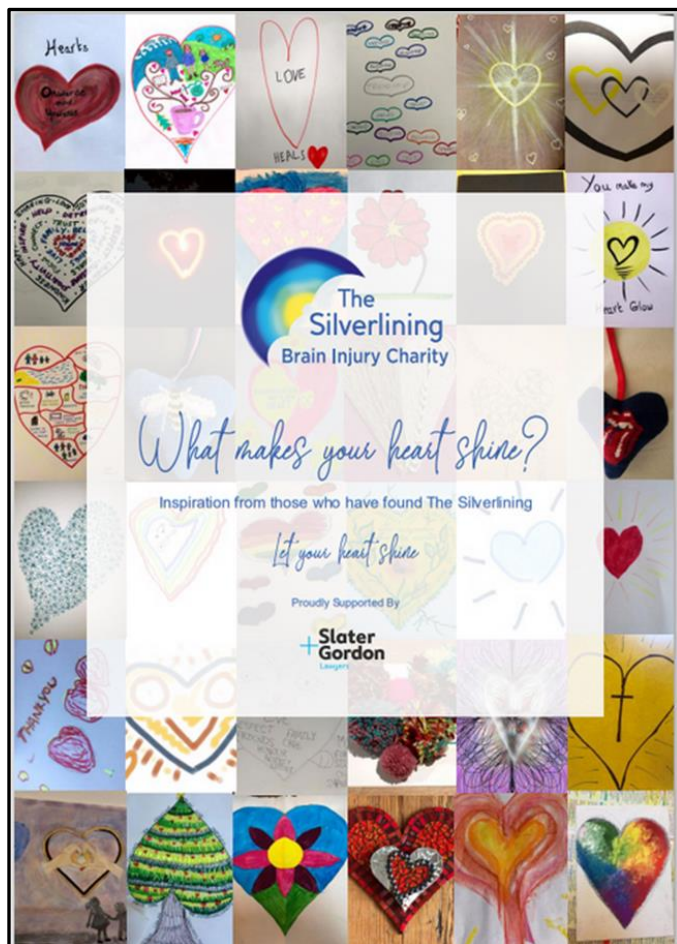
**LOVE ROWING**  
CHANGING LIVES. TOGETHER.

City Of Oxford Rowing Club





# EXCITING INITIATIVES

## Digital Heart Shine Book



*Art & People make my heart shine*





**Nat**

Nat had a severe form of Guillain-Barré syndrome which permanently paralysed her from the chest down and stopped her breathing. She had to be resuscitated which caused a brain injury and was in hospital for eleven months and had rehabilitation for 5 years.

She is severely immunosuppressed and since the Covid pandemic she has been medically shielding and has been officially classed as housebound.

She explains that she was starting to feel a bit sad that people were all going back to face to face for everything and then a friend mentioned The Silverlining Brain Injury Charity and "I literally feel a door has been opened up for me to a whole new world of friendship, support and fun. I was so worried about being left behind at home on my own and forgotten. I am so grateful for all the fun and opportunities I am getting through Silverlining and for giving me this amazing life. My heart is shining"



Nat's heart shines with love when in nature and with flowers, birds, trees, the sky! "I love people and being with people. Silverlining gives me that"

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



# EXCITING INITIATIVES

## Hearts of Gratitude



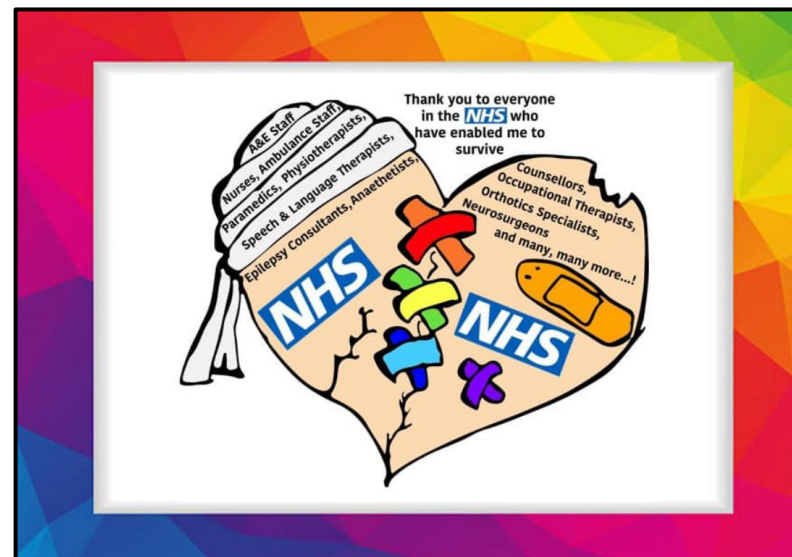
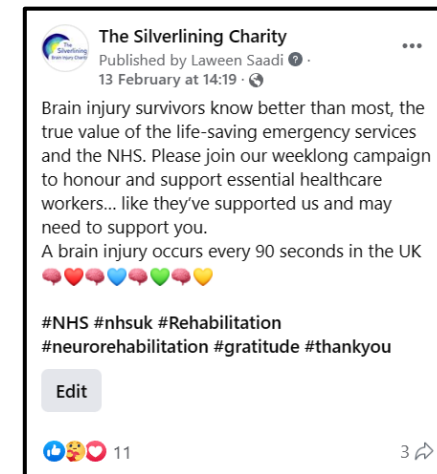
**HEARTS OF GRATITUDE**  
with The Silverlining Brain Injury Charity

The Silverlining Charity is running a campaign to acknowledge the wonderful NHS nurses, doctors, hospitals, carers and all, who have helped us with our recovery.

Please create a heart for those you are thankful for, you can represent this creation in any way you wish, please write a message to go alongside to explain who it is for.

Reaching out with our appreciation will help to illustrate the immense meaning their work has and help us to build bridges forward for new Silverliners.

We hope you enjoy this campaign!  
Deadline is Tuesday 31st January, please email a clear photograph of your work to [admin@thesilverlining.org.uk](mailto:admin@thesilverlining.org.uk)

**The Silverlining Charity**  
Published by Laween Saadi · 13 February at 14:19 · 🌐

Brain injury survivors know better than most, the true value of the life-saving emergency services and the NHS. Please join our weeklong campaign to honour and support essential healthcare workers... like they've supported us and may need to support you.  
A brain injury occurs every 90 seconds in the UK

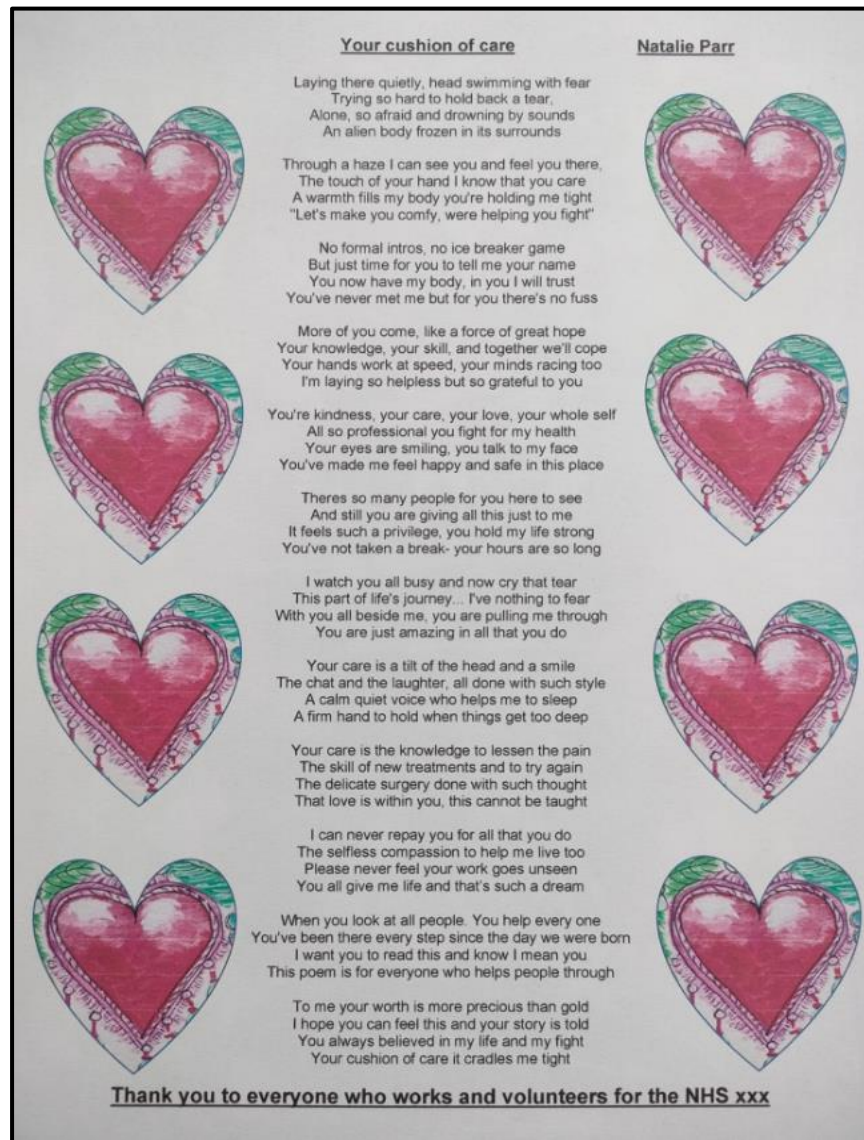
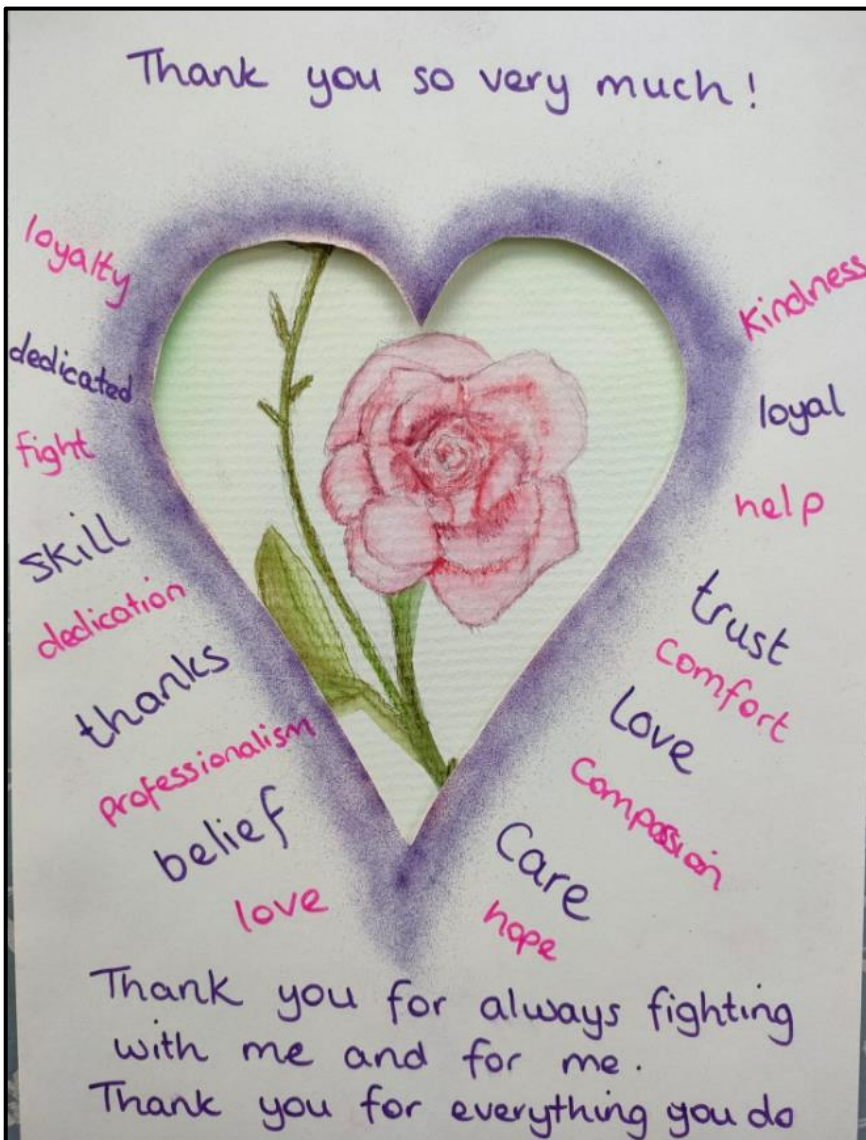
👍❤️👍❤️👍❤️👍❤️

#NHS #nhsuk #Rehabilitation #neurorehabilitation #gratitude #thankyou

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**The Silverlining Charity**  
Published by Buffer ·  
14 February at 12:13 ·

On Valentine's Day, Silverliner Nat sends a pink rose of gratitude and admiration with the message:

"Thank you so very much to everyone at the West Midlands Rehabilitation Centre in Birmingham, and University Hospitals Coventry and Warwickshire (UHCW), as well as all the employees across the NHS for always being there."

Please take time to share her beautiful poem of gratitude with those who have cared for you, during our Hearts of Gratitude week 🧡❤️💜💙

**West Midlands Rehabilitation Centre  
Birmingham Community Healthcare NHS  
Foundation Trust  
UHCW University Hospitals Coventry and  
Warwickshire**

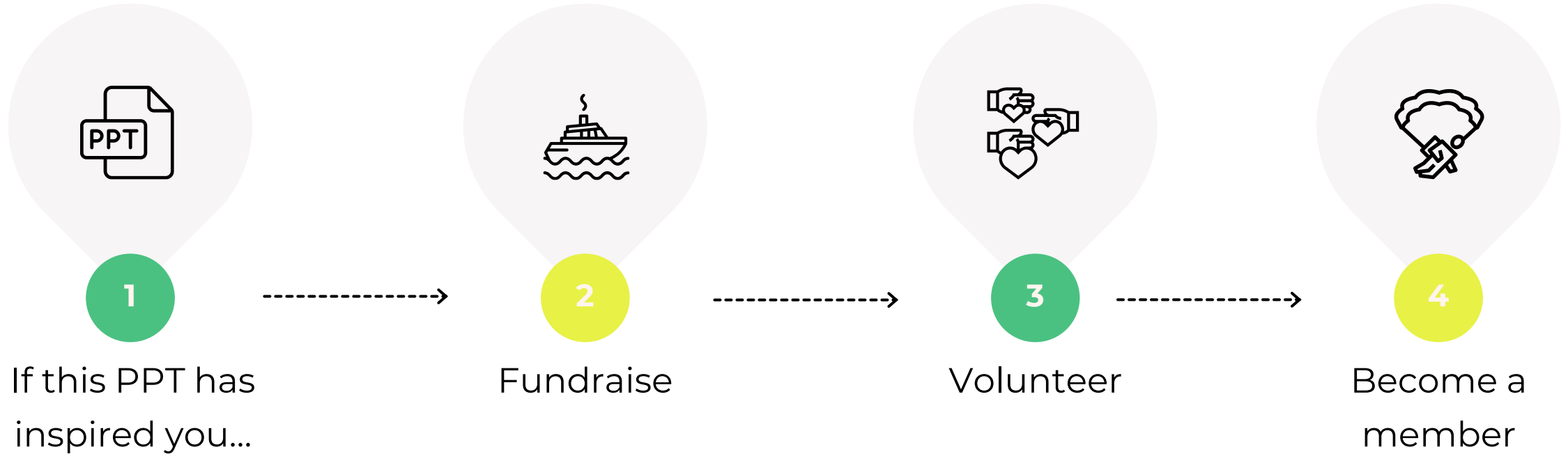
#HeartsofGratitude #nhs #nhsuk #gratitude  
#rehabilitation #neurorehabilitation #thankyou  
See less

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# HOW TO GET INVOLVED





## BECOME A 'SILVERLINER'



*Membership is FREE*

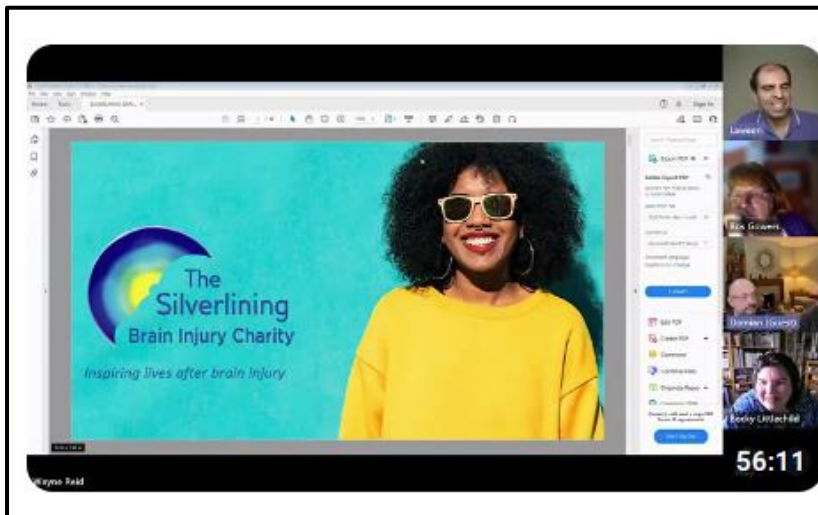


Details: <https://www.thesilverlining.org.uk/membership/>

Online form: <https://www.thesilverlining.org.uk/contact-us/apply/>

*You can see a longer PowerPoint Presentation on YouTube:*

*Search: “basw Silverlining Charity” on YouTube*




BASW England Worcestershire branch event | Working with People with Brain Injury  
109 views • 5 months ago

**B** BASW\_UK


The Silverlining Charity is a group of like-minded people who aim to improve the quality of life of all those affected by brain injury.



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 [www.thesilverlining.org.uk](http://www.thesilverlining.org.uk)

 [Membership](#)  
Scan the QR Code

→ Laween Saadi | Lead Link Worker

