



## Acquired Brain Injury Forum for London (ABIL)

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

**Date:** Wednesday 27 November 2024

**Time:** 1.30pm – 6.00pm

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

### Programme

#### **ABIL: Thinking outside the box - Wellness after Brain Injury**

- 1.30 - 2.00 Arrival and Registration
- 2.00 - 2.10 Welcome and Introduction - Sarah Griggs (Chair)
- 2.10 - 2.30 Dr Trudi Edginton PhD, Clinical Psychologist and Reader in Psychology  
'Cultivating Mindfulness, Compassion and Resilience following ABI'
- 2.30 - 2.50 Ana Marisol Angarita, Lead Complementary Therapist at St Raphael's Hospice  
'Thinking on your feet – the connection between feet and brain and how reflexology can help you.'
- 2.50 - 3.10 Dr Hayley Wright, research Group Lead: Digital Health Interventions, Research Centre for Intelligent Healthcare at Coventry University  
'Yes / No / Maybe: Communicating autonomy and consent through expressive arts'
- 3.10 - 3.30 Break for Refreshments & Networking
- 3.30 - 3.50 Mark Burr, Founding Director of Wild Times Woodland Adventures CIC  
'Nature for the Neurons: An insight into Woodland Therapy'
- 3.50 - 4.10 Nicky, member of the Chiltern Music Therapy Insights Group  
'Reconnecting with artistry and identity through creative therapies'
- 4.10 - 4.40 Special Screening of the Headway East London film - 'The Magic of Chaos'
- 4.40 - 4.50 Questions and close
- 4.50 - 6.00 Festive Refreshments, Nibbles & Networking

#### **RSVP to Lee Simpson**

Email: [Lee.Simpson@IrwinMitchell.com](mailto:Lee.Simpson@IrwinMitchell.com)

**Please apply by 20th November 2024**

*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*