

brainstrust events: August

Thrive with *brainstrust* webinars and workshops are meticulously curated by *brainstrust* and hosted by leading experts to help you tackle the challenges that make life with a brain tumour so hard. So that you can be more informed, more engaged, and cope better, you can access *brainstrust* workshops online.

Come along to a virtual Meetup if you want to connect with others who understand in a more informal setting. If you are feeling lost or confused, need practical information and would like a deeper dive into specific aspects of life with a brain tumour, then our Thrive Workshops are for you.

Information

- Whether you are a patient, caregiver or healthcare professional – everyone welcome!
- Webinars are a mix of presentation and Q&A and last between 60 mins and 90 mins.
- Meetups are informal groups where there's no agenda.
- Platform is Zoom.
- Bookings through brainstrust.eventbrite.com. Donations welcome. Interactivity encouraged!

Date	Time	Focus
Tuesday 1 August	1200	Tea and a wee blether – Scotland Meetup A regional virtual Meetup for our Scottish community. Feel connected and supported as you chat with others in this friendly, informal environment.
Thursday 10 August	1230	How to navigate a difficult conversation as a healthcare professional This webinar will explore what is at play during difficult conversations and why they can slip away from us. You will be able to take away some tips on how to manage conflict and handle emotion, reflect on your current narrative and build on your existing toolkit. This webinar is aimed at healthcare professionals who support patients and caregivers with a brain tumour diagnosis.
Friday 11 August	1300	Acoustic neuroma Meetup A chance to connect with others with an Acoustic Neuroma.
Monday 14 August	1600	Low grade glioma Meetup A safe space for members of our community with a low grade glioma diagnosis to connect and support one another.
Thursday 17 August	1300	Colloid cyst Meetup A chance to connect with others with a colloid cyst.
Thursday 17 August	1900	Our evening virtual brew – Meetup Come and join our first evening virtual brew to connect with others in our community.
Tuesday 22 August	1600	Meningiomas matter – Meetup A virtual Meetup for you if you're living with a meningioma diagnosis.
Tuesday 22 August	1300	High grade knowledge share This event is for anyone with a grade 3 or 4 brain tumour who wants more information about treatments that sit outside the NHS protocol. It is a great group where you can ask about anything related to unproven, innovative and adaptive treatments. This may mean that the discussion can be difficult at times but the group is truly supportive and brings huge value and experience to the community.
Wednesday 30 August	1300	Family and friends Meetup This virtual Meetup is for friends, family and caregivers of anyone with a brain tumour diagnosis.
Thursday 31 August	1100	High grade Meetup This informal social group is just for people living with a high grade (3/4) tumour diagnosis and their supporters. There are no fixed conversation topics and no agendas. Just pop in to say hello and spend time in the same space as others who understand.