



CLUB NEWS

**STROKE RECOVERY
ASSOCIATION NSW**

Autumn 2022

FROM MICHELLE'S DESK

Hi all,
I do hope it is warmer where you are than it is here!

We have just completed another very successful Building Capacity Training Conference. My thanks to all those who attended the two day event which was held at the Novotel in Parramatta. It was a great couple of days and it was lovely to see the strong friendships that are growing amongst those who have now joined us at a couple of our events, and in our online groups.

I hope you have all taken the opportunity to have a look at the new and improved website. After many requests, we have now upgraded the text to speech component and all our information sheets are now able to be translated into over 10 different languages. This is part of the Association's program to be more inclusive and open for all our members.

Do not forget that if you have any issues with communication or would just like to try it out, you can now access the spoken version of this, and any previous editions of Club News. To access the recorded version of this newsletter, you can scan the QR code on the right hand side of this page, or go to <https://strokensw.org.au/cn-autumn-2022>.

We are coming to the business end of the year and the staff are gearing up for Stroke Awareness Week 2022. Do not forget that we have reverted to the first week of September, which in 2022 will be held from 5th - 11th September. We will again be holding the Creating Connections Stroke Conference at Club Burwood on Wednesday 7th September 2022, however, this event will also be live streamed so that those of you who live in rural areas will be able to join us online. Make sure that you save the date in your diaries!

I thought I would conclude today by introducing you to the fantastic team of women who are part of the staff here at the Stroke Recovery Association. Lani and Maria will be out and about visiting you at your Club/group/choir. However, Rachel, Carolyn and Cheryl you will only have the pleasure of meeting over the phone or if you attend one of the Association's events throughout the year. It is always nice to put a face to the name.

Stay safe and warm.



SRA Staff (L-R): Cheryl, Carolyn, Maria, Michelle, Lani and Rachel.



**SCAN THE QR CODE
BELOW TO LISTEN TO
THIS NEWSLETTER**



The Stroke Recovery Association welcomes contributions to *Club News*, especially for our 'Around the Clubs' section. Submissions should be addressed to:

**PO Box 3401
PUTNEY NSW 2112**

Or emailed to
info@strokensw.org.au.

Please note that contributions may be edited, either to reduce size, to assist with readability, or for legal/liability reasons. Original photos sent through the post will be returned ASAP.

To include something in our next Club News, please send it into our office before **15 September 2022**.

Kind regards,
Michelle

Useful Resources

MLAK Key

(<https://masterlocksmiths.com.au/mlak/>)

MLAK stands for Master Locksmiths Access Key. People with a disability are able to purchase a Multi-Level Master Key that will open all toilets, playground equipment and other facilities fitted with a lock that uses the special MLAK cylinder.

Councils typically provide these keys for free to community members. Alternatively, the keys can only be purchased from the Master Locksmiths Association of Australia and those wishing to get one can only do so with written authority from their doctor, a disability organisation or a community health centre for \$20.

Carer Gateway support

(<https://www.carergateway.gov.au/> or 1800 422 737)

Carer Gateway is an Australian Government program providing free services and support for carers. This includes: peer support groups, tailored support packages, respite and transport services, counselling and coaching emergency respite for carers.

You may be able to get free:

- services or equipment to help with your education,
- planned respite,
- cooking and cleaning services,
- assistance with shopping,
- transport, to help you do things like go to medical appointments or do shopping.

Meals on wheels

(<https://mealsonwheels.org.au/get-support/find-your-local-service/?radius=25>)

Meals can be provided for a short-term period, for example, after hospitalisation, or on an on-going basis. In addition to receiving a nourishing meal, Meals on Wheels volunteers also monitor the health and wellbeing of their clients, providing peace of mind for family members.

Community visitor scheme

(<https://www.health.gov.au/contacts/community-visitors-scheme-cvs-network-member-act-nsw-vic>)

The CVS arranges volunteer visits to older people to provide friendship and companionship. Visits are available to anyone receiving government-subsidised residential aged care or Home Care Packages.

Enable

(<https://www.enable.health.nsw.gov.au/services>)

Enable NSW provides assistive technology and related services to people in NSW with specific, short term or ongoing health needs to assist them to live safely at home. We also provide financial assistance for people who have to travel significant distances to access specialist medical treatment which is not available locally.

Regional seniors travel card

(<https://www.service.nsw.gov.au/regionalseniorstravel>)

Regional seniors travel card provides eligible seniors in regional, rural and remote areas (outside of Sydney, Newcastle and Wollongong) with a \$250 prepaid card to help ease the cost of travel. You can use the travel card at certain retailers across Australia to pay for fuel, taxis and pre-booked NSW Trainlink Regional trains and coaches. Apply online via service NSW.

Fire and Rescue NSW

(info@fire.nsw.gov.au, (02) 9265 2999, or contact your local Fire Department)

If you live alone or are over 65 years, the local fire brigade will come and change your smoke alarm, or clean out your gutters (especially if you live in a fire prone area).

Community Liaison Officer

Hi everyone,

My name is Lani Cutuli and I am thrilled to be joining the Stroke Recovery Association NSW as the Community Liaison Officer. It has been fantastic getting to meet some of you already at the conference and others through my visits to the Clubs. I look forward to meeting many more of you in the coming months, as I travel around, and at future Association events.



During my time here I will be working with existing Clubs/groups/choirs to liaise with local community groups and government departments, recruit and train club volunteers, promote diversity and inclusion throughout clubs, and promote and assist with the development of current and new clubs.

I have a Bachelor of Arts and Bachelor of Science and am studying for a Masters of Public International Diplomacy at Macquarie University. Prior to joining the Stroke Recovery Association, I worked primarily in the fields of community development and advocacy. I have worked with Cerebral Palsy Alliance as a Campaigns and Advocacy Officer and with Oaktree as the Director of National Teams, to provide training and opportunity to youth and to provide those with lived experience of Cerebral Palsy a voice to advocate for issues important to them.

I look forward to travelling around to different Clubs in the near future and meeting you all, and to learning what drives each Club and makes it a meaningful experience that keeps you coming back each time.

See you soon!

Lani Cutuli

Community Liaison Officer

Stroke Connectivity Project Update

Hi members,

It feels like just yesterday that I joined the Association! It has been an amazing few months travelling to all the Clubs/groups/choirs and meeting our delightful members.

The Stroke Connectivity Project has been to 19 different locations between February to May, with many more scheduled for later in the year. Each Club/group/choir has been unique and vibrant in their own way. It has been amazing to watch the support members have given to each other and the exchange of information to promote holistic recovery through connectivity.

As I have been touring the Clubs/groups/choirs for the delivery of the “Getting Online” training program, the feedback of the training has been overwhelmingly positive! However, participants have identified some of the challenges in accessing emerging technology as: cognitive issues, fine motor ability, and overwhelming fear when using technology.

I am working on overcoming these challenges by providing clear demonstrations during training and reinforcing the process to increase confidence when completing this new skill. Staff at the Association are available to provide ongoing 'technology assistance' each Monday to work with individuals who are wanting to access the online Stroke support groups. The “getting online” training, in conjunction with the online Stroke support groups, has continued to build stronger community and connections through greater inclusivity and flexibility.

“When you find that there’s a Stroke group in a rural area, it’s like a life line. Online, I never knew these kinds of things existed”. Member feedback received from the “Getting Online” training program.

I look forward to continuing to visit each of the Clubs/groups/choirs in the coming months, meeting members and getting you ‘connected’!

Maria Nguyen

Stroke Project Officer

Building Capacity Stroke Conference 2022

The Association recently held the Building Capacity Stroke Conference on the 26th and 27th May 2022. This event was held at the Novotel Parramatta, and brought together delegates from the majority of our Stroke Recovery Clubs/groups/choirs from around the state to participate in a 2 day conference.

The first day of the conference began with a presentation from Professor Craig Anderson, who discussed *“How research informs best practice in Stroke”*. This presentation was followed by Professor Ken Butcher with *“The changing face of acute Stroke care”*. The morning session concluded with a presentation about *“The role of nursing in Stroke”*, which was presented by Kylie Tastula (RPAH), Elizabeth O’Brien (RNSH), Amanda Buzio (Coffs Harbour Clinical Network) and Sandra Lever (Graythwaite Rehabilitation Service).

Following a lovely lunch, attendees were treated to another group presentation on *“Team work in Stroke rehabilitation: the role of the multidisciplinary team”*, which brought together Dr Sumitha Gounden (Rehab specialist - Orange), Andrew Rock (Clinical Neuropsychologist), May Kwan (Neurosciences Physiotherapist), Kate Makroglou (Rehab Occupational Therapist), and Virginia Agosti (Speech Pathologist and Neurological Rehabilitation Care Coordinator).

The final session of the day was a panel discussion that looked at *“How Stroke care has progressed over the past 45 years”*. We were extremely lucky to have such an impressive group of presenters on this topic, including: Hon. Associate Professor Catherine Storey OAM (Retired Neurologist, RNSH), Associate Professor John Worthington (Director of Stroke Services, SLHD), Clinical Associate Professor Martin Krause (Director of Stroke Services, NSLHD), Associate Professor Martin Jude OAM (Director of Stroke Services, Wagga Wagga) and Brenda Booth OAM (Stroke consumer advocate and Co-President of Working Age Group - Stroke).



Building Capacity Stroke Conference 2022

At the conclusion of the guest speakers, delegates were given some time to freshen up and return in the evening for our cocktail party! As you can see from the photos, it was a wonderful event that was enjoyed by our members, health professionals and colleagues from other disability organisations. It was very special to be able to have founding member, Mr Allen Rosenberg, at the event to celebrate 45 years of the Association in 2022. You can see a wonderful picture of our President, John Garbutt, with our CEO, Michelle Sharkey and Allen Rosenberg cutting the 45 years celebration cake.



The second day of the conference kicked off with a presentation by Dr Anthony Brown (Health Consumers NSW), about *“The role of consumers in the development of services”*, and Brenda Booth OAM discussing *“How Stroke has been impacted by the consumer voice”*. The final presentation of our conference was from Gwen Korebrits (Dance Health Alliance), who got all of the members grooving in their seats with *“The therapeutic power of dance and Stroke recovery”*.



The conference finished with a discussion session with the delegates from each Club/group/choir. In this session, delegates were asked to discuss topics such as member retention and re-building your Club/group/choir after COVID, things that their Club/group/choir could improve upon, interaction with the Association, and future directions of Clubs/groups/choirs.



We were thrilled with the outcome of the conference, and enjoyed being able to see all of our wonderful members together again! We had over 400 people register for the event online and join us via livestream. Thank you to all of our members who travelled and attended the 2022 Building Capacity Training Conference! We look forward to seeing you again soon.

If you would like to get a recording of the event, please contact the Association on **1300 650 594** or admin@strokensw.org.au.



Around the Clubs

Wyong Stroke Recovery Club

The Wyong Stroke Recovery Club members have enjoyed being able to return to one of their favourite activities to do as a group - Ten Pin Bowling! We are sure that they could give us all a run for our money in a bowling competition!

Also pictured is Wyong member, John Wallace, receiving a life membership award from the Diggers Club at the Entrance. Congratulations, John!

The Wyong Stroke Recovery Club meet on the 2nd Wednesday of the month between 10.30am - 12.30pm. For more information about the Wyong Stroke Recovery Club, contact the Association on 1300 650 594 or info@strokensw.org.au.



Ulladulla Stroke Recovery Club

The Ulladulla Stroke Recovery Club had a lovely morning tea at their May meeting. The members were treated to a full spread of different cakes - including Maria's favourite, cheesecake! Our Stroke Project Officer, Maria, then provided the Club with the 'Getting Connected' training program, which was well received by all members. Members enjoyed being able to chat and catch up with each other after the session.

The Ulladulla Stroke Recovery Club meet on the 3rd Thursday of the month from 10 am - 12 pm at the Ulladulla Community Resource Centre. For more information about the Ulladulla Stroke Recovery Club, contact the Association on 1300 650 594.



In Memoriam

John Childs

Lower North Shore Stroke Recovery Club

It is with great sadness that the Lower North Shore Stroke group reports the passing of one of their members, John Childs. John passed away peacefully on Wednesday 25th May.



John had been a regular attendee of the Lower North Shore Stroke group's weekly meetings since 2017. He always participated most enthusiastically. John was regularly given the job of researching some topics for the group and used his IT skills to produce stories and pictures which stimulated and entertained the members of the group. One memorable presentation by John recently was at the 90th Birthday of the Sydney Harbour Bridge. John produced a great narrative and supplemented it with pictures of his own bridge walk and a lovely picture book. He always gave every task his all!

John was such a kind gentleman. He was always the first to jump to his feet and assist other less able members of the group and assist with clean up. His beautiful wife Judy has also been a very integral part of the group.

The Lower North Shore Stroke group, and all of us at the Association, send our love and support to Judy, their children, partners, and many grandchildren who featured very importantly in John's life.

John will be sadly missed by all members at the Lower North Shore Stroke group's weekly meetings.

Peter Quin

Stokers - South Illawarra Stroke Recovery Club

Peter Quin – Railway man, Fireman and Friend. By South Illawarra Club member, Steven Tilley.

When Zlata and myself walked into the Stokers - South Illawarra Stroke Recovery Club for our first meeting, Peter was one of the first people we laid eyes on, waving us over and welcoming us as if we were long lost friends. Through his gesture we felt instantly welcomed into the group and rid us of any nerves at the prospect of meeting a new bunch of people.

In the months and years that followed, I witnessed Peter extending that same level of courtesy and welcome to many other new arrivals which only helped to cement my high opinion of him. Peter was always quick with a joke, and even faster with the good advice he dished out. Despite some of the difficulties he had with speech, he was never short of things to say. I was always impressed at his hand-built model train sets (which he mostly built and painted himself) and the various landscapes he painted in the final years of his life. He remained upbeat and positive throughout the entire time I knew him.

With Peter's enthusiasm and Sandra's hard work, they have grown the Stokers - South Illawarra Stroke Recovery Club into a haven that continues to welcome newcomers today. All I can say is I, and many others, will feel the loss of Peter's passing at every meeting and every outing for many years to come.

The Stroke Recovery Association and the Stokers - South Illawarra Stroke Recovery Club send their condolences and support to Sandra, Peter's wife, during this time.

The photo at right was taken during a Club visit to the Australian Motorlife Museum in 2021 and shows Peter with the Ace Motor he restored during his many years in the Unanderra Fire Brigade.



Upcoming Events



STROKE RECOVERY ASSOCIATION NSW

EVENTS 2022

Celebrating 45 years of the Stroke Recovery Association NSW



Sydney Stroke Olympics Games Day
Thursday 16th June 2022

Club Burwood (Burwood, Sydney)



Combined Clubs Morning Tea
Saturday 6th August 2022

Mingara Recreation Club (Tumbi Umbi, Central Coast)



Stroke Awareness Week NSW 2022
Monday 5th - Sunday 11th September 2022



Creating Connections Stroke Conference
Wednesday 7th September 2022

Club Burwood (Burwood, Sydney)



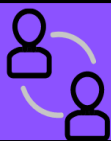
Stroke Choir Recital
Thursday 15th September 2022

Club Burwood (Burwood, Sydney)



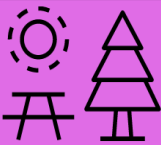
Hunter Stroke Olympics
Tuesday 11th October 2022

Raymond Terrace Bowling Club (Raymond Terrace)



Annual General Meeting
Friday 4th November 2022

Orange, NSW



Combined Clubs Picnic
Friday 11th November 2022

Bobbin Head, Ku-Ring-Gai National Park

Phone: (02) 9807 6422

Free-call: 1300 650 594

Email: info@strokensw.org.au

Website: www.strokensw.org.au

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Memorial Gifts & Bequests

A bequest is a gift in your will. If you would like to consider how you can include the Stroke Recovery Association as a beneficiary in your will, please contact the office on (02) 9807 6422 or 1300 650 594, or email info@strokensw.org.au.

We can also supply 'In Memoriam' donation brochures with pre-paid addressed envelopes for use at memorial services.

Connect with us Online!



www.strokensw.org.au



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