



# CLUB NEWS

**STROKE RECOVERY  
ASSOCIATION NSW**

*Winter 2022*

## **FROM MICHELLE'S DESK**

As winter draws to a close and we move into the warmer months, I hope that you have all had a safe winter free from COVID-19 and the very dreadful flu that has raged throughout the colder months.

It is great to see that the Stroke Recovery Clubs/groups/choirs are back up and running again and we have almost had a whole year now free of lockdowns. I am aware that some Clubs/groups/choirs are still struggling to get their attendance numbers back up and some of the Association's events are down on numbers as well this year. Hopefully confidence to get out and about to socialise will return soon.

Membership renewals for 2023 are now due. Staff have now added the capacity for you to pay this online at: <https://www.stroknsw.org.au/home/become-a-member/>. Initial feedback is that this is a simple process and most people have been able to navigate it without any trouble.

This is a very busy period for us preparing for NSW Stroke Awareness Week and the Association's Annual General Meeting. It will be lovely to be able to hold our normal events face-to-face again and meet up with those of you who regularly attend. The Annual General Meeting will be held in Orange on 4 November 2022. All are welcome to attend. If you are unable to attend in person it will again be livestreamed. We have utilised some of our funding monies to purchase a camera and equipment which will enable the live streaming of the Association's smaller events to be managed by our very clever staff. We hope to see all of you on the 4th for the AGM.

Club News will again be distributed through the Club secretaries, as was the process before COVID-19 arrived. However, I will be seeking your feedback in early 2023 to check which is your preference, through the secretary or direct mail to each individual member. Many of you have elected to receive correspondence by email and a copy will be emailed to you directly. Receiving correspondence via email significantly reduces our printing and mailing costs at the Association. If you would like to change your preference to email, please let staff at the Association know.

As many of our members struggle to use the computer and website, I do not want to do away with the option of receiving these very important newsletters by mail. If we were to distribute Club News direct to members it would alleviate us sending too many copies to the secretaries for distribution and cut down considerably on printing costs.

By now most of you will have met Maria and Lani. They have been working hard to get out and about to your Clubs/groups/choirs. Thank you all for making them so welcome.

Do not forget the online Stroke support groups are still being held every month and check your emails for the most up to date schedule! The guest speaker Topical Thursday sessions have been particularly popular this year.

I hope to see you all at the Creating Connections Conference or another of our upcoming events.

Kind regards,

*Michelle*



**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@stroknsw.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 **31 October 2022**.

# COVID-19 Vaccination update

*The following information was received from the Department of Social Services.*

## **Maintaining vaccination after COVID-19 infection**

Completing your COVID-19 vaccination schedule is important even if you have had COVID-19. This will support a better immune response and longer protection from re-infection. Keeping up the vaccinations will also help stop the spread and protect those close to you. Everyone should wait 3 months between a COVID-19 infection and their next recommended vaccine dose.

## **Oral antiviral treatment plan**

People who are at higher risk of severe illness from COVID-19 are eligible for oral antiviral treatments, taken as tablets or capsules at home. These work best as soon as a person tests positive. Eligible people can talk to their doctor about a treatment plan.

Targeted communications providing clear and accessible information on COVID-19 antiviral treatments are being rolled out to high priority groups such as:

- those living with a disability or in residential aged care,
- First Nations people,
- senior Australians, and
- people from culturally and linguistically diverse backgrounds through translated resources.

Available information resources on oral treatments include a social media [case study](#) and [fact sheet](#). There is also now a [dedicated section](#) for people with disability on the 'Oral treatments Health and Aged Care' web page and an [Easy Read](#) resource (<https://www.health.gov.au/resources/publications/covid-19-medicines-easy-read>).

## **Easy Vaccine Access (EVA)**

Easy Vaccine access is a call-back service to help people book a COVID-19 vaccine. To access the service, message the EVA call-back service on 0481 611 382. A trained operator from the National Coronavirus Helpline will call at a scheduled time to help book the COVID-19 vaccination.

## **Update on Commonwealth Vaccination In-Reach Program**

Commonwealth vaccination providers **are contacting residential disability service providers** to offer in-reach for COVID-19 vaccination. If residents are due for their next dose, please book in as soon as possible.

## **Support for people with disability, providers, carers and families**

- Disability Gateway on 1800 643 787 - open from 8 am to 8 pm, Monday to Friday.
- Department of Health and Aged Care website at [www.health.gov.au](http://www.health.gov.au).
- National Coronavirus and COVID-19 Vaccine Helpline on 1800 020 080. People with disability, their families and carers should choose Option 5, disability workers should choose Option 4.
- For information in a language other than English, call the National Coronavirus and COVID-19 Vaccine Helpline on 1800 020 080 and press option 8. This is a free service.
- The Translating and Interpreting Service is also available on 131 450.
- For people who are deaf, or have a hearing or speech impairment, call the National Relay Service on 133 677.

*This article was sourced from the Department of Health and Aged Care  
(<https://www.health.gov.au/sites/default/files/documents/2022/08/covid-19-vaccination-disability-provider-alert-23-august-2022.pdf>)*

# Research Opportunity

## Does the Australian Eating Survey work for Stroke Survivors?

Researchers from the Hunter Medical Research Institute are seeking Stroke survivors over the age of 18 years who live at home in Australia, to participate in their research project.

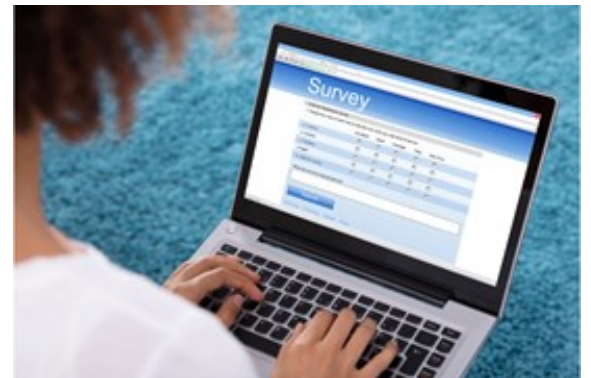
Eating well after Stroke will lower your risk of having another Stroke in the future, but this is easier said than done! To create programs that support Stroke survivors to eat well, we need to know what your current diet looks like.

For this study, we would like to find out whether the tools we usually use to measure your diet work well for Stroke survivors.



### What will you be asked to do?

1. Complete the online Australian Eating Survey (15 demographic questions and 120 questions about the foods you usually eat).
2. Complete a 3-day Weighed Food Record – you will measure and write down everything you eat or drink for 3 days.
3. We will compare the survey and the food record and see if they are the same or different – this will tell us whether the survey works for Stroke survivors.



### Who can participate?

Anyone who is over 18 years old, has experienced a Stroke and lives at home in Australia.

### Interested?

Go to <https://redcap.hmri.org.au/surveys/?s=44DKTWCJCYL9AHM3> or contact A/Prof Lesley MacDonald-Wicks for more information (02) 4921 6646 or [lesley.wicks@newcastle.edu.au](mailto:lesley.wicks@newcastle.edu.au).

## National Carers Week 2022



National Carers Week is an opportunity to recognise, celebrate, and raise awareness among all Australians about the diversity of Australia's 2.65 million carers and their caring roles. National Carers Week runs from Sunday 16th - Saturday 22nd October 2022.

To celebrate National Carers Week, the Association will be holding an online 'Carers Appreciation Morning Tea' on **Wednesday 12th October 2022 from 10:30am - 12:00 pm.**

We are inviting all of our members to send in a photo of you with your carer, and a bit about why you appreciate them, and your carer will go into a draw to win a gorgeous hamper to celebrate National Carers Week!

Send your photos and messages into the Association via email to [admin@strokensw.org.au](mailto:admin@strokensw.org.au) or via post: PO Box 3401, PUTNEY NSW 2112. To register to attend the online morning tea, contact the Association on 1300 650 594 or email [admin@strokensw.org.au](mailto:admin@strokensw.org.au).



# Around the Clubs

## Stroke Connectivity Project update



It's been an exciting year for the Stroke Connectivity Project! The project ran from 2020 - 2022 (under ILC funding 2018-2022), with a commitment to empowering stronger communities in the virtual world. The project is on track to wrap up at the end of this year, with only two more Clubs to visit in NSW in October. The project has assisted in creating more inclusivity for people in remote and rural regions and giving those with disabilities or impairments greater access to the community than ever through technology.

This has been achieved through:

- Upgrade of the Association's website to AA disability standards,
- Introduction and expansion of the livestreaming of the Association's events,
- Online Stroke support groups,
- Increasing the accessibility of the Association's publications, and
- The face-to-face "Getting Online" training.



The feedback on the training has been overwhelmingly positive, with 99% of participants saying that they would recommend the training to others. A significant challenge that participants indicated was the lack of ongoing support and mentoring to be able to access online services on their own. Clubs have requested to be revisited to continue to receive technological assistance in the future. Members also identified other challenges to accessing new and emerging technology such as: cognitive issues, fine motor ability, and, overwhelming fear. The Association is committed to continuing the program in areas of Online Stroke recovery groups, technical support, livestreamed events, accessible publications, and face-to-face training.

With funding set to end by December 2022, the Association have applied for an ILC funding extension to June 2024, we expect to hear back about the result in October. We are hopeful of a positive outcome for the community. The area of focus for extension would be to increase both organisational and individual capacity. Since July 2022, the SRA has been trialling the Governance training for Club/group/choir volunteers and executives, which cover areas such as grant applications and how to run an AGM. In 2023-2024, the training will focus on 10 modules to assist individual and Clubs/groups/choirs to strengthen engagement and management.

Another area of focus will be to revisit the Clubs/groups/choirs for a "Tech day" workshop, which is a continuation of the "Getting Online" training. This will aim to tackle the challenges of mindset limitation and fear. It will also allow members to navigate their devices in a real-world setting. In addition to the "Tech day" workshop, the Association is developing resources to assist members in navigating the virtual world with a step-by-step guide on essential services, password trackers, and Esafety guides.

The continuation of the Stroke Connectivity Project would mean the continued support for the Association's online Stroke support groups, accessible publications and livestream events to tackle the challenges of accessibility.





# Around the Clubs

## Albury-Wodonga Stroke Recovery Club

The Albury-Wodonga Stroke Recovery Club recently enjoyed their Christmas in July event, where they enjoyed a lovely meal together. Melanie Dudley from the Victoria Association came and joined members for this special occasion.

Members participated in Christmas Trivia, 'Things in a box', 'Ring Toss' and 'Hoop and Jars' - a game where people enjoyed winning the presents in the jars! The men in the group all forgot how to play marbles, making it a challenge for all with many laughs being had. Trevor said some jokes that kept all the members laughing! Ken and Linda made some lovely placemats for everyone, with different numbers on each one, with the lucky door prize being drawn towards the end of the event.



## Hornsby/Ku-ring-gai Stroke Recovery Club

The Hornsby/Ku-ring-gai Stroke Recovery Club recently held their AGM on 12th August 2022. During the meeting, the Club celebrated the past 12 months and voted in new office bearers for the coming year. After the meeting, members enjoyed a fish and chips lunch, followed by an assortment of cakes and desserts made by Judith, with all reports saying that they were absolutely delicious!



## Sutherland Stroke Support Group



The Sutherland Stroke support group recently enjoyed a Christmas in July celebration! The group joined together on Monday 25th July 2022 for a wonderful lunch at Gynea Tradies. The Sutherland group is always buzzing with new ideas, fun and games. Members regularly share updates and community adventures over tea, coffee and snacks.

The Sutherland Stroke support group meet on the 3rd Monday of the month from 10:30am – 12:30pm. For more information, or to attend one of their meetings, contact the Association on 1300 650 594.



# Sydney Stroke Olympics 2022

On the 16th June 2022, members from some of the Sydney Stroke Recovery Clubs joined together at Club Burwood RSL for the annual Sydney Stroke Olympics!

We would like to say a huge thank you and well done to everyone for participating on this day! Congratulations to the Hornsby/Ku-ring-gai Stroke Recovery Club who won the Club Champions trophy for 2022. What a wonderful day and we look forward to seeing you all again at next years event.

	GOLD	SILVER	BRONZE
<b>Card Memory Game</b>	Daniel Roberto (Blacktown)	Grahame Utley (Hornsby/Ku-ring-gai)	Neil Mansfield (Hornsby/Ku-ring-gai)
<b>Ball in a Box</b>	Henry Oscar (North Sydney Aphasia)	Bill Gooley (Hornsby/Ku-ring-gai)	Kim Tran (Sutherland)
<b>Putting for Carers</b>	Vicki Palmer (Macarthur)	Tom Parkhouse (Hornsby/Ku-ring-gai)	Judith Thornley (Hornsby/Ku-ring-gai)
<b>Quoits</b>	Henry Oscar (North Sydney Aphasia)	Neil Mansfield (Hornsby/Ku-ring-gai)	Harbans Bhullar (Hornsby/Ku-ring-gai)
<b>Skittles</b>	Henry Oscar (North Sydney Aphasia)	Grahame Utley (Hornsby/Ku-ring-gai)	Harbajan Bullar (Hornsby/Ku-ring-gai)
<b>Putting</b>	Harbajan Bhullar (Hornsby/Ku-ring-gai)	Neil Mansfield (Hornsby/Ku-ring-gai)	Henry Oscar (North Sydney Aphasia)
<b>Dominoes</b>	Neil Mansfield (Hornsby/Ku-ring-gai)	Ray Smithers (Macarthur)	Graham Utley (Hornsby/Ku-ring-gai)
<b>Toss the Bean Bag</b>	Brendalee Coan (Macarthur)	Kim Tran (Sutherland)	Harbajan Bhullar (Hornsby/Ku-ring-gai)



**CLUB CHAMPIONS 2022**  
Hornsby/Ku-ring-gai Stroke Recovery Club



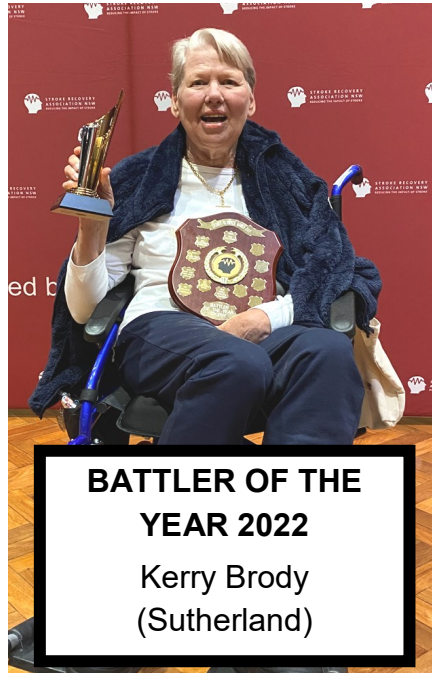


# Sydney Stroke Olympics 2022



**INDIVIDUAL CHAMPION  
2022**

Henry Oscar  
(North Sydney Aphasia)



**BATTLER OF THE  
YEAR 2022**

Kerry Brody  
(Sutherland)



**LOLLY GUESSING  
COMP WINNER 2022**

Ian Palmer  
(Macarthur)



## Combined Clubs Morning Tea 2022

The Annual Combined Clubs Morning Tea was held at Mingara Recreation Centre on Saturday 6th August 2022. Members were treated to an excellent presentation by Neurosciences Nurse Practitioner and SRA Board member, Kylie Tastula!

Thank you to the Working Age Group - Stroke (WAGS) for organising the event, Kylie for her wonderful presentation and to all those that attended!





# UPCOMING EVENTS



## NSW STROKE AWARENESS WEEK

**Monday 5th - Sunday 11th September 2022**

*Recover, Regain & Reclaim*

	<b>Creating Connections Stroke Conference</b>	<b>Wednesday 7th September 2022</b> Club Burwood (Burwood, Sydney)
	<b>Hunter Stroke Olympics</b>	<b>Tuesday 11th October 2022</b> Raymond Terrace Bowling Club (Raymond Terrace)
	<b>Annual General Meeting</b>	<b>Friday 4th November 2022</b> Orange, NSW
	<b>Combined Clubs Picnic</b>	<b>Friday 11th November 2022</b> Bobbin Head, Ku-Ring-Gai National Park
	<b>Online Clubs Trivia Challenge</b>	<b>Tuesday 22nd November 2022</b> Online via Zoom meetings

Connect with us online!



[www.strokensw.org.au](http://www.strokensw.org.au)



@StrokeNSW



StrokeRecoveryAssociation



@StrokeNSW

### Copyright

The Publisher of Club News is the Stroke Recovery Association of NSW. No part of this publication may be reproduced, either in print or any other media, including the internet, without the written authorisation of the Chief Executive Officer of the Stroke Recovery Association. Permission should be sought by writing to: **PO Box 3401, PUTNEY NSW 2112**

### Disclaimer

The views expressed in Club News are not necessarily those of the Stroke Recovery Association nor its Board. No liability or responsibility is accepted by the publisher for any consequences resulting from any action taken based on information or advertisements included herein. All care is taken to ensure the accuracy of the contents, but this cannot be guaranteed and should not be relied upon.

### 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 1300 650 594, or email [info@strokensw.org.au](mailto:info@strokensw.org.au). We can also supply 'In Memoriam' donation brochures with pre-paid addressed envelopes for use at memorial services.