



**STROKE RECOVERY
ASSOCIATION NSW**

CLUB NEWS

Spring 2022

Hi all,

Welcome to the Spring edition of Club News 2022. I am hoping the weather keeps improving and that the warmer weather is with us over the holiday season. Our thoughts and best wishes are with those of you who are in the flood affected areas. Just when we think the rain has all gone, it comes again with all its destructive force.

I hope you enjoy the Club News articles we have for you this quarter. There has been such an issue with internet security that we thought it important to include information about what to do if you are affected in any way. Maria has also included some timely reminders about social media etiquette to ensure you maintain your privacy and security in her Stroke Connectivity Project update.

The Hunter Stroke Olympics was recently held for the first time since 2019. Competition was fierce, but fair as usual and it was so lovely to see everyone being able to get together again. Congratulations to all the winners! The photos on pages 4 and 5 indicate that everyone seemed to have a good time.

Just a reminder that the dreaded COVID-19 is still around. There are a number of active variants in the community, with the fourth wave expected to peak in mid-December. Remember to protect yourself as much as you can when out and about in the community and seek medical attention quickly if you are affected, to receive the anti-viral treatment that is available from your GP.

It is so great to be able to include photos from 'Around the Clubs' again. Those who attended the Combined Clubs Picnic enjoyed a beautiful day at Bobbin Head in the Ku-ring-gai National Park. We will be changing venues for this event next year, as the picnic area was invaded by very fierce looking goannas (note the plural - I think I counted four by the end of the morning, ranging in size from downright terrifying to very scary). I think a more sedate area is on the cards for 2023, any suggestions gratefully accepted.

We have listed the tentative dates for all our events for next year on the last page, so put them in your diary now. They should not vary too greatly. The Association's office will be closed from Friday, 23rd December, reopening on Tuesday, 3rd January 2023. Many of us will also be taking leave, so there will only be a skeleton staff available to handle any enquiries.

My thanks again to all our wonderful volunteers who keep the Clubs/groups/choirs running so well. It has been a challenging period and you have all done a tremendous amount of work to get the Clubs up and running smoothly again.

Have a wonderful break.

Merry Christmas and a Happy New Year!

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@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 **27 January 2023.**

Research opportunity

Culturally and linguistically diverse aphasia rehabilitation: the experiences of people with aphasia.

Researchers at LaTrobe University are looking for people from a **culturally and linguistically diverse background** who experience **aphasia** to participate in an **interview**.

They are currently looking for participants in **Sydney** and **Melbourne** to be able to participate in a **face-to-face interview**, but if culturally and linguistically diverse people living with aphasia located elsewhere would be able to participate in a **Zoom interview**, we would also welcome their involvement.

They want to hear about your experience of aphasia rehabilitation:

- What was it like for you?
- How was working with speech pathologists?
- How was working with interpreters?
- Did you receive the right therapy for your culture?
- What could have been helpful?

They want to use your experiences to design solutions for **better rehabilitation** and **better services** for people with aphasia.

They want to interview you if you:

- have aphasia after a Stroke, and
- speak a language other than English (or your parent/s were born overseas), and
- live in Sydney or Melbourne.

If you are interested, please contact Chelsea Larkman, speech pathology researcher at La Trobe University on **(03) 9479 5559** or email c.larkman@latrobe.edu.au.



LA TROBE
UNIVERSITY

Recent cyber security breaches

If you have been affected by the recent Medibank or Optus cyber security breaches, follow these steps to protect yourself against identity theft:

- 1. Get in touch with your provider** - they can provide you with more details of what specific data they believe has been stolen and published on the dark web.
- 2. Replace essential documents** - Follow the direction and support of your service provider to replace essential documents. These may include your:
 - Medicare card
 - Driver's license
 - Bank cards (only if needed)
- 3. Stay alert** - be alert to any phishing scams via phone, post or email. Credible organisations will not contact you for sensitive information such as usernames, passwords, one-time PIN codes or banking details. Always go through official websites instead of associated links sent to you. If in doubt during a phone call, hang up and call the organisation back on their official telephone number.
- 4. Update your details** - It is essential that you update your password and set up a two-step authentication for all your available services. Set up more robust security through secret questions and retrieval methods.
- 5. Monitor financial services for unusual transactions** - If there is something suspicious, contact your provider immediately. Optional: Request a copy of your credit report. If you suspect fraudulent activities, you can request a temporary ban on your credit report to protect your credit report information.
- 6. Support and report**
 - Contact IDCARE – call **1800 595 160** (Monday - Friday, 8am - 5pm). They can support you in limiting the damages of cyber-related security.
 - Report the incident to the ACCC's Scamwatch to help protect the community.

Around the Clubs

Stroke Connectivity Project update

Hi Everyone,

The “Getting Online” face-to-face training has visited almost all Clubs/groups/choirs in NSW. The training focused on mindset, devices, assistive technology, financial funding, ways to connect to the internet, online Stroke support groups, friendly applications and Esafety. The feedback from the training has been positive, with 99% of members stating that they would recommend the training to others.

As the SRA has applied for an extension of funding for the Stroke Connectivity Project until June 2024, the areas of focus for this extension would be to increase both organisational and individual capacity through the following:

- Governance training (online)
- “Tech day” training (face-to-face)
- Resources development for Clubs/groups/choirs and individuals
- Social media and privacy

I am currently working to create individual Facebook groups for each Stroke Club/group/choir, with this in mind, I have developed some simple guidelines to follow when interacting with others online. It is important to be mindful of these points to protect yourself and those around you while using social media.



1. Don't mix business and pleasure

It is essential to differentiate your professional and personal account use. Club/group/choir accounts are affiliated and used to promote the local Stroke Recovery Club/group/choir, whereas personal accounts are used to share and communicate with your friends/family. Please note that the SRA social media policy prevents staff from accepting friend requests from members.

2. Use caution when posting and sharing photos

Be mindful of your privacy settings when posting and sharing photos to protect yourself and your family's confidentiality. Check that your profile is set to private so that strangers cannot see what you are posting.

3. Understand that your view isn't universal

As social media can reach a broad audience, it is important to ensure that your content is appropriate. Not everyone will agree with you, and that is ok.

4. Don't be reactive

Don't get stuck in your social media arguments; a never-ending cycle of negativity can impact your physical world. Get off social media and discuss face-to-face if you want to resolve issues.

5. Avoid over-sharing

No one needs to hear your inner monologue at all times. Oversharing what you are doing can alert people to when you are not home, at a particular location and be a risk to your personal safety.

6. Don't misrepresent yourself

An embellishment of the truth on social media is easy. However, it can be detrimental to your reputation and relationships.

7. Don't drink and post

Social media and the online world are forever, and drinking can impair your ability to make a sound judgement on what is and what is not appropriate to post.

Stay safe, and have a very happy holiday season! I look forward to revisiting you all in the new year.

Maria

Hunter Stroke Olympics 2022

The 2022 Hunter Stroke Olympics was held on Tuesday, 11th October at Raymond Terrace Bowling Club. In memory of the late Stuart Chalmers OAM, the Euchre perpetual trophy was renamed in his honour and presented to Ava and Cheryl, the Euchre winners for 2022.

We would like to say a huge thank you and well done to everyone who participated in the events on this day! Special thank you to the Hunter Stroke Olympics Committee, who work throughout the year to make this event such a success. Congratulations to the Working Age Group - Stroke (WAGS) and the Maitland Aphasia Communications Group who are Co-Club Champions for 2022!

	GOLD	SILVER	BRONZE
Carpet Bowls	Tom Morgan (WAGS)	Robert Carpenter (Belmont)	Rachel Parsons (Maitland)
Euchre	Ava De Zeeuw (Wyong) & Cheryl Sutton (WAGS)	Nancy Hall (Tamworth) & Phil Christie (GLAMS)	Gail Connolly (WAGS) & Matt Mitchell (GLAMS)
Dominoes	Himanshu Agarwal (Hornsby/Ku-ring-gai)	Yadja Pfeiffer (GLAMS)	Alan Sumner (Tamworth)
Card Memory Game	Victor Maric (Wyong)	Pat Curry (Maitland Aphasia)	Fiona Bell (Maitland Aphasia)
Skittles	Janette Daniel (GLAMS)	Yadja Pfeiffer (GLAMS)	Ava De Zeeuw (Wyong)
Putting	Ross Park (WAGS)	Michael Chin (WAGS)	Rachel Parsons (Maitland Aphasia)
Bean Bag Toss	Brian Lewis (WAGS)	Rachael Peak (Maitland Aphasia)	Pat Curry (Maitland Aphasia)
Quoits	Fiona Bell (Maitland Aphasia)	Clinton Davey (Maitland Aphasia)	-
Ball in a Box	Judy Sumner (Tamworth)	Ruth Crossman (GLAMS)	Ian McKinnon (WAGS)
Putting - Carers	Mithlesh Agarwal (Hornsby/Ku-ring-gai)	Judith Thornley (Hornsby/Ku-ring-gai)	Mark Bazley (Belmont)
Tin Cup Pong	Lee Devine (WAGS)	Ruth Crossman (GLAMS)	Dennis Hatch (Wyong)
Battler of the year	Raymond Thornley (Hornsby/Ku-ring-gai) & Dennis Lawrenson (GLAMS)		
Carer of the year	Judy Sumner (Tamworth) & Jill McNamara (WAGS)		
Volunteer of the year	Ava De Zeeuw (Wyong)		



Hunter Stroke Olympics 2022



**CARER OF THE YEAR
2022**
Judy Sumner (Tamworth)



**VOLUNTEER OF THE
YEAR 2022**
Ava De Zeeuw (Wyong)



BATTLER OF THE YEAR 2022
Raymond Thornley (Hornsby) &
Dennis Lawrenson (GLAMS)



CLUB CHAMPIONS 2022
Maitland Aphasia Communications Group & Working Age Group - Stroke (WAGS)

Combined Clubs Picnic

The Association hosted the annual Combined Clubs Picnic on Friday, 11th November 2022 at Bobbin Head National Park. This is the first time that this event has been held since 2018. Members from the Hornsby/Ku-ring-gai, Sydney Inner West, Fairfield, Northern Beaches and Working Age Group - Stroke (WAGS) Clubs enjoyed the wonderful weather and company on the day. Members were especially thrilled (or terrified) to see some of the wildlife that the park had to offer, including some large goannas!

As the event was held on Remembrance Day, Bill from the Hornsby/Ku-ring-gai Club read out a poem *"For the Fallen"*, which is where the Ode of Remembrance is taken from, followed by a minute's silence. Afterwards, some light lunch was had, games were played and members sang Happy Birthday to Michelle (the Association's CEO) for her upcoming birthday.

Thank you to everyone who attended the picnic. It was a lovely day and a joy to see so many people able to get together again!



Around the Clubs

Wyong and GLAMS Stroke Recovery Clubs

The Wyong Stroke Recovery Club recently enjoyed spending a few days in the Forster area.

Members spent their time playing Ten Pin Bowling, and even met up with the local Stroke Recovery Club, GLAMS (Great Lakes and Manning Shire), for a wonderful afternoon tour on Ellis Lake. The Wyong Stroke Recovery Club members had great accommodation at the Forster Bowling Club, and enjoyed being able to catch up with the GLAMS Club and explore the beautiful Forster area.



Macarthur Stroke Support Group

Members from the Macarthur Stroke Support Group had a lovely outing last month where they supported one of their own, Brendalee, who showcased her pottery art at the Little Orange Goes Big Exhibition. The artwork represents her family and connection to La Perouse.

After the show, they had a celebratory lunch with drinks to commemorate the success of the exhibition.

Words from Brenda about her artwork:



"My name is Brendalee, I am a proud Bidjigal woman from the Eora nation. My artwork is about my home, coming together, meeting my family, the beach, and football. Being together with my family at La Perouse takes away my stress and makes me calm, relaxed and happy. It reminds me of my mum, nan, aunties, uncles and cousins who used to live and holiday at the La Perouse Mission. La Perouse had the Aboriginal mission houses, I used to stay there during the school holidays. When I visit Lapa, it's like going home..."

After my Stroke, I have thoughts a lot about my Lapa and family. Thinking about all the happy memories. When I am sad and crying, I want to be at the beach by myself,

and sit down. It's a place I feel calm and at peace. It is my home.

I am proud of my dad for giving me the opportunity to spend time with my family at La Perouse."

Congratulations Brendalee!

Around the Clubs

Wollongong - North Illawarra Stroke Recovery Club

The Wollongong - North Illawarra Stroke Recovery Club recently enjoyed their end of year Christmas lunch at their last Club meeting for the year on Thursday, 10th November 2022! Club member, Julie, decorated the tables with festive bon bons, flashing light Christmas trees and little wind up reindeers (which of course, they had to race to see who had the fastest one)!



The Wollongong - North Illawarra Stroke Recovery Club meet on the 1st Thursday of the month, with an outing on the 2nd Thursday of the month, from 10:30am - 12:30pm.

Woy Woy Stroke Recovery Club

Members of the Woy Woy Stroke Recovery Club were out in full force during NSW Stroke Awareness Week! The team held a stall at Everglades Country Club on 7th September (pictured) and another at Peninsula Plaza Shopping Centre on 8th September 2022.



Members sold pens, ribbons and handed out FAST cards and information sheets to people passing by. They also sold raffle tickets to win a hamper donated by Woolworths Woy Woy and by members of the Club.

Congratulations to the Woy Woy Stroke Recovery Club on a very successful stall during NSW Stroke Awareness Week!

Sydney Inner West Stroke Recovery Club

The Sydney Inner West Stroke Recovery Club welcomed in the new season of spring with an outing at their local café, located on the scenic Bay Run in Drummoyne, Sydney.

Members enjoyed a day of fun in the sun with coffee, tea and cakes while sharing their upcoming summer plans with their families. After filling their bellies, some members enjoyed taking a relaxing stroll around the bay.

For more information, or to attend one of the Sydney Inner West Stroke Recovery Club meetings, contact the Association on 1300 650 594 or info@strokensw.org.au.





EVENTS 2023



Sydney Stroke Olympic Games Day

Thursday 15th June 2023

Club Burwood (Burwood, Sydney)



Combined Clubs Morning Tea

Saturday 5th August 2023

Mingara Recreation Club (Tumbi Umbi, Central Coast)



NSW Stroke Awareness Week 2023

Monday 4th - Sunday 10th September 2023



Reps to Recovery Stroke Challenge

Monday 4th - Sunday 10th September 2023

Online



Creating Connections Stroke Conference

Wednesday 6th September 2023

Club Burwood RSL (Burwood, Sydney)



Stroke Choir Recital

Thursday 14th September 2023

Club Burwood RSL (Burwood, Sydney)



Hunter Stroke Olympics

Tuesday 10th October 2023

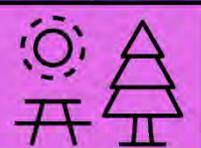
Raymond Terrace Bowling Club (Raymond Terrace)



Annual General Meeting

Friday 3rd November 2023

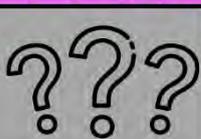
Online & Sydney location (TBC)



Combined Clubs Picnic

Friday 10th November 2023

TBC



Clubs Trivia Challenge

Tuesday 21st November 2023

Online

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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, contact the office on 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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