

For more information,  
or to find your local  
club, contact the  
Stroke Recovery  
Association on any of  
the following  
platforms.



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



[info@stroknsw.org.au](mailto:info@stroknsw.org.au)



StrokeRecoveryAssociation  
NSW



@StrokeNSW



@StrokeNSW

**1300 650 594**

## Stroke Clubs in action!



STROKE RECOVERY ASSOCIATION NSW

**STROKE  
RECOVERY  
CLUBS**

**1300 650 594**

[info@stroknsw.org.au](mailto:info@stroknsw.org.au)

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PO Box 3401  
Putney, NSW, 2112

# Stroke Recovery Clubs

Your Stroke support group provides an opportunity to meet with others who are also affected by Stroke, their families and carers. These Clubs assist in removing the feelings of isolation that many people experience post Stroke, assist in restoring lost confidence and are a wonderful opportunity to form new friendships.

**S**upport - Through understanding, compassion and self-help

**T**alk - through understanding of Stroke and its effects on Stroke affected people, carers and families

**R**ecovery - Continues when you keep up to date on research.

**O**vercome - Isolation, inhibitions, feelings of inadequacy, self-consciousness and depression.

**K**nowledge - Increases by sharing experiences with others and learning from educational speakers.

**E**ncourage - Improved quality of life through reducing isolation and reintegration into the community.

# Stroke Recovery Club Locations

## Regional Clubs

- Albury-Wodonga
- Armidale
- Bathurst
- Bega
- Belmont
- Broken Hill
- Central Coast
- Goulburn
- Great Lakes & Manning
- Griffith
- Maitland
- Mudgee
- Muswellbrook
- Newcastle
- North Illawara
- Nowra
- Orange
- Port Macquarie
- South Illawara
- Tamworth
- Tweed Heads
- Ulladulla
- Wagga Wagga
- Westlakes
- Woy Woy
- Wyong

## Metropolitan Clubs

- Blacktown
- Easts Sydney
- Forestville
- Hawkesbury
- Hornsby/Ku-ring-gai
- Lower North Shore
- Macarthur
- North Sydney
- Penrith/ Blue Mountains
- Sutherland
- Sydney Inner West

## Working Age Clubs

- Central Coast
- Macarthur
- Newcastle
- Sydney CBD

## Stroke Choirs

- Brainwaves (Newcastle)
- KeyStrokes (Crows Nest)
- The Survivors (Central Coast)

### Looking for a club but don't see it?

We are always looking to start up new Stroke Recovery Clubs. Call us to find out how!

Have you or someone you care about, had a Stroke?

At a Stroke Recovery Club meeting, you will:

- Meet with others who have 'been there'.
- Share experiences.
- Learn from educational speakers.
- Keep up to date with Stroke research.
- Attend social outings.
- Receive emotional support from other members.
- Receive invitations to events arranged by the Stroke Recovery Association (SRA).
- Receive regular SRA newsletters
- Make new friends
- Enjoy yourself!