

## ABOUT ONLINE STROKE SUPPORT GROUPS

The Stroke Recovery Association has developed a number of **online Stroke support groups** that are available to any member of the Association throughout NSW.

These groups are specially designed with, and for, Stroke survivors and carers to **provide additional social support** and **companionship** with others from the comfort of their own home.

There are a range of groups that have been developed by the staff at the Association, in conjunction with our members, that focus on **continued recovery after Stroke** and the **development of new friendships** with others who have also experienced Stroke.

## CONTACT US



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STROKE RECOVERY ASSOCIATION NSW

# ONLINE STROKE SUPPORT GROUPS

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# ONLINE STROKE SUPPORT GROUPS

The Stroke Recovery Association offers a range of online Stroke support groups each month, which are held via Zoom meetings.

**Regular online Stroke support groups include:**



## ONLINE STROKE CHOIR

Run by the **music therapists** from Tuned In Music Therapy, this **choir** meets weekly to improve their speech through song.



## TOPICAL THURSDAY

Each month, a **guest speaker** is invited to present on their area of Stroke expertise, followed by a Q&A session. Speakers range from Stroke survivors and carers, to Neurologists and Allied Health Professionals.



## MEMORY MONDAY

This session includes **memory games** and **activities** that focus on challenging and 'exercising' different types of memory after Stroke.



## SIP AND NIBBLES NIGHT

Specifically for Stroke survivors of working age (**under 67 years**), this session is held twice a month and alternates between a **Stroke focused** chat as a group and a **games night** for members to enjoy.



## STROKE CHAT

An online group for people who wish to **discuss** their experience of **Stroke**, different aspects of their **life post-Stroke**, or share **useful information** about their recovery with others.



## CARERS' GROUP

A group for **carers and family members** of Stroke survivors to meet other carers, access social support and to share their stories.



## APHASIA DISCUSSIONS

Specifically for people who experience **Aphasia**, this session includes **speech exercises, activities and conversations** amongst members.



## GARDENING CLUB

This group is a great way to connect with others using **gardening** as part of their recovery and learn some new **tips and tricks** from fellow green thumbs.



## MOVIE CLUB

Members of the group unleash their inner movie critic, **review the movie** of the month and together decide on a movie to watch and review for the next month.



## TRIVIA TUESDAY

Held on a Tuesday each month, this **40-question Trivia quiz**, is designed to test members' knowledge on a range of **different topics**.



## MULTIPLE CHOICE QUIZ

A **40-question multiple choice quiz** that is designed to accommodate people who may experience communication issues, such as **Aphasia**.



## MAITLAND APHASIA

This group is specifically for people with **Aphasia** and **communication difficulties** and is a chance to **practice speech** and have a chat with other members.



## SPECIAL ONLINE EVENTS

We hold other **special online events** throughout the year to celebrate the **diversity and inclusiveness** of our Stroke community. Some of these events include Mardi Gras, St Patrick's Day, Lunar New Year, NAIDOC week, Diwali, Carers Appreciation Week, Christmas and many more.

**For more information call 1300 650 594 or email [admin@strokensw.org.au](mailto:admin@strokensw.org.au).**