



CHARTER OF MEMBERS RIGHTS

The Stroke Recovery Association understands and supports the principles of fairness and human rights in all aspects of service delivery. It will ensure that services are provided in an environment free from discrimination, financial, sexual, physical and emotional abuse, neglect or exploitation.

The Stroke Recovery Association is committed to protecting and upholding the right to privacy of members, staff, and volunteers. Stroke Recovery is committed to protecting and upholding the rights of our members to privacy in the way we collect, store and use information about them, their needs and the services we provide to them.

The Stroke Recovery Association will ensure:

1. Services that are provided must be of an acceptable quality and directed towards meeting your individual needs.
2. You have the right to protection from abuse or neglect by staff and volunteers.
3. You must receive services in accordance with the Association's "Values and Beliefs Statements" and "Code of Conduct".
4. You have the right to voice complaints or concerns about any aspect of the services you receive.
5. You have a right to resolution of complaints.
6. The Stroke Recovery Association has a responsibility to ensure that safeguards and preventative strategies are in place to protect your rights and privacy.
7. The Stroke Recovery Association has the responsibility to ensure that appropriate procedures exist for anyone using our services, members, and people acting as their advocate to voice complaints.
8. The Stroke Recovery Association has a responsibility to ensure that people using our services, members, or people acting as their advocate, are able to seek resolution of issues without any fear of repercussion or discrimination.
9. The Stroke Recovery Association has the responsibility to meet its legal and ethical obligations as an employer and service provider in relation to protecting the privacy of all service users.
10. You have the right to be provided with information about your rights regarding privacy.

Please Turn Over





11. Members are informed via appropriate formats (including verbally and in writing) about their right to use an advocate when a person is:
 - Refused serviceOr if:
 - They want to make a complaint about the service
 - A staff member believes an advocate may be beneficial to the member.
12. Members are aware of their rights to use an advocate in relation to the service, including having their advocate present for all meetings and communication between themselves and the organisation.
13. If the member is unsure whether they may want to nominate a person as an advocate, they are to be provided with information (in an appropriate format) on various specialist advocacy organisations that may be able to assist them. If they would like to contact any of these organisations the Executive Officer will be able to assist them to make contact.
14. Members are aware of their legal rights and all services are directed in accordance with all legal and human rights principles.

The Stroke Recovery Association is also required to:

Report serious incidents to the departments of Family and Community Services and NSW Health under the terms of the funding agreements and the Association's policies. Serious incidents include emergencies, deaths, assaults or abuse, suspected instances of children, young people or elderly being at risk and incidents that impact the safety of people.

The Stroke Recovery Association will ensure that all staff and volunteers are aware of their duty of care to all consumers of our services and follow the correct procedure required for the mandatory reporting of any incident that has any legal implication for the member, staff member or volunteer.

For more Information please contact:

The Chief Executive Officer
Stroke Recovery Association
PO Box 3401
PUTNEY NSW 2112

Telephone: (02) 9807 64422
1300 650 594

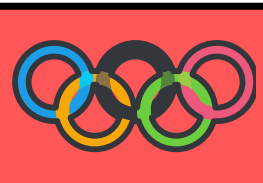
Email: info@strokensw.org.au





STROKE RECOVERY ASSOCIATION NSW

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

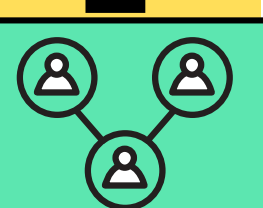
Monday 4th - Sunday 10th September 2023



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

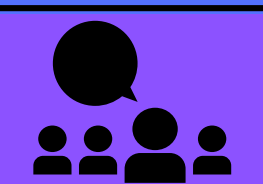
Club Burwood RSL (Burwood, Sydney)



Hunter Stroke Olympics

Tuesday 10th October 2023

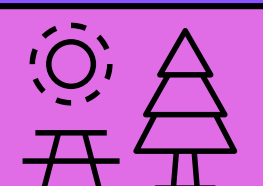
Raymond Terrace Bowling Club (Raymond Terrace)



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

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



www.strokwsw.org.au



info@strokwsw.org.au



StrokeRecoveryAssociationNSW



@StrokeNSW



@StrokeNSW

1300 650 594



STROKE RECOVERY ASSOCIATION NSW



1300 650 594

info@strokwsw.org.au

www.strokwsw.org.au

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**.

Support - Through understanding, compassion and self-help

Talk - through understanding of Stroke and its effects on Stroke affected people, carers and families

Recovery - Continues when you keep up to date on research.

Overcome - Isolation, inhibitions, feelings of inadequacy, self-consciousness and depression.

Knowledge - Increases by sharing experiences with others and learning from educational speakers.

Encourage - 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
- Newcastle
- North Illawara
- Nowra
- Orange
- Port Macquarie
- South Illawara
- Tamworth
- Tweed Heads
- Ulladulla
- Wagga Wagga
- Westlakes
- Woy Woy
- Wyong

Metropolitan Clubs

- Blacktown
- Easts Sydney
- Fairfield
- Forestville
- Hawkesbury
- Hornsby/Ku-ring-gai
- Lower North Shore
- Macarthur
- North Sydney
- Northern Beaches
- 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, 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.
- Receive regular **newsletters**
- Make **new friends**
- **Enjoy yourself!**

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



www.stroknsw.org.au



info@stroknsw.org.au



[StrokeRecoveryAssociationNSW](https://www.facebook.com/StrokeRecoveryAssociationNSW)



[@StrokeNSW](https://www.instagram.com/StrokeNSW)



[@StrokeNSW](https://www.twitter.com/StrokeNSW)

1300 650 594



STROKE RECOVERY ASSOCIATION NSW

ONLINE STROKE SUPPORT GROUPS

1300 650 594

info@stroknsw.org.au

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PO Box 3401
Putney NSW 2112

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 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 other **gardeners** 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 afternoon, this is a **40-question Trivia quiz**, 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.