



**STROKE RECOVERY
ASSOCIATION NSW**

CLUB NEWS

Summer 2023

FROM MICHELLE'S DESK

Hi all,

Welcome back to all members for 2023. I trust you all enjoyed your break and are looking forward to a great year at your Club/group/choir. There are some lovely photos on page 7 of some of our Clubs/groups/choirs enjoying their Christmas parties at the end of last year.

As a result of the survey we asked you to complete and return at the end of last year, Club News will now be sent to your individual address, rather than being sent out through the Club/group/choir secretary.

Following feedback we have increased the font size of the writing in all our publications. Hopefully this enables those with vision impairment to enjoy both publications. You can also listen to all our publications on your smart devices by scanning the QR code on the front page of each newsletter. Try it out and tell us what you think.

As we head into 2023, you will receive information about the relaxation of the COVID-19 vaccine rules when attending your Club/group/choir. If you are not vaccinated, you will be required to complete a Rapid Antigen Test (RAT) prior to entry to an event or Club/group/choir. COVID-19 with its many variants is still out and about, so continuing to be up-to-date with your vaccinations is still highly recommended. Also please be considerate of your fellow Club/group/choir members and do not attend a group if you are experiencing any flu like symptoms. If you are unsure of the rules, please do not hesitate to contact us here at the office.

Included as an insert is a list of the Association's events which you are welcome to attend in 2023. Pop it on your fridge to remind you of what is coming up. I am hoping that now that we are all emerging from isolation there will be a greater attendance at these events.

Online groups are back for 2023 and open to all members to come and join in. If you are struggling to use your device to access the groups, please use the technical assistance available from our tech savvy staff (no, that is not me) on the first and third Monday of the month.

I am particularly keen to encourage those of you who are interested in becoming involved in the running of your Club/group/choir to attend the online governance training. Online training will be held on the 4th Monday of every month at 10am and 1pm. You do not have to be on your Club committee or executive to join these discussions. Come and have a chat and find out what is involved.

Kind regards,

Michelle Sharkey
Chief Executive Officer



**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
officemanager@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 **30 April 2023**.

Practical advice for cooking one-handed

For many people who have experienced a Stroke, daily tasks, such as cooking, can be overwhelming. Although cooking one-handed can be difficult, it is certainly not impossible. Using practical tips and techniques, it can be made much easier.

Get the right tools

Investing in the right kitchen tools can make a significant difference in your ability to cook one-handed. Some of the essential tools include:

- **Adaptive cutting board:** These cutting boards have a non-slip surface to prevent slipping and a raised edge to keep food from sliding off the board. They also have tools (such as nails and piping) to hold the food in place whilst chopping with one hand (see picture above for an example).
- **One-handed rocker knives:** Look for knives with a curved blade, which can make cutting and chopping easier.
- **Non-slip grips:** These grips are designed to stabilise and keep plates and cups in place.
- **Adaptive jar opener:** This tool holds your jar still while you open it with one hand.
- **Electric appliances:** These can include electric mixers, food processors, choppers and can openers. You can also find one-handed food processors or choppers that are specifically designed for individuals with limited mobility.
- **Utensil grips:** These can help you grip utensils more easily and reduce the risk of dropping them.



Plan ahead

Before you start cooking, try to organise all the ingredients and tools you will need within easy reach. This will minimise the need to move around the kitchen and reduce the risk of falls or accidents. Also, consider breaking down the recipe into smaller steps to make it more manageable.

Be mindful of safety:

It's essential to be mindful of safety in the kitchen. Here are some tips to keep in mind:

- Use pot holders or oven mitts when handling hot pots and pans.
- Turn handles inward to avoid accidentally knocking them over.
- Use caution around hot surfaces, sharp objects, and open flames.
- If you are experiencing difficulties with your balance, consider if you can sit while cooking.
- Slide, rather than carry heavy items. This reduces your falls and injury risk.

See an occupational therapist

An occupational therapist (OT) is a qualified health professional who assists you to reach your daily living goals. They are able to make an assessment, provide training and suggest strategies such as adaptive equipment, environmental modifications and task modifications to improve your confidence and independence in the kitchen after a Stroke.

If you do not have an OT, you can visit <https://otaus.com.au/find-an-ot> to find an OT near you!

Ask for assistance

Practice makes perfect, but remember that if you need assistance in the kitchen, you should ask your family or friends. They can pre-cut or peel your food, move heavy or hot pots and pans or get hard to reach objects. You are learning a new skill, so be kind and patient with yourself when you start cooking again.

Research opportunities



The George Institute - RESTORE (Remote speech entrainment intervention with people with long-term acquired and developmental communication disorders)

The George Institute are looking for adults who have long-term difficulties with speech and want to try a new technology to improve communication. You must also be receiving NDIS funding, and not currently attending speech therapy.

What is the study?

They are testing a new intervention using an app on your own device (i.e., phone, tablet) which is a new approach to support people with communication difficulties. You can use it in real-life situations at home and in the community with your family and/or NDIS support worker. This is a feasibility study to explore possible benefits of using support workers and allied health assistants to provide the intervention with the app.

You will need to use \$3,836 of your NDIS funds to pay for the standard Kinephonics service. This service includes intervention sessions with your support worker or allied health assistant, assessment sessions, written reports, and training and supervision for the support worker or allied health assistant. Core or capacity building item numbers can be used.

Benefits to joining

- Intervention that is easy to access in everyday settings (such as your home, your community) on your own phone/tablet/computer.
- Intervention is led by you and/or your family.

Am I eligible?

You:

- Have experienced at least 6 months of speech **and/or** language difficulty;
- Are over 18 years of age;
- Use English as your primary language;
- Are an active participant of NDIS funding with an approved plan; and
- Are not currently attending speech therapy.

Location

No face-to-face visits are required. All contact with researchers will be over phone and/or Zoom.

How to get involved

If you are interested in trying this new app technology, please email: RESTORE@georgeinstitute.org.au, or call **(02) 8052 4765** and one of their researchers will contact you with more information.

Membership fee increase - 2023/2024

At the Stroke Recovery Association's 2022 Annual General Meeting, members were given the opportunity to vote on a change of the price of memberships. The Board of the Association still believe that our memberships should be kept affordable and accessible to everyone who has experienced a Stroke, their carers and families.

As a result of this change, memberships for the 2023/2024 year (to be renewed in August 2023) will have a price increase as follows:

Single Club membership = \$22.00

Family Club membership = \$27.00

If you have any questions about this change, please contact the Association on 1300 650 594.

Stroke Connectivity Project Update

Hi everyone,

I am very excited for 2023, with many aspects of the Stroke Connectivity Project already underway!

This year, I will be travelling around to all of the Stroke Clubs/groups/choirs to provide a 'Tech Day Training' for members. The training aims to arm members with the necessary tools and knowledge to tackle their fears related to technology. Using a combination of repetition, interactive exercises, and both theory and practical application of technology, members will feel confident in their abilities to navigate their devices. Through this program, we aim to assist members to take advantage of all the fantastic possibilities with tech tools.

In addition to the training, I will see many of you for our Online Stroke Support Group over Zoom! These sessions are a safe environment for you to share your successes and challenges, ask questions, gain helpful insights from one another and create positive connections. We can also show off our newfound skills during our fun activities! We will also be here to help with any technical issues on Monday; you'll be surprised at how easy it is to take control of your digital device.

Maria (Stroke Project Officer)

Stroke Recovery Association AGM 2022

The Stroke Recovery Association's 2022 Annual General Meeting was held on Friday, 4 November 2022 at Orange Ex-Services Club. The event was well attended by members both online and face-to-face.

At this meeting, members voted on: appointing new life members, Ray and Judith Thornley (Hornsby/Ku-ring-gai Stroke Recovery Club), change in membership fees, and appointing the 2023 Board of Directors. They were also updated about the Association's financial position and given the opportunity to share any concerns or raise questions that they may have about the Association.

A copy of the President's Report and the Association's financial report is in Stroke Recovery News Summer/Autumn edition. However, if you would like a copy of the 2021/2022 Annual Report please phone us and one will be sent out to you.



Around the Clubs

Clubs Trivia Challenge 2022

The second annual Clubs Trivia Challenge was held in November 2022. Congratulations to all of our members who participated in the event!



- **Clubs Trivia Champions 2022** - Great Lakes and Manning Shire (GLAMS) Stroke Recovery Club
- **Individual Club Champion 2022** - Janette Daniel (GLAMS)
- **Encouragement Award 2022** - Mark Arnold (Hornsby/Ku-ring-gai)

Save the date for the Clubs Trivia Challenge in 2023, which will be held on Tuesday 21st November 2023!

Hornsby/Ku-ring-gai Stroke Recovery Club

The Hornsby/Ku-ring-gai Stroke Recovery Club rounded off 2022 with an excursion on the Hawkesbury River.

Twenty-one of their members went on board the Riverboat Postman Cruise, and what a beautiful day it turned out to be! The captain and crew greeted the members most cordially and, once on board, we were treated to tea and coffee with tasty Anzac Biscuits.

Members enjoyed seeing schools of huge jelly fish floating alongside the boat, followed by a lovely lunch accompanied with local anecdotes and a history of the region, given with a measure of good humour!

The trip was a great success and will certainly be on the list for future excursions for the Hornsby/Ku-ring-gai Club! A trip that is 'not to be missed and heartily recommended.'

The Hornsby/Ku-ring-gai Stroke Recovery Club meet each Friday from 10:00 am - 12:00 pm. Call 1300 650 594 for more information.



Around the Clubs

KeyStrokes Choir Christmas Concert

The KeyStrokes Choir held their Christmas concert in December 2022. It was a treat for the choir to finally have the chance to perform in front of an audience again after the past few years of various COVID-19 restrictions. All reports have said that the choir's performance was fabulous and that it was terrific to sing to a really appreciative audience.

The KeyStrokes Choir meet every Thursday from 10:00 am - 11:00am. All choir sessions are lead by a certified Music Therapist from Tuned In Music Therapy!



Tamworth Stroke Recovery Club

The Tamworth Stroke Recovery Club were treated to a wonderful Christmas lunch, catered by students at Hillvue Public School, Tamworth. The menu looked delicious, with members enjoying Bruschetta, Warrigal greens and feta pie, roast beef, grilled fish and desserts of Hillvue mess and Dha-Li-Baa trifle!



GLAMS Stroke Recovery Club

The Great Lakes and Manning Shire (GLAMS) Stroke Recovery Club recently held their annual BBQ. The Club host this BBQ each January for their members after their Christmas break!



The GLAMS Stroke Recovery Club has recommenced their normal meetings which are held on the 2nd and 4th Thursday of each month between 1:30 pm - 3:00pm.

Stroke Club Christmas lunches!

We love seeing these photos of our Stroke Recovery Clubs/groups/choirs enjoying their Christmas lunches at the end of 2022! Thank you to everyone who sent in photos of their Club/group/choir, and we hope that you all enjoyed your end of year celebrations. These photos are from the Ulladulla, Brainwaves Choir, Fairfield, Hornsby/Ku-ring-gai, Sutherland, Easts (Sydney), and Orange Stroke Recovery Club Christmas lunches!



Brainwaves



Ulladulla



Brainwaves



Fairfield



Brainwaves



Hornsby/Ku-ring-gai



Sutherland



Hornsby/Ku-ring-gai



Easts



Orange

Val Shrimpton - Woy Woy Stroke Recovery Club



Val Shrimpton, a member of the Woy Woy Stroke Recovery Club, sadly passed away on the 18th August 2022, with her daughter Alison by her side.

Originally hailing from Brisbane, Val is survived by her 4 daughters and their loving families.

Members of the Woy Woy Stroke Recovery Club met Val at her first meeting on 12th April 2022, which she attended with her daughters, Alison and Donna. From the first meeting, it was clear that they were a very loving and caring family.

Members of the Woy Woy Stroke Recovery Club attended Val's funeral service in August 2022. Although Val was only a member of the group for a short period of time, members who met her send their condolences to her family during this difficult time.

For those who require a larger font version of this newsletter, please call **1300 650 594** or email **info@strokensw.org.au**.



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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, please contact the office on (02) 9807 6422 or 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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