



STROKE RECOVERY
ASSOCIATION NSW

CLUB NEWS

Winter 2023

FROM MICHELLE'S DESK

Welcome everyone to the 2023 Winter edition of Stroke Recovery News. This edition has a number of articles relating to the various events the Association has organised for Club members over the past few months.

It was lovely to see so many of you out and about and reconnecting after the past few years when face-to-face meetings have been so limited.

In July, we held the inaugural South Coast Stroke Olympics, which was held in Kiama. Although there was only a small number of people in attendance, it was a wonderful day. These events are exceptionally popular. Once you attend one Olympics event, you certainly develop an appetite for more. The Association will look to build on these events to other areas. One thing we have not as yet discussed is the idea raised by a colleague from Synapse (an organisation supporting those impacted by traumatic brain injury), that we open it up to compete against attendees from other disability organisations. This would be an additional event where Stroke Club members combine to compete in a similar day against other groups such as theirs. Let me know what you think.

We have included on the back page the information regarding all the events coming up in the final months of the year. Stroke Awareness Week is nearly upon us, so if you haven't as yet registered for the Creating Connections Conference, please remember to do so. There will be some exceptional opportunities to discover relevant organisations that may be able to assist in your recovery. If you attended the online discussion a couple of months ago where young Christian explained his Virtual Recovery Tool, he will be in attendance for members to try it out.

I would like to congratulate Lani for her great success in working with Clubs/groups/choirs to access funding. She has done a tremendous job with one group alone, receiving over \$10,000 from three to four different sources. If you haven't discussed the opportunities available for grants with her, do so.

We really are coming to the very busy end of our year. We have a number of events planned for Club/group/choir members to attend. I look forward to seeing you at one of the many upcoming events. Until then, stay safe and warm.

Kind regards

Michelle



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Staffing Updates



Welcoming Jennifer Rodda

Hello! I'm very pleased to have joined the team at the Stroke Recovery Association as the Events and Communications Officer.

The focus of my role will be coordinating events, and developing and implementing communication plans, including content on social media platforms.

I have already met a few members in person at the recent Combined Clubs Morning Tea on the Central Coast and look forward to meeting more members at future events or online. Over time, I'd like to develop an understanding of your needs and how our communication efforts can best align with these.

Prior to working for the Stroke Recovery Association, I spent numerous years in brand/product management and marketing communications for multinational medical and pharma organisations. More recently I worked at Western Sydney University in the complementary and integrative healthcare research space. I have a Bachelor of Commerce (Marketing) qualification.

My spare time is consumed by my family and running after my gorgeous 7-year-old daughter (yes I may be a little biased!).

Farewelling Rachel Fields

During her six years with the Association, Rachel has been an invaluable asset. Her attention to detail, vibrant energy, and IT expertise have taken our projects to a whole new level. From navigating the challenges of COVID-19 to delivering exceptional work, Rachel's contributions have been outstanding.

The Stroke Recovery Association NSW would like to wish Rachel well. We have no doubt that wherever she goes and in whatever she does, she will succeed. She is and has always been a joy. Coming to work will not be the same without her bubbly presence to brighten our day. She will certainly be missed.

Rachel would like to thank all of the members of the Association who have been a joy to work with over the past six years. She will miss the friendships that she has formed and the opportunity that she has had to meet so many of you over the years.



Stroke Choirs



Brainwaves - Newcastle

Have you ever considered joining the Choir?

Music therapy offers an engaging and interactive approach to assist individuals in achieving their personal objectives.

The Stroke Recovery Choirs often focus on enhancing social interactions, communication abilities, emotional wellness, and cognitive capabilities.

Through a music-centred therapy approach, members not only benefit from therapeutic support but also have the chance to cultivate musical talents, nurture creative thinking, and integrate music into their daily routines to enrich their overall quality of life.

Moreover, the efficacy of music therapy extends to various medical conditions. It has been shown to alleviate dysphagia and aphasia, enhance cognitive function and motor skills, mitigate negative emotions, and expedite neurological recovery among individuals recovering from strokes.

Why not harvest these benefits of music therapy by joining one of our incredible Stroke Choirs near you?

All our sessions are specifically facilitated by an accredited music therapist.

For more information, contact the association on 1300 650 594



Online Choir



KeyStroke - Sydney

Sydney Stroke Olympics

On the 15th of June 2023, we had an unforgettable 2023 Sydney Stroke Olympics that took place at the fantastic Club Burwood RSL.

We had an incredible gathering of Stroke survivors, along with families, friends, and caregivers from 7 vibrant Stroke Recovery Clubs/groups. It turned into a day packed with fierce competition, with the newly established Fairfield Stroke Recovery Group taking home the Club Championship 2023.

What a wonderful day! We look forward to seeing everyone again next year.

	GOLD	SILVER	BRONZE
Dominoes	Ian Palmer (Macarthur)	Daniel Roberto (Blacktown)	Simon Bridge (Blacktown)
Card Memory	Muoy Wing (Fairfield)	Elizabeth Sheldon (Sydney Inner West)	Daniel Roberto (Blacktown)
Bean Bag Toss	Audrey Murphy (Hornsby)	Muoy Wing (Fairfield)	Layla Andary (Hornsby)
Putting (Stroke)	Daniel Roberto (Blacktown)	Vince Abella (Macarthur)	Colin Silk (Fairfield)
Cup Pong (Carers)	Steve Matvicuk (Hornsby)	Margaret Silk (Fairfield)	Diane Johnstone (Hornsby)
Quoits	Henry Oscar (Sydney Inner West)	Ray Smithers (Macarthur)	Ross Fairlie (Hornsby)
Putting (Carers)	Margaret Silk (Fairfield)	Steve Matvicuk (Hornsby)	Diane Johnston (Hornsby)
Skittles	Henry Lim (Fairfield)	Henry Oscar (Sydney Inner West)	Neil Mansfield (Hornsby)
Ball in Box	Henry Oscar (Sydney Inner West)	Henry Lim (Fairfield)	Hong Lam (Fairfield)
Cup Pong (Stroke)	Muoy Wing (Fairfield)	Ross Fairlie (Hornsby)	Himanshu Agarwal (Hornsby)



Sydney Stroke Olympics



CLUB CHAMPIONS 2023
Fairfield Stroke Recovery Group



BATTLER OF THE YEAR 2023
Rosa Matvicuk
(Hornsby)



INDIVIDUAL CHAMPION YEAR 2023
Muoy Wing (Fairfield) &
Henry Oscar (Sydney Inner West)



LOLLY GUESSING COMP WINNER 2023
Margaret Silk (Fairfield)

Combined Clubs Morning Tea 2023

The Annual Combined Clubs Morning was held at Mingara Recreational Centre on Saturday, 5th August 2023.

This year it was done with a twist with activities that aimed to build connections that will last a lifetime between members and Clubs. It was a thoroughly enjoyable day for everyone who attended.

Thank you to the Working Age Group for accommodating the event in their regular meeting and to everyone who attended!



South Coast Stroke Olympics

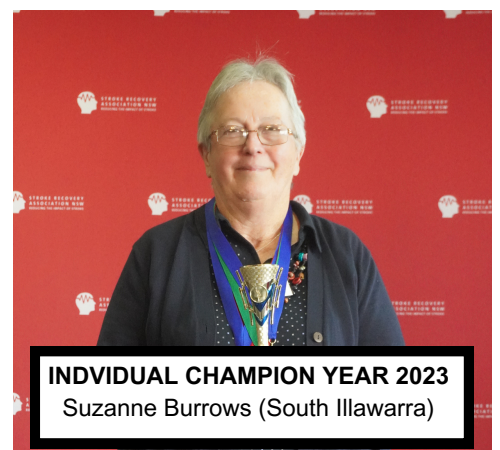
For the first time in 9 years, the South Coast Stroke Olympics was held on the 19th of July, 2023, at Kiama Leagues Club. The day was packed with intense competition and endless laughter! The incredible South Illawarra Club took home the title of Club Champions for their outstanding performance.

It was a day to remember, and we are excited to come back next year for the 2024 South Coast Olympics because it is an event that is here to stay. Get your training sessions in before then!

	GOLD	SILVER	BRONZE
Dominoes	Vince Russo (North Illawarra)	Suzanne Burrows (South Illawarra)	Himanshu Agarwal (Hornsby)
Card Memory	Vince Russo (North Illawarra)	Suzanne Burrows (South Illawarra)	Jenny Chin (North Illawarra)
Bean Bag Toss	Suzanne Burrows (South Illawarra)	Audrey Murphy (Hornsby)	Himanshu Agarwal (Hornsby)
Putting (Stroke)	Suzanne Burrows (South Illawarra)	Neil Mansfield (Hornsby)	Julie Wright (North Illawarra)
Cup Pong (Carers)	Sandra Quinn (South Illawarra)	Joan Neely (South Illawarra)	Mitlesh Agarwal (Hornsby)
Putting (Carers)	Judith Thornley (Hornsby)	Sandra Quinn (South Illawarra)	Joan Neely (South Illawarra)
Skittles	Aivars Depers (South Illawarra)	Suzanne Burrows (South Illawarra)	Neil Mansfield (Hornsby)
Cup Pong (Stroke)	Neil Mansfield (Hornsby)	Suzanne Burrows (South Illawarra)	Jenny Chin (South Illawarra)



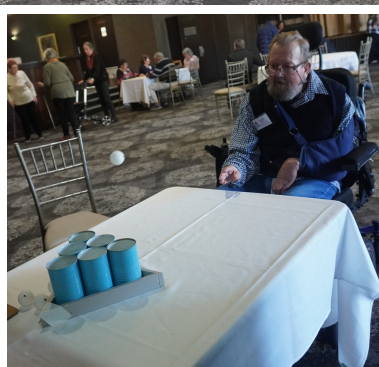
South Coast Olympics 2023



INDIVIDUAL CHAMPION YEAR 2023
Suzanne Burrows (South Illawarra)



BATTLER OF THE YEAR 2023
Susan Czornobej (South Illawarra)



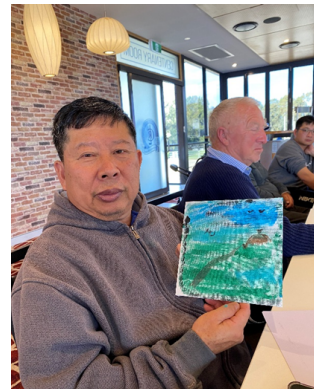
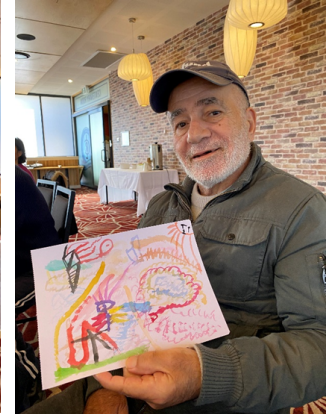
Around the Clubs

Fairfield Stroke Recovery Group

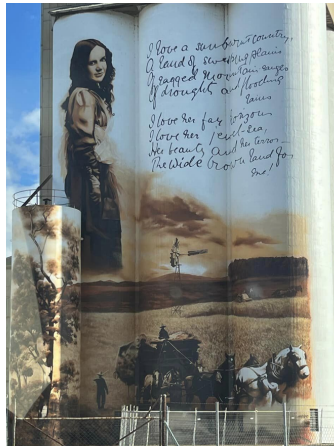
During their July meeting, the Fairfield Stroke Recovery Group embarked on an art-filled journey.

Members embraced the therapeutic power of art, delving into a realm of creativity that allowed them to express their emotions, connect with others, and share their unique life experiences and visions.

They were able to unlock their hidden talents and showcase unique skills. The compilation of artwork showcases the diversity of heritage, resilience and courage of each individual's life journey.



Tamworth Stroke Recovery Club



Tamworth Stroke Recovery Group had a delightful bus excursion in June to Werris Creek, Premer, and Gunnedah.

The highlight of the trip was the captivating silo artwork that left a lasting impression, and the delicious morning tea and lunch added a magical touch.



A massive thank you is extended to our dedicated club volunteer, Brock, whose efforts ensured a day filled with enjoyment and ease.

Upcoming Events



NSW STROKE AWARENESS WEEK

**Monday 4th September -
Sunday 10th September 2023**



Reps to Recovery Stroke Challenge

Monday 4th - Sunday 10th September 2023

Online



Creating Connections Stroke Conference

Wednesday 6th September 2023

Online & Club Burwood RSL (Burwood, Sydney)



Hunter Stroke Olympics

Tuesday 10th October 2023

Raymond Terrace Bowling Club (Raymond Terrace)



South Coast Building Capacity Workshop

Thursday 19th October 2023

Online & Shoalhaven Heads (TBC)



Annual General Meeting

Friday 3rd November 2023

Online & Sydney location (TBC)



Combined Clubs Picnic

Friday 10th November 2023

Sydney location (TBC)



Clubs Trivia Challenge

Tuesday 21st November 2023

Online



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Contributions

We welcome contributions to Club News, especially in our "Around the Clubs" section of the newsletter.

Submissions should be sent to eventcomms@stroknsw.org.au.

Contributions may be edited, either to reduce size, to assist with readability, or for legal/liability reasons. To include something in our next Club News, please send it to our office before the 31st October 2023.

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 NSW as a beneficiary in your will, please contact the office at admin@stroknsw.org.au or on 1300 65 594.

We can also supply 'In Memoriam' donation brochures with pre-paid addressed envelopes for use at memorial services.

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