



STROKE RECOVERY
ASSOCIATION NSW

CLUB NEWS

Spring 2023

FROM MICHELLE'S DESK

Hi Everyone,

No doubt you are all gearing up for your end-of-year events. Looking forward to Christmas and a break over the holiday season. It has been a very busy year, and while the Association will undertake its normal lockdown period between 22 December to 3 January 2024, we will be operating on a skeleton staff until the 15 January 2024.

Over the next few weeks, we are winding down for the holiday break and reviewing the events and projects that we have undertaken this past year. This forms part of our preparation for the 2024 Strategic Planning Meeting, which is held annually in February. We do ask for feedback from those of you who attend our events, and an evaluation report is presented to the Board after each event, but if anyone has not had a chance and wishes to share their ideas on how we can improve our services to members in 2024, please reach out to me with your suggestions.

Thank you to those who have renewed their memberships for the 2023/2024 period. We will be sending out reminders to those who have not paid in February 2024.

A personal thank you to those members of the 2023 Board who were not reelected for the 2024 period, Judy Sumner and Janette Daniels. They played a pivotal role in ensuring that the issues faced by rural and remote members were foremost in the planning process and the events of the Association. No doubt, I will be calling on them somewhere in the future for further contributions to the work of the Association.

This is a very full edition of Club News with a full rundown of our events during Stroke Awareness Week. What a hit the "Stroke of Art" Showcase was! Well done to the most popular artists on the day. Feedback from all at Prince Alfred Hospital who hosted the event, was all about how amazing and talented all the Artists who exhibited were.

As the year draws to a close, I would also like to send a special thank you to the staff here at the Association: Lani, Maria, Alex and Cheryl. We have been a staff person down for nearly six months now, and they have really stepped up to fill the very big hole that Rachel has left here at the Association.

I trust you will all enjoy the holiday season with your family and friends. Stay well, stay healthy and happy, and I look forward to another successful year in 2024.

*Kind regards
Michelle*



SCAN THE QR CODE
BELOW TO LISTEN TO
THIS NEWSLETTER



Connect with us!



1300 650 594



www.strokensw.org.au



Stroke Recovery
Association NSW



@StrokeNSW



@StrokeNSW

Creating Connection Stroke Conference

Creating Connections Stroke Conference Recap

On the 6th of September, 2023, the Stroke Recovery Association hosted its annual Creating Connections Stroke Conference. A unique, integrated event that combines in-person participation with live online streaming.

With a powerhouse of speakers ranging from:

Professor Kirrie Ballard - **Current research and approaches for recovering communication after Stroke.**

Jacinda Choy - **Using technology to improve communication**

Natalie Holland - **Improving your cognition after Stroke**

Simone Taylor - **Creating Employment Opportunities After Stroke**

Michael Hampton - **Stroke survivors accessing the NDIS**

A panel of Stroke survivors discussing their Stroke stories - **“What you say, what I heard, how I reacted and what I know now.”**

You can catch the recording by scanning the QR code.



Stroke Awareness Week Launch

Stroke Awareness Week 2023 launched on Monday 4th September at RPA Hospital. We were particularly honoured to have Her Excellency the Honourable Margaret Beazley, AC, KC, The Governor of New South Wales to open Stroke Awareness Week and the Stroke of Art Showcase.



We hosted many of the artists in along with their artworks and the artists in attendance had the opportunity to speak to Her Excellency the Honourable Margaret Beazley, AC, KC, The Governor of New South Wales about their artworks and the inspirations behind them.

We were grateful for the hard work from the team at RPA Hospital who worked tirelessly in the lead up and during the week to help make this day a success.



You can watch the full launch on YouTube by scanning the QR Code.



Stroke Awareness Week 'Stroke of Art' Award Presentation

We were grateful for the hard work from the team at RPA Hospital who worked tirelessly in the lead up and during the week to help make this whole week a success. We are especially grateful to Kylie Tastula who worked tirelessly each morning setting up our displays. We had over 30 artworks presented from Stroke Survivors all over NSW and were able to present booklets of those artworks we were unable to have in person. We had more than 100 votes through the RPA information box and our digital gallery online and we had 2 wonderful recipients our 'Stroke of Art' Award. Garry Preston from Easts and Brendalee Coan from Macarthur both accepted awards for their wonderful artworks.



Stroke Awareness Week Choir Performance

To close Stroke Awareness week the wonderful KeyStroke Choir from Crows Nest preformed for us at RPA at the close of the showcase. They were watched by many visitors from throughout the hospital and treated everyone to rousing renditions of 5 songs.

Their performance can be found here on YouTube, just scan the QR Code below

KeyStrokes Choir meet at 10.30am every Thursday at Northside Baptist Church in Crows Nest. For more information about KeyStrokes Choir please contact the Association on 1300 650 594.

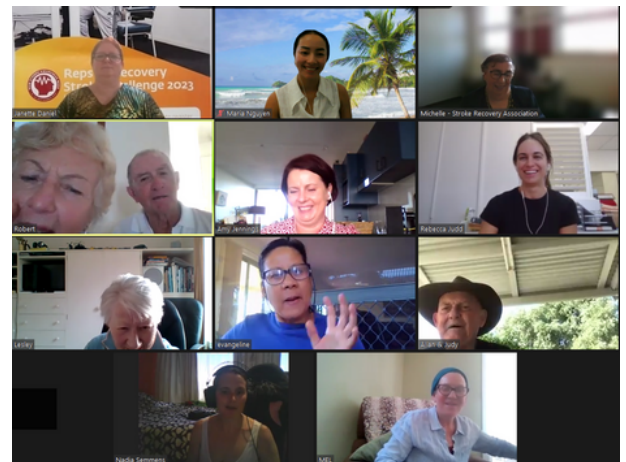


SCAN ME!



Reps to Recovery 2023

Stroke Recovery Association and Royal Rehab Petersham joined forces again this year to host Reps to Recovery, a weeklong challenge for Stroke Survivors from Royal Rehab and the Association. Participants challenge themselves to undertake an activity every day to further their recovery. The participants have check in zoom's throughout the week to see how they are meeting and achieving their goals and to increase motivation and encouragement.



The staff from both the Association and Royal Rehab Petersham then decide on a winner for most improved and a battlers award for someone who tried their very best throughout the whole week. It's a wonderful week long event to celebrate Stroke Awareness Week and introduce new people to the wonderful work the Association does.

Congratulations to all our participants this year and a special congratulations to Royal Rehab Petersham client Theodore Arnold for being the overall challenge winner and to Port Macquarie Club Member Bob Hood for winning the coveted Battler trophy.

Hunter Stroke Olympics



VOLUNTEER OF THE YEAR 2023
Ralph DeZeeuw, Alan & Judy Sumner

What an amazing day we had at the Hunter Stroke Olympics on the 10th of October 2023. We brought together stroke survivors, families, and carers from various Stroke Recovery Clubs in NSW for a remarkable event with friendly competition and endless enjoyment. From carpet bowling to euchre, dominos to card memory, bean bag toss to putting, skittles to quoits, and even cup pong, everyone brought their absolute best, showcasing impressive skills and determination.

The Club Champions went to the Great Lakes and Manning Stroke Recovery Club (GLAMS) for their exceptional performance!

These pictures perfectly capture the exciting moments from the 2023 Hunter Stroke Olympics. It's a win for everyone!

	GOLD	SILVER	BRONZE
Carpet Bowls	Robin Topara WAGS	Dennis Lawrensen GLAMS	Martin Kiskiparti MACG
Euchre	Ava DeZeeuw & Brock Everingham Wyong & Tamworth	Cheryl Baxter & Paul Christie GLAMS	Bill McNamara & Clinton Davey WAGS & MACG
Dominoes	Bill Mark Wyong	Brian Lewis Wyong	Janette Daniel GLAMS
Card Memory Game	Vicki Wells Tamworth	Jie Zhong Hornsby/Ku-ring-gai	Pat Curry MACG
Skittles	Mary O'Sullivan Belmont	Max Carter Wyong	Janette Daniel GLAMS
Putting – Stroke	Cheryl Baxter GLAMS	Brett Hoy WAGS	Ross Park WAGS
Bean Bag Toss	Jie Zhong Hornsby/Ku-ring-gai	Matt Mitchell GLAMS	Jodie Allen WAGS
Quoits	Paul Brown Tamworth	Layla Andary Hornsby/Ku-ring-gai	Clinton Davey MACG
Ball in a Box	Paul Brown Tamworth	Janette Daniel GLAMS	Rachel Hopwell MACG
Putting - Carers	Kath Park WAGS	Helen Christie GLAMS	Judy Sumner Tamworth
Tin Cup Pong	Judy Sumner Tamworth	Paul Randall MACG	Ralph DeZeeuw Wyong

Hunter Stroke Olympics



BATTLER OF THE YEAR 2023
John Trustcott



CLUB CHAMPION OF THE YEAR 2023
Great Lakes & Manning Stroke Recovery Clubs (GLAMS)



Combined Club Picnic

On Friday 10th November we had the annual Combined Clubs Picnic at Wentworth Commons at Sydney Olympic Park in Homebush. It was a lovely day filled with sun and laughter. There was a strong turn out with representatives from a number of Clubs including Hornsby, Macarthur, Sydney Inner West, Fairfield & North Sydney Aphasia.

The day was filled with lots of great food and a beautiful venue. We celebrated Michelle's birthday which is next week with a very lovely cake.



Attendees very much enjoyed walking around the walking track in the warm afternoon sun. Thankfully the venue was largely wildlife free and people expressed their desire to return again next year. It was a wonderful way to cap off a busy year and we look forward to seeing all of you and more again next year.

Around The Clubs

Blacktown Stroke Recovery Club

The Blacktown Stroke Recovery Club is thrilled to report the successful completion of their Annual General Meeting, held on the 11th of September 2023. Michelle Sharkey, the CEO of the Stroke Recovery Association, expertly chaired this important event.

They are delighted to announce the newly elected committee members who will guide the club in the coming year:

- President: Lyne Lawrence
- Vice President: Beverly Davies
- Secretary: John Fitzgibbon
- Assistant Secretary: Jill Gordon
- Treasurer: Geoff Jones
- Assistant Treasurer: Liz Fowler
- Social Secretary: Shirley Gordon

As you can see from the accompanying photo, their smiling faces reflect the enthusiasm they plan to bring to their roles.



Woy Woy Stroke Recovery Club

During Stroke Week 2023, the Woy Woy Stroke Recovery Club made a huge impact with two vibrant stalls selling pens and sharing stroke awareness information. A generous Hamper Raffle donated by Woolworths Woy Woy added to the excitement. They were at Peninsular Plaza Woy Woy on 7th September as pictured and Everglades Country Club Woy Woy on 6th September 2023.



The dedicated team, pictured from left to right: Lyn Wakley, Keith Farrell (Club President), Norma Harrison, Cathy Charge, Lynette Elario (Club Secretary), and Helen Anderson, raised over \$500.00 through pen sales, raffle tickets, and generous donations. Their efforts continue to support stroke survivors and raise awareness in the community.

Around The Clubs

Northern Rivers Stroke Recovery Club

The newly established Northern Rivers/Tweed Heads Stroke Recovery Club made a significant impact during NSW Stroke Awareness Week 2023.

They organised an information stall, where they shared insights about stroke, raised awareness, and showcased their dedication to recovery. Its all about educating the public about stroke prevention, early recognition, and recovery.

The club offers valuable insights into the journey of stroke survivors.

The Northern Rivers Tweed Heads Stroke Recovery Club's dedication to making a difference in their community and their efforts deserve recognition and support.



North Illawarra Stroke Recovery Club

The 9th November 2023, Barbara and Jeanette were farewelled as President and Treasurer. Our new President Lois presented them with a lovely Basket of Beautiful Flowers each for all the work they have done over 30 years.

Barbara has given so much of her time and it was sad to see her stepping down, but the time had come for her to take a little rest.

Jeanette also has been the Treasurer for nearly 24 years and that is a long time to spend in the job that no one wants.

They both will still be with us at the Club in a more relaxed position.

Good Luck and Best Wishes for the Future, Barbara & Jeanette.



Online Stroke Support Groups 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Stroke Choir 2pm - 3pm		Carer's Afternoon Tea 2pm - 3.30pm		Maitland Aphasia 10am - 12pm
Week 2	Stroke Choir 2pm - 3pm	Leisure Time 10.30am - 12pm	Beyond Stroke 11.30am - 1pm		Maitland Aphasia 10am - 12pm
Week 3	Stroke Choir 2pm - 3pm	Brain Training 10.30am - 12pm	Aphasia Discussions 2pm - 3.30pm	Topical Thursday 2pm - 3.30pm	Maitland Aphasia 10am - 12pm
Week 4	Stroke Choir 2pm - 3pm	Trivia 2pm - 3pm	Sip & Nibbles Game Night 7.30pm - 9pm		Maitland Aphasia 10am - 12pm



SPECIAL EVENTS *at a glance* 2024

6th February	Lunar New Year
12th February	Mardi Gras
11th March	St Patrick's Day
28th March	Easter Celebration
24th April	ANZAC Celebration
4th June	Eid al-Adha
2nd July	NAIDOC Celebration
8th July	Bastille Celebration
1st October	Spring Celebration
14th October	Carers Appreciation
5th November	Melbourne Cup
11th November	Diwali Celebration
28th November	IDPwD
12th December	End of Year

As we embrace the transformations that 2023 brought to our online Stroke Support Group, The Stroke Recovery Association is thrilled to announce our commitment to continuing this valuable community into the upcoming year, 2024. We're eager to share a sneak peek at what our schedule has in store for you!

Mondays are all about singing, fostering a sense of community, and honing your communication skills during our dedicated choir sessions. Kickstart your week with joy, companionship, and speech practice.

Take a break on Tuesdays and indulge in a variety of leisure activities, from brain training to trivia challenges. It's your time to unwind and stimulate your mind in enjoyable ways.

Wednesday is dedicated to stroke support. Join us for carers' afternoon tea, or delve into Beyond Stroke and Aphasia Discussions to explore topics related to life after stroke.

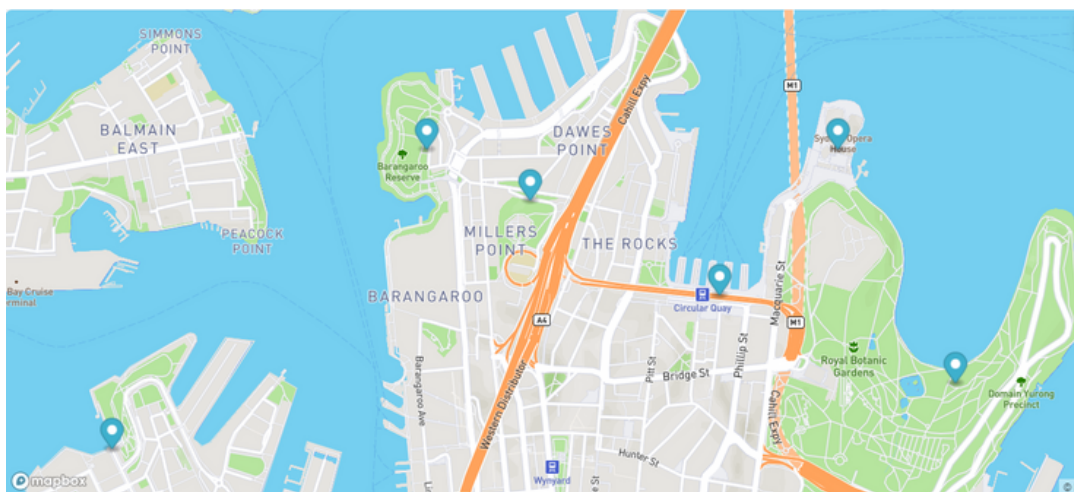
Wednesday night is reserved for sip and nibbles, a family-style gathering of your favourite snacks and games.

Thursdays are designed for a specialised focus, featuring "Topical Thursday." Dive deep into discussions addressing all your stroke-related inquiries, providing valuable insights and information.

End your week off on Friday with Maitland Aphasia. Emphasising the power of speech through community engagement. Come together, share experiences, and support each other on the journey to improved communication.

2024 will see more special online events to celebrate the diversity of our community.

Accessible New Years Eve Vantage Points - Sydney



These areas are reserved for people with disability and / or access needs to enjoy with their family and friends. We have provided some information for each spot including accessible features, site entry and public transport advice.

Bookings essential.

- Pirrama Park
- Observatory Hill Park - Fully booked; contact to join the waitlist
- Barangaroo Reserve
- Royal Botanic Garden and Domain
- Sydney Opera House - Fully booked
- Cahill Expressway - Ballot now closed
- Strickland Estate

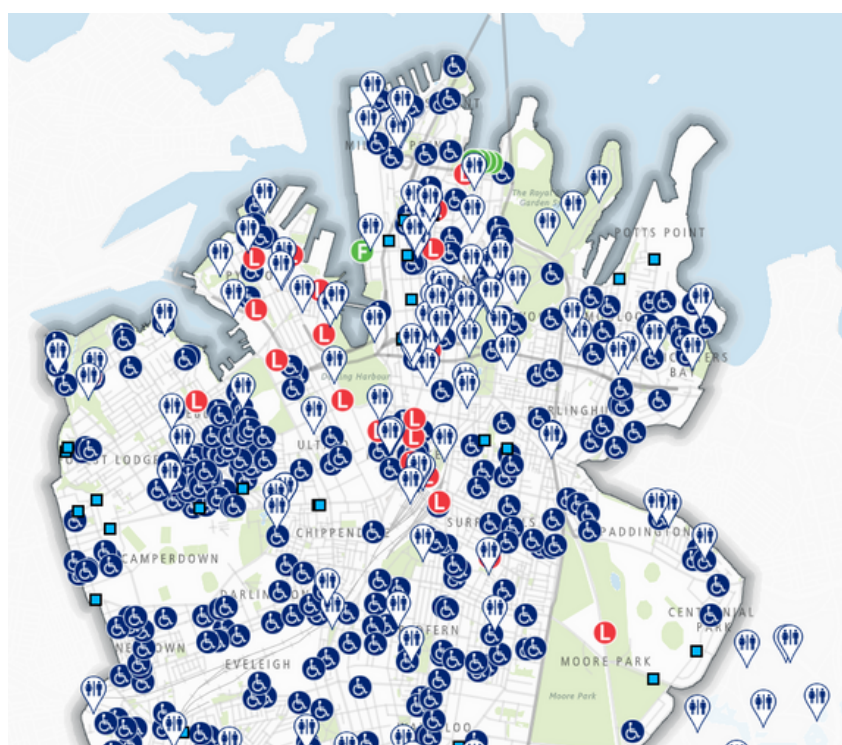
Sydney Accessibility Map

The City of Sydney's accessibility map can help you to plan your visit to Sydney.

Understanding the location of potential barriers, such as stairs and access features, including lifts, accessible toilets or taxi ranks, provides people with disabilities greater confidence to navigate the city.

Find out more:

<https://www.cityofsydney.nsw.gov.au/search?page=1&topic=maps>



Research Opportunities

Listen to Your Heart and Mind - The George Institute

What is the research study about?

You are invited to take part in a pilot study that aims to determine the feasibility of a combined screening for high blood pressure, atrial fibrillation (a heart rhythm problem), hearing loss, and thinking and memory function (cognitive function) impairment in order to aid in early detection of these conditions. A secondary aim of this study is to investigate the associations between these conditions.

Inclusion criteria:

- Willing and able to consent to participate in the research study
- Age 65 years or over
- Able to speak and read English

Exclusion criteria:

- Unable to provide consent
- Known or clinically diagnosed cognitive impairment / dementia

If you have any questions please contact:

Dr Isabella Tan on **8052 4300** or itan@georgeinstitute.org.au



OPTICS study - The George Institute

The aim of this study is to develop machine learning software that would be able to assist doctors in providing a more accurate prognosis for Intracerebral Haemorrhagic (ICH) stroke.

As part of the study we are looking for people who have either experienced an ICH stroke or have experience as their carers to give their opinions on the use of machine learning to support the prognosis process.

Inclusion criteria:

- Adults (aged 18 or over);
- Have had intracerebral haemorrhage in the past, OR
- Have lived experience as primary carer for an individual with intracerebral haemorrhage;
- English spoken as primary language;
- Provision of electronic informed consent;

Exclusion criteria:

- Cognition or communication decline or other disability that prevents participation in a group conversation.

For more information please contact: Darcy Ryan at DRyan@georgeinstitute.org.au

Research Opportunities

FoCCuS4HEART Study - University of Newcastle

FoCCuS4HEART (Female Carers Co-produce Support 4 Heart and Emotional health to Address Risk factors) project seeks to understand the emotional health and health behaviours linked to cardiovascular health of women who provide, or have provided care, to someone who has had a stroke.

Inclusion criteria:

- Aged 18 years and over
- Female
- Can speak English
- You are a current or former informal carer of a person who has had a stroke, their spouses, family members and friends



To contact the research team please email:

FoCCuS4HEARTproject@newcastle.edu.au

You can find the web address to the survey here: http://bit.ly/female_carer
or scan the QR Code



Diverse Hearts - University of Wollongong

Diverse Hearts - Co-designing a culturally tailored, evidence based, digital stroke education program for Arabic, Dari, Chinese and Vietnamese-speaking communities to reduce the risk factors for stroke and promote mental well-being in culturally and linguistically diverse communities

Inclusion Criteria:

- Aged 18+ years
- Have high blood pressure, cholesterol, diabetes, or a stroke survivor
- Can speak Arabic, Dari, Mandarin, or Vietnamese



What is involved?

- Join us for 1 group discussion
- 90 minutes per session
- Review our digital stroke education program

Participants will be remunerated for their contribution (\$50 per interview or focus group/review session) and those attending in person will be reimbursed for reasonable travel expenses.

For more information please contact: Dr Sabine M Allida at sallida@uow.edu.au or on **8763 6015**

In Memoriam

Eileen Olive Stewart Woy woy Stroke Recovery Club

Eileen Olive Stewart passed away on 21st September 2023. Eileen was born at Kogarah on 1st November 1928. Eileen had two children Rosalind and Phillip and a Granddaughter Samantha. Eileen loved travelling, Painting, Dressmaking, Climbed the Harbour Bridge, belonged to Red Cross and a member of Lions club Woy Woy. Eileen only joined our club on 26th of March this year. Eileen would have been 95 next month, she loved our Bus trips and Luncheons. Eileen was a very strong and feisty person who loved the outdoors, had a holiday home in Ettalong, and after retirement Eileen and Husband Les built their home in Woy Woy. Eileen will be sadly missed by family and friends especially Norma Harrison long time friend of Eileens, and friends from the Woy Woy Stroke Recovery Club.



Gail Connolly WAGS Stroke Recovery Club

It was with deep sadness that we were informed of the unexpected passing of the lovely gentle-woman Gail Connolly on Wednesday the 8th of November.

Gail was a well loved and respected member of the Working Age Group Stroke (WAGS) on the Central Coast.

She had just celebrated her 70th birthday. She was well known for her beautiful smile and loving nature. She will be very much missed by her fellow Wagsters.

Gail was a regular attendee at the Hunter Stroke Olympics and Euchre was her game. Enjoying the competition and comraderies that the event offered.

Our deepest sympathy and thoughts are with her daughters Kim, Lexi and their families.

Leaving us much too soon, rest in peace Gail.



2023 in Photos

North Coast Building Capacity Workshop



Sydney Stroke Olympics



South Coast Olympics



Combined Clubs Morning Tea



2023 in Photos

Annual General Meeting



Combined Club Picnic



Online Stroke Support Groups





STROKE RECOVERY ASSOCIATION NSW

EVENTS 2024



South Coast Olympics
Tuesday 19th March 2024

Bomaderry Bowling Club (Bomaderry)



Building Capacity Training Conference
Thursday 23rd and Friday 24th May 2024

Novotel Parramatta, (Parramatta, Sydney)



Sydney Stroke Olympics Games Day
Thursday 20th June 2024

Club Burwood (Burwood, Sydney)



Combined Clubs Morning Tea
Saturday 3rd August 2024

Mingara Recreation Club (Tumbi Umbi, Central Coast)



Stroke Awareness Week NSW 2024
Monday 2nd - Sunday 8th September 2024



Reps to Recovery Stroke Challenge
Monday 2nd - Sunday 8th September 2024

Online



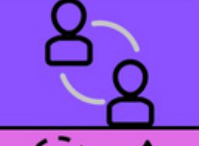
Creating Connections Stroke Conference
Wednesday 4th September 2024

Club Burwood (Burwood, Sydney)



Hunter Stroke Olympics
Tuesday 15th October 2024

Raymond Terrace Bowling Club (Raymond Terrace)



Annual General Meeting
Friday 1st November 2024

TBD, North Illawarra, NSW



Combined Clubs Picnic
Friday 8th November 2022

TBD, Sydney



STROKE RECOVERY ASSOCIATION NSW



1300 650 594



PO Box 3401
Putney NSW 2112



www.stroksnsw.org.au



Stroke Recovery
Association NSW



@StrokeNSW



@StrokeNSW

Contributions

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

Submissions should be sent to eventcomms@stroksnsw.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 into our office before 29th January 2024

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@stroksnsw.org.au or on 1300 650 594.

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

Copyright

The publisher of Club News is the Stroke Recovery Association NSW. No part of this publication may be reproduced, either in print or any other media, including the internet, without the written authorisation of the Chief Executive Officer of the Stroke Recovery Association. Permission should be sought by writing to: PO Box 3401, PUTNEY NSW 2112.

Disclaimer

The views expressed in Club News are not necessarily those of the Stroke Recovery Association or its Board. No liability or responsibility is accepted by the publisher for any consequences resulting from any action taken based on information or advertisements included herein. All care is taken to ensure the accuracy of the contents, but this cannot be guaranteed and should not be relied upon.