



**STROKE RECOVERY
ASSOCIATION NSW**

CLUB NEWS

Summer 2024

FROM MICHELLE'S DESK

Hi all,

Welcome Back. I trust you have had an enjoyable summer (not too hot and humid) thus far and were able to enjoy the holidays with family and friends.

The Association has begun the year with welcoming two new staff on board our small team. Aurora Carter will be the Project Officer organising our events over the year, and Daniel Skontas is our Communication Officer who will be responsible for the Social Media platforms for the Association. They will be out and about over the next year, so hopefully, you will all have an opportunity to meet them personally.

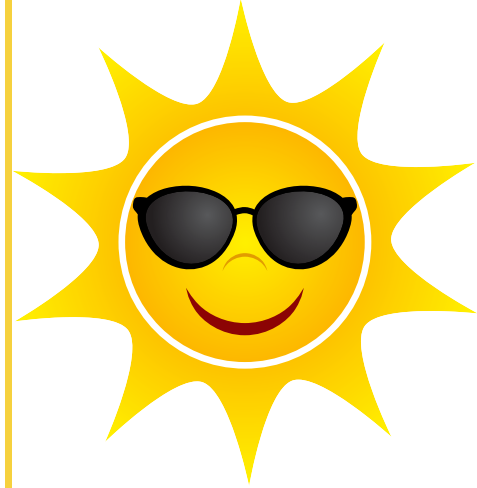
The Association has a number of events organised for members in 2024 with great social opportunities for you to meet staff and also members from other Clubs. Many of our events will be live-streamed as well so that those of you who are not able to attend in person will be able to link in online via Zoom and enjoy the event. Technology is so advanced these days, and it is now a permanent part of how the Association does business.

We are in the process of resubmitting for funding for both Maria's and Lanis' positions. Both of those projects were funded for a two-year period, and our contracts with the respective funding bodies come to completion on June 30, 2024. I am confident (But you can never be too sure) that Lanis' position will be refunded through the NSW Department of Communities and Justice; however, Maria's position, which is funded through the NDIS Information Linkages and Capacity Building Programme, will not be refunded. We are searching for every opportunity to find another funding programme to ensure that we have the staffing level that we need to support our online groups.

You will also be receiving, by mail or email, the 2024 Club Satisfaction Survey over the next few weeks. Please fill it in and return it to provide us with feedback on how the Association and your club/Group/Choir can improve our services to you.

I look forward to meeting up with our South Coast members at the South Coast Olympics and will no doubt have the opportunity to meet up with you all over the year. Enjoy your year.

Kind Regards
Michelle



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Introducing New Staff

Aurora Carter

Hi!

I'm Aurora, and I have joined the Stroke Recovery Association as the new Events Officer.

I am studying Journalism and Politics and am in my final semester.

I am a huge lover of music. I play piano and guitar and also sing, and am keen on almost all genres.

Within my role, I am most excited to curate events that bring people together and create a bright and enriching atmosphere.

I am excited to meet some of you at the South Coast Olympics, our first event on this year's calendar!



Daniel Skontos

Hi! I'm Daniel, and I have joined the Stroke Recovery Association as the new Communications Officer.

I am studying Marketing and Media doubled with Commerce and am in my third year.

One thing most people don't know about me is that I am a triplet. During my free time, I enjoy playing with my dogs, reading or going to the gym.

I am eager to engage with data and analytics, as well as assist in improving the organisation's social presence.

I am very grateful to be able to work for such an amazing organisation, and I cannot wait to meet some of you soon!



Around the Clubs

Sydney Working Age Group

Reflecting on a Remarkable Year for the Sydney Working Age Group

It's a perfect moment to look back on the incredible journey of the Sydney Working Age Group, which was established at the beginning of 2023.

The group came together one last time in December 2024 to celebrate our collective achievements and embrace the holiday spirit. It was a joyous occasion, filled with joy and reflections on the strides we've taken as a community.



In 2024, our commitment to thriving continues. The group will persist in its monthly meetings, dedicated to supporting the unique needs of young stroke survivors in the region. We are excited about the opportunities that the coming year holds and are eager to build on the foundation of support we've cultivated.

North Sydney Aphasia

A snapshot from today's Northern Sydney Aphasia Group meeting and lunch:

The highlight of the day was the recognition of Henry Oscar, who emerged as the 2023 Stroke Olympics Joint Individual Champion. Michelle Sharkey presented Henry with the coveted trophy, a symbol of his remarkable achievement.

What's even more impressive is that this marks Henry's second consecutive win! Congratulations, Henry, on this incredible accomplishment! The trophy is now proudly in his possession for the next six months, serving as a testament to his dedication and excellence.

As we applaud Henry for his outstanding achievement, we eagerly anticipate witnessing his continued success at the 2024 Sydney Olympics.



Holidays Around The Clubs



Around the Clubs

2023 Highlights



Around the Clubs

KeyStrokes Choir



KeyStrokes Choir presented our Christmas Concert on December 14th, 2023. The carols were sung beautifully, thanks to the consistent weekly rehearsals and the exceptional guidance of our new Choir Master, Jonathan Dang.

2023 has marked significant growth for the choir, with the addition of several new members and additional community grants to support the running of our incredible community.

Looking ahead, we are excited to welcome more individuals who will be joining us in the coming year. Newcomers are always encouraged to join our rehearsals held every Thursday morning at the Baptist Hall in Crows Nest at 11 am.

Wishing you a happy Holidays from the KeyStrokes Choir!

Belmont Stroke Recovery Group

Belmont Stroke Recovery group welcomed in the New Year with a get-together lunch, with so much to celebrate and look forward to in 2024.

The growing group had a great 2023 with increased members and a new group coordinator, as well as hosting multiple combined meetings with other clubs in the area.

Their diligent, committed, and warm smiles have created an amazing community for stroke survivors in the area. There is always room for good food, drink and a good laugh.



Our Belmont Group meets weekly on Tuesdays from 11 am - 1 pm for lunch. The group meets at Pelican RSL on the first week of the month to decide where the rest of the month's outings will be. There's no better chance to explore the area and be supported by the community of stroke survivors.

In Memorial

Josephine and John Adams

With great sadness, the Lower North Shore group announces the passing of two of our very important and long-standing members. John and Josephine (Jo) Adams have been members of our group for at least 15 years, and for most of that time, Jo served as the president. She took this role very seriously and spent much time checking on how people in the group were doing, writing letters to them if they were unable to attend or if she was worried about them. She was fully involved in all the social activities of the group.



Jo was ably assisted by her devoted and wonderful husband, John; they provided cakes to celebrate members' birthdays. John would be detailed off to the local cake shop early on Tuesday mornings to buy the all-important "Orange cake". They would then arrive early equipped with plates, serviettes and, most importantly, special candles carefully chosen to accord with the birthday being celebrated. For them, these occasions were very important.

Jo and John also played a very important part in assisting the lower North Short Stroke Group with negotiating our meeting arrangement with the Church at Mosman; John's business acumen certainly came to the fore, and he made sure every detail was covered and our best interests were protected.

Jo celebrated her 90th birthday in 2018 and was still a very active participant in our group until COVID-19 hit. She and John never managed to get back to the group after COVID-19, but she continued to show a keen interest in how the group was going, always asking how everyone was getting along.

John passed away in February 2023 this year and was followed by Jo in August 2023. Their contribution to our group has been enormous. The Lower North Shore group acknowledges their immense contributions and bids farewell to two irreplaceable members. They will be deeply missed.

Upcoming Events



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



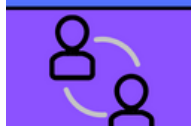
Creating Connections Stroke Conference
Wednesday 4th September 2024

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 2024

TBD, Sydney



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1300 650 594



PO Box 3401
Putney NSW 2112



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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 comms@strokensw.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 26th April 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@strokensw.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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