



**STROKE RECOVERY
ASSOCIATION NSW**

CLUB NEWS

Autumn 2024

FROM MICHELLE'S DESK

Hi all,

Wherever you are in NSW at the moment, I hope you are staying dry. It has been a horrendous couple of weeks with the rain. As I write this, I am very hopeful that we have seen the last of it for a while at least.

I have been on leave for all of April as my lovely daughter Courteney married the love of her life, Tim, in a simple ceremony at Camden on what felt like the only dry weekend in April. We were blessed with a truly magical day.

As you are aware, the positions at the Association are tied to funding grants we receive from the Government. The NDIS funding program for Maria Nguyen's position (Stroke Project Officer) comes to a close on June 30, 2024, and at this stage, we have not been able to secure further funding for that position. This means that Maria will be leaving us on that date. I am sure you will all agree that this will be a huge loss to the organisation. We wish her well in her future endeavours.

There are a number of activities coming up next month that I would like to draw your attention to. The Building Capacity Conference will be held on May 23rd. We have some great speakers and two-panel discussions involving the lived experiences of Stroke that may be of interest to you and your family.

It is not too late to join us online. Please follow this link to register: <https://strokensw.org.au/event/building-capacity-training-conference-2024/>

The annual "Reps to Recovery" programme is being held on the first week of June. I know Maria has already sent you the details but go on to the website and register for this very popular event here: <https://strokensw.org.au/event/reps-to-recovery-2024/>

As we head into the winter months, please take extra care of your health. They are expecting a very vicious flu season, so get out and have your flu shot in preparation. COVID is still around, so make sure you keep your COVID-19 vaccination up to date.

I trust you will enjoy your Autumn Club News. If you would like to give us feedback on how to improve any of our services, please refer to page 8 of this publication.

Stay warm and healthy throughout the colder months.

*Kind regards
Michelle*



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Fall Prevention This Winter

Falls are a serious issue

Falls are Australia's leading cause of hospitalisation and death, representing 43% of injury hospitalisations and 42% of injury deaths. Falls requiring hospitalisation occur more frequently in adults with increasing age and are most likely to occur in the home. Over half of injury hospitalisations from falls involve a fracture.

Things to consider

Medication: List your prescription and nonprescription medications and supplements, or bring them to your healthcare visit. Your provider can review them for side effects and interactions that may increase your fall risk.

Condition: Discuss any eye and ear disorders that might increase fall risk. Share if you experience dizziness, joint pain, shortness of breath, or numbness while walking. Your provider may evaluate your muscle strength, balance, and gait.

Previous Falls: Record details of any falls, including when, where, and how they happened. Include near-falls where you almost tripped but were caught. This information helps your provider identify fall prevention strategies.

Keep Moving: Engage in physical activities like walking, water workouts, or tai chi to improve strength, balance, coordination, and flexibility. A physical therapist can create a customized exercise program for you.

Footwear: Wear properly fitting, sturdy, flat shoes with nonskid soles. Avoid high heels, floppy slippers, and slick soles, which can cause slips and falls.

Remove Hazards: Identify and remove fall hazards in your home. Remove electrical cords from walkways, relocate coffee tables, secure loose rugs, repair floorboards, clean spills immediately, and use nonslip mats in the bathroom.

Lighting: Ensure your home is well-lit to avoid tripping. Use night lights in bedrooms and hallways, keep a lamp within reach of your bed, make clear paths to light switches, turn on lights before using stairs, and store flashlights for easy access.

Assistive Devices: Use a cane or walker for stability. Install handrails on stairs, nonslip treads on bare-wood steps, a raised toilet seat, grab bars in the bathroom, and a sturdy shower seat with a handheld nozzle.

Occupational Therapist: Consult an occupational therapist for additional fall prevention strategies. Some solutions are easy and affordable, while others may require professional help.

Important Reminder: Always carry an alert button. Ensure you have a way for emergency responders or loved ones to enter your home if you are incapacitated.



3G Network Closure



3G Network will close on the **31 August 2024!**

Why is it closing down?

3G was the main pillar of mobile coverage around Australia, but it's now used far less frequently, as modern devices rely more on the faster 4G and 5G networks.

By shutting down 3G coverage, a provider like Telstra or Optus can take the radio frequency bands it used for that network and repurpose them to improve and expand 4G or 5G coverage.



What does this mean?

Any older devices that are only connected to 3G will no longer be able to send a signal, initiate a data session, voice call or send an SMS. Most importantly, it cannot make emergency calls.

VoLTE-compatibility enables your devices to make emergency calls.

Even if your devices show that it is connected to a 4G network, it does not mean that it is VoLTE-compatible.



Check your devices!

Apple iPhones: Models since the iPhone 6, released at the end of 2014, are VoLTE compatible.

Samsung Galaxy S: Smartphones from the S7 in 2016 are likely to be VoLTE compatible. However, to be sure check any device from before 2019.

Google Pixel: It has been compatible since the Pixel 3 in 2018. As for other brands such as Oppo, Motorola, Nokia, LG, Huawei and TCL, the transition appears to have been complete around 2019-2020, so any devices from then or before should be checked.



Personal emergency devices.

Your mobile personal emergency pendant is designed to summon assistance anytime, anywhere there is cellular and GPS coverage. This can be pendants and call button devices, which will be affected if the older models are reliant on a 3G network.

Be on the safe side - Check any devices from before 2019

You can do this by contacting your telco either in person or via their call centre and asking if the device they see connected to the network is VoLTE-compatible.

What to do if your device is impacted?

You'll need to purchase a replacement that is compatible with the 4G or 5G networks if you want to keep accessing phone and internet services.

In some cases, this might be as simple a task as changing your SIM card from a mini or micro SIM to a nano one, while in other cases, you may need to buy a whole new phone or another device.

South Coast Olympics

The South Coast Stroke Olympics was hosted by the Stroke Recovery Association at the Bomaderry Bowling Club on March 19th, 2024! Throughout the day of friendly competition, members showcased their determination and sportsmanship in games like Dominoes, Card Memory, Quoits, Putting, Ball in a Box, Bean Bag Toss, and Tin Pong.

It was a fun day out full of excitement, with medals awarded to exceptional performers. See exclusive photos from the day below.



Battler of the year: Alan Sumner



Club Champions: Fairfield

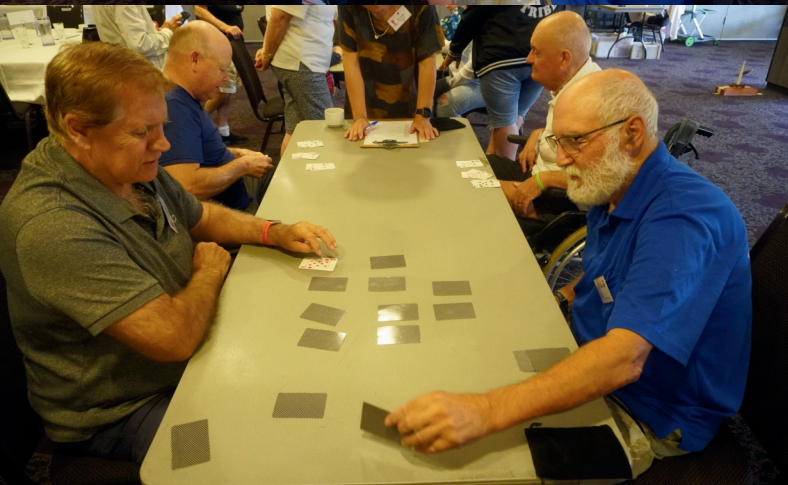


Individual Champion: Bill Van Brackel - North Illawarra

The medalists for the day were:

	GOLD	SILVER	BRONZE
Dominoes	Brenda Lee Coan Macarthur	Suzanne Burrows Tamworth	Vince Russo North Illawarra
Card Memory	Brenda Lee Coan Macarthur	Anthony Evans Fairfield	Mouy Lim Fairfield
Quoits	Bill Van Brackel North Illawarra	Ray Smithers Macarthur	Henry Oscar Fairfield
Putting (Stroke)	Bill Van Brackel North Illawarra	Henry Oscar Fairfield	Ian Palmer Macarthur
Putting (Carers)	Tim Lam Fairfield	Lois Allen North Illawarra	Judy Sumner Tamworth
Ball in Box	Ray Smithers Macarthur	Henry Lim Fairfield	Hong Lam Fairfield
Bean Bag Toss	Vince Russo North Illawarra	Bill Van Brackel North Illawarra	Jenny Chin North Illawarra
Tin Pong (Carers)	Henry Lim Fairfield	Yvonne Evans Fairfield	Cynthia Oscar Fairfield

South Coast Olympics



Around the Clubs

Brainwaves Choir - Night of Aphasia Arts

Brainwaves Choir recorded and submitted their song 'Aphasia' for the National Aphasia Association 2024 Night of Aphasia Arts. The event was streamed online and brought together a number of contributions from people living with Aphasia across a range of mediums, including painting, poetry, photography and, of course, singing.

Brainwaves Choir meet at the Hall at the Conservatorium of Music, University of Newcastle, every Saturday of the school term from 11.30 am- 2.30 pm. For more information, please contact 1300 650 594.

If you would like to watch Brainwaves' performance, please scan the QR code below.



Ulladulla Stroke Recovery - Club Seniors Festival Lunch

The Ulladulla Stroke Recovery Club attended a Seniors Week Luncheon at Milton-Ulladulla Bowling Club thanks to a Seniors Festival grant from the NSW Government.

They had a good turnout of members and families to celebrate Seniors Week. Members enjoyed attending and enjoyed the atmosphere of the club. They were also especially pleased to be able to support a Club who has given them money in the last ClubGrants round.

The members enjoyed meeting new attendees and taking an opportunity to chat about what they hoped to do in the upcoming year.

The Ulladulla Stroke Recovery Club meets at 10 am on the 3rd Thursday of the month at Ulladulla Community Resource Centre. Please contact 1300 650 594 for more information.



Research Opportunities

WESTERN SYDNEY
UNIVERSITY



Exploring the changes in activities and experiences of informal stroke caregivers

Western Sydney University are looking for current or former caregivers of stroke survivors to participate in a research study.

What is the study?

Stroke ranks globally as the second leading cause of death and the third leading cause of disability. In Australia, informal caregivers play a crucial role in supporting survivors, with the majority returning home. However, caregiving can significantly impact caregivers' health and well-being, leading to burden and affecting the care provided.

What will you be asked to do

Participants will first review the Participant Information Sheet, then complete a Participant Consent Form and a brief Caregiver Questionnaire on demographics. Next, they'll engage in a 15-minute semi-structured interview and questionnaire about daily activities. Following this, participants will share their experiences caring for a stroke survivor and provide feedback on a caregiver-tailored health program, lasting 60-90 minutes. Consent for future data use and follow-up research will also be sought.

How to get involved

Please contact Melissa Jammal or Associate Professor Emma George should you wish to discuss the research further before deciding whether or not to participate:

Ms Melissa Jammal

Email: 18989494@student.westernsydney.edu.au

Associate Professor Emma George

Email: E.George@westernsydney.edu.au

Exploring the use of Acceptance and Commitment Therapy

What is the study?

This research aims to explore whether there is a theoretical basis for the use of Acceptance and Commitment Therapy (ACT) with post-stroke populations with respect to anxiety and depression. This study will explore the associations between consequences of stroke, such as fatigue, with post-stroke anxiety and depression, and how psychological flexibility may impact these associations.



What will you be asked to do

Participants will be asked to complete a questionnaire which should take no longer than 30 minutes to complete.

How to get involved

If you would like further information please contact Ellis Blyth at Norwich Medical School University of East Anglia.

Researcher Ellis Blyth

Email: e.blyth@uea.ac.uk

Upcoming Events



Building Capacity Training Conference
Thursday 23rd and Friday 24th May 2024
Novotel Parramatta, (Parramatta, Sydney)



Reps to Recovery Stroke Challenge
Monday 27th May - Sunday 2nd June 2024
Online



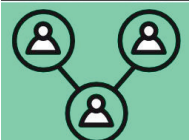
Sydney Stroke Olympics Games Day
Thursday 20th June 2024
Club Burwood (Burwood, Sydney)



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



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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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 30th June 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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