



STROKE RECOVERY
ASSOCIATION NSW

CLUB NEWS

Winter 2024

FROM MICHELLE'S DESK

Hi all,
Welcome to the winter edition of Club News. I trust you are keeping well in this very very cold winter we are experiencing. Hopefully spring will be with us soon.

There have been some changes here at the Association. Unfortunately the funding for Maria's project concluded at the end of the financial year and she has now left us. We will not be replacing that position until we secure more funding.

Stroke Awareness Week is upon us again and while we do not have many events planned this year, the Creating Connections Conference will be held on Wednesday 4th September. For those of you not able to join us in person, it will be live streamed. Please register either through our website or by giving us a ring here at the Association.

Changes to the rules involved in holding an information stall at shopping centres has also meant that most of your Clubs have had less of an opportunity to spread the Stroke Prevention message. For those of you who are still able to organise a stall within your community, I wish you a warm sunny day and lots of interest.

By now you would have received a copy of Stroke Recovery News. Within that document we have advertised a number of research opportunities that you may wish to participate in. It has always been the policy of the Association to support research where possible as it is important in advancing the treatment of Stroke, particularly in the recovery and rehabilitation phase. If you have any further questions about the research, please feel free to ring and have a chat.

I am always being approached by universities asking for Stroke Survivors to speak with students about their Stroke experience. At the moment both Sydney University and the University of NSW are seeking people who are willing to share their lived experiences. Again, please give me a ring if you are interested.

There are a number of combined Clubs events coming up over the next few months. I hope to see you all there.

Kind regards

Michelle Sharkey



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Farewell Maria

It was with enormous sadness that we farewelled the lovely, bubbly Maria Ngyuen from the Association at the end of June.

Maria had been with us for just over two years and was a tremendous addition to our staff. She always had a smile and a good word for everyone she met. I called her my Pollyanna as she was never negative about anything, and only saw positives in everything and everyone. She really was a delight to work with.

We were able to achieve so much while Maria was with us. She spent most of her time out and about meeting up with Club members and providing an excellent computer connectivity education programme. She ran the online groups as well as establishing a new Stroke Group out at Fairfield. I am sure those of you who met her will remember her with fondness.

Unfortunately funding for projects such as Maria's is not guaranteed, and while we have tried, we have not been successful in arguing the relevance of the project for our clubs long term.

Just before she left, Maria delighted us all with the news that she and her partner Terrence are expecting their first child in January 2025.

I am not sure what life will have in store for Maria, but I do know that with her lovely positive manner she will succeed and overcome any obstacles.

Maria was presented with a lovely gift from members who attended the Building Capacity Conference to thank her for all of her hard work on behalf of the Association. She will be missed, and we wish her the very best for her future.



SOCIAL WORK STUDENTS PROJECT

Over the next few months the Association has the pleasure of hosting two Masters of Social Work Students from Excelsia College Sydney. Aaimen Talal and Rezwana Tammi will be attending many of our events so many of you will get to meet them.

They will be working with Lani and Michelle and preparing some additional resources for our website. They will be focussing on information regarding relevant services available for our Culturally and Linguistically Diverse and First Nations Members.

Aaimen and Rezwana will also be developing an education project on elder abuse. This is a very relevant topic at present, and we will be ringing around the Clubs to see if any of you would like to have them come and present on this important matter and open up discussion with your members.

I know you will all take the opportunity to welcome the students. They are most interested in hearing your experience of Stroke. Please feel free to introduce yourself if you see them at your club or any of the events coming up.

Ageing and Disability Abuse

Elder abuse is any act that causes harm to an older person. It can be an intentional act that is physical, psychological, financial, verbal, or neglectful.

Signs of elder abuse can include:

- preventing access to family or friends
- no longer receiving services needed to live
- being prevented from spending or accessing money.

In 2023-24 there were 17,111 calls to the ageing and disability abuse helpline and 5,707 statutory reports about alleged abuse, neglect and exploitation.

23% of reports related to an adult with a disability and 77% of reports related to an older person.

Who can make a report?

Anyone who has reasonable grounds to believe that an adult with disability or an older person is subject to, at risk of, or in circumstances that will result in, abuse, neglect or exploitation.

What can be reported?

Any form of abuse, neglect or exploitation of the adult with disability or older person, including:

- Financial abuse or exploitation
- Neglect - including failing to provide access to health care
- Physical abuse
- Sexual abuse or exploitation
- Psychological abuse - including verbal abuse or socially isolating the person

Who to Contact?

Call Emergency Triple Zero (000) if you or someone else is in immediate danger.

Make a report

If you suspect or have experienced elder abuse you can make a report by phone or online.

For information or to report concerns of abuse, neglect and exploitation of older people and adults with disability in their family, home or community, contact:

NSW Ageing and Disability Abuse Helpline.

Call 1800 628 221 Monday to Friday, 9am to 4pm or email helpline@adc.nsw.gov.au

NSW Ageing and Disability Commission

Call 02 4904 7500 Monday to Friday, 9am to 5pm or email commissioner@adc.nsw.gov.au

Official Community Visitor Scheme

Call 02 9407 1831 Monday to Friday, 9am to 5pm or email ocv@adc.nsw.gov.au

Online form

If you prefer you can submit an anonymous report online at <https://ageingdisabilitycommission.nsw.gov.au/contact-us/submit-an-online-report.html>.

This has been reprinted from Cecilia Cox from the Ageing and Disability Abuse Commission. 31/07/2024

Building Capacity Conference

On Thursday 23rd & Friday 24th May 2024, the Stroke Recovery Association held the Building Capacity Training Conference at the Novotel Parramatta. This annual event is one of the most exciting in our calendar, as we are able to bring members from regional and rural NSW together with our metropolitan members for two days of learning and socialising.

There were 70 people in attendance on the conference's opening day. The Clubs/groups with delegates in attendance were: Armidale/New England, Bega, Brainwaves, Easts, Fairfield, GLAMs, Hornsby/Ku-ring-gai, Maitland Aphasia, North Illawarra, Orange, Penrith/Blue Mountains, Sydney Inner West, Tamworth, WAGS, Wagga Wagga, Wyong, and Woy Woy. We also had various health professionals and academics in attendance. The day and its presentations were a great display of the breadth of the Stroke community, as well as the ways in which we can learn from each other.

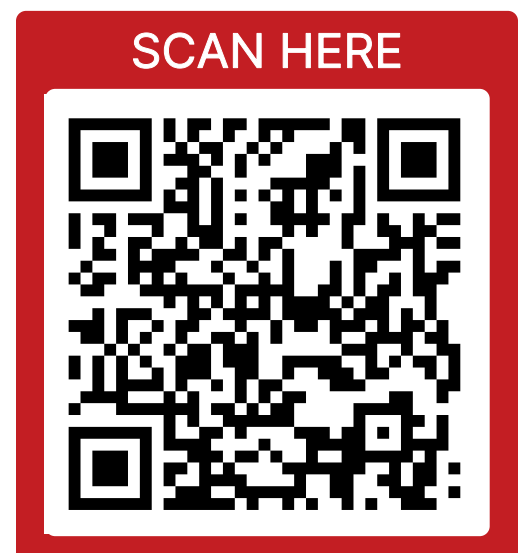
The first day of the conference consisted of two presentations from speakers and two panel discussions. Our keynote speaker Elizabeth O'Brien discussed the importance of medication in secondary prevention post-Stroke, whilst Professor Ken Butcher spoke about the NSW tele-Stroke services. Our panel discussions had a common theme of lived experience. Our first panel of the day consisted of Stroke Survivors discussing their individual experiences with Stroke. The second panel was a discussion amongst those with lived experience and health professionals on the value of lived experience in the development of Stroke care services.

The cocktail party ensued, with our delegates, invitees and staff enjoying a night of canapes, dancing and fun! I think that everyone would agree that Michelle's nutbush was a highlight of the night.

The next morning, our delegates staying at the Novotel were ready for the Conference's second day. We first had a presentation from Kylie Tastula on incidence of young Stroke, followed by Amanda Beattie who discussed guided communication for those with Aphasia. We concluded by discussing various Association and administration matters.

We again this year recieved great feedback from our members on the Building Capacity Conference. It is an integral part of our events calendar, and we would like to thank everyone who came along! The quality of presentations and speakers along with the sense of connection and solidarity between attendees were touted as the Conference's highlights. We hope we can continue to promote both these aspects in the years to come.

To watch any of the conference speakers please scan the QR Code to the right.



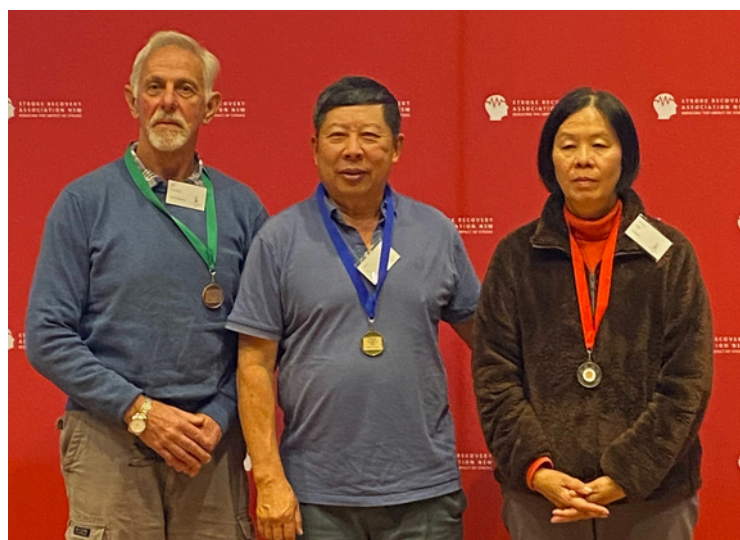
Building Capacity Conference cont.



Sydney Stroke Olympics

The annual Sydney Stroke Olympics was held on Thursday 20th June at Club Burwood RSL. The formidable Fairfield once again took out the Club Champions title, congratulations Fairfield! Our battler of the year was Tony Boyadjian from Sydney Inner West, and our individual champion was a three way tie between Muoy Wing from Fairfield, Henry Lim from Fairfield, and Bill Van Brackel from North Illawarra. Cynthia Oscar from Fairfield was the winner of our lolly guessing competition. Congratulations to our winners! I hope you're inspired by Fairfield's domination to come along next year to try and take on the champions! The medallists for each event are detailed in the table below. Thank you and well done to everyone who came along! The Olympics are not only a great day of fun and socialising, but a chance to challenge yourself mentally and physically. We hope to see you all again next year.

	GOLD	SILVER	BRONZE
Dominoes	Jie Zhong Hornsby	Vince Russo North Illawarra	John Giliberti Sydney Inner West
Card Memory	Bill Van Brackel North Illawarra	John Giliberti Sydney Inner West	Sharon Adamski Macarthur
Bean Bag Toss	Muoy Wing Fairfield	Henry Lim Fairfield	Ray Smithers Macarthur
Putting (Stroke)	Raymond Smithers Macarthur	Liz Sheldon Sydney Inner West	Daniel Roberto Blacktown
Cup Pong (Carers)	Judith Thornley Hornsby	Diane Johnston Hornsby	Tom Parkhouse Hornsby
Putting (Carers)	Vicki Palmer Macarthur	Judith Thornley Hornsby	Cynthia Oscar Fairfield
Skittles	Henry Oscar Fairfield	Steve Chong Hornsby	Bill Van Brackel North Illawarra
Ball in Box	Henry Lim Fairfield	Muoy Wing Fairfield	Bill Van Brackel North Illawarra



Sydney Stroke Olympics cont.



Combined Clubs Morning Tea

The most recent event in our calendar was the Combined Clubs Morning Tea on Saturday 3rd August. The morning tea is held on the Central Coast each year, with the Association piloting a new location at Diggers The Entrance. The new venue was fabulous, with our room having panoramic views over Tuggerah Lakes.

Based on last year's feedback we again decided to host an activity alongside the morning tea. Members were split in to table teams to battle it out in a game of trivia! Separating members from their usual club tables into combined teams meant there was a chance to meet new people, which was enjoyed! The day's trivia had 9 categories: The Stroke Recovery Association NSW, Stroke facts, geography, entertainment, science and nature, history, sport, current events, and brain training. For those who couldn't join us on the day, below are some questions from the day, one from each category. See how many you can answer correctly! Answers are on the following page.

1. In which year was the Stroke Recovery Association NSW founded?
 - a. 1972
 - b. 1990
 - c. 1965
 - d. 1977
2. What does the acronym BE FAST stand for?
3. Which country has the highest population density?
 - a. Japan
 - b. India
 - c. Monaco
 - d. Singapore
4. Which show is the highest-grossing production on Broadway ever?
 - a. The Lion King
 - b. Chicago
 - c. Hamilton
 - d. The Phantom of the Opera
5. On the planet Mars, would you weigh more or less than on Earth?
6. In which decade did the Sydney Harbour Bridge open?
 - a. 1950s
 - b. 1920s
 - c. 1930s
 - d. 1910s
7. In golf, a score of one stroke under par is known as a what?
8. Who were Australia's flag bearers at the opening ceremony of this year's Paris Olympics?
- 9.

There are 5 fir trees in a row. The distance between the first tree and the third one is 10 meters.

How many meters is the distance between the first and the last tree?



- a. 20
- b. 40
- c. 50
- d. 25

Combined Clubs Morning Tea cont.



TRIVIA ANSWERS!

1. D - 1977
2. Balance, eyes, face, arm, speech, time
3. C - Monaco
4. A - The Lion King
5. You would weigh less
6. C - 1930s
7. A Birdie
8. Jess Fox and Eddie Ockenden
9. A - 20

Around the Clubs

KEYSTROKES CHOIR

On Thursday, 16 May, the Keystrokes Choir held their first performance in a long time at Princess Juliana Lodge, North Turramurra. One of the choir members now lives there, and he was very keen to show off 'his' choir to the other residents.

Nine members of the Choir performed, watched on by their family members, carers and, of course, other residents and members of staff at the lodge.

They sang a number of songs, including Hallelujah, What a Wonderful World, and Do Rei Mi, and their joy and pleasure in performing was obvious to all. Afterwards, the lodge provided morning tea, and afterwards, we all met up at a local coffee shop for even more morning tea and cakes.



It was a wonderful morning with lots of fun and laughter. Thanks to everyone involved, the choir is definitely looking forward to more events like this.

If you want to join the Keystrokes Choir, it is held in Crows Nest every Thursday morning from 10.45am to 11.45am. Contact 1300 650 594 for more information.

ULLADULLA BIRTHDAY CELEBRATION

The Ulladulla Stroke Recovery Club makes it a point to celebrate major milestones and events for members throughout the year. They most recently celebrated long term member Ann's 80th birthday with a morning tea at Mollymook Golf Club. She celebrated her birthday by travelling Australia with another member Joan. Most recently they were at Wave Rock in WA. Ulladulla meets on the 3rd Thursday of each month at Ulladulla Community Resource Centre from 10.00am - 12.00pm. Please contact 1300 650 594 for more information.



Around the Clubs

ALLEN MCCRISTAL

Allen McCristal had a Stroke in 2011. He started painting in 2021 as a form of therapy and has joined art classes. Making the art keeps him happy and relaxed. He says it's an escape from the world.

As a result, of his Stroke, Allen's speech has been affected and he has limited movement on the right side of his body. This includes not being able to use his right hand.

He had to learn how to paint using his left hand, which was difficult at first, but with lots of practice, he continues to improve. "I like to paint Australian landscapes on canvas using acrylic paint. Painting has been a great form of therapy for me as it has become a new passion of mine, allowing me to keep busy and improve on a new skill."



MACARTHUR GRANT AWARD CEREMONY

The Macarthur Club recently received their very first grant from the Campbelltown local council. They attended an award ceremony at Ingleburn RSL to receive their grant.

The Macarthur Club plans on using their grant to buy equipment to practice for the Stroke Olympics and to support their monthly outings, which include lunches, trips to museums and other local activities.






Macarthur Club have received an in-kind room grant from Campbelltown Catholic Club for many years, but this is their first cash grant from the Campbelltown Council through Campbelltown Catholic Club.

They hosted one of those outings with their Christmas in July Luncheon, where they dressed festively, taking the opportunity to breakout their seasonally appropriate Christmas themed sweaters.

If you want to join the Macarthur Stroke Club, it is held at Campbelltown Catholic Club every Tuesday morning from 10.00am to 12.00pm. Contact 1300 650 594 for more information.



Upcoming Events

	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 Bulli-Woonona RSL, Bulli, NSW
	Combined Clubs Picnic Friday 8th November 2024 Wentworth Commons, Homebush, 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 admin@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 1st November 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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