



STROKE RECOVERY
ASSOCIATION NSW

CLUB NEWS

Summer 2025

FROM MICHELLE'S DESK

Hi all,

Welcome back. We are already at the end of February, and I have not caught up to the change of year. I can't believe we are in 2025. No doubt as you settle into another year your Clubs have plenty of activities planned.

Please note the Associations Events Calander for 2025 on page 8, add them to your club's diary. You will notice that Stroke Awareness week is pushed back to the beginning of the second week in September. The Australian, New Zealand Stroke Organisation conference is scheduled for Hobart in the first week, so we have decided to delay Stroke Awareness Week in an attempt to get greater interest from the NSW Stroke Clinicians. Also, we have moved the conference day to the Friday in the hope that more of our rural members would be able to join us and enjoy an extended weekend in Sydney.

I hope you enjoy the articles that we have included. This year is an election year and as voting is compulsory. If you are voting in person, it is important that you check the polling booth before you go there. I am always astounded at what the AEC considers an accessible polling booth. The one where I go is certainly not however, they maintain that it is.

There is also a lovely page of photos of many of you out enjoying your Christmas celebrations. One of the most amazing things about the Association is the opportunity for members to get together.

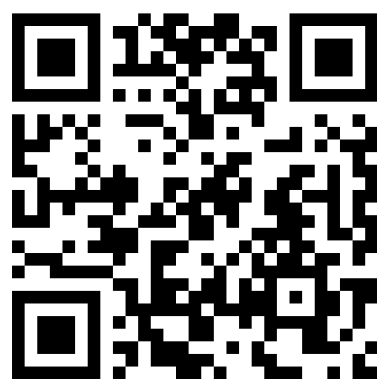
We have also farewelled a number of members who have passed away over the Christmas period, and I would like to express my condolence to each of you who have lost members. Friendships are built though Clubs and every loss is felt deeply by member.

As we head into another year, there will be some changes at the Association. In transitioning to retirement, I will aim to visit every club to express my gratitude to the hard-working volunteers who run our clubs/groups and choirs and each of you who have given me enormous support during my time here at the Association. I look forward catching up with you all.

*Kind regards
Michelle*



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Accessible Voting Information

With the federal election approaching, it is important to be aware of the measures in place that can making voting a more accessible experience. Providing assistance to voters ensures that all voters have equal opportunity to participate in Australia's democracy. A requirement for assistance does not affect your right to vote.

The date of the election is at the time of writing, unknown, however will occur on or before 17th May 2025. The **last day** to enrol or change your details will be approximately one week after the election is announced. The exact dates will be available via the AEC once the election is announced. You can check your details now at <https://check.aec.gov.au/>

Voting in person

Each polling place has an accessibility rating. These ratings are: wheelchair accessible, assisted wheelchair access, and not wheelchair accessible. You can find how your local polling places are rated here on the AEC website once the election is announced, or by contacting the AEC.

You may receive assistance to vote at a polling place. You may nominate any person to assist you to vote. If you do not nominate someone polling staff are able to provide assistance. If you cannot get out of the car and the polling official in charge is satisfied that you cannot enter the polling place, someone may bring the ballot papers to you.

Early voting at polling places is also available. People with disability and their carers are eligible to vote early. Early voting commences two weeks before election day. Early voting centres will be published on the AEC website after the election is announced.

Postal and Phone Voting

Postal voting is available to those who are unable to attend a polling place to vote. If you have a disability or mobility restrictions, you may be eligible to become a general postal voter. This means you will be able to receive ballot papers in the post for each federal election without having to reapply each time.

Postal votes will open shortly after the election is announced and must be sent by 6pm on election day. Postal votes must be received by the AEC no later than 13 days after election day.

Telephone voting is also available for voters who are blind or have low vision. Mobile voting is available in some locations for occupants of hospitals or assisted care facilities.

The AEC's video on access to voting can be found here: www.youtube.com/watch?v=WJ8sr9zWw8c

If you have any questions or queries, or if you feel as though your rights may have been breached, contact the AEC on 13 23 26 or fill in the online inquiry form on their website.

Services Assistance

There are many services and opportunities available from government and community that may be of interest to you after Stroke. You may not be aware of these services or that you meet their eligibility requirements. Below is a list of key services that may be of assistance to you. You can also contact your local council as they often provide an array of useful services specific to your local community.

Companion Card

The companion card program is available for people with significant and permanent disability who need a high level of care in the community. It allows a cardholder's support person free entry into participating venues and events. The card is not issued to all people with disability, but to those who can demonstrate that they can't participate at most venues and activities without a companion, and that this need is lifelong. The card is not means tested. If you are eligible you will have the card for life. Information for application can be found on the Service NSW website; www.service.nsw.gov.au

Taxi Transport Subsidy Scheme

The Taxi Transport Subsidy Scheme supports NSW residents who are unable to use public transport because of a severe and permanent disability. If you're eligible, you could receive a subsidy of 50% of a taxi fare, up to a maximum subsidy of \$60 per trip, and only pay the remaining fare. This includes travel in wheelchair-accessible taxis. Information for application can be found on the Service NSW website: www.service.nsw.gov.au

Sydney Water

If you receive a pension from Services Australia or the Department of Veterans' Affairs, you may be entitled to a discount on fixed service charges on your water bill. Generally, the rebate applies to the person whose name is on the property title deed. However, some non-homeowners may also be eligible.

Sydney Water's PlumbAssist service helps people experiencing financial difficulties deal with issues such as: finding and repairing hidden leaks. To be eligible: the property must have an individual Sydney Water meter. To apply, call Sydney Water on 13 20 92 or visit the Service NSW website: www.service.nsw.gov.au/referral/apply-for-free-essential-plumbing-with-sydney-water092.

Mobility Parking Permit

You may not realise that you are eligible for a mobility parking permit. If you have a medical condition or disability that affects your walking or vision, two key areas affected after Stroke, you may be eligible. The permit lets you park in disability parking spaces and access certain parking concessions. You can apply for the permit yourself or ask someone you know to apply on your behalf. For an individual or temporary permit, apply online, download an application form, or get one from a service centre. Applications are completed by your GP and lodged with Service NSW. Website: www.service.nsw.gov.au

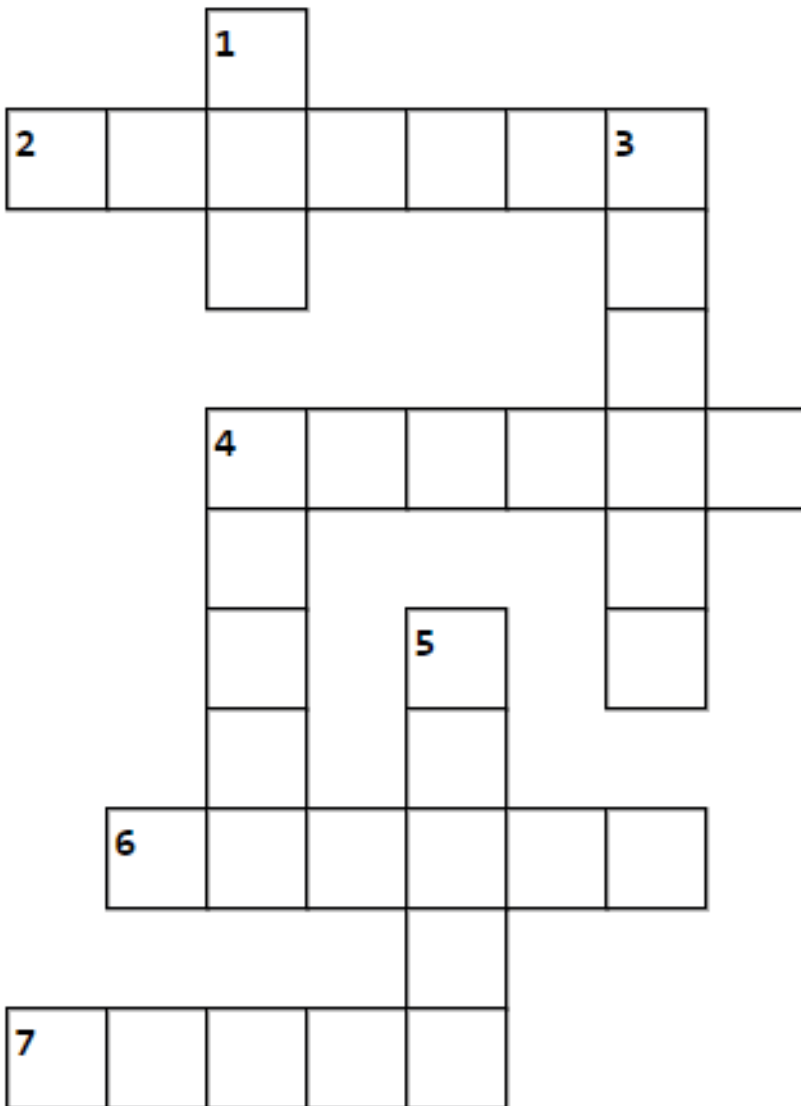
Vision Impaired Person's travel pass

If you're severely vision impaired, you can apply for a Vision Impaired Person's (VIP) Travel Pass. The VIP Travel Pass entitles you to free (or concession) travel on public transport in NSW. Your attendant can travel with you for free if your VIP Travel Pass is marked "Plus Attendant". Eligibility requirements and application details are available on the Service NSW website. www.service.nsw.gov.au

Seniors Card and Senior Savers Card

The NSW Seniors Card and Senior Savers Card are for NSW permanent residents over the age of 60 to receive discounted products and services. Seniors Cards are for those averaging 20 hours or less of paid work a week across a 12-month period, whilst Senior Savers Cards are for those averaging more than 20 hours of paid work a week across a 12-month period. Both types of card holders are eligible for discounted products and services, however only Seniors Card holders are eligible for a gold opal card. www.service.nsw.gov.au

Puzzles



Across

- 2. A favourite summer sport
- 4. Two-piece swimwear
- 6. Noisy summer insect
- 7. If you stay out in the sun too long and you'll get

Down

- 1. Go for a swim
- 3. Americans call them flip flops
- 4. Famous Australian beach
- 5. Near the sea

We hope you enjoyed this quick puzzle break. We have included the answers at the bottom of the page.

Puzzles and brain training are not only a fun activity but an important method for maintaining mental fitness post-Stroke. Puzzles may help with memory skills, planning and problem solving.

If you would like more brain training opportunities, join Lani for Brain Training and Trivia on the 2nd Tuesday each month by scanning the QR Code below or click here: <https://forms.office.com/r/Axs1QyDBxF>

REGISTER NOW



Answers

Across: 2. cricket, 4. bikini, 6. cicada, 7. burnt
Down: 1. dip, 3. thongs, 4. Bondi, 5. Coast

Around the Clubs - Christmas Parties

WAGS



Hornsby



Lower North Shore Aphasia



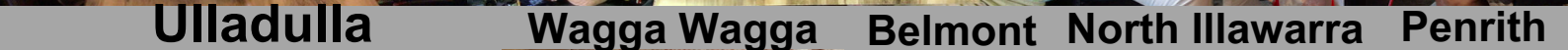
Fairfield



Tamworth / Armidale



Macarthur



Ulladulla



Wagga Wagga

Belmont

North Illawarra

Penrith

In memorium

Dorothy Collins

It is with much sadness the Macarthur Club has lost its longest member, Dorothy Collin (Dot). Dot passed away in her own home aged 94.

Dot had been the mainstay of the club for the last 30 plus years. Dot joined the club when her husband, Ron suffered a stroke. After Ron's passing 22 years ago Dot continued to attend and also not long after took over the role of secretary/treasurer. Dot continued this role through to August 2017.

Dot was instrumental in getting us the room at Catholic Club, she knew one of the ladies in the functions area of the club and suggested to her it would be nice if the Campbelltown Catholic Club offered us a room free of charge. We have been in this room for the last 25 years.

Dot kept our club going through the lean times, at one period with only herself and our volunteer co-ordinator attending meetings. Our club has grown, particularly since Covid and it is meeting and talking to Dot that often encourages them to keep coming.

Dot did lose her vision in July 2024 and did not attend meetings, however we did have two of our monthly lunches and a morning tea at her home. She was a very welcoming host to everyone.

Dot will be very missed by the Macarthur Club and by all who met her over the last 30 years.



Doreen Knowles



Doreen Knowles joined the Woy Woy Stroke Recovery Club in June 2006 and was an active member until August 2023 when she went into care. Doreen was born on the 26th June 1930 and sadly Doreen passed away on Mother's Day 12th May 2024 aged 93 and just shy of her 94th birthday.

Doreen loved coming to the hydrotherapy pool, Christmas party and luncheons. She also loved going out for coffee and shopping. Doreen loved her local community of Davistown and the surrounding area. Doreen would go to many council meetings to express her concerns for the local members in the community.

Doreen was a very feisty lady and called a spade a spade. Doreen was a loving wife, mother, grandmother and an adoring great grandmother and friend. Doreen will be sadly missed by her loving family and friends and extended friends of the Woy Woy Stroke Recovery Club. We will miss you.

A Celebration of Life



Doreen Phyllis Laura Knowles

June 26, 1930 - May 12, 2024

*Davistown RSL
Friday May 24 at 12 pm*

In memorium

Robyn Shaw



Robyn was a longtime active member of GLAMS joining in 2006 following a stroke. Robyn's childhood friend Sybil Pearson joined with her as her support, Robyn was a friend of Marie Diamond, a member of our Club who was Jeff Cole's Auntie and Jeff's father Ron Cole joined to support him, so it became Ron's role to bring them all in his car to our meetings. Robyn and her friends formed the core of our group and as a result talked me into organizing a team to attend the Hunter Stroke Olympics in 2008. Due to failing health Robyn was unable to attend the Olympics the last couple of years, in 2020 she won the battler of the day trophy, she was thrilled, and the trophy took pride of place in her lounge.

Robyn was a modest, caring, generous person, throughout her life, if she knew you were in need, she would be there to help. Her funeral was well attended by her four children, their families and friends from the community. Robyn was an active member of the MS group as unfortunately her husband who she was his carer for many years, as he had MS.

Robyn loved a schooner of beer with her meal of crumbed whiting fish and chips. Robyn will be sadly missed by many, not least our GLAMS members.

Daniel Sheedy

On 23rd January 2025, about 20 of our members from the Maitland Aphasia Communication Group attended Dan Sheedy's funeral. Dan joined our group in 2011. He was a loved member with a big smile.

Dan had a fall at home and when having an MRI in hospital, he had a very severe heart attack which left him on a life support machine. His family had the terrible decision to turn off Dan's life support, he was only 43. Dan's mantra was "Never give up, never surrender!", and he achieved that till the very end.

The funeral service was moving, a real celebration of Dan's life. The Hope UC Church (it was Dan's church) ran a beautiful program, the eulogy was emotional, funny and just how Dan wanted it. Greg, Dan's big brother, talked about Dan as a child, he grew up in Cowra and moved to Newcastle in his 20's. All mourners were invited to write a message on the coffin, which was very moving. Fiona Bell and Rachel Parsons spoke about memories of Dan, on behalf of the Maitland Aphasia Communication Group.


The Church kindly hosted a "Wake" in their café. After the Wake, several of the group went to Whistler Cafe/bar to gather and share more memories and download emotions.

I am sure Dan would be watching over us, as he now has his 'Wings'. Rest In Peace, our mate.





2025 EVENTS


26 JUNE THURSDAY	SYDNEY STROKE OLYMPICS Club Burwood RSL	
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2 AUGUST SATURDAY	COMBINED CLUBS MORNING TEA Diggers The Entrance	
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STROKE AWARENESS WEEK NSW SUN 7 - SAT 13 SEPTEMBER		
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12 SEPTEMBER FRIDAY	CREATING CONNECTIONS STROKE CONFERENCE Club Burwood RSL	
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14 OCTOBER TUESDAY	HUNTER STROKE OLYMPICS Raymond Terrace Bowling Club	
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7 NOVEMBER FRIDAY	ANNUAL GENERAL MEETING Club Burwood RSL	
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14 NOVEMBER FRIDAY	COMBINED CLUBS PICNIC Wentworth Commons, Homebush	
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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 events@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 30 April 2025

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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